

January/February
2012

FREE



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THE magazine for the **WHOLE** family Volume 7 Issue 6



IN THIS ISSUE:

- 3. Father Knows Jest
- 4. Home School
- 5. Events Calendar
- 6. The Great Flavored Milk Debate
- 7. Crossword
- 8. Creature Feature -- Coyote
- 8. Parenting-- Help Children Get To Sleep
- 9. Flip & Friends
- 9. Magic & Chocolate
- 10. Family Financial
- 11. Family Recipes
- 12. Family Pet Spot
- 12. Say What
- 12. Family Crypto
- 13. Senior Time
- 13. Smart Phones & Parents
- 14. Easy Being Green
- 15. Super Sudoku
- 15. Jr. Scientist -- Build An Igloo

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WEEKLY OBSERVANCES January February

- Women's Self Empowerment Week: 5-9
- Universal Letter Writing Week: 8-14
- Home Office Safety and Security Week: 8-14
- Vocation Awareness Week: 9-15 (?)
- Consumers Electronics Show: 10-13
- Cuckoo Dancing Week: 11-17
- Snowmobile Safety and Awareness Week: 15-21
- Healthy Weight Week: 15-21
- Printing Week: 16-22 (?)
- Fresh Squeezed Juice Week: 17-23
- Week of Christian Unity: 18-25
- Sundance Film Festival: 20-30
- Bald Eagle Appreciation Days: 21-22
- Activity Professionals Week: 22-28
- KidFilm Festival: 22-25
- Clean Out Your Inbox Week: 23-27
- Medical Group Practice Week: 23-27
- Nuclear Science Week: 23-27
- No Name Calling Week: 23-27
- Meat Week: 29-2/5
- Cowboy Poetry Gathering Week: 30-2/4
- Snow Sculpting Week: 1-5
- Solo Diners Eat Out Weekend: 1-7
- Women's Heart Week: 1-7
- Boy Scout Anniversary Week: 5-11
- Children's Authors & Illustrators Week: 5-11
- Freelance Writers Week: 5-11
- Coaching Week: 5-11
- Networking Week: 6-10
- Friendship Week: 6-10
- Green Week: 6-11
- School Counseling Week: 6-10
- Have A Heart for A Chained Dog Week: 7-14
- Love Makes the World Go Round; But, Laughter Keeps Us From Getting Dizzy Week: 8-14
- Getting Dizzy Week: 8-14
- Jell-O Week: 12-18
- Random Acts of Kindness Week: 13-19
- Flirting Week: 13-19
- Great Backyard Bird Count: 17-20
- Entrepreneurship Week: 18-25

MONTHLY OBSERVANCES January February

- Apple and Apricots Month
- Artichoke and Asparagus Month
- Bath Safety Month
- Be Kind to Food Servers Month
- Book Blitz Month
- California Dried Plum Digestive Month
- Celebration of Life Month
- Get Organized Month
- Change Your Stars Month
- Creativity Month
- New Year's Resolutions Month for Businesses
- Quality of Life Month
- Wayfinding Month
- Wealth Mentality Month
- Be On-Purpose Month
- Child-Centered Divorce Awareness Month
- Clean Up Your Computer Month
- Get Organized Month
- Hot Tea Month
- Mail Order Gardening Month
- Mentoring Month
- Personal Self-Defense Awareness Month
- Stalking Awareness Month
- Polka Music Month
- Poverty in America Awareness Month
- Radon Action Month
- Adopt A Rescued Rabbit Month
- American Heart Month
- Avocado and Banana Month
- Bake for Family Fun Month
- Beans (Dried and Fresh) Month
- Dog Training Education Month
- Exotic Vegetables and Star Fruit Month
- Grapefruit Month
- Boost Self-Esteem Month
- Expect Success Month
- Hoof-care Month
- Lent (2/22-4/7)
- Library Lovers Month
- African American History Month
- Bird Feeding Month
- Black History Month
- Care About Your Indoor Air Month
- Cherry Month
- Children's Dental Health Month
- Hot Breakfast Month
- Laugh-Friendly Month
- Mend A Broken Heart Month
- Parent Leadership Month
- Pet Dental Health Month
- Time Management Month
- Weddings Month
- Pet Dental Health Month
- Plant the Seeds of Greatness Month
- Pull Your Sofa Off The Wall Month

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Answers in next month's issue.

FATHER KNOWS BEST

By Chris Joker

It was a Wednesday morning; I awoke at 8:00. I had an appointment at 10:00 for an audition for some voice-over work for a local advertising agency. 8:00 to 10:00 would leave me plenty of time to shower, shave, dress and get to my meeting. This is when I discovered I had no coffee. Panic. Surely, since my meeting isn't until 10:00 I still had time to run to the convenience store for a cup of coffee before taking my shower. I don't normally do this, but apparently sometime last year it became acceptable to go shopping in your pajamas so, I thought, "what the heck" It will save time. I threw on my leather jacket and my chili pepper slippers and headed for the door when I spied Charlie looking at me with his big sad eyes so I decided to take him with me. Charlie is a hundred pound goldendoodle (A cross between a golden retriever and a poodle....a BIG poodle). I wanted to name him Cheese (you know like cheese doodle). I was over-ruled. Anyway, Charlie and I got in my van and went to the store. I left the van running while I ran in for my coffee, Charlie kept my seat warm. When I got back to the car, hot coffee in hand, I started talking to Charlie through the window; Charlie got excited and started pawing at the window. I have electric door locks in my van with a master control on the driver's door arm rest. This button locks all the doors. It did. As I saw Charlie's island sized paw heading for the door lock button I let out a scream and threw my body against the window. This action set into motion a chain of events which would influence the rest of my morning. My hot coffee slammed against the window then spilled all over my face and my SpongeBob pajamas. I don't know if it was the shock of the scalding hot coffee or the impact of my body slamming against the van but one of these or both of these caused me to bite down hard. I bit down so hard if I didn't have anything between my teeth I surely would have shattered them. Unfortunately the thing between my teeth, preventing them from shattering, was my tongue. My tongue immediately swelled up causing me to slur my speech when I spoke. Charlie, who was now locked in my running van, seemed to be laughing at me. Now what was I supposed to do? I tried to get Charlie to push the button again to unlock the doors. I made faces, noises, gestures. The other convenience

"Potentially Crazy People In Pajamas Are Banned From The Phone"

store patrons looked at me like I was out of my mind. Some of them admonished me for teasing this poor innocent dog. After about 5 minutes of near misses, he pushed the button dead on. Nothing. This was about the time I realized that the way the unlock function works is you have to pull it UP. I really wish I had realized that 5 minutes earlier. My next thought was to call someone to get the spare key from my house and bring it to me. Did I mention that my SpongeBob pajamas do not have any pockets? I remembered this when I spied my cell phone sitting on the passenger seat. Curse you SpongeBob and your square pants! Getting Charlie to make the call was really out of the question. I walked back in the store and said to the clerk "clnn I yoos yor pone?" He stared at me. Again I said "clnn I yoos yor pone?" Still no idea what I was trying to say. I wrote it out on a piece of paper "Can I use your phone?" Apparently the store has a strict rule banning potentially crazy people in pajamas from using the phone. I know this because the clerk pointed to a sign on the wall that said just that. I went back outside and started asking customers, "clnn I yoos yor pone?" I did not know this but apparently many people have a policy banning potentially crazy people in pajamas from using their phones as well. After asking 4 or 5 customers the clerk came out side and told me I had to stop harassing his customers or he would call the police. As he went back in I whispered to another customer "clnn I yoos yor pone?" Over the customer's shoulder I saw the clerk pick up the phone and dial about 3 numbers. This is when I decided to walk the mile and a half back to my house. I'm not gonna lie to you, walking a mile and a half in coffee soaked SpongeBob pajamas in 30 degree temperatures is a tad bit uncomfortable. About 5 minutes in, the coffee began to freeze and I started walking like John Wayne after a long trail ride. I don't know if it was the lack of coffee (osmosis does not work with caffeine), the freezing temperatures or the overall frustration I was feeling over the situation but, for whatever reason, until I could see my front door, I forgot that the key to my house was also locked in the van with Charlie. Fortunately, I have a spare key at the house. Some people call it a brick. But right at this

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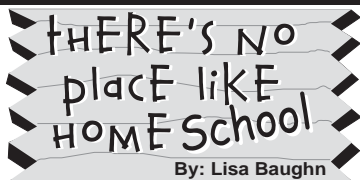
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moment I called it a "spare key". I smashed in the side door window. Breaking glass tends to alert neighbors. Alerted neighbors tend to call the police and as luck would have it the police were in the area due to a report of a demented man in SpongeBob pajamas harassing customers

Please see FKJ on next page



Organization for Homeschool Families

Happy
New Year!
How



Considering our lives, and really taking the time to think them through leads to making choices. Whether for a season, or permanently, these changes can give us more breathing room in our busy days as homeschooling parents.

So know that you have evaluated your household, time and activities, how about some resources to help you out!
Organization Tips

about starting 2012 off right, forging a new path, working toward more effective organization! We all crave better organizational skills, and this is magnified when we begin homeschooling. Suddenly, running a private school is added to running a home, cooking, cleaning, extracurricular activities and everything else you do.

We are going to have a smattering of fabulous tips for getting your home, kitchen, school, grades, activities and life in better order. No, you won't be organized in a day, but you will be challenged and equipped, whether you are a beginner or super organized!
Start with an honest evaluation.

Change begins with questioning. The first thing to consider, is your household managed well? What is working? What is not working? Yes, you will have to be still and really think about how your life and home are doing. First you may look around and see clutter and mess, and wonder how this will work out. But if you really step back, you can begin to realize what is working vs. what is not working.

Next evaluate time. Are you using time wisely? Are your children using time wisely? Do you have time leaks in your day? Do you waste time? Do your children waste time? One of the largest areas we do this is the computer (as I type in full conviction of the amount of time I spend too!) For one week, jot down the approximate amount of time you spend in each activity and you will be amazed at where the time goes, and get a picture of what needs to be done to use time wisely.

Then evaluate activities, which can be a huge area where families struggle. Do you need to be doing everything you are doing? We say "Yes" to things that sound good at the moment, but often managing all of those activities is a huge strain. We all know that the homeschooling parent is capable of doing many things, so is often looked at as the first who "should" volunteer. Think through your days, months, years and compare them to what you want to accomplish before saying "yes." Wining out the best activities can be difficult, but it is worthwhile. We have had times where we do everything, and times were we let each child choose one thing.

Lisa and her husband Dave Baughn have homeschooled for 10 years. They have adopted a "Lifestyle of Learning" educational style. E-mail your comments, suggestions or questions to: homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com).

Keep the main rooms clean in the house. The living room, dining room, kitchen and entry, try to keep them walk in ready. It helps us to clean thoroughly on Monday, and then do a decent clean on Friday – which keeps weekends free!

1. Put all books and projects away as you go through each subject during the day.
2. Clutter must go! We waste the most time pulling clutter from one room to the next. Refine it, and get rid of it.
3. It is a process to declutter, go thru rooms one at a time
4. Each night, before bed, de-clutter "5 min room rescue" having the children put everything away that they can.

Find a system that works for you and DO IT!
Working a little each day brings great results.

Never forget, establishing routines are the secret to staying organized!

Resources

- Try www.Flylady.net for some great organizing tips.
- For help with meal planning try www.SavingDinner.com
- Visit my website, www.ThePrudentWife.com which will help you save time, money, energy and your sanity, with organizational ideas, all of these homeschooling articles, tons of recipes, ideas on making your own cleansers and videos that show you how to make restaurant meals at home (this is my site!)

Whether you are a whiz and have a well organized homeschool, or just want to a few tips, you can work progressively toward organization this school year. Persevere! Keep going and try new things until you find a system that works for you!
FPT

FKJ *continued from previous page*

at a local convenience store. Police tend to like to see I.D.s. I.D.s are usually kept in one's wallet which at this very moment was locked in a running van 1.5 miles away with Charlie. The officer (we'll call him Officer Larkins--- not his real name, and if there is actually an officer Larkins on the Johnson City Police force it is simply a coincidence so DON'T sue me.) was admittedly cautious but understanding. In the back of my mind I was thinking, "Hey, this may get me a beer with the President." But since I am not a Harvard professor and officer Larkins was so understanding, I guess I will have to find another way to meet the President. Officer Larkins allowed me to get my spare key and then he drove me to the convenience store. The clerk did not act surprised at all that I was in a police car. Charlie was so excited to see me that when I finally got the door open, Officer Larkins was concerned that the big furry creature was actually attacking me. I showed him my I.D. and he went on his way, chuckling a bit as he went. It was, obviously, too late to make my 10:00 meeting, unless I went un-bathed in my SpongeBob pajamas and chili pepper slippers. I called to try to reschedule. "Ah neet to lesledule my allisshun." After repeating myself 3 or 4 times they realized who I was and why I was calling they told me they didn't have any time to meet today or tomorrow and, in fact did not see any openings in the immediate future. They told me not to worry about calling back, they would call me. FPT

SUDO-KID-U Q1
Last month's Answers

4	2	1	3
3	1	2	4
2	4	3	1
1	3	4	2

SUDO-KID-U 1 Rules page 2

			1
	2	4	
4	3		



Fun Family Events January



NOTE: Every effort is made to assure the accuracy of events and dates. Please double check with the sponsor before attending an event. Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or Family Pastime EVENTS P.O. Box 3161, TN 37602-3161

- 1. Copyright Law Day, New Years Day
- 2. Buffet Day, Drinking Straw Day
JCPL TALE to TAIL* 4-5 pm (grade 1-5)
Read to a Certified Listening Dog for 15 minutes
- 3. J.R.R. Tolkien Day
HandsOn! Newton's Antics Learn about Newton's Three Laws of Motion with our tower test, eraser racers, and the water whirl
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 4. Tom Thumb Day, World Hypnotism Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am
- 5. Bean Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am
- 6. Three Kings Day
- 7. I'm Not Going To Take It Anymore Day, Tempura Day
- 8. Argyle Day, Bubble Bath Day, English Toffee Day
- 9. Balloon Ascension Day
JCPL TALE to TAIL* 4-5 pm (grade 1-5)
Read to Listening Dog for 15 minutes, Family Storytime 6:30 pm
- 10. League of Nations Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am, Adult Family Research/Genealogy Help by Watauga Asso-

- ciation of Genealogists 6:30 pm
- 11. Cigarettes Are Hazardous To Your Health Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am
- 12. JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am, K-2 Story Stretchers* 4 pm (Grade K-2)
- 13. Friday the 13th, Rubber Duckie Day
- 14. Caesarean Section Day, Dress Up Your Pet Day
- 15. Humanitarian Day, Religious Freedom Day
The Charles, Johnson City Pie Wars Pizza Parlors Fundraiser 5pm till 11pm head to head competition for local pizza parlors and it is a fundraiser for the Children's Advocacy Center info and ticket prices: <http://piewars.eventbrite.com>
- 16. Martin Luther King Day, Appreciate A Dragon Day
- 17. Kid Inventors' Day
HandsOn! Do You See What "Eye" See? 1/17-1/29 Learn about the human eye in honor of National Eye Care Month
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 18. Do Dah Parade Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am
- 19. Popcorn Day, Tin Can Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am
- 20. Camcorder Day, Disc Jockey Day
- 21. Hugging Day, Squirrel Appreciation Day
- 22. Answer Your Cat's Questions Day
- 23. Chinese New Year, Pie Day
JCPL TALE to TAIL* 4-5 pm (grade 1-5)
Read to a Certified Listening Dog for 15

- minutes
- 24. Belly Laugh Day, Talk Like A Grizzled Prospector Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 25. A Room of One's Own Day
- 26. Peanut Brittle Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes (age 3-5) 11 am, Lego at the Library* 4 pm (grade K-5)
- 27. Holocaust Memorial Day
- 28. Data Privacy Day, Kazoo Day
- 29. Freethinkers Day, Curmudgeons Day, Seeing Eye Dog Day
- 30. Bubble Wrap Appreciation Day:
JCPL TALE to TAIL* 4-5 pm (grade 1-5) Read to a Listening Dog for 15 minutes, Family Storytime 6:30 pm
- 31. Inspire Your Heart with Art Day
HandsOn! Say Cheese! Learn all about teeth in honor of National Children's Dental Health Month.
JCPL TEEN Duct Tape Crafts* 6:30 - 7:30 pm

SUDO-KID-U 2 Rules page 2

Last month's Easy Answer

2	3		
4			3
		4	

2	1	3	7	8	5	4	6	9
7	9	6	1	2	4	3	5	8
5	8	4	9	3	6	1	7	2
4	2	1	8	9	7	6	3	5
3	5	7	2	6	1	9	8	4
8	6	9	5	4	3	7	2	1
6	3	2	4	1	8	5	9	7
9	4	5	3	7	2	8	1	6
1	7	8	6	5	9	2	4	3

Q. Why don't skeletons fight each other?
A. They don't have the guts.

Sudoku last month's Really Hard answer

1	2	7	8	3	9	4	5	6
6	4	5	7	1	2	3	9	8
8	3	9	6	5	4	7	2	1
5	1	2	9	6	3	8	4	7
4	6	8	1	7	5	2	3	9
9	7	3	4	2	8	6	1	5
7	5	6	3	4	1	9	8	2
3	8	1	2	9	7	5	6	4
2	9	4	5	8	6	1	7	3

*Please Register : JCPL 434-4458 Hands On: 434-HAND Bays Mt. (423)229-9447

The Great Flavored Milk Debate

(NewsUSA) - A great debate has been building for the past five years in school districts across the country: Is flavored milk contributing to childhood obesity, and should it be taken out of schools?

Facts, research and experts say no. Flavored milk contains the same nine essential nutrients as white milk, including calcium, vitamin D and potassium, three nutrients that children aren't getting enough of, according to the 2010 Dietary Guidelines for Americans.

"On average, flavored milk accounts for only 2 percent of total calories and 3 percent of all added sugars in kids' diets. But studies show that schools see a severe drop in milk consumption

when chocolate milk is taken away," says Alyssa Greenstein, a registered dietitian with the Dairy Council of Florida. "And the nutrients lost from not consuming enough milk aren't easy or affordable to replace."

Research finds that low-fat chocolate milk is the most widely chosen milk option in schools, and despite the availability of white milk, children will turn to sodas and fruit drinks if flavored milk is removed from cafeterias. Sodas are the main source of added sugar in children's diets, and unlike milk, they offer no nutritional value.

Many nutrition and health organizations -- including

SUDOKU Medium

Instructions on page 2

1			5	2			9	
	5	9				3	2	
			8	4	9			
		5	9		1	2		
4	9			6			1	7
		3	7		4	6		
			4	7	6			
	6	4				7	8	
7			1	8				5

the American Heart Association, the American Academy of Pediatrics, the American Dietetic Association and the School Nutrition Association -- agree that flavored milk is a healthier alternative

to soft drinks and a vital part of meeting the dietary needs of youngsters. "If children don't drink milk with lunch, it becomes almost impossible for them to consume the daily intake of calcium, vitamin D and potassium, which are nutrients of concern as it is," says Greenstein.



Drinking flavored milk is a small but significant contributor to a child's total milk consumption, and it doesn't mean youngsters neglect white milk. In fact, flavored milk makes up only 20-26 percent of kids' total milk intake.

A recent survey of 1,000 moms discovered more than half opposed any school district decision to eliminate chocolate milk from the menu. In the past five years, milk processors nationwide have made significant nutritional changes in milk formulations. With 38 percent less added sugar, flavored milk is projected to contain, on average, just 31 calories more than white milk.

To see more of the nine essential nutrients found in flavored milk, visit www.floridamilk.com. FPT

SUDO-KID-U Q2
Last month's Answers

3	2	1	4
1	4	2	3
4	1	3	2
2	3	4	1



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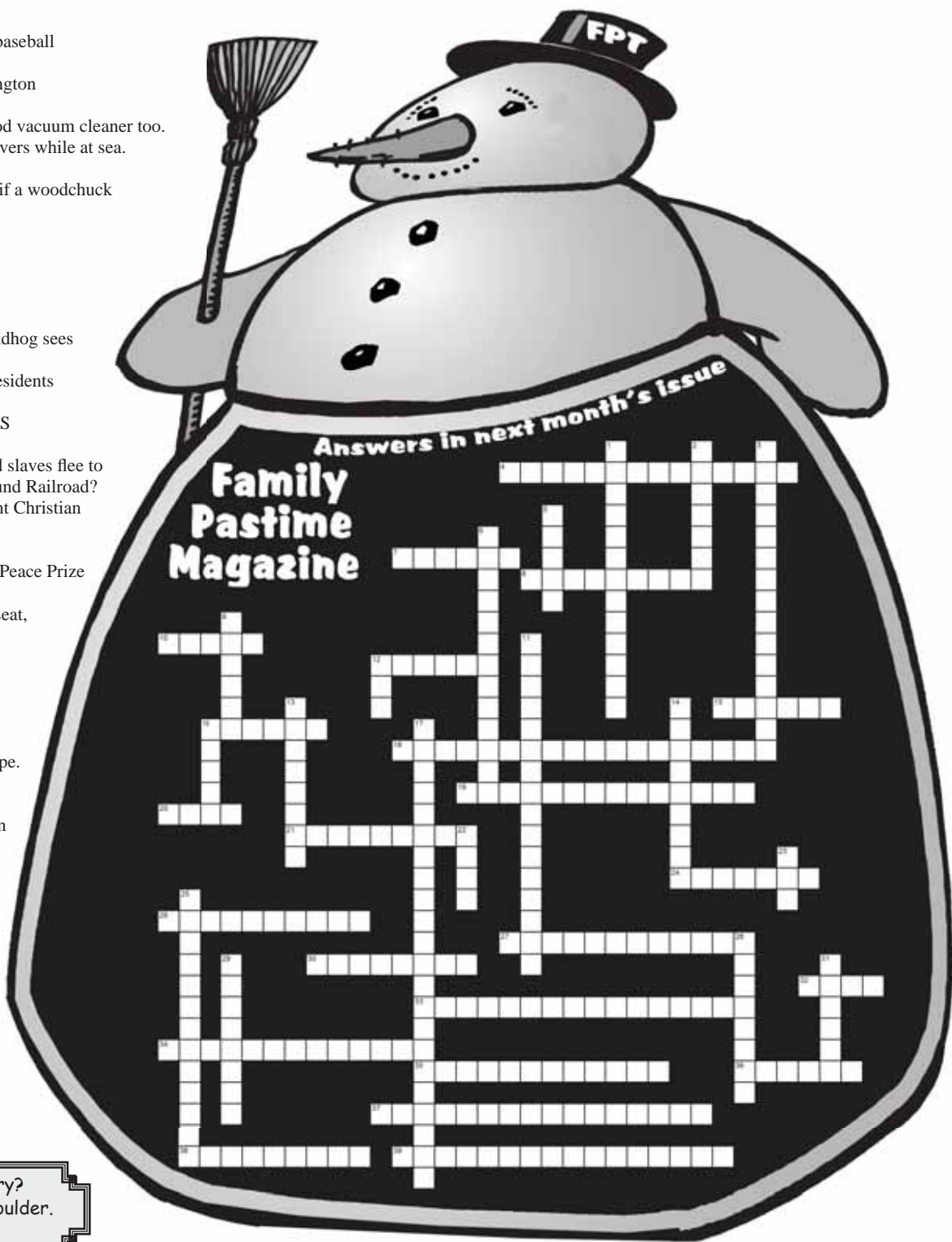
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Across

- 4. First African-American to play major league baseball
- 7. Still another name for a groundhog.
- 8. He served as Vice President to George Washington
- 10. God of love
- 12. Former President and they make a pretty good vacuum cleaner too.
- 15. Sailors used this to send messages to their lovers while at sea.
- 16. Oldest man ever elected U.S. president.
- 18. How much wood could a woodchuck chuck if a woodchuck could chuck wood?
- 19. 16th President
- 20. lip lock
- 21. Youngest U.S. president to serve.
- 24. Youngest man ever elected U.S. President.
- 26. Yet another name for a groundhog.
- 27. How much longer will winter be if the groundhog sees his shadow?
- 30. Birthplace of the greatest number of U.S. presidents
- 32. Bird that symbolizes Valentine's day.
- 33. First African-American who served on the US Supreme Court?
- 34. The woman who helped hundreds of escaped slaves flee to freedom in the North via the Underground Railroad?
- 35. Ground hog day was derived from the ancient Christian celebration of this.
- 36. The "Love apple".
- 37. Great civil rights leader who won the Nobel Peace Prize and was assassinated in 1968?
- 38. The woman who refused to give up her bus seat, prompting a city-wide bus boycott
- 39. Father of our country

Down

- 1. Covert devotee
- 2. ----- are blue
- 3. Traditional Valentines gift often in a heart shape.
- 5. First president to visit all 50 states.
- 6. Where Phil makes his yearly predication.
- 9. First U.S. president to have a Christmas tree in the White House.
- 11. Official groundhog in Pennsylvania.
- 12. Embrace
- 13. Top seller of Valentines cards in America.
- 14. Another name for a groundhog.
- 16. ----- are red
- 17. Scientist who developed hundreds of products from peanuts
- 22. Got stuck in the White House bathtub.
- 23. Made the first presidential flight.
- 25. 21st president. He gets NO press so we thought we would throw him a bone.
- 28. The one and only.
- 29. The groundhog belongs to this family.
- 31. The groundhog belongs to this order



Q. Why was the computer so angry?
 A. Because it had a chip on its shoulder.

CREATURE FEATURE

By: Georgia Teich

NOW SHOWING:

coyote

The Coyote is also known as the American Jackal

or the prairie wolf. It is a species of the canine found throughout North and Central America ranging from Panama to Canada and as far north as Alaska. There are currently 10 recognized subspecies with 16 in Canada, Mexico the United States and three in Central America. Evolutionary theory suggests the coyote evolved in North America 1.81 million years ago.

The color of a coyote's pelt varies from grayish-brown to yellowish gray on the upper parts while the throat and belly tend to have a buff or white color. The black tipped tail has a scent gland located on its dorsal base. The scent gland produces a semi-viscous fluid, the odor indicates information such as status, territory marking, mood and prowess. The odor may be subliminal (not consciously detectable). Mountain dwelling coyotes tend to be dark furred while the desert coyotes tend to be more light brown.

Coyotes grow to 30 to 34 inches in length not counting the tail; they stand 23 to 26 inches tall at the shoulder

and average from 15 to 46 pounds. They shed once a year beginning in May with a slight hair

loss, ending in July after heavy shedding. Their ears are proportionally large in relation to their head and their feet are small in relation to the rest of the body.

Coyotes have been observed traveling in large groups, but they primarily hunt in pairs. Typical packs consist of six. They are primarily nocturnal, but are often seen during daylight hours. They are capable of digging their own burrows, though they often prefer the burrows of groundhogs or badgers. They usually flourish in areas where wolves have been exterminated. Coyotes live a maximum of 10 years in the wild. The typical litter size is 5 to 6 pups born 60 to 65 days after breeding. The entire family unit including mother, father and the other family members help raise the young by providing food. They communicate through a series of yips, barks and howls. A common call of the coyote is two short



barks and a long wavering yodel known as the howl.

Coyote attacks on humans are uncommon and rarely cause serious injuries due to their relatively small size. They are presently the most abundant livestock predatory in Western North America. They are often attracted to dog food and small animals that appear as prey. Items like garbage, pet food and sometimes feeding stations for birds and squirrels will attract them into a back yard.

Coyotes moved eastward through Tennessee and other eastern states during the 1960s and early 1970s. First occurrence in Tennessee was mainly in the Western portions of the state. By the mid 1970s frequent sighting of this species were reported in counties west of the Tennessee

River. Today they are well established in Western Tennessee and populations in Middle and East Tennessee are increasing. Coyotes may be hinted year around in Tennessee. There is no bag limit.

Identifying Coyote Tracks

Check tracks around a kill carefully to be sure the culprit is really a coyote and not a dog. Coyote tracks are pointed whereas dog tracks are much more circular. FPT

PARENTING

Simple Ways To Help Children Get To Sleep

about something that is causing anxiety, such as their day at school. Offering kids some choices can help. Ask which pajamas they want to wear or which stories they want you to read.



A bedtime routine can be soothing, whether it's reading together or watching a show such as "Pajanimals," a series co-produced by 24-hour preschool television channel Sprout, The Jim Henson Company, and

Northern Ireland's Sixteen South Television. Airing on Sprout in the U.S., the series was designed to help parents and caregivers establish a bedtime routine for their preschoolers. Waldburger and fellow co-founder of Sleepy Planet Jill Spivack lend their expertise to the bedtime themes and song lyrics that cover topics such as encouraging preschoolers to stay in bed, dealing with nightmares and missing your parents at night. "Pajanimals" characters—Sweetpea Sue the

pony, the excitable duck Squacky, the creative cow CowBella and the optimistic puppy Apollo—were designed by the world famous Oscar® and Emmy® Award-winning Jim Henson's Creature Shop. "Parents have told us that bedtime is one of the most challenging times of the day," said Andrew Beecham, senior vice president of programming at Sprout. "This new full-length series provides loveable characters modeling the typical day-to-bedtime transitions that preschoolers encounter every day." "Puppets are a great way to connect with young children and encourage them to explore their fears and curiosity," said Lisa Henson, CEO of The Jim Henson Company. "These cuddly friends welcome viewers to snuggle up for a story and a song." For more information call 1.8.SPROUT.411 or go to www.SproutOnline.com. FPT

Q-What did the hat say to the scarf?
A-You hang around and I'll go on a head.

(NAPS)- Taking the battle out of bedtime may be less of a nightmare with the help of some pediatric sleep specialists. For example, many parents don't know that some kids have trouble falling asleep because they are too tired, says Jennifer Waldburger, LCSW, one of the co-founders of Sleepy Planet. Some children can become overtired and some parents may be trying to put them to bed too late. Most children need to go to bed between 7 and 8 p.m., and if they don't, they may become too stimulated. Even with an early bedtime, many children may need some activity before bedtime—some games or playtime after dinner—to help them calm down.

If your child is still stalling, he or she may want to talk

Local Children Thankful for Make-A-Wish Foundation Magic & Chocolate Festival 2012



Kingsport/Johnson City, TN - Volunteers with the The Make-A-Wish Foundation® of East Tennessee



like to think of themselves as magicians. They work with area children who have life-threatening medical conditions and help these

children choose one very special heartfelt wish that they'd like to receive. The volunteers then go to work to make these children's wishes come true. Whether the child's wish is for a barn for her horse like wish child Alexandra is asking for, a trip to Disney like little Layton is asking for, a hot tub like Mason is asking for or any other wonderful wish a child is dreaming about, the volunteers work to make that special request magically appear for these children.

A wish transports these children from their daily medical problems, the painful tests and treatments they endure and the loneliness they experience when they are in the hospital, to a time of joyfulness, hope for their future and strength to continue their battle. We

like to say that the doctor provides the medicine for treatment and we provide the magic!

Knowing that each child's wish can be expensive, volunteers from the local Make-A-Wish Foundation chapter have joined together to plan **Chocolate Festival 2012, sponsored by Panera Bread** which will



raise funds for area children's wishes. It will be held on the Saturday of Valentines Day weekend, February 11th at the MeadowView Conference Center in Kingsport. The event will run from 9 a.m.

holders will go from booth to booth sampling some of the area's finest food and beverages containing chocolate. Last year there were 30 restaurants, bakeries and grocery stores offering delicious chocolate treats at the event and exhibitors are signing up now to be part of this fun-filled day. Participants will also have the opportunity to shop for a fantastic array of silent auction items during



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Making Sense of Investing

the Festival.

Tickets are now available, by contacting the The Make-A-Wish Foundation® of East Tennessee at 423-989-9474. They can be purchased online for \$15 at www.wishetn.wish.org or at the following locations: Sam's Club in Johnson City (optical department), Salsarita's in Kingsport, the Kingsport Chamber of Commerce or Shoney's in Johnson City, Kingsport or Bristol.

For further information on becoming an exhibitor, sponsor, providing silent auction items or purchasing tickets, please contact Wendy Belanger at 423-989-9474 or wbelanger@wishetn.wish.org FPT

Flip & Friends®

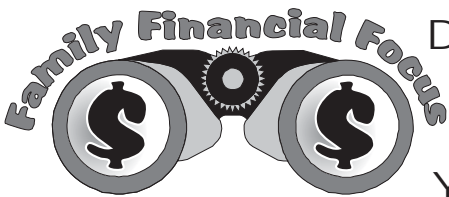
By: Samantha Blakemore SamanthaBlakemore.com



Year after year, Yak's anger builds because Flip never lets him know what night the New Year's Party is.

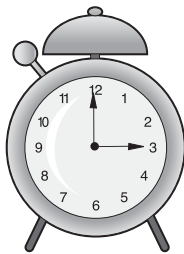
Q. What birds spend all their time on their knees?

A. Birds of prey!



Delay in Investing Could Prove Costly

no doubt heard that “time is money.” While this expression may be applicable in many areas of life, it’s especially relevant for investors — because the more time you spend not investing, the less money you are likely to have when you really need it, such as during your retirement. That’s why it’s essential that you don’t wait to start saving for your days as a retiree.



You’ve

show, the best way to build substantial savings is to start early, but even if you’re in your 30s or 40s, you can catch up — although you’ll need to save more to potentially get to the same level.

- Increase your investments when your income rises. Every time you get a salary increase, boost your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.
- Don’t take a “timeout” from investing. Keep on investing, whether the “news of the day” is positive or negative. The best investors are those who follow a consistent strategy and continue investing, year in and year out.

In short, save early, save often — and keep investing. FPT

Provided By: Lindsey Wortman Edward Jones Investment Representative

Many people think it won’t make much difference if they delay investing for a few years. As you know, time flies, and before you know it, “a few years” turns into a decade — and a decade’s postponement in saving for retirement can make an enormous difference in your life.

How big a difference? Suppose you plan to retire at age 65. If at age 25, you began putting \$200 a month into a tax-deferred vehicle, such as a traditional Individual Retirement Account (IRA), and your investments inside that IRA hypothetically earned on average 7% a year, you would accumulate about \$512,000 after 40 years. However, if you had waited until you were age 30 to start saving for retirement, with all else being equal, you’d end up with only about \$355,000 when you reached 65 — \$157,000 less — due to that five-year delay. And if you waited 10 years, until you were 35, you’d end up with about \$243,000 — far less than half of what you would have accumulated had you started saving at 25. (Keep in mind that you will eventually have to pay taxes on these accumulations, and the actual figures don’t reflect fees, commissions or expenses.)

Q. Why do hens lay eggs?
A. Because if they dropped them they’d break!

Q: Why can’t a bicycle stand on it’s own?
A: Because it’s two-tired!

Last Month’s Medium answer

6	2	5	3	4	1	8	9	7
9	4	8	5	7	6	1	2	3
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SUDOKU- EASY Instructions: On page 2

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Family Pastime Magazine
Last Month’s Puzzle Answer

Clearly, the cost of delay can be considerable — which is why you should consider taking these steps:

- Develop a strategy with your financial advisor. It’s easier to stick to a strategy if you know where you’re going. Your financial advisor can help you determine how much you need to save to reach the type of retirement you’ve envisioned.
- If you haven’t started saving, begin now. If you wait until you feel more financially comfortable before you invest for retirement, you may never begin. Even if you can put away only a small amount, such as \$50 per month, you’ll have made a start.

To make it easier on yourself, set up your accounts to automatically move a set amount each month into your IRA. As the above examples

Kid Friendly Recipes



Beef Stew

SUPPLIES:

- 1-1/2 lbs stew beef, cut into bite-size pieces
- 1/4 C plus 3 TBS flour
- 4 TBS vegetable oil
- 1 large onion, coarsely chopped
- 1 rib celery, thinly sliced
- 2 to 3 cloves garlic, minced
- 3 C low-sodium beef broth
- 1 C tomato juice or vegetable juice
- 3/4 tsp salt, plus more to taste
- 2 bay leaves
- 2 large all-purpose potatoes, cut into chunks
- 2 carrots, peeled and sliced into thin rounds
- 2 C fresh green beans, in bite-size pieces
- 1 tsp dried thyme
- 1 tsp dried oregano
- Black pepper, to taste
- 1 TBS Worcestershire sauce
- 1 TBS light brown sugar

HOW TO:

1. Meanwhile, combine beef and 1/4 C flour in gallon size plastic or paper bag.
2. Shake well to coat beef.
3. Add 2 TBS vegetable oil to large pot and heat.
4. Add half the beef to pot, shaking off any excess flour, and brown for 3 to 4 minutes, stirring occasionally.
5. Transfer browned beef to heat proof dish. Then add the remaining 2 TBS of oil to pan and brown the remaining beef.
6. Stir onion, celery, garlic, and first batch of beef back into pan. Sauté mixture for 3 minutes, stirring often, until onion wilts.
7. Stir in broth, tomato juice, 3/4 tsp salt, and bay leaves. Increase heat, bringing the liquid to a simmer. Then reduce the heat to low. Cover pot and gently simmer stew for 1 hour, stirring several times as it cooks.
8. Stir in remaining ingredients, except for the reserved 3 TBS of flour. Bring the stew to an active simmer, then reduce the heat to low.
9. Cover and simmer gently for 45 minutes more, until the vegetables are tender.
10. To thicken stew, spoon a ladleful of broth into a small mixing bowl. Whisk in the reserved 3 TBS of flour. Then stir the mixture into the stew and simmer for 10 minutes more. Serve with dinner rolls or over rice or noodles.

Baked Penne with Chicken

SUPPLIES:

- 6 TBS butter, plus more for baking dishes
- Coarse salt and ground pepper
- 1 LBS penne
- 1 teaspoon olive oil
- 2 boneless, skinless chicken breast halves (8 OZ each), halved horizontally
- 1/2 C plus 2 TBS all-purpose flour
- 4 garlic cloves, minced
- 6 C whole milk
- 1 1/2 C shredded provolone
- 1 1/2 C finely grated Parmesan

HOW TO:

1. Preheat oven to 400.
2. Butter two shallow 2-quart baking dishes.
3. In a large pot of boiling salted water, cook pasta 3 minutes short of al dente
4. Drain pasta, and return to pot.
5. In large nonstick skillet, heat oil over med-high.
6. Season chicken with salt and pepper; cook until opaque throughout, 3 to 5 minutes per side.
7. Halve each piece lengthwise, then thinly slice crosswise.
8. In a 5-quart heavy pot, melt butter over medium heat. Add flour and garlic; cook, whisking, 1 minute. While whisking, gradually add milk; bring to a simmer, whisking frequently for 1 minute.
9. Turn off heat, gradually stir in provolone and 1/2 C Parmesan.
10. Add chicken and pasta to pot; season with salt and pepper. Divide pasta mixture between baking dishes; sprinkle each with remaining Parmesan.
11. Bake, uncovered, until top is golden and bubbling, about 25 minutes. Let stand 5 minutes before serving.

Turkey Potpie

SUPPLIES:

- 2 frozen prepared piecrusts
- 4 TBS butter
- 1 Med.-size onion, chopped
- 1 stalk celery, chopped
- 1/4 C flour
- 1 1/4 C chicken or turkey stock
- 1 1/4 C milk
- 1 tsp crumbled or powdered dried sage
- 3/4 tsp dried thyme
- Salt and pepper, to taste
- 2 C diced cooked turkey
- 2 C leftover vegetables or frozen vegetables)

HOW TO:

1. Melt butter in a large sauté pan over Med.-low heat.
2. Stir in onion and celery.
3. Cover pan and gently sweat vegetables for about 8 minutes, stirring occasionally.
4. Stir in flour. Increase heat slightly and continue to cook and stir the mixture for 1 more minute.
5. Add stock to pan, whisk to blend ingredients.
6. As stock starts to thicken, whisk in milk, sage, thyme, and salt and pepper.
7. Stir in turkey and vegetables, simmer mixture, stirring often, for 2 minutes.
8. Remove pan from the heat.
9. Heat the oven to 400 degrees
10. Transfer the filling to one of the piecrusts.
11. Invert second crust on top of the first. Remove top crust from aluminum pan.
12. Whisk the egg yolk and milk for the glaze. Lightly brush the glaze onto the crust. Then use a fork to poke 2 or 3 steam vents in the pastry.
13. Bake the potpie on the center oven rack for 40 minutes, until well browned. Slide an aluminum foil-lined baking sheet onto the shelf below the pie, to catch any spills. Transfer the potpie to a cooling rack and cool for 10 minutes before serving.

Mini Cinnamon Rolls

SUPPLIES:

- 2 (8-OZ) cans refrigerated crescent rolls
- 6 TBS butter or margarine, softened
- 1/3 C firmly packed brown sugar
- 1/4 C chopped pecans
- 1 TBS sugar
- 1 tsp ground cinnamon
- 2/3 C powdered sugar
- 1 TBS milk or half-and-half
- 1/4 tsp almond or vanilla extract
- 1/8 tsp salt

HOW TO:

1. Unroll crescent rolls
2. Separate each dough portion along center perforation to form 4 rectangles; press perforations to seal.
3. Stir together butter and next 4 ingredients
4. Spread evenly over 1 side of each rectangle.
5. Roll up jellyroll fashion, starting at long end.
6. Cut each log into 6 (1-inch-thick) slices
7. Place rolls into 2 (8-inch) greased cake pans.
8. Bake at 375 for 15 to 18 minutes or until golden. Cool 5 to 10 minutes.
9. Stir together powdered sugar and remaining ingredients. Drizzle over warm rolls.



Why Your Fat Cat Needs A Diet



If your cat is significantly overweight, it is a good idea to help him slim down. There are many causes of excess weight in cats. Factors like his breed, genes, age, and whether or not he is spayed or neutered may all play a role. Though less common, a fat cat may sometimes have low thyroid function. Though it may seem obvious, the most common reason for feline obesity is because of overindulgence in too many high calorie treats from doting cat owners.

There are some simple steps that you can take to help your fat cat lose weight, and increase his overall health and longevity.

1. Talk to your vet. Your vet can design a diet plan that is right for your cat, and can provide you with a healthy target weight for your cat. A typical range is 8 to 12 pounds, depending on your cat's build. Though you may have to spend some money on this vet visit, it is well worth it in the long run in order to avoid more costly bills resulting from chronic illness. If you have pet insurance, the visit may be partially or fully covered.
2. Put your fat cat on a diet.

Your cat should be eating at least half of his calories in the form of lean protein. Protein should be a staple of your cat's diet, since cats are naturally carnivores. Make sure he does not exceed his recommended daily caloric intake. Reduce fat and increase fiber in his diet. You will want to do this under the supervision of your vet, since too much fiber can decrease the absorption of certain nutrients.

Too little fat can also result in dry skin and other problems. Supplementing your cat's diet with fish oil can help combat these skin problems.

3. Feed him frequent, small meals. Instead of one or two large meals every day, try spacing his food intake over 4 to 6 small meals. This will help him feel more satisfied, since he won't have to wait as long between meals. Just like in humans, this "grazing" type of diet helps keep his blood sugar steady.

4. Help him get some exercise. While it can be tough to walk a cat, you can play with him for 5 to 10 minutes, 3 to 4 times a day. Use toys that encourage his natural hunting instincts, like those with dangling feathers, or toys that you can slither down stairs in snake-like fashion.

It is in your cat's best interest to keep him healthy and disease free. By helping your overweight cat trim down to an appropriate weight, you significantly decrease the risk of certain chronic illnesses and early death. While your concern for your cat is your primary motivation, you will also save yourself hundreds of dollars in vet bills by addressing your cat's obesity problem now.

FPT

Courtesy of by I Love Cats

Health Risks for Fat Cats
The health risks of cat obesity can cut short your cat's life, and can result in costly vet bills. Some of these risks include diabetes and liver disease, which may require expensive prescription medications. Obesity in cats can also cause skin problems, mobility problems, and decreased longevity and enjoyment of life.

What You Can Do



Fly-By-Night

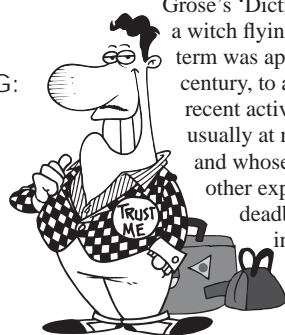
MEANING:

Say WHAT??? Today fly by night refers to an unreliable or untrustworthy person or business.

"Don't buy your car from the fly-by-night dealership."

ORIGIN:

"Fly-by-night was originally an ancient term of reproach to an old woman, signifying she is a witch, according to



Grose's 'Dictionary of the Vulgar Tongue.' From a witch flying about at night on a broom, the term was applied, at the beginning of the 19th century, to anyone who flies hurriedly from a recent activity, usually a business activity and usually at night - someone who is a swindler and whose activities are fraudulent. Another explanation is a "fly by night" was a deadbeat tenant who vacated his lodgings in the middle of the night to avoid the wrath of his landlord or other creditors. From there "fly by night" was expanded to include just about any sort of scandalous behavior, especially if the mischief maker left as soon after his foul deed was done. FPT

Q. Why did the cookie go to the doctor?
A. It was feeling crummy!

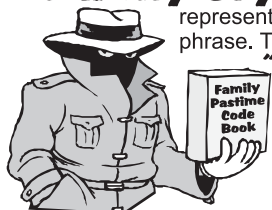
Q. When's a bus not a bus?
A. When it turns into a street.

SUDOKU HARD Rules page 2

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Family Crypto-Time

In the encrypted phrase below each letter represents another letter (such as Q is actually A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.



JAC XFQ TQPS APY BXHC. FCJ JAC QCPQ MPYJ
 TEST WJY XRH QCPQ. JAC HCK TQPS APY JPRCH
 MXYCYWYXH XI JAC QFXUR XI JWNC. PFF APWF
 JAC QEJWCY PHQ MXYWTWFJWCY XI JAC
 UXNWHB JKCFGC NXHJAY! ~Edward Payson Powell

Look on the Fun Family Events page for a clue. Look for the answer next month.

Talk About Investments To Help Parents Avoid Fraud

(NAPS)—Most children turn to their parents for financial guidance. Sometimes, however, it's the parent who needs help. Older people are regularly targeted by fraud criminals because they have money, whether it's retirement savings, home equity or steady



forms of income. Experienced investors may also believe they're too smart to be scammed. Research funded by the FINRA Investor Education Foundation shows, surprisingly, that financially savvy, self-reliant investors are more likely to be victims of fraud than those who are less knowledgeable. "Investors who are overconfident about their ability to spot a 'great opportunity' are less likely to ask for help and advice from others," said Gerri Walsh of the FINRA Foundation. "And that's exactly what fraud criminals want."

airing on public television stations, explains these tactics and the steps that investors can take to protect themselves. Free copies of the movie can be ordered on the Foundation's fraud-fighting website, www.SaveAndInvest.org. The website also offers information on how to check the background of a financial professional and the legitimacy of securities.

"It may be hard for some people to talk about money," Walsh said, "but getting your parents to come to you or someone else they trust for a second opinion before making an investment decision is a good way to avoid trouble." It is a discussion

Robert Kalinowski, a 25-year veteran of the Vermont State Police, wishes he had had with his father. The older Kalinowski was befriended by a financial advisor. The two would go to high school sporting events together—but the friendship was a ruse to steal \$100,000 in an investment scheme.

"I did not see this happening," Kalinowski said. "I felt rotten. I was supposed to protect everybody... but I did not see this coming."

Checking the advisor's registration to sell securities would have revealed that he was no longer licensed. The advisor was eventually charged with embezzlement and grand larceny but died before the

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trial.

"No matter what, it can happen to anybody," Kalinowski said. "They have to check before they invest their money, ask questions, ask the experts, do research. If it could happen to our family, it could happen to you." **FPT**

Smartphones Feed New Parental Fears

(NewsUSA) - The kids are in school, which means they spend most of their day without parental supervision. The days when parents only had to worry about their kids skipping class and getting bullied for lunch money are gone. Now, new threats have emerged around cell phone use.

According to a survey performed by Internet monitoring software company SpectorSoft, sexting is parents' primary concern during the school season. "Absolutely," said Rebecca Hagelin, a parent who uses SpectorSoft to track her three teenagers. "It's allowed my children to enjoy all the benefits the latest technology has to offer them, and it's allowed me to protect them from the dangers of some of the new technology," she said. "It's a win-win."

Smartphones with advanced Internet capabilities have greatly increased parental fears about cyberbullies,

online predators, sexting and the exchange of inappropriate messages and pictures.

SpectorSoft reports that 82 percent of all families surveyed contain at least one child who has a smartphone. Even if teachers and school faculty can keep students off their phones during school hours, who protects them after school?

Bryan Bowers, author of "Keep Your Family Safe Online," said that the survey proves parents are starting to gain greater awareness of what their children are actually up to on their phones and online. "So many children have smartphones, and this tells me parents are starting to get the idea that these devices can be a problem for children," Bowers said. "They are starting to see the reality of what is out there."

SpectorSoft, focused on monitoring products

for children since their inception in 1998, has released eBlaster Mobile for Android and BlackBerry phones. This software keeps track of all activity on these smartphones by monitoring and recording text messages, calls and Internet activity and then sending that information to the parent. It also has Geofencing capabilities to enable parents to better understand the whereabouts of their children through their mobile devices. Parents can create electronic location boundaries -- or fences -- that trigger an alert notification when their child enters or exits a pre-defined area with their mobile device.

eBlaster is designed for maximum parental convenience and child safety. The software can be downloaded from its website, www.eblaster.com, and then managed from any remote location. Plus, it has a GPS function reporting the exact location of the phone in the event of emergencies. **FPT**



Don't Waste Unwanted Gifts

By: Michael Bloch

The Gift You Don't Want Someone Else May Need

I received the best Christmas present this year. Nothing, nada, zip and zilch. It's taken some years but people have finally given up on buying me stuff.

The big problem with gift giving is people often don't know what to buy, what is needed, let alone wanted or would be appreciated. The pressure of imaginary obligation and a December 25 deadline makes otherwise sane and good-hearted people make some very interesting choices. But the madness continues on the recipient's end too. We're given a gift we have no use for and feel obliged to look delighted and say thank you for the resource sucking lump of useless material we are now responsible for that will clutter up our lives further. To make matters worse, having displayed the appropriate level of excitement and thanks, the stage is then set for more of the same next year.

I know this all sounds a little heartless and yes, it's the thought that counts; but we need to break the cycle and that thought doesn't need to be represented in a physical item that costs the giver their hard earned cash and collectively costs the environment a bundle too. An Australian charity estimates the value of last year's discarded/unwanted Christmas gifts was more than \$750 million - and Australia's population isn't that huge. If that figure is accurate, unless folks in other countries are much better at picking gifts than the Aussies, the global total would be mind boggling.

Unfortunately, sometimes these unwanted gifts just wind up being shoved in a closet, never to be used. They can haunt us throughout our lives. It doesn't have to be that way. The Australian charity points out that organizations such as theirs can put these unwanted gifts to good use; either directly for their clients, or sold and the cash raised to help fund the charity's activities. Some people "re-gift", meaning they give the gift to someone else next Xmas. I wonder how many of these gifts wind up being shuffled from place to place :). Still, it's a good idea and at some stage the gift will wind up in the hands of someone who could put it to use.

I read another report where an auction web site stated at around 7pm on Christmas Day they noticed an uptick in new listings and put it down to people selling unwanted gifts. I see nothing wrong with selling something you can't use in order to buy something you can. A gift

unused and stowed away that may be appreciated by someone else is a horrible and wasteful thing. It's a loss all round. But as prevention is better than cure, if you're someone who often receives unwanted gifts from certain folks, just start your own don't-give-me-anything-I-mean-it campaign next year. You can mention environmental concerns or even that you have everything you want and need and as you care about the person so much, you don't want them spending their money on you. If the person really insists and there is no way to dissuade them, point them towards greener gifts that won't cost them any more than what they would have spent. Don't feel obligated to buy anyone anything either - after all, there is no law to say you must and it's not illegal to give gifts on any of the other 364 days of the year. In my opinion, gifts should be given when a need or desire is identified and when your heart dictates - not when business does.



Let's end the Christmas gift giving insanity - for the sake of our bank balances and for the environment. The money saved on paying off the Xmas gift credit card purchase interest can be spent on more useful and enduring things for ourselves or others. FPT

Courtesy of: GreenLivingTips.com

Sudoku Really Hard Instructions: On page 2

				5	7		6	
5	6			9				
		8			1	2	5	
			5			3	4	
	5		2		4		6	
	8	9			6			
	9	3	1			5		
				6			1	9
8		1		2				

HELP WANTED

If you are interested earning a little extra money or in a full time position, Family Pastime Magazine is looking for you!

We are continuing to expand and find ourselves in the position of being able to offer **full and part-time sales positions.**

Mail your cover letter and resume' to:
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Family Pastime Magazine
P.O. Box 3161

, TN 37602 or e-mail
editor@familypastime.com

Last month's HARD answer

5	3	7	4	8	1	2	6	9
8	1	9	5	2	6	4	7	3
2	6	4	7	3	9	5	1	8
6	9	2	8	4	5	7	3	1
1	7	5	3	6	2	8	9	4
3	4	8	9	1	7	6	5	2
9	5	3	2	7	4	1	8	6
7	2	1	6	9	8	3	4	5
4	8	6	1	5	3	9	2	7

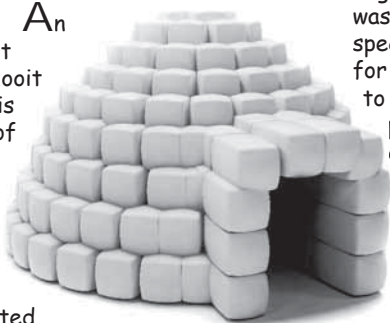
SUPER SUDOKU Answer from last month

1	2	3	F	5	D	8	A	9	C	7	6	4	E	0	B
8	C	7	4	9	B	2	0	A	5	E	3	6	D	1	F
6	9	5	E	1	4	7	F	8	D	0	B	A	C	2	3
A	B	D	0	3	E	6	C	1	4	2	F	7	9	5	8
9	D	A	7	B	C	0	3	E	2	4	1	F	6	8	5
B	4	C	6	2	8	5	7	F	0	A	9	D	1	3	E
0	8	E	1	4	F	9	6	3	7	5	D	2	A	B	C
2	3	F	5	E	1	A	D	C	B	6	8	0	7	4	9
7	1	2	B	0	9	C	E	6	F	8	4	3	5	A	D
3	0	4	D	8	7	F	2	5	9	1	A	E	B	C	6
5	6	8	C	A	3	D	4	7	E	B	2	1	F	9	0
E	F	9	A	6	5	1	B	0	3	D	C	8	2	7	4
4	A	1	2	F	0	B	9	D	8	C	E	5	3	6	7
F	E	0	8	7	2	3	1	B	6	9	5	C	4	D	A
C	7	B	3	D	6	4	5	2	A	F	0	9	8	E	1
D	5	6	9	C	A	E	8	4	1	3	7	B	0	F	2



ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**

Build your own mini igloo at home!



An

igloo (Inuit language: iglu, plural: iglooit or igluit) or snowhouse is a type of shelter built of snow, originally built by the Inuit.

Although igloos are usually associated with all Inuit, they were predominantly constructed by people of Canada's Central Arctic and Greenland's Thule area. Other Inuit people tended to use snow to insulate their houses, which were constructed from whalebone and hides. Snow is used because the air pockets trapped in it make it an insulator. On the outside, temperatures may be as low as -49° , but on the inside the temperature may range from 19° to 61° when warmed by body heat alone.

Types of Igloos:

There are three traditional types of igloos, all of different sizes and all used for different purposes.

- The smallest was constructed as a temporary shelter, usually only used for one or two nights. These were built and used during hunting trips, often on open sea ice.
- Intermediate-sized igloos were for semi-permanent, family dwelling. This was usually a single room dwelling that housed one or two families. Often there were several of these in a small area, which formed an Inuit village.
- The largest igloos were normally built

in groups of two. One of the buildings was a temporary structure built for special occasions, the other built nearby for living. These might have had up to five rooms and housed up to 20 people. A large igloo might have been constructed from several smaller igloos attached by their tunnels, giving common access to the outside. These were used to hold community feasts and traditional dances.

SUPPLIES:

- Salt
- Water
- "Slushy mix" (crush a couple of ice cubes with a bit of water in a blender)
- Baking tray
- 4 ice cube trays
- Space in your freezer
- Teaspoon

HOW TO:

1. Fill 2 ice cube trays with water, freeze (these will make big ice cubes).
2. Half-fill the remaining ice cube trays with water, freeze (these will make small ice cubes).
3. Sprinkle the baking tray with salt.
4. Start building
5. Arrange 12 big ice cubes in a circle on the tray, and put it back in the freezer until they are frozen again.

6. While these freeze re-fill ice cube trays to make more "building blocks"
7. Dip a second lot of ice cubes into salt (flat side down), and center each one between two base cubes like a brick wall.
8. Fill the gaps with slushy mix and freeze again.
9. Repeat to make more layers, using the smaller and smaller cubes until you have a dome shape.
10. Create a doorway with remaining ice cubes.
11. Use your hands to cover the entire igloo with slushy mix and freeze again for a 2 - 3 hours.
12. Remove and enjoy.

Q. What did one toilet say to the other toilet?

A. You look flushed.

Q: What did the horse say when he fell over?

A: Help! I've fallen and I can't giddy up!

SUPER SUDOKU Instructions: On page 2

2	F		A	0	E			3	7	D		6	5							
6	1		5		7			4		B		8	3							
		7		4		8			6		A		1							
E	8			A	5		1	F		B	C		0	7						
8		6	E			1		9	0		C		5	7	D					
7	C			F	8	4			E	D		9	5	6		2	0			
			3					7	0	B	F						C			
				9	C	A	D	2	6	7	8	3	E							
				6	B	0	5	C	2	A	E	1	7							
			2					A	8	4	3					5				
9	A		4	6	2			7	8			0	B	3			C	F		
1		0	7			F		4	C		D		2	8				A		
D	7				1	C		5	9			F	8					3	2	
			F		7		0				2		D			B				
3	4		8			B						6		F				5	1	
A	6			2	F	8							1	4	9				7	C

Family Crypto-Time-Last Month's Answer

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other. -Burton Hillis

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
 Cipher: VMAIQRUEYGTDXLFHNOZPSKCB

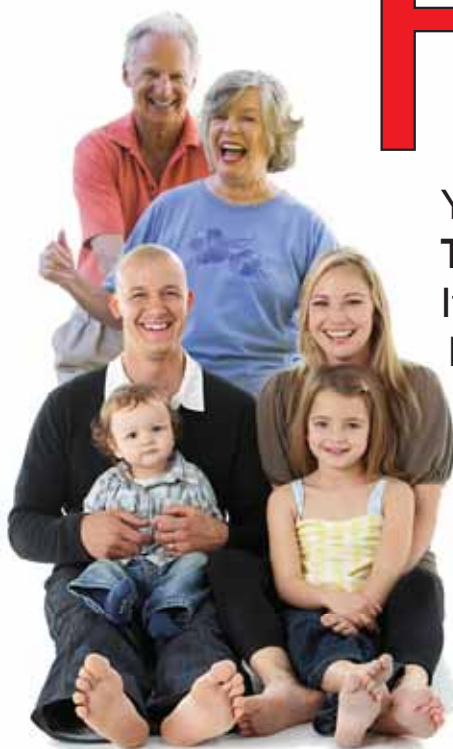


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