



THE magazine for the WHOLE family Volume 2 Issue 7



Pay No Sales Tax!!

As much as we don't want to admit it, school will be starting in early August.

The traditional school year starts August 6 for City and Sullivan county schools and August 13 for Washington county schools. The good news is we can save a little money on sales tax for our back to school needs, if we shop during the sales tax holiday weekend (Friday August

3 at 12:01 a.m. through Sunday August 5 at 11:59 p.m.) Each school supply or item of clothing costing \$100 or less or computer costing \$1500 or less (with some exceptions) will be tax-free over the first weekend in August. For an extensive list look on page 21 or go to www.tntaxholiday.com.

Virginia, North Carolina and other states will also be offering tax-free shopping for school supplies. To find out when these dates are and what items will be exempt in these states go to: http://www.taxadmin.org/fta/rate/sales_holiday.html. **FPT**

You Can Fly The Space Shuttle

By: Chris Joker

O.K. you can't really fly the actual space shuttle, well actually maybe you can but that will take years of training. You can, however, get the experience of flying the space shuttle right now without any training at the Kennedy Space Center in Cape Canaveral, FL. The Center (or KSC for those of us in the know) offers a Shuttle Launch Experience, space shuttle simulator. The simulator is the culmination of three years of development by veteran Space Shuttle astronauts, renowned attraction experts and a design team under the guidance of NASA, Shuttle Launch Experience sends visitors through a simulation of launching into Earth's orbit from KSC. The simulator



uses sophisticated motion technology, special effects seats and a high fidelity presentation to immerse visitors in the sensations of launching into space -- going fully vertical in the process. KSC is about 45 minutes East of Orlando and in addition to the shuttle simulator offers; the rocket garden with a chance to see rockets from the Mercury, Gemini and the Apollo missions. We also got to climb aboard some of the

Please see "Fly The Shuttle" page 12

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- | | |
|---|---|
| <ul style="list-style-type: none"> • Unassisted Homebirth Week: 1-7 • Special Recreation Week: 1-7 • Freedom From Fear of Speaking Week: 1-7 • Be Nice To New Jersey Week: 1-7 • National Therapeutic Recreation Week: 8-14 • National Farriers Week: 9-15 • Sports Cliché Week: 15-21 | <ul style="list-style-type: none"> • Rabbit Week: 15-21 • Captive Nations Week: 15-21 • National Independent Retailers Week: 16-22 • Restless Leg Syndrome (RLS) Education & Awareness Week: 18-25 • Single Working Woman's Week: 7/29-8/4 |
|---|---|

JULY MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Air-Conditioning Appreciation Days (7/3 to 8/15) • Bioterrorism/Disaster Education & Awareness Month • Blueberries Month • Cell Phone Courtesy Month • Dog Days (7/3 to 8/11) • Family Reunion Month • Herbal/Prescription Awareness Month • International Blondie and Deborah Harry Month • Learn Arabic Month • Baked Bean Month • Bikini Month • Black Family Month • Culinary Arts Month • National Anti-Boredom Month | <ul style="list-style-type: none"> • Unlucky Month for weddings • "Doghouse Repairs" Month • Grilling Month • Home Inspector Appreciation Month • Horseradish Month • Hot Dog Month • Make A Difference to Children Month • Purposeful Parenting Month • Recreation & Parks Month • Wheelchair Beautification Month • Roots & Branches Month • Skyscraper Month • Smart Irrigation Month • Social Wellness Month • Tour de France Month • Women's Motorcycle Month |
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THE magazine for the WHOLE family

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Protect Yourself from Identity Theft

First, the bad news: There's still plenty of identity theft out there. Now, the better news: There's not as much as in previous years. And here's the best news: You can do a lot to protect yourself from being victimized.

What is identity theft?

It basically involves someone getting some pieces of information about you — name, Social Security number, credit card numbers, “pre-approved” credit card offers — and using this data to make purchases or withdraw funds from your accounts.

In 2006, some 8.4 million Americans were hit by identity fraud — but that's half a million fewer victims than in the year before, according to a study conducted by Javelin Strategy & Research. The study also found that, in 2006, the average victim of an existing account fraud paid \$587 out-of-pocket in consumer costs associated with the fraud, while victims of new accounts opened in their name paid, on average, \$617.

The overall decline in identity theft may indicate that more people are acting to protect themselves — but the average cost per person shows that fraud victims still can get hurt. How can you reduce the chances of being victimized by identity theft? Here are some suggestions:

- Shield your credit card from prying eyes and ears. Thieves can now use camera cell phones to take photos of your credit cards while you're making purchases. Don't pull

your credit card from your wallet or purse until you're ready to use it, and put it away afterward. If

you're making a contribution over the phone to a political or nonprofit group, don't give out your credit card number unless you're sure the organization is legitimate.

- Use secure sites when shopping online. Before giving out your credit card number to make a purchase on the Internet, make sure you're on a secure site — one that begins with https://. (The “s” stands for “secure.”) Also, the site should display a small lock or other security seal.

- Change your PIN number. Change the PIN number on your cash card once in a while.

- Shred those documents. If you are purging old investment statements, tax returns and bank documents, use a shredder. And while you have the shredder out, use it on pre-approved credit card offers.

- Go “virtual.” Try to replace paper statements — from banks, financial services providers and credit card issuers — with

online versions. Many businesses will be quite happy to save the cost and expense of mailing account statements to you.

- Check your bank statements. Whether you get your bank statements online or on paper, check them at least a few times a month. If you find a transaction that looks unfamiliar or questionable, call your bank to find out more details.

- Get your credit report annually. To request a copy of your credit report, you can call the three main credit bureaus: Equifax (1-800-685-1111), Experian (1-888-397-3742) and Trans Union (1-800-888-4213). Check your report closely for “surprises” or unaccounted activity.

- Guard your personal information. Don't carry your Social Security card in your wallet. Unless it's truly necessary, as when you're filing official papers, don't give out your Social Security number.

Identity thieves are clever — so do whatever it takes to keep them out of your life. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

Q. Why did the man put his money in the freezer?

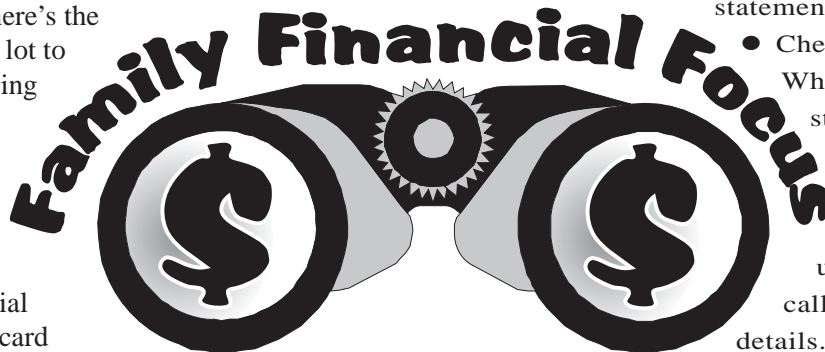
A. He wanted cold hard cash!

Q. What did the porcupine say to the cactus?

A. “Is that you mommy?”

Q. How do crazy people go through the forest?

A. They take the psycho path.





By Chris Joker

We Don't Need No Stinkin' Passport!

forms; documents, bodily fluids and my checkbook back to the passport office and have my application sent off. Mine is to arrive the first week of June, still well within my time frame.

Now it's the last week of May. No passports. I check the status online. All I get is a tracking number, with no place to track it. The site says "If you are traveling within 2 weeks and have not received your passport, please contact the National Passport Information Center with the above locator number. It will enable them to update you on the status of your application." I waited until Monday May 4th so I would be in compliance with their request. Monday I discovered the request might as well have said, "If you are traveling within 2 weeks and have not received your passport, please contact the Easter Bunny or the Loch Ness Monster for an update on your status and a free secret decoder ring." I'm not worried yet. I know that cruises still allow you to board with a driver's license and birth certificate. I call the cruise line to confirm. Yes they do. **HOWEVER**, it must be a certified copy of the birth certificate, which I just happen to send off with **THE PASSPORT APPLICATIONS!!!!** Time to call in the big guns. Ina. I don't know Ina's last name, for all I know "Ina" could be a code name. What I do know is when I called Congressman Dave Davis's office they referred me to Ina. I explained my situation to Ina. She was very patient with me. She said she would look into it. I have called Ina every day since. She is still patient. I discovered that my children's applications are in an office in New Orleans and mine (because of the week in between sending them) is in an office in New Hampshire. Nothing about this is good. Ina has managed to explain to them the urgency of my situation. They move me up to "Expedite" status. The dictionary defines "expedite" as: "To execute quickly and efficiently". The

government does not. In fact I do not think any reference to the government ever included the words "quickly and efficiently". That weekend the State Department issued a statement saying because of the increase in passport requests they will be relaxing the rules and allowing the use of a receipt printed from the passport site showing that a passport was applied for as proof of citizenship for travel abroad. O.K. I'm golden. I printed my receipts. Monday morning I call the cruise line to verify the use of the receipt. NO. They tell me the use of the online receipt is only for air travel, not sea travel. You have got to be kidding me. The rules, which *were* more difficult for air travel, are now more difficult for sea travel. You can't make this stuff up. I call Ina, we exchange weekend stories, her daughter, Debbie had a baby shower and her nephew Jake lost a tooth. She tells me about the relaxing of the rules. I tell her what the cruise line told me. She says she will call and check on the status of my passports again. Now I am panicked. I realize that I still have my original birth certificate because I didn't have to send it since I was just renewing my passport. Hmmm, I guess I could wave to my children on the dock as I head out for the Bahamas. No that would never work.

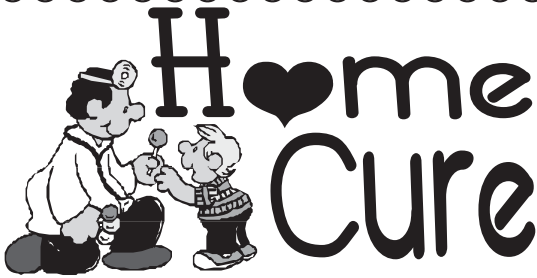
My son was born in TN. So I can get a copy of his birth certificate locally. My daughter was born in Delaware so I go online and order an official copy of her birth certificate. The fastest it can be sent is 3 to 5 business days. I have 4. I decide to have it sent to my mom's house in Florida where we will be going before the trip. The strangest thing starts happening, in my mind I am constantly

Please see "Stinkin' Passport" page 8

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You just cannot make this stuff up. I have in the past stretched the truth a little in my column but as Michael Chertoff is my witness the story you are about to read is true.

Back in December we started planning a family cruise to the Bahamas for June. Although, this year, you do not technically need a passport to cruise to the Bahamas, I thought it would be a good thing to have them. I went online and filled out the appropriate paperwork (re-newal for me, new for the kids). I printed them out and discovered I had to make an appointment at the passport office to have them sent. The passport office closes at 3:00 pm. School does not let out until 3:15 pm. I made an appointment during Spring break. March 16th at 1:30 pm to be exact. It turns out that I had all the necessary paperwork for the kids but I needed an additional document for mine. I had the children's application sent anyway. Their passports, according to the passport office, would arrive at the end of May. Our cruise wasn't until June 18. Perfect. I requested the document I needed online from Massachusetts, overnighted to me. It came the next day. **WRONG** document. I ordered the correct document; I was delivered the incorrect document. I called the Massachusetts office of vital records and left voice messages with three different agents... for three days. I **FINALLY** got someone on the phone. They said, "Fine we will be able to mail the correct document to you as soon as we receive the incorrect document back from you." --- You have got to be kidding. What can I do? I overnight the wrong document back to them. The next day the correct document arrives. Hmmm maybe I didn't need to overnight the document back to them. I now take all of my various



Bad Breath

scraper

HOW TO: Mix one part water with one part peroxide. Add a pinch of salt and a pinch of baking soda so that it is not very salty but you can still taste the salt. (you can add some essential oil or peppermint for taste but it is not necessary) Scrape your

tongue with the tongue scraper (or a spoon) or brush it with a toothbrush. Don't brush too hard!! Then swish and gargle with the mouthwash you made for a couple of minutes (spit it out, do not SWALLOW). Repeat twice per day or as needed.

- Chewing parsley or mint leaves.
- Gargle with baking soda and water
- Chew a handful of sunflower seeds then when your finished drink a glass of water.
- Use the juice of half a lemon, mixed in lukewarm water, to wash your mouth.
-
- Use a spoon to scrape your tongue a few times making sure to get the far back where most of them dwell.
- fenugreek tea. Put one teaspoon of seeds in half a liter of cold water and allowing it to simmer for fifteen minutes over a low flame. It should then be strained and used as tea.
- Chewing Unripe Guava it is an excellent tonic for the teeth and gums.
- All fruit and vegetable juices are beneficial in the treatment of halitosis.
- Drinking a hot cup of unsweetened tea will help curing bad breath.
- After meals chew some sunflower seeds and drink a glass of water.
- Eating yogurt for 6 weeks will completely remove bad breath.
- Chewing one clove after meals daily will help dealing with bad breath.
- Drinking pineapple juice will soon vanish the foul smell from the mouth.
- Eating apples daily removes the bacteria causing bad breath.
- Eating food rich in zinc prevents bad breath.
- Chewing cardamom seeds sweetens the breath.
- The American Academy of Periodontology asked its members for the most ineffective home remedies their patients have used to tackle yuck mouths.
- Excessive use of mouthwash. Produces sloughy, stinky tissue that is worse than what your breath is already like.
- Breath mints. A sweet smelling mouth doesn't mean a healthy mouth. Long-lasting sugar candies subject teeth to acid attacks, increasing your risk for cavities.
- Chewing gum. Chewing gum can increase salivary flow, but only masks bad breath. Try drinking water throughout the day instead.
- Mint chew tobacco. Smokeless tobacco causes gums to recede and increases the chance of losing the bone and fibers that hold your teeth in place, and more importantly, causes oral cancer.
- Infomercial Items. Only use items that have the ADA Seal of Approval. Unapproved items could do more harm than good.
- Vodka martinis or sour mash whiskey. Alcohol may further the problem by making your mouth dry, whereby saliva is unable to remove oral bacteria.
- Brushing with cleanser. Many chemicals used for household cleaning are poisonous and should not be consumed – this is one of them.
- Intestinal cleansing methods. Bad breath does not originate from the stomach. Actually, anaerobic bacteria in your mouth produce smelly sulfur compounds that cause bad breath.
- Rinsing with kerosene. Talk about putting your mouth on fire!
- Tongue piercing. Anything that allows you to harbor more bacteria on your tongue, like tongue jewelry, increases your chance of bad breath. **FPT**

Bad breath, also known as halitosis, is a very common temporary condition. Bad breath is usually caused by the breakdown of proteins by bacteria in the mouth. When people don't brush and floss regularly, bacteria accumulate on the bits of food left in the mouth and between the teeth. The sulfur compounds released by these bacteria make the breath smell. Also oral dryness, stress, hunger (ketosis),. Consumption of various foods and drinks like garlic, onion, cheese, and orange juice, Smoking and eating tobacco. Some other factors: Gum diseases, Dental decay, Accumulation of food between teeth, Throat infections, Intestinal worms, Constipation and other stomach disorders like gastritis.

How to Cure Bad Breath with Natural Treatments:

- Chew peppermint for better breath smell.
- Swallow one tablespoon of apple cider vinegar before each meal.
- Eat pumpkin daily
- Brush your teeth with baking soda.
- Blanch parsley and drink several times a day.
- Drink chamomile tea
- Home mouthwash made with: Hydrogen Peroxide (H₂O₂), Baking Soda (Sodium Bicarbonate), Salt, Water and a Tongue

NOTICE: "Home Cures" are meant as suggestions on ways to deal with common health issues. We make no guarantee that they work or that they are without side effects. Please consult your physician before attempting any of these suggestions. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161



Say WHAT???

“Don’t keep a dog and bark yourself”

Meaning:

Don’t pay someone to do a task and then do it yourself.

Origin:

The proverb was included in John Ray’s collection of ENGLISH PROVERBS (1670): “What?

Keep a dog and bark myself? That is, must I keep servants, and do my work myself?” But an earlier literary appearance was in Brian Melbancke’s Philotimus: the warre betwixt nature and fortune, 1583: “ It is smal reason you should kepe a dog, and barke your selfe.”

KNOW YOUR FIREWORKS!

Everyone enjoys fireworks, particularly in the festive Fourth of July season. But some fireworks can be dangerous. The National Council on Fireworks Safety recommends that you only buy consumer fireworks from a licensed store or stand. Never buy fireworks from an individual’s house, or from someone on the street. Such fireworks are likely to be illegal explosives that can seriously injure you.

Consumer fireworks regulated by the Consumer Product Safety Commission are packaged in bright colors and have safety warnings on the packaging. The packaging sets forth the country of origin, which is normally China. Typical consumer fireworks include fountains, cones, sparklers, fire crackers, bottle rockets and multiple tube products.

Illegal explosives are often unpackaged and are wrapped with plain brown paper. They are very unlikely to have any safety warnings, or place of manufacture. Many of them are hand made in basements or illicit factories. They go by names such as M80, Quarter Stick or Cherry Bomb. If someone approaches you to sell one of these illegal explosives, politely decline and then call your local police department.

Consumer fireworks, if used in accordance with their instructions, are

very safe. Injuries from consumer fireworks have shown a dramatic decrease over the past twenty years, despite an astonishing increase in usage by consumers. Some form of consumer fireworks are now allowed in 45 states, Puerto Rico and the District of Columbia. In 2006, over 250 million pounds of consumer fireworks entered this country from China, an all time high. **The National Council urges consumers to follow these other important safety tips:**

- Only use fireworks outdoors.
- Obey all local laws regarding the use of fireworks.
- Children under age 16 should only use fireworks with ADULT SUPERVISION.
- Always have a bucket of water, or water hose, nearby.
- Alcohol and fireworks do not mix!
- Parents should pay special attention to children using sparkers. Sparklers reach temperatures up to 1800 degrees fahrenheit. Children should not touch the lit portion of sparklers, throw them or play games with them. Sparklers can be dangerous, if used improperly.

“Many times consumers don’t prepare for the evening’s fireworks display” says Ralph Apel, President of the National Council on Fireworks Safety. “The designated shooter should prepare a shooting area, assess how many people will be watching the display and lay out a spectator area that is far enough away

from the shooting site. The shooter should carefully read the label of each firework and understand exactly what it will do. Preplanning makes for a safe and fun backyard fireworks display.”

Enjoy celebrating the heritage of our great country with fireworks, but **KNOW YOUR FIREWORKS!** For more information visit: www.fireworksafety.com **FPT**

Q. What do prisoners use to call each other?
A. Cell phones.

Q. What do you get from a pampered cow?
A. Spoiled milk.

Q. Where do polar bears vote?
A. The North Poll

SUDOKU Medium Instructions on page 21

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



Stinkin' Passport

continued from page 5

hearing that ticking sound they use on the TV show 24 to show the passage of time, "Dink dink, dink dink".

Tuesday morning, I am in a meeting and like all good meeting attendees I have my phone on vibrate. It does. I look down and see a number from area code 302 (Delaware). I dash from the meeting answering the phone on the way and whispering "hello". Mr. Joker this is the vital records office in Delaware, I am calling to check on the address you want these passports sent to, we have Georgia Tech." NO! NO! NO! My mom's name is Georgia Teich so you can see the confusion. I have a mental image of my son and me on the ship and my daughter in English class. I straighten out the address with Delaware. So now I have a back-up plan in place it's just a race between Delaware vital records, the State Department and my fragile nerves. My money is on my nerves. Over the next 2 days Ina and I share pleasantries, she is not sure whether to go with the Caesar Salad or the Hamburger at lunch Wednesday, I offer council. Thursday morning, I am away from the office, working on this actual column. Ina calls, "I have good news and bad news." O.K... "Your passport is in Blountville, out for FedEx delivery, unfortunately the children's are still in New Orleans, but I will stay on them. Good 'ol Ina. I rush back to the office, as I drive up I see, stuck on the door, a FedEx door tag. "At 10:00 we tried to make a delivery, a signature is required in person." NOOOOOOOO! What really has me perplexed is that typically when the State Department sends out a passport they do it through the U.S. mail...no signature required. In my head, in my best Jack Bauer voice I hear, "The following takes place between the hours of noon and 1:00 pm Thursday June 14... dink dink, dink dink..." I call FedEx. They say they will call the driver and try to set up a re-delivery, "what's

a good time?" It's noon. Between noon and 1:00 I have an appointment to pick up some boots I am having repaired so that I can wear them on the cruise. So I say anytime between 1:00 pm and 6:00 pm. I can do this. I get in the car and drive to get my boots secure in the knowledge that I will be back by 1:00 pm. I get the boots and am on way back, it's 12:45. Hmm I have voice mail, "Mr. Joker, our driver is at your door and you are not there." NOOOOOO! As images of me, wearing my boots standing on the dock, waving to the ship as it pulls out, dance through my head, I dial FedEx. I explain the situation, they say they will get a message to the driver and try to re-re-deliver. I get back to the office, on the door a new door tag, "We tried to deliver at 12:30, where the heck were you??? I guess somebody doesn't REALLY want to go on a cruise!" .. O.K. I may have embellished that one a bit. "Dink dink, dink dink.. 1:15 pm, I am wearing camouflage, sitting in a tree-stand in front of my office with a pair of binoculars and a thermos of coffee. I am NOT missing the FedEx guy THIS time. 3:45 pm, my phone rings, I almost fall out of the tree. FedEx is on the phone, "Our driver cannot make another trip today, can you meet him somewhere?" "Yes, yes. ANYWHERE...except the Bahamas, of course, because I CAN'T GET THERE!!!!" I schedule a clandestine meeting with the FedEx guy for a pick up at the loading dock at the Johnson City Medical Center at 4:30 pm. This is starting to sound oddly terrorist-like. 4:12 pm, I am at the Hospital. Have you ever tried to find the loading dock at the Hospital? My biggest fear is that there is more than one, or it will be something that to me, the untrained loading dock guy, looks like a loading dock but in all actuality is not. I choose my vantage point carefully. I can now survey the entire back of the hospital from one location. 4:19 pm I spot the familiar Purple, Orange and white truck, I am on it. I screech up next to the truck. I have made contact. The FedEx guy asks me how Ina is doing,

I tell him about the Caesar salad/burger question, we agree about the salad with a side of freedom fries (I have to dissuade any terrorist questions). I check, just to be sure, that the item in the package is actually MY passport. It is. O.K. so now I will be on the cruise, sorry kids. 6:00 pm. Ina calls, the kid's passports are done she has a tracking number and a dilemma about what vegetable to serve at dinner, I tell her to go with the green bean almondine, you can never go wrong with the green bean almondine. A quick check of the FedEx site and I see the passports are scheduled to be delivered by 10:30 am Friday. I have a meeting with a potential new client in Colonial Heights Friday morning at 9:30 am. I have tried to set up a meeting with this potential new client for about three months now. You just CAN'T make this stuff up. 7:00 am Friday, I call this potential new client and tell her that I have to change the meeting. She can either meet me in a tree-stand in front of my office at 9:30 or we can reschedule. At 8:10 a.m. I am in my tree-stand with coffee and binoculars. I am typing this on my laptop as I survey the area looking for purple and orange. I just checked the tracking on the FedEx site. At 6:15 am my package arrived at a sorting facility in Louisville, TN. 120 miles from Johnson City. 8:46 my package is at the local office in Blountville, I can smell that ocean breeze. 10:15 a.m. Coffee may not have been the best idea. I know if I climb down out of my tree to pee, I will miss the FedEx guy however if I don't he will not approach me with the package. I chance it. 10:30, as I walk out my door I see purple and orange pulling away. I run after the truck like a mad man. Luckily for me FedEx guy recognizes the crazy screaming, camouflage-wearing guy chasing his truck as the same guy he met at the loading dock the previous day so he stops and gives me my package. Someday I will laugh about all this. Not today, mind you but someday.

FPT

Q. What's brown and sticky?
A. A stick.

Socialization

When you excitedly tell your friends and family you are going to educate your children at home, often the big rallying cry of doubting loved ones is, "But what about socialization?" How will your children ever learn to socialize if they aren't in school 8 hours a day, 5 days a week, 180 days out of the year? Well-meaning folks fear your children will be backwards, unable to carry on a conversation, friendless or worse. Can a child survive without being surrounded by peers?

Academically, homeschoolers generally excel, but how about socially. Can we educate our children at home, help them become thinking, social creatures who can carry on a conversation, hold their own, and grow up to be well adjusted adults that work and contribute to society? HSLDA (Home School Legal Defense Association) reported in 2003 on recent homeschool grads, then aged 18-24: 74% go to college, almost all have jobs, 71% volunteer in their communities, many are active in elections and civic affairs, 59% say they are "very happy with life" while 39% say they are "pretty happy," 73% say life is exciting, and 95% of graduates are glad they were homeschooled! The military actively recruit homeschooled students. Note the impressive attitudes toward life!

THERE'S NO
PLACE LIKE
HOME SCHOOL

So where do you find socializing opportunities for your children? The easiest place to start is with your children's talents, interests, gifts and abilities, where you live and what is offered in your area along with what fits into your budget, time and ability level.

If you have a child who loves sports – start there. Enroll your child in a sport and they will enjoy time with peers as they hone their skills. Tri-Cities Baptist Church in Gray has excellent sports programs in their new ROC building, which houses a full size basketball court, weight room, and walking track. During the school year, weekly homeschool PE classes allow Moms to walk the upper track, while the children have PE and meet others below in the gym, rain or shine. TCBC also has Upward soccer, basketball and football, both with cheer, along with youth baseball programs in summer and fall. They work hard to give ALL children an equal chance at learning a sport and feeling successful. Register online at www.tcbchurch.org. Many other local churches offer Upward teams and similar programs. You can also contact your local school district and ask if your children can play on a school team.

As we head into our 8th year of homeschooling, we find we need to back down on opportunities, as we can easily be overwhelmed.

Homeschool parents have to keep a tight rein on time, or we end up "car-schooling" instead of "homeschooling." Over the years, our children have been in Shakespeare in the Park, ballet, tap, jazz, church musicals and choir, Show Tunes Choir, Literature Club, music lessons and recitals, AWANA and countless church activities. We have taken field trips, attended co-op classes and done a variety of fascinating things we never would have had an opportunity to do, if they were in school all day. We have made a 19th century wardrobe and done living history demonstrations. We have volunteered on two presidential campaigns, in church and in our community and they have made a difference. We have run a business, as a family. You can try 4-H, Scouting, FFA and more.

The secret to successfully navigating the myriad of opportunities is deciding where your family's priorities are and working toward balance. We worked hard to not let "one thing for one child" take over our lives. We also tried to limit the children to two or three main activities per season/semester, which helped our sanity level. Socialization is a snap! **FPT**

Lisa and her husband Dave Baughn moved to Gray, TN, in April of this year, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 7 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling. You can e-mail them to homeschooling@familypastime.com

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Q. What did Geronimo say when he jumped out of the airplane?
A. ME!!!

Q. Why do seagulls fly over the sea?
A. Because if they flew over the bay they would be bagels!

DOUBLE TAKE

Find at least 22 differences in the two pictures (answers are on the bottom...no peeking!!!)



ANSWERS

- Hat stripes
- Dog tail
- Fingers
- Stars on balloon
- Tooth
- Flag
- 4th of July
- Glasses missing
- Hand holding
- Shirt star
- Chef's hat
- Hair color
- Sun Glasses
- Dog Tongue
- Sideburn
- Eyebrow
- More Stars
- Grass
- Socks
- Dog bow tie
- Apron shorter
- Striped pants
- bigger
- Flag
- Apron shorter
- Striped pants

Hard answer from last month

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

SUPER SUDOKU

Instructions: 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. Look in next month's issue for the answer to this puzzle or if you can't wait go to www.familypastime.com & click on the "answers" button.

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

Easy Answer From last month

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

SHOULD YOU THROW YOUR DOG A BONE?

Throw a dog a bone. It's a well-known phrase, but is it true? When you get down to the facts, should you throw your dog a bone?

Dr. William Fortney, assistant professor of diagnostic medicine/pathobiology at Kansas State University's College of Veterinary Medicine, said it depends on the dog, the bone and the reasons you have for giving your dog a bone.

"Every day, thousands of dogs chew bones and rarely does it cause a problem," Fortney said. "But occasionally it will, and we always remember those occasions when it did cause a problem."

Fortney said the decision of which bones are safe and which are not depends both on the dog's chewing behavior and the type of bone.

"Historically, we have told our clients never to feed chicken bones to their dogs, because they have a tendency to splinter," Fortney said. "Those splinters have a much better likelihood of hanging up in, or penetrating the intestinal tract. We also tell our clients not to feed pork chop bones, because the sharp point has the tendency to lodge somewhere, requiring surgical or endoscopic removal."

Fortney said a dog's chewing behavior can range between that of a "chewer" and that of a "gulper."

"The dogs that are chewers will patiently and persistently grind a bone to very small, harmless pieces or dust, and obviously that

dust is not going to be harmful," Fortney said. "It's those gulpers who try to swallow big chunks of bones or the entire bone. The chewers can eat any bone, and the worst it will do is cause a little gastro-intestinal irritation. But when a gulper swallows big splinters and chunks, that's where the serious problems occur."

"Unfortunately, many owners give their dog bones, because they think bones have nutritional value or clean the dog's teeth," Fortney said.

Fortney said owners should not "throw a dog a bone" for either of these reasons.

"In the wild, wild dogs, wolves and coyotes get dietary calcium, phosphorous and protein from bones, but a domesticated dog does not need that," Fortney said. "A pet dog gets all the nutrients it needs in a bag of dog food. In fact, I would argue that eating a bone might actually give a dog too much protein, calcium or phosphorous and might cause a nutritional imbalance in the dog's diet."

Dr. Matt Riegel, assistant professor of clinical sciences, specializes in animal dental care at K-State's College of Veterinary Medicine. He said although some bones may help slightly with plaque removal and reduction of calculus build-up on a pet's teeth, they should not be used as the primary home care product for cleaning your dog's teeth.



"There are other things that work more effectively, such as daily tooth brushing," Riegel said.

In fact, bones can sometimes be the cause of dental problems for the pet, Riegel said.

"One of the potential downsides to bone chewing is that, depending on the animal, many dogs will chew so aggressively that they may fracture teeth within the mouth, causing worsening of dental problems," Riegel said.

Fortney said some owners give their dogs bones to fulfill the "desire to chew."

"Most dogs have a desire to chew, especially when they're puppies," Fortney said. "Some dogs lose it, and some don't. Giving your dog a bone can satisfy the dog's desire to chew something. Owners are giving their dogs a reasonable choice of something to chew instead of shoes, doors, furniture and those kind of things."

Although Fortney said fulfilling the desire to chew is an acceptable reason to give your dog a bone, he recommends alternatives to natural bones.

"I think there are better alternatives from a chewing standpoint than using natural bones -- bones from pet stores, rawhide bones, hard rubber bones, rope toys and string toys are all preferable to real bones," Fortney said. **FPT**

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Q. What dog keeps the best time?
A. A watch dog.

Fly The Shuttle

continued from page 1



capsules to see how cramped they were and talk about how, back in the day, astronauts would actually splash down into the ocean and wait for someone to rescue them.

We had an encounter with an actual

space shuttle astronaut who showed us pictures, discussed what it was like to train and fly the shuttle and actually



for is "Mad Mission to Mars". Offering, live action, hands-on, stereoscopic 3-D computer animation and spectacular

theatrical effects-including artificial winds and splatter cannons to take you on a unique and educational voyage through the cosmos.

I'm not sure KSC is as well known as some of the other big attractions in Florida but you may want to check it out on

your next visit down. We found our visit entertaining and educational and left us wanting to come back and see some more. If you wish to find out more visit the KSC website at: www.kennedyspacecenter.com

FPT

Q. What did the grape do when it got stepped on?
A. It let out a little wine!

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answered our questions. I now know how astronauts take a shower in zero gravity.

We also visited "Robot Scouts" a walk-through exhibit with a robot guide that explains how robots are being utilized to help us explore space.

In addition to the experiences I have told you about KSC also offers "Lunch with an Astronaut" which is a chance to actually dine with an actual astronaut, don't worry they say it's regular earth food so you don't need to squeeze your launch from a straw. Another experience we will have to return

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Ice Cream Fun Facts



► Legend has it that in the first century the Roman emperor Nero used to send his slaves up to the mountains to collect snow and ice to make flavored ices, the precursors to ice cream.

► It takes 12 lbs. of milk to make just one gallon of ice cream.

► Americans consume the most ice cream in the world per capita, with Australians coming in second. In 1924, the average American ate eight pints a year. By 1997, the International Dairy Foods Association reported that the figure had jumped to 48 pints a year.

► It takes an average of 50 licks to polish off a single-scoop ice cream cone. Challenge your family to a Lick-a-Thon, and see who finishes first!

► The biggest ice cream sundae in history was made in Edmonton, Alberta, Canada, in 1988, and weighed in at over 24 tons. You can't order that in an ice cream parlor!

► In 1999, it was reported that the good citizens of Omaha, Nebraska, ate more ice cream per person than any other Americans.

► Vanilla is the most popular flavor in this country, snagging anywhere from 20 to 29 percent of sales. Chocolate comes in a distant second, with about 9 to 10 percent of the market.

► Among the most unusual flavors of ice cream ever manufactured are avocado, garlic, azuki bean, jalapeno, and pumpkin. Perhaps the weirdest of all: dill pickle ice cream, which was marketed to expectant mothers. Sales were disappointing.

► In 2003, Portland, Oregon bought more ice cream per person than any other U.S. city. Looks like everyone else has a lot of catching up to do!

► While popular lore claims that the ice cream cone was invented at the 1904 World's Fair in St. Louis, a New York City ice cream vendor actually seems to have created the cone in 1896 to stop customers from stealing his serving glasses. He patented the idea in 1903 and it took off in popularity at the World's Fair the next year. **FPT**

PARENTING

Proactive Steps Prepare Parents and Students for Back to School

Going back to school can cause many emotions including anticipation, happiness, apprehension and exhaustion.

But it's not just children who feel the stress and excitement of a new school year, parents do as well. With a little planning, the transition can go smoothly for the entire family.

Visit School

Many schools allow you to visit the classroom on the day of registration. This is the perfect opportunity for parents and students to orientate themselves to their new surroundings. For younger students, they can see their new classroom and meet the teacher. Older students can set up their locker and practice their classroom schedule. This will help ease the stress of the first day because they will know what to expect.

Get Supplies



Complete shopping at least a week prior to the start of school. Use the school's list of necessary supplies to guide you with your purchases and make sure you choose items appropriate for each age group. A trend in school supplies

is they are becoming smaller, making them easier for transport and suitable for smaller hands. For example, the BIC Mini Mechanical Pencils are sized for smaller hands, have a comfortable grip to encourage better penmanship and come in fun colors. Remember to choose pencils with number two leads which are needed for standardized tests.

Mark It

Younger students will need all supplies labeled, including lunch boxes and clothing such as jackets and hats. Use a permanent marker that is easy to read, with a fine tip for limited bleeding. The BIC Mark-It Retractable

Permanent Marker helps parents stay organized and is great for kids who will be working on school projects during the upcoming school year.

Alter Routines

Don't wait until the last minute to change your daily routine, start phasing into your new schedule several weeks prior. What time students go to bed and wake up can drastically change once school is in session, so start moving bedtimes up and don't sleep in too late. Also consider changing the times that your child eats breakfasts, lunches and dinners to be more in accordance with their school routine.

Talk It Out

Talk to your kids about how they feel about the upcoming school year. Some might be excited as the first day approaches, and others might have worries that they are keeping to

Please see "Back To School" on page 17

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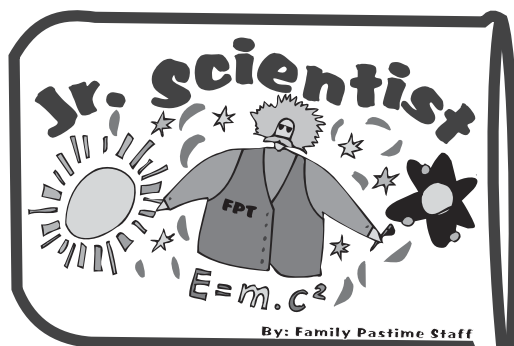
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ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**



Stove-top Method:

SUPPLIES:

- 1 cup whole milk
- Small saucepan
- Measuring spoons
- White vinegar
- Clean, empty glass jar
- Wax paper

HOW TO:

1. Pour the milk into the saucepan
2. Add 2 teaspoons of vinegar
3. Heat, stirring frequently until boiling you will notice the milk forming tiny lumps (curds) in a clear liquid (whey)
4. Slowly pour off the liquid from the pot into the sink.
5. Spoon the curds into the jar.
6. Add 1 teaspoon vinegar to the curds, and let the mixture stand for one to two hours.
7. The curds will form a yellowish glob at the bottom of a clear liquid. The glob is actually fat, minerals, and the protein casein.
8. Pour out the liquid
9. Remove the rubbery yellow glob from the jar
10. Wash the glob with water, and knead it until it attains the consistency of dough.
11. Mold the plastic into any shape you wish
12. Place it on the wax paper. Let dry overnight.

WHY:

The combination of heat and acetic acid (an organic chemical compound with the formula CH_3COOH best recognized for giving vinegar its sour taste and pungent smell) precipitates (forms a solid in a solution during a chemical reaction) the casein (an ingredient used to make plastic) from the milk.

You can add color by rubbing food coloring into the casein before it dries, or by painting it with acrylic paints after it dries.

Make Plastic From Milk

Cow's milk is loaded with the polymer casein, a protein. Without this polymer, cheese would come unglued. Glue would come unglued too, since casein from milk provides its sticking power.

Microwave Oven

Method:

SUPPLIES:

- skim milk
- White vinegar
- Microwave proof bowl
- Strainer

HOW TO:

1. Add 4 teaspoons of white vinegar to 1 1/2 cups of skim milk.
2. Microwave the mixture for about a minute. Be sure to ask an adult to help.
3. After a minute, the milk and vinegar will be separated into a liquid (the whey) and a solid (the curds).
4. Now, when you stir the milk, the curds become a "blob."
5. Strain the liquid off and you can make the blob into one big lump.
6. Let it cool, and then you can play with it. It feels like rubber. The protein in the curds is what makes it act like rubber.
7. You can form the blob into shapes. If you leave it out, it will harden.

Bizarre Facts

The Japanese have developed a low-cost, biodegradable plastic made from shrimp shells by combining chitin—an extract from the shells that is also found in human fingernails—with silicon. The resulting "chitinand" is stronger than petroleum-based plastics, decomposes in soil, and acts as a fertilizer.

In 1929, the Borden Company purchased the Casein Company of America, the leading manufacturer of glues made from casein, a milk by-product. Borden introduced its first nonfood consumer product, Casco Glue, in 1932.

Cheese is made from curds. White glue is made from the casein of the curds.

While promoted by a spokesbull and made by a milk company, Elmer's Glue-All is synthetic resin glue that does not contain casein.

Before scientists discovered how to synthesize plastics from petroleum products, plants and animal fats were used to make natural plastics, which eventually decompose.

Adding starch to the plastic makes biodegradable plastic. Bacteria then feed on the buried plastic.

In surgery, stitches are now made using plastics that slowly dissolve.

There are more plastic flamingos in America than real ones.

Cow's milk is 87 percent water.

In Arctic regions, people get milk from reindeer.

In Peru and Bolivia, people drink llama's milk.

Twenty-four percent of all Americans drink milk with dinner.

The glue on Israeli postage stamps is certified kosher.

On May 23, 1992, Ashrita Furman of Jamaica, New York, walked sixty-one miles with a full pint bottle of milk balanced on his head. **FPT**

Kid Friendly Recipes



Grilled Butternut Squash

You can do this with pumpkin and other squashes too.

SUPPLIES:

- 1 butternut squash
- 2 oz. Butter (or olive oil)
- 1 tsp cinnamon
- Salt and pepper
- Heavy duty kitchen foil-- You need a double or triple layer of foil and enough room to fold it over itself and seal the parcel tightly to cook.

HOW TO:

1. Smear butter (or olive oil) over the area that the butternut will go on.
2. Peel the butternut then chop into 1/2 inch pieces.
3. Heap onto the foil,
4. Dot the remaining butter (or olive oil) in small lumps over it,
5. Sprinkle on the cinnamon,
6. Salt and pepper then wrap securely
7. If it seems a bit floppy or insecure just wrap another layer of foil round it.
8. Place on glowing embers at the edge of the grill and turn every five minutes or so. It should be done after 25 minutes, when the butternut will have softened and some of the edges caramelized

Cheesy Mexican Hot Dog

SUPPLIES:

- 2 grilled hot dogs
- 2 flour tortillas
- Cheez Whiz

HOW TO:

1. Cook hot dog as desired
2. Place each hot dog on tortilla.
3. Top with cheese sauce
4. Roll up.
5. Serve with salsa if desired.

Chicken with butter and lemon

SUPPLIES:

- 1 lb. Boneless, skinless chicken breast
- 1 tablespoon vegetable oil
- 1½ oz. Butter
- Juice of 1 lemon
- Salt and pepper

HOW TO:

1. Thinly slice Chicken (The important bit is slicing the chicken as finely as you can so it will cook in a minute or so).
2. Heat oil and half the butter (or olive oil) in a large frying pan over a medium-high heat until the butter foam subsides or oil is hot
3. Put in as many slices of chicken as will fit comfortably. You will have to do several batches. You will see the chicken color quite quickly, turn to cook briefly on the other side, then remove to a warm plate
4. Add a little salt and pepper and cook the next batch. (add more butter if it gets dry)
5. When all the chicken is cooked, turn down the heat a bit, put the lemon juice into the pan and loosen the cooking residue, add the butter, stir, then turn the chicken pieces in the pan with these juices and serve.

Red, White and Blue Tortilla Chips

SUPPLIES:

- White corn tortillas
- 1 TBS. Red Food Color
- 1 TBS. Red Food Color

1. 1/4 C. Water

HOW TO:

2. Mix together food color and water.
3. With pastry brush, brush on color on both sides of a 5 1/2" white corn tortilla.
4. Let dry for one hour.
5. Slice into triangles and fry in hot vegetable oil.
6. Drain tortilla shells on paper towels
7. Salt to taste.
8. Serve with Salsa

Monkey Bars frozen snacks

SUPPLIES:

- 3 bananas cut in half
- 6 Popsicle sticks
- 1 C. Chocolate chips
- 1 TBS. Vegetable shortening
- Decorations such as chopped peanuts, sprinkles, or anything else you may like

HOW TO:

1. Peel bananas and cut in half.
2. Carefully insert a Popsicle stick in the end
3. Place on a cookie sheet lined with waxed paper.
4. Place bananas in the freezer for 1 hour.
5. Melt together chocolate and shortening.
6. Remove bananas from freezer and dip into chocolate, and then into decorations.

Pasta with Tuna

SUPPLIES:

- One 6 oz. can tuna drained
- 2 cloves finely chopped garlic.
- ½ inch peeled, finely chopped fresh ginger root
- 3 TBS olive oil
- 1 tsp chopped fresh parsley, thyme or basil
- Salt and pepper
- Feta cheese (optional)

HOW TO:

1. Gently fry the garlic and ginger for 1 minute in the olive oil, until it is very lightly colored, don't let it burn.
2. Add the tuna and fresh herbs
3. Stir and cook till just warmed through
4. Season with salt and pepper to taste.
5. Add more oil if it looks too dry.
6. Toss with the cooked pasta.

If you like Feta cheese, toss some cubes of feta with the pasta too.

Pasta with Tuna and Tomato Sauce

To the recipe above you need to add:

- 3 or 4 chopped large fresh tomatoes (skins removed) or 7 oz.. chopped canned tomatoes.
- Add the tomato after Step 1 and simmer for 10 minutes while the pasta cooks, until it no longer looks watery, then continue with Step 2.

Back To School

continued from page 14

themselves. Talk about new teachers, riding on the school bus, school subjects, activities and friends. Remind them that you are there to listen to all of their concerns and want to help when you can. Remember, starting school can be a stressful time, and some of the small things that adults dismiss could be huge concerns for kids.

Family Time

Finish summer with a bang by having a family party. Within a week before school begins, plan a day or evening that your family will spend time doing some of their favorite activities. Maybe make their favorite summer dinner, and take turns discussing favorite summer memories, and look at photos. This is a nice way to add closure to summer while remembering all the fun things that happened.

These tips will help your family enjoy the last days of summer vacation and prepare for back to school one step at a time. When the first day arrives keep a calm and positive attitude. Prepare a family meal and sit down to discuss all the things that happened on the first day. Continue to stay involved to ensure a great school year. **FPT**

Courtesy of ARAccontent

Back Pain & Sciatica

Tri-Cities, TN – Back, hip, and leg pains caused by degenerated, arthritis, bulging and herniated disc have confounded the medical community for years. Although medications, injections, physical therapy, traction and surgery can possibly give patients relief, it is usually temporary. Nine out of ten patients experienced the pain again within a relatively short amount of time after treatments. Now there is a back pain guide that you can receive for free entitled, “The Severe Back, Sciatica, And Disc Pain Guide” that helps to explain why conventional treatments often fail while revealing a relatively new surgery-free, non-invasive technology designed to treat severe low back, buttock and leg pain along with herniated and slipped discs. To receive the guide free, call 1-888-851-5755 (Toll-free 24 Hour message) or go to: www.avoidlowbacksurgery.com.

Instructions:

Fill in the grid so that every row, every column contains the numbers 1 through 4 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

SUDO-KID-U 1

	3		
2			3
		4	
	2		

SUDO-KID-U 2

		1	
	1		
			4
3			

Q. How do you make a tissue dance?
A. Put a little boogie in it!

Q. Where do bees go to the bathroom?
A. At the BP station!

Q. What did the water say to the boat?
A. Nothing, it just waved.

Q. What did the fish say when he swam into the wall?
A. Dam!

DayCare

Family Pastime Magazine will be looking at local day care options for Tri-cities residents in the August issue. If you would like to contribute information please mail it to:

Family Pastime Magazine—Daycare P.O. Box 3161 Johnson City, TN 37602-3161 or e-mail it to: editor@familypastime.com

SUDOKU REALLY HARD

Instructions on page 21

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

Q. Why don't skeletons fight each other?

A. They don't have the guts.



From here. For here.

David Gebhardt
FINANCIAL CENTER MANAGER
VICE PRESIDENT, MOUNTCASTLE OFFICE

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E-mail: dgebhardt@bankoftennessee.com • Toll Free: (866) 378.9500
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Member FDIC



Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or

Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

1 Canada Day

2 I Forgot Day

JCPL, Preschool Storytimes (age 3 - 5) 11 am,

Family storytime 6:30 pm jclpl.net

3 Stay Out Of The Sun Day

Johnson City, Freedom Hall 5 pm fireworks 9:55 pm

JCPL, Two's Time* (age 2) 10 am, Preschool Pals*

(age 3 - 5) 11 am, Books & Beyond* (grade 1- 5)

3:30 pm, jclpl.net

4 FOURTH OF JULY OR INDEPENDENCE DAY

Piney Flats, The Fourth of July Blast, four days of music on the lake, July 4-7

Kingsport, Parade 10 am, 4th of July festival 4 pm- fireworks at 9:50

Elizabethton, Parade 1 pm

Watauga Lake, Boat Parade 2 pm 423-543-0332

Abingdon, H.L. Coomes Rec. Center, 4th in the park all day. Fireworks 9:45

5 Kingsport, Free Concerts 7 pm www.

broadstreetproductions.com

JCPL, summer reading specials 10 am, 3:30 pm,

jclpl.net

6 Take Your Webmaster to Lunch Day

Jonesborough, Music on the Square 7 pm,

musiconthesquare.com

Kingsport, Free Concerts 7 pm www.

broadstreetproductions.com

7 Cherry Pit Spitting Day, Chocolate Day, Father-Daughter Take A Walk Together Day

Hands On, Art Studio & Discovery Lab join

together to tie dye! Bring a white t-shirt or other

piece of clothing and learn the art and science of

tie-dye, handsonmuseum.org

JCPL, Family storytime 2 pm jclpl.net

Sycamore Shoals, Arts Workshops: Beginning

Dulcimer 9 am-12 pm \$20, Atlatl & Spear 10-4

\$55, Begin autoharp \$20, 1-4, 543-5808

8

9 International Town Criers Day

JCPL, Preschool Storytimes (age 3 - 5) 11 am

10 Don't Step On A Bee Day

JCPL, Two's Time* (age 2) 10 am, Preschool Pals*

(age 3 - 5) 11 am, Books & Beyond* (grade 1- 5)

3:30 pm, TEEN My Space-Beaded Jewelry, 6:30

pm (register), Family storytime 6:30 pm, jclpl.net

11 Bowdler's Day, World Population Day

JCPL, Preschool Storytimes (age 3 - 5) 11 am

Jonesborough Library 10 am Keith Young funny

campfire songs

12 Hot Dog Day

Gray Library, 10 am Keith Young funny campfire

songs

JCPL, summer reading specials 10 am, 3:30 pm,

Kingsport, Free Concerts 7 pm www.

broadstreetproductions.com

JCPL, 4 pm William Bledsoe book signing, jclpl.net

13 Chicken Day, Embrace Your Geekness Day,

Gruntled Workers Day, Young Feminist Day

Fall Branch, LampLight Theater, Let Freedom

Ring 7 pm lamplighttheatre.com, (423) 348-7610

Jonesborough, Music on the Square 7 pm,

musiconthesquare.com

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

14 Shark Awareness Day

Fall Branch, LampLight Theater, Let Freedom

Ring- 2 pm & 7 pm lamplighttheatre.com, (423)

348-7610

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

JCPL, Movie 2 pm "American Tail, Fievel Goes

West", Bilingual Storytime 2 pm jclpl.net

15 Be A Dork Day, National Ice Cream Day

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

16 National Get Out of the Doghouse Day

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

JCPL, Preschool Storytimes (age 3 - 5) 11 am

Sycamore Shoals, Arts Workshops: Oil Painting

9-4, \$50, 543-5808

17 Kingsport, Fun Fest-7/21 www.funfest.net

JCPL, Two's Time* (age 2) 10 am, Preschool Pals*

(age 3 - 5) 11 am, Books & Beyond* (grade 1- 5)

3:30 pm, Family storytime 6:30 pm jclpl.net

18 Kingsport, Fun Fest-7/21 www.funfest.net

JCPL, Preschool Storytimes (age 3 - 5) 11 am

Jonesborough Library 10 am Susan Lachman

Storyteller with Hee-Haw laughs!

19 Get to Know Your Customers Day

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

JCPL, summer reading specials 10 am, 3:30 pm,

Harry Potter TEEN party 9 pm-1 am (register)

Gray Library 10 am Susan Lachman Storyteller

with Hee-Haw laughs!

20 National Lollipop Day, Robin Hood Day,

Special Olympics Day

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

Jonesborough, Music on the Square 7 pm,

musiconthesquare.com

Hands On, 7pm-12am for the release of the

final Harry Potter book make slimy "troll snot,"

view a cauldron bubbling with mystery, and a

magical creature for you to meet from 7pm-11pm
handsonmuseum.org

Sycamore Shoals, Arts Workshops: watercolor
landscapes 10-1 call for cost, 543-5808

21 All-American Soap Box Derby Day, Cow

Appreciation Day

Kingsport, Fun Fest 7/13-7/21 www.funfest.net

Hands On, Practice your putting on our 4 hole mini

golf course, handsonmuseum.org

JCPL, Family storytime 2 pm jclpl.net

Sycamore Shoals, Arts Workshops: watercolor

landscapes 10-1 call for cost, Stamp showcase 9-4

free, 543-5808

22 Parents' Day, Rat-catchers Day, Spooners Day

Hands On, Practice your putting on our 4 hole mini

golf course, handsonmuseum.org

23 Gorgeous Grandma Day, Hot Enough For Ya Day

Fall Branch, LampLight Theater, Artists in Ministry

Conference 23-27 lamplighttheatre.com,

JCPL, Preschool Storytimes (age 3 - 5) 11 am

24 Cousins Day, Health, Happiness With Hypnosis

Day, National Drive-Thru Day, Tell An Old Joke Day

JCPL, Two's Time* (age 2) 10 am, Preschool Pals*

(age 3 - 5) 11 am, Books & Beyond* (grade 1- 5)

3:30 pm, Family storytime 6:30 pm jclpl.net

25 Day Out of Time, One Voice

JCPL, Preschool Storytimes (age 3 - 5) 11 am

26 JCPL, summer reading specials 10 am, 3:30 pm,

27 Garlic Day, Take Your Houseplant For A Walk

Day, Walk on Stilts Day

Jonesborough, Music on the Square 7 pm,

musiconthesquare.com

Kingsport, Free Concerts 7 pm www.

broadstreetproductions.com

JCPL, TEEN summer reading BASH* 6:30 pm

28 Cow Appreciation Day, National Cowboy Day,

National Milk Chocolate Day

Hands On, Healthy Hobbies 10am-12pm,

handsonmuseum.org

JCPL, Movie 2 pm "Dreamer" jclpl.net

Sycamore Shoals, Arts Workshops: hand building

with clay, \$40, 543-5808

29

30 Johnson City Country Club first annual Hands

On! Golf Classic 10 am, handsonmuseum.org

31 JCPL, Two's Time* (age 2) 10 am, Preschool

Pals* (age 3 - 5) 11 am, Books & Beyond* (grade 1-

5) 3:30 pm, Family storytime 6:30 pm jclpl.net

Crypto clue: =1

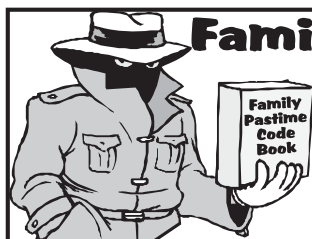
*Please Register 434-4458

Across

- 1. When you are feeling down
- 4. Personal Flotation Device
- 5. Recreational floating device
- 6. Sandy vacation spot
- 7. The boys of summer play this
- 10. Small explosive
- 11. The higher SPF the better
- 15. Rest between two trees
- 16. Show-off
- 19. Go fly a _____
- 20. The birthday of the United States of America
- 21. Summertime sign
- 23. You will be seeing red
- 24. The season of the year in which the sun shines most directly upon any region
- 27. Build this home on the beach
- 29. Famous uncle
- 31. Longest day of summer, also a hot Pontiac convertible.
- 32. To cook outdoors on a grill
- 35. Sour cucumbers
- 36. R&R
- 37. Gives water to the lawn

Down

- 2. Inland body of water
- 3. Tag top
- 4. Ants always seem to know about these
- 6. "_____ Party"
- 7. Beach boy
- 8. Land on your stomach in the pool
- 9. A tropical cyclone
- 10. Chinese invention
- 12. Bird that fakes injury
- 13. Meaningful fabric banner
- 14. Don't rain on my _____.
- 17. Color of embarrassment
- 18. Green striped fruit
- 20. Homemade is best
- 21. If life gives you lemons make this
- 22. Ride a wave
- 25. "_____ of summer"
- 26. Yard weeds
- 28. Earn your _____ (Army).
- 30. The star at the center of a solar system
- 33. Absence of color
- 34. When you wish upon a _____.

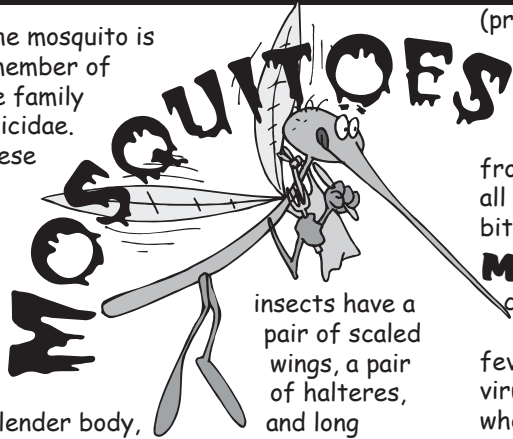


Family Crypto-Time
Last month's answer

"Any man can be a father. It
MBP UMB KMB QN M WMCDNY. HC
takes someone special to be a dad."
CMINX XZUNZBN XONKHMG CZ QN M JMJ.

~Author Unknown

The mosquito is a member of the family Culicidae. These



insects have a pair of scaled wings, a pair of halteres, and long legs. The females of most mosquito species suck blood (hematophagy) from other animals. This blood sucking characteristic has made mosquitoes one of the most deadly vectors (In epidemiology, a vector is an organism that does not cause disease itself but which spreads infection by conveying pathogens from one host to another.) known to man, literally killing millions of people over thousands of years and continuing to kill millions per year. Size varies but is rarely greater than 0.6 inch. Mosquitoes weigh only about 2 to 2.5 mg. A mosquito can travel around 6 miles in a night, and fly for 1 to 4 hours continuously at up to 1.5 mph. Most fly less than a mile during their lifetimes, but the ferocious salt-marsh mosquito, found in the Everglades and other coastal locations, can migrate 75 to 100 miles. There are about 2,700 species of mosquitoes. Most species are nocturnal or dawn or evening feeders (crepuscular). During the heat of the day most mosquitoes land in a cool place and wait for the evenings. They may still bite if disturbed.

Only the female mosquito drinks blood. Both the female and male mosquito drink the nectar of plants. When a female bites, she also injects an anticoagulant (anti-clotting chemical) into the prey to keep the victim's blood flowing. She finds her victims by skin chemicals and she can detect both carbon dioxide and lactic acid

(produced by muscle metabolism) in your breath. She also detects infra-red light from your body. Not all mosquito species bite humans.

Mosquitoes often carry diseases, such as malaria, encephalitis, yellow fever, dengue fever, dog heartworms, West Nile virus, and many others. The females, who drink blood, can carry a disease from one animal to another as they feed.

Because the mosquito is an insect its body is divided into three parts (head, thorax, and abdomen), a hard exoskeleton, and six long, jointed legs. Mosquitoes also have a pair of veined wings. They have a straw-like proboscis and can only eat/drink liquids.

Mosquitoes go through four distinct stages of development during a lifetime. The four stages are egg, pupa, larva, and adult. The full life cycle of a mosquito takes about a month.

Stage 1 EGG: After chowing on some tasty blood, the adult female mosquito lay between 40 and 400 tiny white eggs in still or really slow moving water. In warm weather, mosquitoes can produce a new generation in just seven days, although two weeks is a more common span.

Stage 2 LARVAE: Within a week, the eggs hatch into larvae (sometimes called wrigglers probably because of the way they "wriggle" in the water, they almost look like tadpoles). These larvae breathe air through tubes that they poke above the surface of the water. Larvae not only eat bits of floating organic matter but also each other (hmmm think about eating your brother or sister...talk about yucky). Larvae molt (shed the exoskeleton sometimes called its shell, typically to



By: I. M. Yuckee

let the organism grow) four times as they grow; after the fourth molt, they are called pupae.

Stage 3 PUPAE: Pupae (also called tumblers) also live near the surface of the water, breathing through two horn-like tubes (called siphons) on their back. Pupae do not eat.

Stage 4 ADULT: An adult emerges from a pupa when the skin splits after a few days. The adult lives for only a few weeks.

Some people get bitten more than others. Put two potential victims in a room, and one may get 10 bites, and another 50 -- or even 100. It's not clear why but a research group is looking into the role played by the 300-odd chemicals produced by the skin.

Although they are extremely annoying and seem to be good for nothing, mosquitoes do have a benefit -- specifically, feeding swallows, purple martins, bats, and some predatory insects.

FPT

Sudoku last month's Really Hard answer

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

Sales Tax Holiday

Tax exempt during the Sales Tax Holiday in Tennessee:

CLOTHING (\$100 or less per item)

- Belts
- Caps
- Coats
- Dresses
- Gloves
- Hats
- Hosiery
- Jackets
- Jeans
- Neckties
- Pants
- Scarves
- School uniforms
- Shirts
- Shoes
- Socks
- Sneakers
- Underwear

SCHOOL SUPPLIES (\$100 or less per item):

- Binders
- Book Bags/Backpacks
- Calculators
- Chalk
- Crayons

SCHOOL SUPPLIES continued

- Erasers
- Folders
- Glue
- Lunch Boxes
- Notebooks
- Paper
- Pens
- Pencils
- Rulers
- Scissors
- Tape

COMPUTERS - \$1,500 OR LESS

Computers with a purchase price of \$1,500 or less, not for use in a trade or business, are exempt from sales tax. For purposes of this exemption, a computer is defined as a central processing unit (CPU), along with various other components including monitor, keyboard, mouse, speakers, cables to connect components, and preloaded software.

For More Information:

Web site: www.Tennessee.gov/revenue OR www.tntaxholiday.com

E-mail: salestax.holiday@state.tn.us

Telephone: (800) 342-1003 8 a.m. - 5 p.m., CST, Monday through Friday

SUDOKU EASY

Instructions Below

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

SUDOKU HARD

Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle or if you can't wait go to www.familypastime.com and click on the "answers" button.

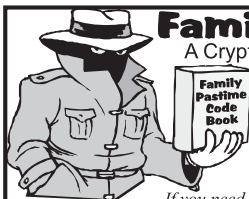
		4			1		5	
1	6	3					8	
			2		6		3	1
3		9				8		
				7				
		1				2		4
6	3		7		2			
	1					9	2	5
	4		8			3		

Sudoku Medium answer from last month

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

Local Day Care

Family Pastime Magazine will be looking at local day care options for Tri-Cities residents in the August issue. If you would like to contribute information please mail it to Family Pastime Magazine—Day care P.O. Box 3161 Johnson City, TN 37602-3161 or e-mail it to editor@familypastime.com



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which.

UTKHTA XDH LCUYAI SRFACKL PHC IAGOERLK
YAIACQAI TARLDAC SRFACKL THE IAGOERLK

If you need a clue look on page 18. Look for the answer next month or online if you just can't wait. ~Benjamin Franklin

Backpack Basics

By: Dr. Christina Christiansen and Dr. Ashley Fauser

Backpacks are more popular than ever. They come in all sizes, shapes, colors, and fabrics- it is a great way to allow children of all ages to express their own personal sense of style. Even adults are choosing to carry a backpack to work instead of lugging around a briefcase. Backpacks are also important for outdoor enthusiasts like campers and hikers.

Did you know over 10, 000 trips to the E.R. each year are attributed to backpack related injuries? A recent survey by Lands' End Direct Merchants found that more than 96 % of children ages 8-12 will carry a backpack to school this year. Of the 96%, one-third will carry their backpack incorrectly and cause injury to their back.

What Problems Can Backpacks Pose?

It is important to understand that a heavy backpack can affect your child's

body. Many people never consider their child's backpack, which is filled with books, school supplies, and personal items, to be the source of the back pain.

Your children's spines are made of 33 bones called vertebrae, and between the vertebrae are discs that act as natural shock absorbers. When a heavy weight, such as a backpack filled with books, is incorrectly placed on a child's shoulders, that weight can pull the child backward. To compensate, the child may bend forward at the hips or arch his or her back, which can cause the spine to compress unnaturally. Because of the heavy weight, a child might begin to develop shoulder, neck, and back pain.

It is important to remember that many factors may lead to back pain in children including: increased participation in sports or exercise, poor posture, and inactivity.

What Can You Do To Purchase a Safe Pack?

Despite potential problems, backpacks are an excellent tool for children when

used properly. But before you buy that trendy new backpack your child or teen has been begging you for, consider the backpack's construction. The American Academy of Pediatrics (AAP) recommends the following:

- Wide, padded shoulder straps that are adjustable - straps that are too narrow can dig into shoulders
- A padded back, which not only provides increased comfort, but also

protects your child from being poked by sharp edges or objects inside the pack

- A waist belt, which helps to distribute the weight more evenly across the body
- Multiple compartments, which can also help distribute the weight more evenly
- The pack should never hang more than four inches below the waistline
- Make sure your child's backpack weighs NO more than 5-10% of his or her body weight

Chiropractic Care Can Help... If you or your child experiences pain or discomfort resulting from backpack misuse, call your Chiropractic Physician. Chiropractors are licensed and trained to diagnose and treat patients of all ages. In addition, chiropractic physicians can also prescribe exercises designed to help children develop strong musculature that will help prevent injury, along with instructions in good nutrition, posture, and sleeping habits. **FPT**

Dr. Christina and Dr. Ashley are Doctors of Chiropractic at PureLife Chiropractic in Johnson City. www.purelifechiro.com



HEALTH MATTERS

By: Patsy Meridith

Statistics show that over 40% of patients who visit internists do so for gastrointestinal problems, but 90% of those with problems never consult a physician. Many factors can affect the health of our gut, such as inadequate enzyme production, insufficient intake of fiber, lack of beneficial flora and/or an imbalance in intestinal hormones that affect nerve responses for motility. More than 95% of the body's main neurotransmitter, serotonin, is secreted in our intestine. Containing hundreds of millions of nerve cells (more than in the entire remainder of our peripheral nervous system), our gut is able to mediate reflexes all on its own. For those who are more sensitive and reactive to stimuli, the interruption of rhythmic contractions and synchronized motility can trigger such symptoms as spasms, bloating, constipation and/or diarrhea. We suggest Intestinal Bowel Support to help relieve symptoms. As always, we guarantee your satisfaction.

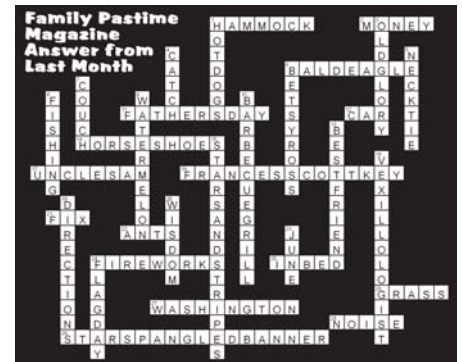


Johnson City Crossing Near Old Navy
423.610.1000 www.NFMonline.com
10-8 Monday - Saturday 1-5 Sunday

Q. Why did the tomato turn red?
A. It saw the salad dressing!

Q. What did the judge say when the skunk walked in the courtroom?
A. Odor in the court.

Q. Why did the turtle cross the road?
A. To get to the Shell station!





Purdue Chef Recommends Bringing Gourmet to the Grill

By: Jim Schenke

your family or guests will find too tempting to resist,” said Brutsman. “Turkey can soak in flavor even faster, making it an interesting alternative to chicken or beef.”

Brutsman said London broil, typically available in one- or two-pound cuts, is the most tender cut from the round. She

rubs her meat the night before grilling with three or four tablespoons and refrigerates it overnight in a plastic bag. Same-day preparation should occur at least two hours before grilling.

Brutsman cooks the meat for five minutes on a preheated grill. Then she flips it and cooks it until reaching the desired internal temperature of 120 degrees to 145 degrees. Letting the meat “rest” off the grill for another 5 to 10 minutes will raise the internal temperature by another 10 degrees to 15 degrees.

“The meat should always be sliced very thin and served hot,” Brutsman said. “Remember to always cut across the grain of the meat.”

The same preparation can be used for boneless sirloin tips.

When preparing lamb kebabs, Brutsman cuts two pounds of meat into about 20 one-and-one-half-inch cubes. She marinades the meat overnight in a mixture of minced garlic, rosemary, thyme leaves, red wine vinegar, olive oil, kosher salt and, optionally, red wine.

Prior to grilling, she threads three or four pieces of lamb on a

skewer, alternating large pieces of red onion between pieces of meat. She recommends threading other skewers entirely with grape tomatoes, piercing them through the stem. Brush the tomatoes with olive oil and sprinkle both sides of all skewers with salt and pepper.

“Soaking wood skewers for 30 minutes in warm water will help prevent them from burning or breaking,” Brutsman said. “Brushing the grill with oil will prevent the meat from sticking.”

She recommends cooking the lamb for 10 to 15 minutes, rotating at least twice, until the meat reaches 145 degrees. Tomatoes need to be cooked about five minutes and turned once to ensure they are seared on the outside but firm in the middle.

Brutsman said her “Grilled Italian Turkey Breast” is even simpler to prepare. She puts one thawed turkey breast skin side up in two inches of boiling water in a covered pan. Once water resumes a boil, she lowers the heat to simmer for about 30 minutes until meat reaches 150 degrees. When she removes the turkey, she marinates it in a shallow dish with two cups of Italian dressing, turning every 15 minutes until ready to grill. **FPT**

Purdue University chef Grace Brutsman says backyard grillers have plenty of options beyond ground beef and bratwursts this summer.

The former steakhouse owner said alternatives such as London broil and lamb kebabs, with a touch of prior preparation, can result in surprisingly affordable gourmet meals.

“Marinating these meats for as little as two hours will result in a tender, tasty treat

SUPER SUDOKU answer from last month

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

Help support the only local publication dedicated to families. Advertise your business in Family Pastime Magazine. Call Joy at 423.765.3215

The Dream. Becoming a Reality. Opening 2009.



After 15 wonderful years, The Children's Hospital at Johnson City Medical Center is now ready to build its new home.

Ground was recently broken for the new Niswonger Children's Hospital, which will be located in front of The Center for Women's Health at JCMC.



Niswonger Children's Hospital will serve a population of 200,000 children from Tennessee, Virginia, North Carolina and Kentucky.

Mountain States Health Alliance would like to say "Thank You" to the community for your generous support of this new facility.

If you would like to support Niswonger Children's Hospital, please call Mountain States Foundation at 423.952.3110.

423.952.3110

www.msha.com/foundation