



THE magazine for the **WHOLE** family

Volume 3 Issue 12

HAPPY 4TH OF JULY!



IN THIS ISSUE:

- 4. Free Chick-fil-A Food**
- 13. Tax-Free Shopping**
- 14. Living Green Ideas**
- 23. Kelly Green Thumb Tips for Gardening**
- 23. Vital Hotdog Statistics**

REGULAR FEATURES:

- 4. Family Finance**
- 5. Family Tech**
- 5. Crypto-time**
- 6. Home Cure**
- 6. Senior Time**
- 7. Father Knows Jest**
- 8. Say What?**
- 9. Homeschooling**
- 10. SUPER SUDOKU**
- 11. Kid Care**
- 12. Family Pet Spot**
- 13. Double Take**
- 15. Jr. Scientist**
- 16. Recipes**
- 17. Creature Feature**
- 18. Events Calendar**
- 19. Crossword Puzzle**
- 20. Yucky News**
- 22. Frantic Mom**
- 23. Kelly Green Thumb**

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MESSAGE GET YOUR MESSAGE IN FRONT OF POTENTIAL CUSTOMERS AND CLIENTS BY ADVERTISING IN FAMILY PASTIME MAGAZINE

Operator. *Chris Joker* URGENT



JULY WEEKLY OBSERVANCES

- Freedom Week- First Week
- Great Circus Parade Week- First Week
- Take Charge of Change Week- First Week
- Canned Luncheon Meat Week- First Week
- Prevention of Eye Injuries Awareness Week- First Week
- Unassisted Homebirth Week: 1-7
- Be Nice To New Jersey Week: 6-12
- Chicken Wing Week: 5-7
- National Farriers Week: 13-19
- Sports Cliché Week: 13-19
- Therapeutic Recreation Week: 13-19
- Parenting Gifted Children Week: 14-20
- Rabbit Week: 15-21
- Captive Nations Week: 20-26
- Independent Retailers Week: 20-26

- National Make Someone Smile Week: 20-26
- Scrabble Week: 25-30
- Single Working Woman's Week: 7/29-8/4
- Music for Life Week- Second Week
- National Laundry Workers' Week- Second Week
- Take Charge of Change Week- Second Week
- National Laughter Week- Second Week
- Promote Playful Professionalism Week- Third Week
- Coral Reef Awareness Week- Third Week
- Lyme Disease Awareness Week- Third Week
- Space Week- Third Week
- Equal parent's week - Fourth Week
- Don't Eat Meat Week - Fourth Week (Monday to Monday)

JULY MONTHLY OBSERVANCES

- National Picnic Month
- National Hot Dog Month
- National Blueberry Month
- National Ice Cream Month
- National Anti Boredom Month
- National Recreation and Park Month
- National Tennis Month
- Read an Almanac Month
- National Purposeful Parenting Month
- National Outdoor Month
- National Bison Month
- California Salmon Month
- National Mobility Month
- Tahiti and Her Islands Awareness Month

- Eye Exam Month
- Fireworks Safety Month
- July Belongs To Berries Month
- American Independence Month
- Blackberry Month
- Cell Phone Courtesy Month
- National Doghouse Repairs Month
- National Peach Month
- Raspberry Month
- Red, White, and Blue Month
- Wild About Wildlife Month
- National Hay Month
- National Culinary Arts Month
- National Get Along with Your Ex Month
- National Foreign Language Month

Last month's HARD answer

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

What protest by a group of dogs occurred in 1773?
The Boston Flea Party!

What happened as a result of the Stamp Act?
The Americans licked the British!

Why did Paul Revere ride his horse from Boston to Lexington?
Because the horse was too heavy to carry!



THE magazine for the WHOLE family

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Declare Your Financial Independence Day

As we get close to the Fourth of July, you may be thinking of where you'll be attending a picnic, watching fireworks or engaging in other activities that accompany the holiday. And while it's always meaningful to commemorate our nation's many freedoms, you may want to take this opportunity to think about another celebration of liberty: your own "Financial Independence Day."

However, unlike the Fourth of July, Financial Independence Day won't just show up on the calendar — you have to work to make it happen. Here are a few suggestions for doing just that:

\$ Liberate yourself from debt. You don't have to be a free spender to rack up a lot of debt — the cost of living is high, and sometimes you need to use loans and credit. But the more money you owe, the harder it is to achieve financial independence, so try to reduce, consolidate or eliminate as much debt as possible. You may have to drive that old car one year longer or postpone that vacation until you can pay for it up front, but these and similar moves may pay off

down the road.

\$ Emancipate your investments. To achieve your long-term financial goals, you need your investments to provide you with the combination of growth potential and income that's appropriate for your individual needs. To accomplish this, though, these investments need to be "free" from being raided to pay for the costs of everyday life. That's why you should establish an emergency fund containing six to 12 months' worth of living expenses. By keeping this fund in a liquid account, you won't have to tap into your investments the next time you have a major car repair, need a new appliance or face an unexpected medical bill.

\$ Unchain the potential of your retirement accounts. Every time you get a raise, boost your contributions to your retirement plan at work — i.e., your 401(k), 403(b) or 457(b). Your money has the potential to grow on a tax-deferred basis, and you typically contribute pre-tax dollars, so the more you put in, the lower your annual adjusted gross income will be. But if you're not contributing the maximum

allowed, or at least as much as you can afford, you're putting "shackles" on the ability of these plans to help you attain the retirement lifestyle you've envisioned.

\$ Free your family from threats to your income. Without your income, would your family be able to pay off the mortgage? Or send your children to college? Or meet any of the financial goals you've set? Financial independence will always be elusive unless you protect your family from the potential loss of your income — and that's why you need adequate life insurance, especially while your children are young and you're still paying a mortgage. At the same time, you may need disability insurance to replace your income if you can't work due to illness or injury. Your employer may offer a disability policy, but it might be insufficient to meet your needs, so you may need to add extra coverage.

By taking these and other steps, you can go a long way toward turning Financial Independence Day from a goal to a reality — so take action soon. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Free Food a "MOO"-ving Experience

On Friday, July 11, the Chick-fil-A will celebrate its annual Cow Appreciation Day event by offering a free meal to any customer who isn't "too chicken" to visit any of the chain's nearly 1,400 participating restaurants fully dressed as a cow.

Customers fully dressed as a cow will be rewarded with a free Chick-fil-A Meal, which includes an entree of choice, a side item, and a beverage. Not to worry though, if you just can't find the whole cow get up, they will hook you up with a complimentary entree if you are simply partially dressed as a cow, such as a cow-spotted scarf, purse, hat, or other accessory.

The July 11 event marks Chick-fil-A's fourth

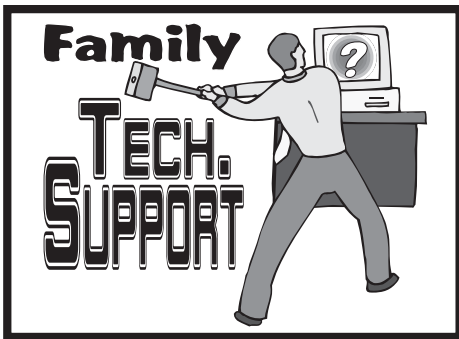
annual Cow Appreciation Day celebration. Last year, reportedly, thousands of customers visited restaurants across the country dressed in cow-themed costumes, ranging from simple cow-spotted t-shirts to full cow suits complete with furry ears, cowbells.

"Cow Appreciation Day is a great barometer of how passionate our customers are," says Steve Robinson, Chick-fil-A's senior vice president of marketing. "If you're willing to dress up like a cow for a free meal, you're obviously a loyal and even raving Chick-fil-A fan. While the event is a natural tie with our cow-themed marketing campaign, Cow Appreciation Day is intended to be a fun day to reward some of our most loyal customers with free food. We enjoy watching the event

grow year after year."

Last year during the appreciation day, the Chick-fil-A restaurant in Hendersonville, North Carolina, hosted a herd of 350 cow-spotted customers from summer camps, daycares, and preschools. Another group of ambitious college students--self-dubbed "The Herd"--set out from Knoxville, Tennessee to Atlanta, Georgia, on a mission to visit 30 Chick-fil-A restaurants in one day. **FPT**

What would you get if you crossed a patriot with a small curly-haired dog?
Yankee Poodle Dandy!



The Magic "Fix My Computer" Button!

By: Chris Joker

Wouldn't it be great to have an "OOPS I messed up, please set everything back" button on your computer? Good news, you DO. Sort of. If you are running Windows XP or Vista you have a "System Restore" utility. Basically, System Restore periodically records a snapshot of your computer. These snapshots are called restore points. Windows also creates restore points at the time of significant system events such as when an application or driver is installed. You can also create and name your own restore points at any time. It's kind of like going back in time to a time when your computer worked correctly. Don't worry; System Restore does not affect your personal data files (such as Word documents, browsing history, drawings, picture, favorites, e-mail, etc) so you won't lose changes made to these files.

Every time you download or install a new game, application, or software update, you make changes to your computer. Sometimes that change may make your system unstable.

When you run System Restore, a calendar is displayed to help you find restore points. If you don't use your computer every day, some days might not have any restore points. If you use your computer frequently, you might have restore points almost every day, and some days might have several restore points.

How do I use this magic button?

Before you open the System Restore console, you may want to save your work and close all programs since System Restore requires you to restart your computer.

First, before you need it, make sure System restore is turned on. To do this, follow either option below. If system restore is not activated you will be asked if you want to turn on system restore. Click yes.

There are several ways to access System Restore here are two:

Through Help and Support:

1. Click Start, and then click Help and Support.
2. Under Pick a Task, click Undo changes to your computer with System Restore.
3. Follow the instructions on the wizard.

Through the All Programs menu:

1. Click Start.
2. Point to All Programs.
3. Point to Accessories.
4. Point to System Tools.
5. Click System Restore.
6. Follow the instructions on the wizard.

I recommend creating a restore point just before you install any software or alter any system settings. To create a restore point

1. Open System Restore. (See step-by-step instructions above.)
2. Click Create a restore point, and then click Next.
3. In the Restore point description box, type a name to identify this restore point such as "before Photoshop Update" to signify that you created this point before

you updated Photoshop.

4. Click "create"

To view or to return to a restore point, from the Welcome to System Restore screen of the System Restore Wizard select Restore my computer to an earlier time. Then select the date you created the restore point from the calendar in the Select a Restore Point screen. All of the restore points you created and the ones the system created on the selected date are listed by name.

The next screen is the confirmation window. Just verify the information on the screen and click "Next." Windows will then reboot and try to restore your system with the settings from the date you selected.

The System Restore process can take anywhere from 10 to 30 minutes depending on how much reconfiguration Windows needs to do and how fast your PC is. When System Restore is done, a screen will popup with the results of the restore. If it was successful, you can then log into the system and start using the computer again. Any unusual issues that you were having should be gone. If not, you can pick a restore point further back in time. You are also given the option to undo the last restore if you wish.

Remember System Restore does not replace the process of uninstalling a program. To completely remove the files installed by a program, you must remove the program using Add or Remove Programs in Control Panel or the program's own uninstall program. To open Add or Remove Programs, click Start, click Control Panel, and then click Add or Remove Programs. **FPT**

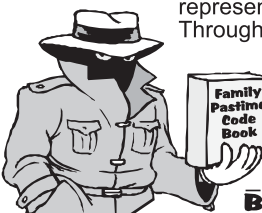
Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

Family Crypto-Time

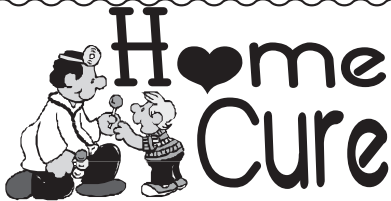
In the encrypted phrase below each letter represents another letter (such as Q is actually A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.

" IOB VSY Y PC IOB WBPWYB SE IOB PAYT
 YBZSISNQIB CPGAHQISPA PC QAT
 ZPKBLANBAI, QAH IP WLPIBXI SIE CLBB
 BRWLBEESPA EOPGYH DB PGL CSLEI PDMBXI. "

look on page 18 for a clue. Look for the answer next month. ~ Thomas Jefferson



Did you hear the one about the Liberty Bell? Yeah, it cracked me up!



Ingrown Toenail

Take as much liquid out that you can (a little painful). Then gently lift toenail and place cotton under ingrown nail. It will grow out.

Let the nail grow out. When it has grown out and you have a 1/8th of an inch over hang clip a v section as deep as you can reach in the center of the toenail. This allows the nail to grow inward at the V pulling the sides upward instead of downward to the skin. This is not a quick fix, but over time, it works well.

Soak in a mixture of as hot of water you can stand and Epsom salt. When the toe is feeling a bit numb, find a tiny nail file get down to the offensive bit of the nail that digs into your toe and gently file the nail upward (no sawing motions). Place foot back into the hot Epsom water. When you remove your foot, dry well and apply a little Neosporin ointment between the nail and the skin and place a breathable bandage and change as necessary until healed.

Cut a lemon in half. Put toe in lemon. Put sock over foot. Let soak overnight.

Pick at it with a pair of tweezers until you cant stand it anymore. In a few days, just squeeze it and all the pressure will be relieved.

Apply a moisturizing cream to the nail edge and

cover it with a band-aid. This softens the hard skin and often provides temporary pain relief. Elevating the foot also helps to reduce the swelling. Then soak your foot in warm, soapy water several times each day. Adding a touch of salt will help to kill bacteria.

Soak the foot in warm water 4 times a day. You do not need to add soap or antibacterial agents to the water.

Wash the foot including the affected area twice a day with soap and water. Keep the foot clean and dry during the rest of the day.

Do not wear high heels or tight-fitting shoes. Consider wearing sandals, if appropriate, until the condition clears up.

Try to lift up the corner of the nail that is digging into the skin. Take a small piece of cotton or gauze and roll it between your fingers to form a small roll or wick. Then place the roll between the nail and the skin to keep it elevated. This is painful but is the most important part of home treatment. After every soaking, try to push the roll a little farther in.

If you see no improvement within 3 days, call your doctor.

Rub Vicks Vaporub on the side where it is ingrown. Then put your foot in hot water for about 25 minutes. Then use your pedicure tools and cut off the ingrown part of the toenail.

Sanding down the toenail until its very thin will assist in getting that ingrown section out.

Apply Icy hot to the ingrown section as well as any swollen section. Within 10 minutes the pain will cease.

Try baby powder it draws out moisture and infection fast

Always cut away dead skin around the nail area. The buildup of dead skins encourages ingrown nails. Never, never trim your nails short. Cut only STRAIGHT across.

Turpentine Oil. You can get it at the drug store. With a cotton swab put some on the ingrown toenail several times a day. The next day you will be surprised how it has taken the soreness out.

Take a tiny piece of cotton and with a toothpick, push cotton under the nail where it is ingrown. Leave it there for as long as needed. The cotton will push the growing nail out and away from the skin.

Take a small piece of bread and soak it in milk.... wrap it over your toe and cover with a sock.... do this overnight and your in-grown nail will be ready to clip with no pain!!

Before you go to bed, put a small wedge of lemon on the toenail, securing it with a band-aid. (put on a sock!) When you wake up, the nail should be soft enough to ease it away from the skin so that you can trim it.

Put a piece of fresh onion on the nail and bandage; leave over night.

Take the skin/membrane from eggshells and apply wet side down by wrapping them around the infected toe for 2 nights.

Put vitamin E oil on them a lot. **FPT**

NOTICE: "Home Cures" are meant as information only these are merely a record of ways someone may have dealt with common health issues. We make no guarantee that they work or that they are without side effects. Never attempt any of the ideas reported in this column without consulting your physician first. Send a "Home Cure" that works for your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

The Essentials On Social Security Retirement Benefits



(NAPS)—**T**he "silver tsunami" has begun in America. That's what demographers have dubbed the massive wave of baby boomers swiftly moving toward retirement. And despite concerns to the contrary, Social Security will play a central role in most boomers' retirement income.

According to the Social Security Administration, 90 percent of the nearly 80 million Americans scheduled to retire over the next two decades will rely on Social Security to some degree.

According to Kathryn Hanson, Social Security specialist for SecurePathSM by

Transamerica, a service of Transamerica Retirement Management, Inc., and former Area Director for the Social Security Administration, workers with average earnings may depend on Social Security to replace up to 55 percent of their after-tax income as retirees. She says a clear understanding of Social Security "basics" is critical. But it can be hard to get.

"Pre-retirees are brimming with questions about accessing these benefits, but getting answers can feel overwhelming," says Hanson. "For instance, the Frequently Asked Questions section of the Social Security Administration Web site alone has more than 600 entries."

Hanson points out the following questions and answers as good starting points for pre-retirees struggling to make sense of their Social Security benefits. Answers to these questions and more can be

found at www.ssa.gov or in the Social Security Handbook.

1. How do I become eligible?

People born after 1928 need 40 "credits" to receive retirement benefits. Currently, a credit represents \$1,050 of covered earnings and you can gain up to four credits per year. This means you need to work at least 10 years to collect Social Security benefits. Keep in mind that the highest 35 years of covered earnings are used to calculate your monthly benefit amount. If you haven't worked 35 years, "zero" earnings years will be used in the 35-year calculation. Social Security beneficiaries also receive an annual cost-of-living increase based on the Consumer Price Index. In 2007, the average monthly check was \$1,007, or \$12,084 a year.

2. How will my retirement age affect my Social Security income?

Please see "Social Security Essentials" on page 10

FATHER KNOWS BEST

By Chris Joker

Now that summer had officially begun I decided it was time to get the boat ready for many wonderful weekends of enjoyment on the lake. I grabbed my helper (my son, Milo), the shop vac, a bucket, a sponge, soap, the hose, wax, rags and a radio so we could "rock out" while we cleaned the boat. As we began to vacuum out the months of leaves and debris that had accumulated in the boat, my son had a suggestion, "Why don't we just sell the boat and buy a clean one?" Hmmm very intriguing, not really practical but intriguing none the less. No we will have to muddle through with our task. As we were putting on the wax I shared with Milo how I had done the same thing with my dad when I was little. Then as we attempted to buff off the dry wax I remembered how much I hated doing that when I was little and began calculating how much we could get for a dirty boat and how much of a down payment that might be on a clean boat. When we were finished with the waxing, (well the waxing wasn't really finished, but we DEFINITELY were) it was time for the fun stuff, cranking up the motor. With great anticipation we turned off the radio (so we could enjoy the roar of the motor), I pumped the bulb to put fresh gas in the motor (O.K. it really wasn't "fresh" it had been sitting in the tank over the winter but seriously, how bad could the gas really get over just a few months?), we both took comfortable seats and I turned the key. We heard... something. Not really the joyous sound of our motor cranking up, more the sound of a starter motor turning but not engaging. I tried the key several more times expecting a different result (coincidentally, this is the exact definition of insanity). I suppose I was expecting the motor to somehow fix itself and roar to life. After the immaculate resurrection of my motor did not occur I decided it was time to take off the motor's cover and pretend I knew what to look for. I remembered when I was a teenager and had a car with starter motor trouble I would bang on the starter motor with a hammer and sometimes that would be enough to show the starter motor who was boss and the engine

The "Joys" Of Boat Ownership!

would start. As luck would have it, I knew exactly where to whack the starter motor on the boat motor because the manufacturer was kind enough to paint

"Do not strike with hard object" right

on the side of it. With great effort, precision and concentration I hit it right in the middle of the word "strike". I

turned the key. Nothing. Call me insane but I did this three more times. On the fourth try, Success, the starter motor engaged. The motor did not start, mind you, but the starter motor was now engaging. Baby steps. I tried several more times, with the same result. Now what? I know, new spark plugs. I put in new spark plugs and turned the key... nothing. Maybe three months in a tank can weaken gas. I dumped the old gas into my van (maybe THAT wasn't such a good idea) and filled the tank with new, fresh and even more expensive gas. Turned the key... Nothing. I started wondering just exactly when the "fun stuff" would start. I was almost out of ideas when I thought of ether. Another trick from my youth, when the car wouldn't start I would spray ether in the carburetor and it would. Often times auto parts stores sell a spray starting fluid containing ether. One problem, I had no idea where the carburetor was on my boat motor. I did, however, know where the spark plugs were. I took out each one, sprayed a little ether in the cylinder and put the plugs back in. I then checked to make sure my fire extinguisher was charged and turned the key.

Sweet mother of Mercury, the motor sprang to life. It sounded sooo sweet. I let it run for several minutes, long enough for the exhaust to cause my neighbors to have to close their windows. Then I shut it off and tried it again. Three times. It started right up every time. Good enough for me.

The next morning, I just HAD to try it again. I turned the key, nothing. Insanely I tried

four or five more times with no avail. I got out my ether, took out the spark plugs, went through the whole process again and it started right up. A smart man might decide

it was time to have an actual professional outboard motor mechanic fix this problem before venturing out onto water with the possibility of being stuck in the middle of the lake. On the other hand an insane man might just make sure he had a spark

plug wrench, can of ether and a working fire extinguisher on the boat and go for it. I think you know which I decided to do.

The next morning I was determined to make it to the lake. I decided to try the motor one more time. When it didn't start, I went through the whole ether process again, this time when I turned the key, nothing. And when I say nothing, I mean pretty much nothing. The battery was dead from all the starting and attempted starting I had done. I hooked up the battery charger and resigned to the fact that tomorrow

would be the lake day. Sunday morning was a beautiful morning a great day to be on the lake. We hooked the boat trailer to the van and the three of us (my girlfriend, Kristi, her four-year-old son, Preston and me), started out. As we pulled out Kristi commented that the trailer sounded a little strange. "Oh don't worry about it, it's just been sitting for a couple of months, it will be fine," I replied. It's been quite a few years since I had a four-year-old so that combined with my excitement to get to the lake, made me completely forgot the cardinal rule, BEFORE you leave ALWAYS ask if anyone has to go to the potty. When we hit Elizabethton Preston said, "I have to go potty". All right, fine.

I found a relatively easy gas station for me to get the trailer in and out of and pulled in. While they were in doing their business I decided to move a few things from the van to the boat. That's when I saw it. There was something black splattered all over the trailer wheel on the driver's side and just a little bit of smoke coming off the wheel. What with my white trailer rims it looked





Say WHAT???

By: Family Pastime Staff

Sample:

“All the car companies are jumping on the hybrid bandwagon.”

Meaning:

To profit from a craze; to join a trend. If people jump on the bandwagon, they get involved in something that has recently become very popular. This idiom usually refers to someone who hopes to benefit from supporting another person’s idea.

Origin:

In 19th and early 20th century America, a bandwagon was exactly what it sounds like, a wagon, usually horse-drawn, which carried a musical band. Circuses were skilled at

Jump On The Bandwagon

attracting the public with the razzmatazz of a parade through town, complete with highly decorated bandwagon. Politicians picked up on this and began using bandwagons when campaigning for office. The word bandwagon was coined in the USA around 1855, simply



as the name for the wagon that carried a circus band. P.T. Barnum, used the term in his unambiguously named autobiography The Life of P.T. Barnum, Written by Himself, where he wrote: ““At Vicksburg we sold all our land conveyances excepting four horses and the ‘band wagon’.”

The first use of the phrase “jump on the bandwagon” in American politics is attributed to Dan Rice in 1848. Dan Rice was President Lincoln’s court jester he was also a professional circus clown. He used his bandwagon for Zachary Taylor’s campaign appearances, to gain attention by using the music. As Taylor’s campaign became more successful, more politicians strove for a seat on the bandwagon, hoping to be associated with the success. Later, during the time of William Jennings Bryan’s 1900 presidential campaign, bandwagons had become standard in campaigns, and ‘jump on the bandwagon’ was used as a derogatory term, implying that people were associating themselves with the success without considering what they associated

themselves with. In 1884 the magazine Puck published a cartoon depicting Chester A. Arthur driving a bandwagon full of presidential hopefuls. Theodore Roosevelt used the phrase in a letter in 1899 where he wrote, “When I once became sure of one majority they rumbled over each other to get aboard the band wagon”. **FPT**

SUDO-KID-U answers from last month

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

What would you get if you crossed George Washington with cattle feed? The Fodder of Our Country!

What’s red, white, blue, and almost as ugly as a dog?
A revolutionary warthog!



Easy Answer From last month

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

SUDO-KID-U 1 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.

		3	
3			4
			2
4			



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

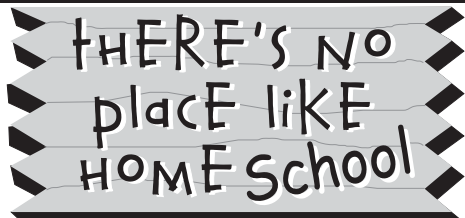
Virtual Fireworks at:

www.familypastime.com

What did one flag say to the other flag?
Nothing. It just waved!

Last month’s Medium answer

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



Considering Homeschooling?

By: Lisa Baughn

With the new school year starting in just a few weeks, have you ever wondered what homeschooling is all about and if you can do it? Can parents really educate their children at home? Is it legal? Yes! Do they learn? Phenomenally well! What do the statistics say? Homeschoolers have a strong pattern of self learning, are self directed kids who have adopted a lifestyle of learning, out-performing public school students on the SAT/ACT and filling our colleges and universities with self motivated students eager to learn. Home education is working!

Once the decision is made to educate at home, the fear of "how can I possibly teach them everything they need to know" looms large for most families. Relax, educating a child is not like filling a bucket, there are going to be a few holes in the bucket with every child, no matter where they are schooled! Accept that and you have mastered the single largest fear of homeschooling parents. You can homeschool if you have a passion for your kids, do a little research and make that commitment to begin.

The Home School Legal Defense Association (HSLDA) is the political workhorse of the homeschool movement working on laws to benefit homeschoolers. Their website, www.hslda.org is full of information, statistics and how to begin. HSLDA are the watchdogs of homeschooling in America and track all of the legalities, working tirelessly for homeschool friendly laws. Click on your state or call them to find out the particulars. We have chosen "Option #3 - to operate as a satellite campus of a church-related school." HomeLife Academy is an online "umbrella school" which handles school records, grades, and transcripts at www.

homelifeacademy.com. Two Tennessee groups worth checking out are www.tnhomeed.com and www.nethea.com

There are several organizations that will help you get started in the Tri-Cities area.

1. It is wise to belong to an "umbrella school" (like HomeLife Academy), which will keep your records, grades, transcripts and keep you on track.
2. The fellowship of belonging to a support group, which plans activities, field trips, offers socialization, support and encouragement to both parents and children can be invaluable. Some do yearbooks, and formal dances and offer many of the "not miss" events we wonder if our kids will ever live without! The Tri-Cities area is bursting with homeschool support groups, activities, 4-H groups, clubs, classes, and more, all of which can be viewed at www.tricitiehomeschool.org, a goldmine of local information that will provide your kids with an incredibly rich home education experience.
3. Co-ops abound! Co-ops are where children can take classes such as biology, writing, Latin, geography, web design, algebra, dance, etc. Co-ops are a terrific opportunity to let your children experience a group setting in a few subjects and a chance to vary their education in unusual ways.
4. The Tri-Cities Midwinter Homeschool Convention is a real live convention right in the Tri-Cities, with a curriculum hall and national speakers! This January promises to be our best one ever www.midwinterconvention.com where you can sign up to find out about it!
5. Join the Tri-Cities Homeschool Yahoo E-Group at TChomeschool-subscribe@yahoo.com, which will give you a daily dose of encouragement, keeping

you informed of all of the activities going on in the Tri-Cities.

6. Subscribe to The Old Schoolhouse Magazine (www.thehomeschoolmagazine.com), the biggest and best homeschool magazine (published right here in your backyard!) Each issue of TOS is like a homeschool convention in a magazine!

Finally, there are many fine books that will help you begin to teach your children at home. A few to start you out are:

- 100 Top Picks for Homeschool Curriculum, by Cathy Duffy
- Educating the Whole Hearted Child by Clay and Sally Clarkson.
- You Can Teach Your Child Successfully, by Dr. Ruth Beechick
- For more local homeschool information and live links, please go to www.midwinterconvention.com

Be encouraged, homeschooling is a grand adventure and you can do this! **FPT**



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Lisa and her husband Dave Baughn have homeschooled for 9 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 e-mail them to homeschooling@familypastime.com. Lisa is launching a new website soon (www.ThePrudentWife.com) with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

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Social Security Essentials continued from page 6

For decades, the traditional retirement age was 65, but with Americans living longer, the federal government has increased the age at which people can receive full Social Security benefits. People born in 1937 or earlier can retire with full benefits when they are 65. The Full Retirement Age gradually rises for those born between 1943 and 1954 to age 66, and gradually rises to 67 for those born in 1960 or later. Still, anyone eligible for Social Security can begin receiving benefits at age 62, though at a reduced rate. The closer you are to 62, the larger the monthly benefit reduction. For instance, if your normal full retirement age is 66 but you opt to begin receiving Social Security at 62, you'd collect about three-quarters of the full benefit amount. Likewise, if you postpone receiving Social Security until after your full retirement age, you'll get a boost in benefits,



3. What happens if I work after I retire?

ranging from 3 percent to 8 percent by age 70. Social Security beneficiaries who are younger than their normal full retirement age may earn \$13,560 annually with no effect on benefits. For every \$2 earned above that limit, the federal government withholds \$1 from the worker's Social Security payment. When a person reaches full retirement age, there's no reduction in benefits for earnings. Another plus: Pensions, investment income, annuities, capital gains, inheritance money, IRA distributions and other government benefits do not affect your Social Security benefits.

4. What about benefits for my spouse?

Of course, a spouse who works on his/her own and meets the eligibility requirements will receive his/her own Social Security checks. Spouses who did not work enough to have the required 40 credits—or whose earnings were not enough to yield a full retirement amount one-half that of the other spouse—will receive an amount equaling 50 percent of the higher-earning spouse's full retirement amount, reduced for the number of months under full retirement age.

5. How do I apply?

Begin the application process no more than four months before your planned retirement date. Start by calling 1-800-772-1213 to locate the nearest field office, or check online at www.ssa.gov or www.ssa.gov/onlineservices. You can use these Web sites to apply for Social Security directly online, or if you prefer to deal with a real person, you can make an appointment at your local office. More tips on Social Security and other issues facing people preparing for their retirement transition are available online at www.securepathbytransamerica.com. **FPT**

What quacks, has webbed feet, and betrays his country? **Beneduck Arnold!**

SUPER SUDOKU

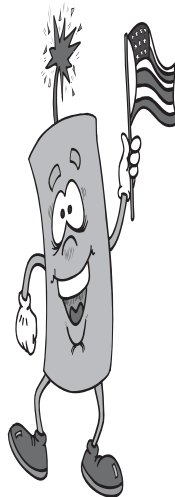
Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle.

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

SUDOKU EASY

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.

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





Kid Care

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What's in Your Cabinet? Poison Prevention, Substance Abuse and Your Children

By: Joanna Swinehart

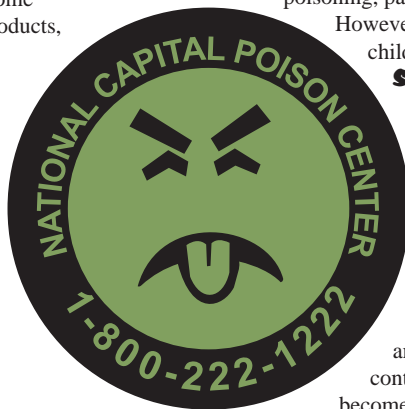
Poison prevention is a very important topic for parents of young children. Almost all poisonings happen at home, so parents, grandparents and others who care for children have a duty to inspect their homes for safety.

The common culprits in home poisonings are cleaning products, vitamins, prescription and over-the-counter medications, cigarettes, pesticides and beauty products. Young children are very curious and will find ways to get into cabinets and drawers that adults may not think are accessible. Safety locks are a great way to secure these areas from curious little ones.

Another way children are poisoned is by ingesting a substance that is not stored in its original container. Children have been poisoned by drinking a poisonous substance stored in a 2-liter soda bottle and other containers that are easily mistaken for a drink container.

If you do suspect that a loved one has been poisoned, call the Poison Help Center at 800.222.1222. This is a national, toll-free number that is available 24 hours a day, 7 days a week. An expert will be available to answer your questions and advise the best way to treat your child. You will need to provide the following information when you call:

- Victim's age and weight
- Any existing health conditions
- Substance involved and how it contacted the person: i.e. swallowed, inhaled, absorbed through the skin or splashed in the eyes
- How long ago did the poison contact occur?
- If the victim has vomited
- Your location and how long it would take you to get to a hospital



induce vomiting unless instructed to do so by a poison control expert.

Once children have outgrown the curious toddler and preschool ages and are not at a high risk for poisoning, parents can breathe a sigh of relief.

However, adolescence will soon come, and children will be at risk for other dangers.

Substance abuse is a major problem in our society, and adolescents and teens are not immune.

David O. Chastain, MD, Chief of Adolescent Medicine at the Quillen College of Medicine, says that all adolescents and teens are at risk for substance abuse regardless of their upbringing. Many children experiment with cigarettes, alcohol and drugs, and unfortunately many continue with substance abuse until it becomes an addiction.

What most parents may not realize is that their very own homes provide the substances that adolescents abuse. Dr. Chastain says he has seen a decrease in the use of harder drugs such as cocaine and heroine among adolescents and teens, but has seen a "tremendous increase in the illicit use of legal substances," many of which are found in our own homes. According to the National Center on Addiction and Substance Abuse at Columbia University, teen abuse has more than tripled over the past 10 years, and nearly 10 percent of 12- to 17-year-olds abuse prescriptions.

As a parent, you may already keep a keen eye on your liquor cabinet, but adolescents are now more likely to use their family members' prescription medications to achieve a high. Dr. Chastain warns parents to "look at your drug cabinet" and secure prescription medications that your family is currently taking and dispose of any that your family no longer takes. Medication abuse applies to over-the-counter drugs as well. Many teens and adolescents use easily obtainable cough

DO NOT try to

medications for a quick buzz.

Another serious substance abuse issue that is on the rise for adolescents and teens is the abuse of prescription medications to treat attention deficit/hyperactivity disorder (ADHD). If someone without ADHD takes this type of medication, the intense stimulation can cause a euphoric high. Increasing numbers of teens and young adults have found that the increased stimulation and intense focus provided by ADHD medication helps them accomplish a marathon night of studying, allowing them to maintain the competitive edge in school often expected by parents.

What can parents do to keep their children from abusing unhealthy and dangerous substances? Be involved with your children and their friends, monitor their activities and do not allow your child to spend too much time without adult supervision. You may have already spoken to your children about the dangers of drugs and alcohol, but this message is muddled when they see parental and celebrity role models taking a pill or having a drink to relax or have fun.

To clear up any confusion, set clear ground rules for your family regarding the illegal use of drugs and alcohol. Make sure your children understand that prescription medications are not "OK" if they are taken by someone else or are not taken as prescribed. Keeping the lines of communication open by talking to your children every day will make your child more comfortable to approach you with a serious concern. **FPT**

Joanna Swinehart, Communications and Outreach Coordinator for The Children's Hospital at JCMC.



Next month:
Kid Care Looks at:

**Immunization
Awareness**



You're sitting in your favorite spot on the couch with your pet by your side. Then all of the sudden, you feel an itching sensation around your ankles. You scratch a few times, but this irritating feeling just persists. You look down and see little dark dots just bouncing around. Guess what? Your precious pet has brought a present into your home – fleas! But wait a minute; you are diligent about treating your family pet for fleas. After all, you struggle with your ornery pet when it comes to baths, flea collars and topical flea treatments. What is the deal with all these hopping pesky critters nipping at your ankles?

Unless you have a strictly indoor pet, chances are it has brought those fleas right inside from the outside! Your first course of action is to treat your yard with insecticide to kill any fleas and larvae. However, that outside treatment alone is not going to eradicate those fleas inside your home. See, what happens is that these adult fleas drop off your pet and burrow into the carpet. The same goes for any flea eggs, pupae or larvae. These critters will lie in your carpet, seat cushions, slipcovers and bedding until such time that their eggs hatch and are ready to hop onto some unsuspecting victim. You have to not only treat for those adult fleas but also get those eggs as well before they hatch.

The first step and perhaps the most important in fighting these fleas is your vacuum cleaner. Consistent vacuuming is a great way to get rid of a lot of the adult fleas as well as the eggs, pupae and larvae in your carpet, bedding and really, anything else that can be vacuumed. Be sure to vacuum the areas where your pet sleeps and lounges the most. Also be sure to get into the cracks and crevices of the floorboards and corners of rooms. The key to a successful



Fighting Fleas Indoors

vacuum session is making sure to replace your vacuum cleaner bag regularly so that those eggs don't hatch and escape to other parts of your home. By sealing your used vacuum cleaner bag inside a plastic bag, you can ensure that those fleas will not escape.

The next step in eradicating the fleas from your home is the use of flea insecticides. These chemical treatments can be in the form of powders, sprays and foggers. In some instances, depending on the flea infestation, you might have to use a combination of products to get the desired effect you want. In regards to powders, this would be a treatment that you shake and work into your carpet. By allowing the powder to settle into the carpet fibers, it can penetrate down into the matting below. This speeds up any flea eggs into hatching, where you can then vacuum up the little critters, thus ridding yourself of even more fleas.

With sprays, flea control is short term. Flea spray really just kills the adult fleas and does not affect the eggs, pupae or larvae. Foggers can be messy to work with. You have to vacate your home for several hours or maybe even overnight, depending on the amount of treatment you have to conduct. Some foggers leave a residue on the surfaces in your home. You have to take special care and put away any food products and relocate your fish tank or birdcages.

Be sure to get every single area in your home that your pet visits. Some pets love the closet and will sleep in there. Others like the garage or laundry rooms. You also cannot forget the pet carriers and any vehicles that the pet may have ridden in. All of these areas will need to be treated for fleas.

It is important to note that successful flea eradication stems from a combination of

several treatments. Vacuuming should always be the first step in the treatment process. Then the sprays, foggers and powders are the next step. After the application of these chemical treatments, you should vacuum again. This treatment cycle rarely works the first time. You may have to complete the cycle two or more times before most of the fleas are gone. You know when you've been successful because you will be able to sit with your pet on the couch without being nibbled on by fleas! **FPT**

Article courtesy of 1-Love-Cats.com



Making Father's Day cards with **Family Pastime Magazine** at the Johnson City Lowes Kids Safety Day celebration.

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Last month we asked you to guess where this actual sign is. Out of all the guesses, only Christi Bothwell got it right. Christi knew the sign is in Natural Tunnel State Park on the chair lift that takes you back up after viewing the tunnel. I told my girlfriend I was going to call the park to find out why the sign says that and she said, "Are you serious? It's because it's missing the "C" next to "hair"---"DOH!"

Which colonists told the most jokes?
Punsylvanians!
What dance was very popular in 1776?
Indepen-dance!

Tax-Free Shopping



www.tntaxholiday.com

August 1 at 12:01 a.m. through Sunday August 3 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 go to www.tntaxholiday.com.

As much as we don't want to admit it, school will be starting in early August. The traditional school year for Johnson City schools starts August 7, August 11 for Washington County, August 4 for Kingsport City and Sullivan 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

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**



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DOUBLE TAKE

Find at least 26 differences in the two pictures (answers are on the bottom...no peeking!!!)



4th of July, Apron shorter, Chef's hat, Dog bow tie, Dog tail, Dog Tongue, Eyebrow, Fingers, Flag, Fuse, Glasses, Grass, Hat stripes, Match, More Stars, Nose, Poof, Shirt Sleeve, Shirt star bigger, Sideburn, Socks, Stars on balloon, Striped pants, Sun Glasses, Tooth



Preventing Mosquito Bites The Earth Friendly Way

Mosquitoes are probably one of my least favorite of the earth's critters. I'm really not sure what positive role they play in the ecosystem aside from being food for other creatures. In fact, the problems caused by Mosquitoes seem to far outweigh their benefits!

The Dalai Lama, the spiritual leader of millions of Buddhists and someone well known to be against the killing of living creatures is reported to have OK'ed the squishing of Mosquitoes - but after giving them two chances first by swatting them away of course :).

As with most pest problems we face, we tend to use nasty poisons. Back in the mid 20th century, DDT was hailed as a solution to mosquito control and declared "safe". I remember seeing footage of kids dancing around in clouds of the stuff. It was highly effective for a while, but then the mosquitoes started becoming immune. To make matters worse, it was discovered that DDT decimated bird and aquatic life and while it was mostly banned in the USA by 1972; lingering effects are still being felt today.

"Safe" repellents?

That brings us to modern artificial insecticides and repellents - those that are deemed "safe". Are we possibly putting the wider environment and ourselves in danger by applying lashings of personal repellent and other insecticides?

One of the most widely used ingredients in repellents is DEET - N,N-diethyl-m-toluamide. The use of DEET like many things produced in our laboratories, moderation is important and abstinence is even better if you can manage it.

A survey by the Extension Toxicology Network at Cornell University in 1997 found :

"Everglades National Park employees having extensive Deet exposure were more likely to have insomnia, mood disturbances and impaired cognitive function than were lesser exposed co-workers." There's a variety of other possible side effects as well and DEET has also been found to be slightly toxic to birds, fish and aquatic invertebrates.

The big one - standing water

Probably one of the most important tips is to get rid of any standing water you have around your yard - whether it's rain collected in old tires, a discarded plastic container

hiding under a shrub or water sitting in a drain or roof gutter; Mosquitoes are a "just add water" type of critter.

We have a pond and while we had turtles in it, I was hardly bothered by mosquitoes; but within a couple of weeks of removing the turtles I was a mosquito diner.

While turtles aren't for everyone, there are some hardy types of fish that can live in small ponds that are very effective in controlling mosquitoes such as Gambusia (mosquito fish) - but these shouldn't be introduced to ponds where there are other fish as they can be quite aggressive. They definitely shouldn't be released into waterways where they aren't native.

Another good way to discourage mosquitoes in ponds is to have the water moving through the use of a small fountain - mosquitoes require still water for egg laying.

But just because you address standing water in your own yard, it doesn't mean your neighbors will be quite as thorough. Mosquitoes will travel up to a mile from where they emerged, so you'll need some extra protection.

More mosquito avoidance tips

- ♦ Cover up - wear long sleeved clothing where possible. When researching this article I found a great deal of conflicting information on clothing color; even on reputable medical sites - some said mosquitoes were attracted to light clothes, others said dark clothes.
- ♦ Some swear by essential oils such as lemongrass, lemon eucalyptus, peppermint and pure vanilla extract as repellents, others say they are entirely ineffective. As so many oils are recommended, are quite expensive to buy and can cause irritation if not mixed properly, before buying up a supply of essential oils to try, give a commercial ready-to-go natural product a whirl - these will usually contain a mixture of oils. Try running a search on the terms: natural mosquito repellent on your favorite search engine and also read reviews from others on particular

brands. Also check the label of any such product carefully "natural" can be a rather rubbery term.

- ♦ Mosquitoes are attracted by many fragrances, such as those found in shampoos and sunscreens, so try using fragrance-free products.
- ♦ Most mosquitoes are active between dusk and dawn, so avoid being outside between those times and particularly heavy exercise during the darker hours as mosquitoes are attracted to body heat, the scent of sweat and sources of high levels of carbon dioxide.
- ♦ If you are outside, such as when entertaining guests; try lighting a few citronella candles upwind of where you are. Citronella is a natural repellent and is the active component of lemongrass.
- ♦ Check all your fly screens - a small hole is a gaping gateway for Mosquitoes
- ♦ Even if they don't bite you, there's nothing more annoying than the sound of a mosquito buzzing while you're trying to sleep. A mosquito net placed around and over your bed will help ensure a peaceful and bite-free sleep. Mosquito netting draped over a wide brimmed hat can also be an option for protecting your face when engaged in some outdoor activities.
- ♦ If you do find the need to use DEET based repellents, bear in mind that more is not better - read the instructions for application carefully. **FPT**

Courtesy of: www.greenlivingtips.com



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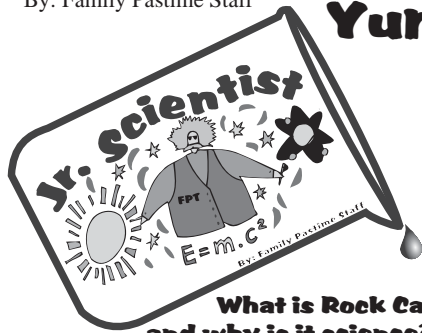
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By: Family Pastime Staff



What is Rock Candy and why is it science?

Rock Candy is made of regular sugar, the kind you buy at the store and might put on your cereal in the morning. When you make rock candy, you can see the shape of sugar crystals on a giant scale. The key is giving them lots of time (about 7 days) to grow. As the water evaporates, sugar crystals form on the stick, and the shapes that they form reflect the shape of individual sugar crystals.

What makes the crystals grow?

Two different methods will contribute to the growth of the crystals on the stick. You have created a supersaturated solution by first heating a saturated sugar solution (a solution in which no more sugar can dissolve at a particular temperature) and then allowing it to cool. A supersaturated solution is unstable—it contains more solute (in this case, sugar) than can stay in a liquid form—so the sugar will come out of solution, forming what's called a precipitate. This method is called precipitation. The other is evaporation—as time passes, the water will evaporate slowly from the solution. As the water evaporates, the solution becomes more saturated and sugar molecules will continue to come out of the solution and collect on the seed crystals on the stick. The rock candy crystals grow molecule by molecule. Your finished rock candy will be made up of about a quadrillion (1,000,000,000,000,000) molecules attached to the string.

What is sugar?

The white stuff we know as sugar is sucrose, a molecule composed of 12 atoms of carbon, 22 atoms of hydrogen, and 11 atoms of oxygen (C₁₂H₂₂O₁₁). Like all compounds made from these three elements, sugar is a carbohydrate. It's found naturally in most plants, but especially in sugarcane and sugar beets—hence their names. Sucrose is actually two simpler sugars stuck together: fructose

Yummy Science--Rock Candy

and glucose.



What are crystals?

A crystal is a solid in which the constituent atoms, molecules, or ions are packed in a regularly ordered, repeating pattern extending in all three spatial dimensions. Growing crystals is a slow and careful process because the crystals grow by adding single layers of molecules. It takes millions of individual units of atoms called cells to make a crystal, and these cells repeat themselves in all directions making geometric shapes with flat surfaces called crystal faces. Sugar is an isometric, cubic crystal. Sugar crystals are grown by disturbing the

balance that exists in a sugar and water solution.

BE SURE TO HAVE AN ADULT HELP! SUPPLIES:

- 1-quart saucepan
- 1 glass container with a plastic lid (for lid you can use aluminum foil or waxed paper)
- 2 cups of regular table sugar
- 3/4 measuring cup
- 1 thin wooden stick (bamboo Shish-k-bob skewer works great)
- Corn Syrup

Optional:

- A few drops of food coloring
- 1/4 teaspoon of flavoring (such as peppermint, lemon, cherry or strawberry extract)

HOW TO:

1. For better-formed crystals you will want to first "seed" your stick or string. To seed them dip them lightly in some corn syrup and roll them in some table sugar. Let them dry before proceeding.
2. If you are using a plastic lid, puncture a hole in the center so that the stick will fit through it. If you wish to grow bigger crystals also cut 2 holes on either side of the stick hole and cover them with tape. For the aluminum foil kid you can make the holes later.
3. Add the flavoring and coloring to the jar. (You can add more coloring later).
4. Measure exactly 3/4 cup of water and pour

it into the saucepan. Heat on medium-high until the water comes to a rolling boil.

5. Pour 2 cups of table sugar into the water and stir with a spatula. You want to stir continuously. At first the solution will look cloudy or milky, but after about 2 minutes the solution will become clear. You should be able to see the bottom of the saucepan. At this point continue stirring for about 1-2 minutes more to make sure the sugar is **COMPLETELY** dissolved. Times are approximate - go by the visual appearance of the solution. Do not allow the solution to get too hot, because if it does you will not be able to grow the crystals.

6. After all the sugar granules have dissolved - immediately remove the pan from the heat, let it cool to room temperature, and then carefully pour it into the jar.

7. This is a good time to add extra coloring.

8. From what will be the bottom or inside part of the lid Insert the bare end of the seeded wooden stick into the center hole (or the aluminum foil or waxed paper). Lower the seeded stick, stuck in the lid, into the solution, so that the lid is resting on top of the jar and the stick is hanging straight and centered. This is the precipitation stage.

9. Keep the jar in a place that is at a temperature between 70-85 degrees where it will not be disturbed. Each day you should be able to notice growth on the stick. Usually by the end of 7 days the growth has stopped. During these 7 days, you might need to bring the stick up a little - so that the crystals do not adhere to the bottom of the jar. At this time the crystals on the stick should be clearly defined, with sharp right angles and smooth faces of various sizes. In the field of crystallography, these are called monoclinic crystals. Their shape is determined by the way the individual sugar molecules fit together, which is similar to the way the shape of a pile of oranges is determined by the shape of the individual oranges and the way they stack together.

10. If you want your crystals to grow even larger take off the plastic wrap or scotch tape- (if using aluminum foil or waxed paper punch a few more holes beside the stick) This is the evaporation method. The extra holes will cause the water to evaporate. This way more sugar must change from a liquid to a solid. The crystals will grow much slower, but you can do this until all the water is evaporated (this can take many weeks) or until you want to eat the candy.

11. When you are satisfied with the size of your rock candy, then pour the rest of the solution out and let the candy dry overnight. **FPT**

Kid Friendly Recipes



BBQ Salmon

SUPPLIES:

- 3 TBS Melted butter
- 1 TBS Lemon juice
- 1 TBS White wine vinegar
- 1/4 tsp Grated lemon peel
- 1/4 tsp Garlic salt
- 1/4 tsp Salt
- 4 (4-6 oz.) Salmon steaks

HOW TO:

1. In a bowl combine the all supplies except Salmon stir thoroughly.
2. Generously brush both sides of the salmon steaks with mixture.
3. Barbeque on well oiled grill 6-8 minutes per side (depending on the thickness). Basting frequently. Turn once, brushing with sauce. Steaks should flake easily when tested with a fork.

Philly Firecrackers

SUPPLIES:

- 1/2 C sour cream
- 1/2 C mayonnaise
- 1 green onion, chopped
- 2 TBS prepared horseradish
- 1/2 tsp salt
- 1/2 tsp pepper
- 8 (12-inch) flour tortillas
- 1 pound roast beef, cut into 24 thin slices
- 2 (6-oz) packages deli-style sharp Cheddar cheese slices
- 2 cups shredded iceberg lettuce

HOW TO:

1. Stir together first 6 ingredients until blended.
2. Spread evenly on one side of each tortilla
3. Top with 3 beef and 2 cheese slices.
4. Sprinkle evenly with shredded lettuce.
5. Roll up tortillas tightly.

Crispy Chicken and Parm Tomatoes

SUPPLIES:

- 1/4 C seasoned dried bread crumbs
- 1 TBS chopped parsley
- 1 small garlic clove, minced
- Olive oil
- Coarsely ground black pepper
- 2 TBS Dijon mustard
- 2 large chicken breasts, with skin and bones (about 1 1/2 pounds)
- 3 medium-size plum tomatoes (about 3/4 pound)
- 2 TBS grated Parmesan cheese
- 1 tsp dried oregano leaves
- 1/2 tsp salt
- 1 bunch watercress
- Your favorite vinaigrette salad dressing

HOW TO:

1. Preheat oven to 400.
2. Mix bread crumbs, parsley, minced garlic, 2 tsp olive oil, and 1/4 tsp pepper In small bowl
3. Brush Dijon mustard onto skin side of chicken breasts, then coat and firmly press breadcrumb mixture onto chicken.
4. Place chicken, skin-side up in 11" by 7" ceramic or glass baking dish sprayed with nonstick cooking spray.
5. Bake chicken (do not turn) 20 minutes.
6. Meanwhile, cut each tomato lengthwise in half. On waxed paper, mix Parmesan cheese, oregano, salt and 1/4 tsp pepper.
7. Sprinkle Parmesan cheese mixture over tomato halves. Add tomatoes to baking dish with Chicken and bake 15 to 20 minutes longer until coating on chicken is crisp and browned and juices run clear when chicken is pierced with tip of knife.
8. In a bowl, toss watercress with vinaigrette.
9. Arrange watercress salad, chicken, and tomatoes on dinner plates.

Nick's Ice Cream In A Bag

SUPPLIES:

- 1 Quart size ziplock bag
- 1/2 C milk
- 1 sandwich size ziplock bag
- 1/4 tsp vanilla
- Spoons
- 1 TBS sugar
- 1/3 C ice cream salt
- Crushed ice
- Towels or newspaper

HOW TO:

1. Add milk, 1 sugar, and vanilla to the sandwich bag and seal well.
2. Half fill the Quart size ziplock bag with crushed ice. Add ice cream salt.
3. Place the sandwich bag inside the Quart bag and SEAL WELL.
4. GENTLY shake the contents of the bag for 5 to 10 minutes or until the mixture turns to ice cream.
5. Eat and enjoy!!!

Provided by my 13-year-old nephew
Nicholas Miskew.

BBQ Veggie Kabobs

SUPPLIES

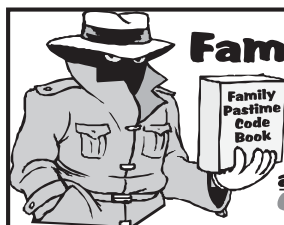
- 2 Green peppers -- cut in 1" Pieces
- 4 SM Yellow squash -- sliced thick
- 2 Dozen mushrooms, large
- 2 Med. Onions -- cut into wedges
- 1 pt Cherry tomatoes

Marinade

- 1 tsp Salt
- 1 TBS Italian herb mix (Oregano, sage marjoram, thyme, savory, basil, rosemary, etc.)
- 4 Cloves garlic -- crushed
- 2/3 C Water
- 2/3 C Balsamic vinegar
- 16 Skewers

HOW TO:

1. In a bowl marinate sliced vegetable in mixture of salt, Italian herb mix, garlic, water, and balsamic vinegar for 2 hours at room temperature.
2. Arrange vegetables on skewers and grill for 7 to 10 minutes, turning frequently.



Family Crypto-Time Last month's answer

"By the time a man realizes that maybe
OF ZML ZCXL G XGH QLGICYLV ZMGZ XGFOL
his father was right, he usually has
MCV JGZMLQ PGV QCNMZ, ML TYTGIIIF MGV
a son who thinks he's wrong."
G VDH PMD ZMCHAV ML'V PQDHN - Charles Wadsworth

CREATURE FEATURE
By: Georgia Teich



BALD EAGLE

The Bald Eagle was officially adopted on June

20, 1782 as the emblem of the United States of America because of its long life great strength and majestic looks and also because it was then believed to exist only on this continent. On the backs of our gold coins, the silver dollar, the half dollar and the quarter, we see an eagle with outspread wings. On the Great Seal of the United States and in many places, which are exponents of our nation's authority, we see the same emblem. The Eagle represents freedom. Living as he does on the tops of lofty mountains, amid the solitary grandeur of Nature, he has unlimited freedom. With strong pinions (wings) he sweeps into the valleys below or upward into the boundless spaces beyond.

The Eagle is referred to as "bald" because of the white plumage on its head. Its



yellow eyes and beak stand in contrast to its dark brown body. Eagles are powerful fliers soaring on thermal convection currents; they can reach flight speeds between 35 and 44 miles per hour. The bald Eagle is one of the largest raptors (Bird of prey, often characterized by a hooked beak, sharp talons, and keen eyesight), 32 to 40 inches long with a wingspan of 6 to 8 feet. Females are about 25% larger than males. They live 30 years in the wild and even longer in captivity. Their habitats are seacoasts, forests, valleys, mountain regions, lakes and rivers. They eat fish, waterfowl and small to medium mammals. They kill their prey with talons (feet and claws) and use their beaks for tearing flesh. Their nests are built on limbs of tall trees and used year after year with new additions of moss and sticks. Nests can reach 5 feet across, 2 feet high and weigh up to 4,000 pounds. Eagles often mate for life. Once paired the female lays two eggs in the spring.

Both parents give care to the newborn, they share in incubation, hunting for prey and keeping a careful watch over the nest. After 35 days one or two "eaglets" hatch; if two are hatched, usually only the chick that is more aggressive and takes most of the food survives. At 15 weeks of age, the young eagle permanently leaves the nest.

Bald Eagles can be found in good numbers in the Tennessee National Wildlife Refuge both during the nesting and migration periods. These magnificent birds, the symbol of America's pride and freedom, are typically found along the Tennessee River and in some of the larger impoundments on the Refuge because of the abundant prey near water bodies. Many eagles can be spotted roosting or nesting on top of large trees throughout the Refuge. Currently there are over 10 active nests in the Tennessee National Wildlife Refuge. The Memphis Zoo has 2 bald Eagles in the Northwest Passage Exhibit.

Western NC Nature Center (Asheville) is the home of two adult golden Eagles one male and one female. Both of these birds were victims of gunshot wounds, which prevented them from surviving in the wild. These Eagles are displayed in the Bird of Prey Aviary. **FPT**

SUDOKU Medium
Instructions on page 10

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

Teacher: "Why did Washington chop down the cherry tree with his hatchet?"
Student: "Because his mom wouldn't let him play with the chain saw!"

SUDO-KID-U 2

4			
		2	
			3
	4		

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.

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Fun Family Events



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. Guy Smiley's Birthday, International Joke Day, Creative Ice Cream Flavor Day, Balloon Airmail Day, Zip Code's Birthday
2. Halfway Point of the Year, I Forgot Day
3. Compliment your mirror Day, Color TV Birthday, Eat Beans Day, Dog Days Begin
4. INDEPENDENCE DAY, Country Music Day, Sidewalk Egg Fry Day, Family Day
Elizabethton 1pm- Downtown Parade
Watauga Dam 2:00pm BOAT PARADE
Jonesborough Days 7/4-7/6
5. Graham Cracker Day, Workaholics Day
Johnson City Fireworks at Freedom Hall
Kingsport 4th Celebration 5-8 Kids Zone; 6-9:45 Concerts; 9:45 Fireworks
Bristol, Independence celebration
Mize Farm & Garden, Johnson City Plant Swap—NO money 1 pm 434-1800
6. National Fried Chicken Day
Sycamore Shoals 18th Century Knitting 1 – 4pm Cost: \$25.00
7. Macaroni Day, Father-Daughter Take a Walk Together Day, Strawberry Sundae Day, Chocolate Day, Ice Cream Cone Day
JCPL Two's Company (age2) 10am, Preschool Storytimes (age 3 - 5) 11 am, Family Storytimes 6:30 pm
8. Be a Kid Again Day, Video Games Day, Don't Put All Your Eggs in one Omelet Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11am, Learning to Read Through the Arts*(grade 1-5) 3:30 pm
9. National Sugar Cookie Day, National Air Conditioning Appreciation Day
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am
10. Teddy Bear's Picnic Day, Don't Step on a Bee Day, Smile Power Day
11. Vegetarian Food Day, Cow Appreciation Day, National Cheer Up the Lonely Day, All American Pet Photo Day
Kingsport, FUNFEST through 7/19
12. Swimming Pool Day, Paper Bag Day,
Hands On! Art Studio Schedule- Master your shading skills as we sketch crumple paper bags, Peanut Science.

Sycamore Shoals Step-By-Step Oil Paint 9am-4pm Cost: \$50 (includes supplies)
JCPL Chess with Ralph Roller (K-5)10 AM-NOON, Bilingual Storytime Span/Eng 2 pm
13. National French Fries Day, Fool's Paradise Day, International Puzzle Day
Hands On! Art Studio Schedule- Master your shading skills as we sketch crumple paper bags, Peanut Science.
14. Crop Circles Birthday, Pick Blueberries Day, Tape Measure Birthday
Sycamore Shoals Sweater Knitting 9am – 1pm Cost: \$25.00 per class or \$80.00 for four
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am, Family Storytimes 6:30 pm
15. Be a Dork Day, I Love Horses Day, Winnie-the-Pooh Day, Forgetful Jones' Birthday, Margarine Birthday, National Tapioca Pudding Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Learning to Read Through the Arts* (grade 1-5) 3:30 pm, Teen* Mystery Night 6 pm
16. Fresh Spinach Day, National Hot Dog Day, International Juggling Day
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am
17. National Get Out of the Doghouse Day, National Peach Ice Cream Day, POW-MIA Recognition Day, Wrong Way Day
18. Wienermobile Birthday, Perfect Family Day, Sidewalk Frying Day, Railroad Day
19. Stick Out Your Tongue Day,
Hands On! Art Schedule - paint self portraits, Celebrate "Stick Out Your Tongue Day"
Sycamore Shoals Beginning and Intermediate Pennywhistle 1-3pm Cost: \$25 (includes whistle) \$15 (bring your own)
JCPL Saturday Stories 2 pm
20. National Ice Cream Day, Moon Day, Ugly Truck Contest Day, National Lollipop Day, National Nap Day, Sundae Sunday
Hands On! Art Studio - paint self portraits, Celebrate "Stick Out Your Tongue Day"
21. National Junk Food Day, Make a

Scarecrow Day, Cousins Day
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am, Family Storytimes 6:30 pm
22. Fruit Loops Birthday, Maple Syrup Day, Summer Leisure Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Learning to Read Through the Arts* (grade 1-5) 3:30 pm
23. Mosquito Day, National Vanilla Ice Cream Day, Hot Enough For Ya Day
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am
24. Marvin The Martian's Birthday, Pioneer Day
25. Birthday of the Birthday Cake, Thread The Needle Day
26. All or Nothing Day, Aunt and Uncle Day
Hands On! Art Studio Schedule- create bugs from our own fingerprints, 11:00-2:00 - Learn about the history of fingerprint Ids.
Sycamore Shoals Primitive Pottery I: Handbuilding 10a- 4p \$40.00 (includes supplies)
JCPL Chess with Ralph Roller (K-5)10 AM-NOON,
27. Take Your Houseplants for a Walk Day, Parent's Day
Hands On! Art Studio Schedule- create bugs from our own fingerprints!
28. Hamburger Day
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am, Family Storytimes 6:30 pm
29. National Lasagna Day, Chicken Wings Day, National Lipstick Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Learning to Read Through the Arts*(grade 1-5) 3:30 pm
30. National Father-in-Law Day, Funky Purple Ketchup Day, National Cheesecake Day
JCPL Two's Company (age2)10am, Preschool Storytimes (age 3 - 5) 11 am
31. National Raspberry Cake Day

*Please Register **JCPL:** 434-4458 **Hands On:** 434-HAND
o= **o=**

Across

1. A procession of people, usually organized along a street, often in costume.
3. Frankfurters, Franks, Wieners, Wienies.
9. A national personification of the United States (US)
10. Beach boy
11. Happens every year on July 4th.
12. In 1979 men's names were used to name these also.
14. H2O Cucurbitaceae
15. Dapper Leo
17. Burning Ritz
21. A low explosive pyrotechnic device for entertainment purposes.
23. Larger and deeper than a pond.
24. Clifford's color
26. Longest day of summer, also a hot Pontiac convertible.
27. Run through this to cool off.
29. You can't change this on a tiger.
31. To cook outdoors on a grill
34. The boys of summer play this
35. Frozen dairy treat
36. The season of the year in which the sun shines most directly upon any region

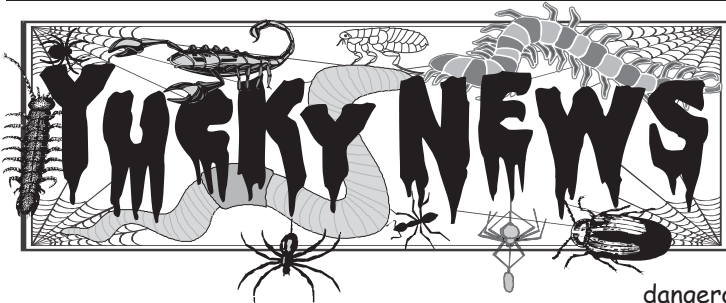
Down

1. Ants always seem to know about these
2. A hole in the water into which one pours money.
4. Ride a wave
5. Emblem usually consisting of a rectangular piece of cloth of distinctive design
6. Land on your stomach in the pool
7. A fabric sling used for sleeping or resting.
8. Rag top
13. Build this home on the beach
16. Time off from work
18. Go fly a ____
19. Personal Flotation Device
20. Summertime sign
22. CMYK value 0,0,0,0
23. Buy this from a child with a stand.
25. The hottest, most sultry days of summer.

27. The higher SPF the better
28. Preserved cucumbers
30. You will be seeing red
32. Massive, luminous ball of plasma.
33. Chairman of the board Ocular distinction



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Jellyfish

By: I.M. Yuchee

Before we tell you about the jellyfish we must confess that, jellyfish are not fish at all. They are invertebrates, relatives of corals and sea anemones (uh-NEH-muh-nee-z). A jellyfish has no head, brain, heart, eyes, ears or bones (kind of like my sister). Jellyfish are marine invertebrates belonging to the class Scyphozoa of the phylum Cnidaria. They can be found in every ocean in the world and even in some fresh water.

Jellyfish are semi-transparent creatures that are only five percent solid matter and form, and 95 percent water! Jellyfish come in a wide variety of sizes and shapes, from the 1" thimble sized Caribbean jellyfish to the world's largest, the Arctic Lion's Mane jellyfish. The largest recorded specimen had a bell (body) with a diameter of 7 feet 6 inches and tentacles 120 feet long. Scientists estimate there are over 2,000 species of jellyfish, or jellies as they are sometimes called. Fossil evidence of jellyfish dates back to over 650 million years, during the late Proterozoic Era, which means that they outdate dinosaurs and sharks.

The body of an adult jellyfish consists of a bell shape producing jelly and enclosing its internal structure, from which tentacles are suspended. Jellyfish, because of their stinging tentacles, can be dangerous to humans. Poisonous, venom-filled barbs called nematocysts—in some cases thousands of them—line jellyfish tentacles. The venom paralyzes its victims, although it is usually only

strong enough to paralyze small creatures. Of the more than 2,000 species of jellyfish, roughly 70 are thought to be potentially

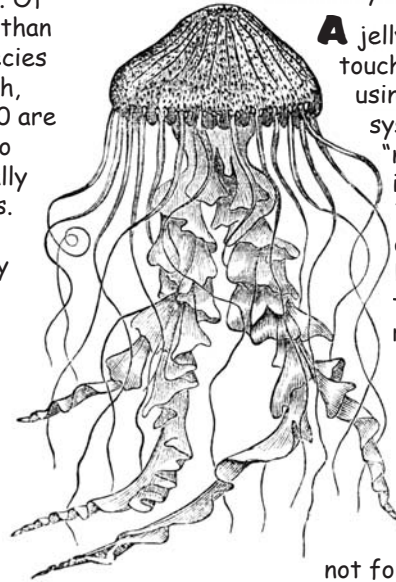
dangerous to humans.

The stings of some of these can even be fatal to humans, and may leave permanent scars on any victim lucky enough to survive. The most dangerous species are the Lion's Mane jelly, the Sea Nettle jelly, the Sea Wasp jelly (Box Jelly fish), which kills more people than any other marine creature, and the Portuguese man-of-war. Beachcombers should also beware of dead jellyfish (of any kind) that wash ashore, as their tentacles may still be active. If you are stung, wash the wound with vinegar or rubbing alcohol. Or sprinkle meat tenderizer or put a baking soda and water paste on the sting. Don't rinse with water, which could release more poison.

Some jellyfish, such as the Rhizostomae, do not have tentacles at all. They have many small eyes on their bell, which give them a 360° field of vision.

Jellyfish lack basic sensory organs and a brain, but their nervous systems and rhopalia allow them to perceive stimuli, such as light and odor, and respond quickly. They feed on small fish and zooplankton that become caught in their tentacles. Most jellyfish are passive drifters and slow swimmers, as their shape is not hydrodynamic. Instead, they move so as to create a current forcing the prey within reach of their tentacles. They do this by rhythmically opening and closing their bell-like body. Their digestive system is incomplete: the same orifice is used to take in food

and expel waste in other words, They eat from the same hole they poop out of—now THAT is yucky.



A jellyfish detects the touch of other animals using a nervous system called a "nerve net", located in its epidermis. Touch stimuli are conducted by nerve rings, through the rhopalia lappet, located around the animal's body, to the nerve cells. Jellyfish also have ocelli: light-sensitive organs that do

not form images but

are used to determine up from down, responding to sunlight shining on the water's surface.

Many species of jellyfish are capable of congregating into large swarms or "blooms", consisting of hundreds of individuals. The formation of these blooms is a complex process that depends on ocean currents, nutrients, temperature and ambient oxygen concentrations. Jellyfish sometimes mass breed during blooms. During such times of rapid population expansion, some people will raise ecological concerns about the potential noxious effects of a jellyfish "outbreak".

So with all this yuckiness, is there anything good about the jellyfish? Some species of jellyfish contains a lot of protein and is thought to be able to play a large role in ending hunger and malnutrition in poor areas around the world. Pass the bread and peanut butter I'm ready for a peanut butter and jellyfish sandwich. **FPT**

Why did the duck say "Bang!"?
Because he was a firequacker!

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WINNER! WINNER!

Boat Joy

continued from page 7

like chocolate melted on the Marshmallow of a s'more. I had blown the wheel bearings. I was beginning to think someone did not want me to go to the lake—it WAS Sunday morning after all. I broke the bad news to the others and pulled the boat into a big empty bank parking lot. While I was contemplating my options... "I could hit it with a hammer, no that won't work. Maybe I could spray it with ether?" Kristi announced that there was an Advance auto parts just across the street. "What the heck." I walked in and announced my trouble to the young clerk. "I can't help you unless I know the make and model," he replied. Great. Then a slightly older, very astute, conscientious, eavesdropping second clerk announced, "We have wheel bearing kits for trailers." I actually caught a break; there was still a chance to get to the lake before nightfall. I bought the kit and returned to the trailer. As I saw it I now only had one little itty bity almost insignificant problem.

I had absolutely no idea how to install the new wheel bearings. I began to think about hitting them with a hammer. That's when my Dad called. I told him of my predicament. Without so much as skipping a beat he responded, "O.K. it's going to cost you a few more bucks but I think I have an answer for you." Good old Dad. "O.K. what should I do?" I asked. He said, "go back to Advance auto parts, I don't know that they have these things but they might, buy some masking tape, (I started making a list) a magic marker and a for sale sign..." I interrupted to tell him I did not think I could spare that extra money and we would have to go with plan "A" and install the new bearings. Several hours on the phone, several busted knuckles, lots of piggy-back rides on mommy's back (for the four-year-old...not me), lots more money and a smattering of under-my-breath curse words later, we were back on the road. Now my only issue was whether or not the motor would start.

I don't know why, maybe I had suffered enough, maybe it was because church had long ago let out, maybe I'm just lucky (yeah, right) but for whatever reason, the motor started and we enjoyed several hours of boating on the lake that afternoon. My outboard is a Mercury so while writing this column I decided to research exactly of what Mercury was the god. Turns out he was the God of commerce and wrestling. Considering how much I spent to get my boat back out on the lake and how much I had to wrestle with varies issues to get there, that seem about right. **FPT**

Sudoku last month's Really Hard answer

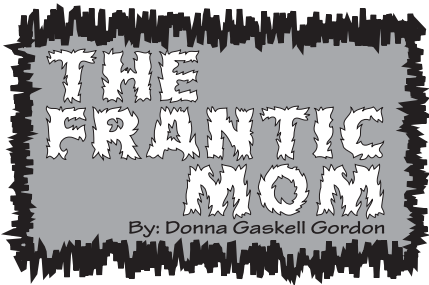
4	2	7	1	6	3	5	8	9
3	8	9	5	4	2	1	7	6
5	6	1	7	8	9	4	3	2
1	9	4	3	2	7	6	5	8
2	7	3	8	5	6	9	1	4
6	5	8	4	9	1	7	2	3
8	1	2	6	7	4	3	9	5
7	4	5	9	3	8	2	6	1
9	3	6	2	1	5	8	4	7

SUPER SUDOKU Answer from last month

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

Family Pastime Magazine

Last Month's Answer



According to Mary Chapin Carpenter, sometime you're the windshield, and sometime you're the bug. Life has a way of derailing all of our well laid plans, but once in a while a line drive comes at you so fast, even Derrick Jeter would be hard pressed to catch one. This is when a comprehensive, personal family emergency management plan becomes invaluable.

Advance planning that includes a support network of family, friends and professionals, the proper documents and the delegation of control to a responsible party can go along way in helping to reduce stress and worry when life throws you a curve ball.

Recently, it became apparent that I needed major surgery requiring 6 to 8 weeks recovery time. This forced a reconsidering of all of my present and future responsibilities and either delegating, rerouting or postponing every detail of my very busy life. Being a hands-on-type person, I rarely let go, but

now I had no choice. Fortunately, I had a six-week window of time to work towards my goal of divesting most of my work and family obligations. It forced me to reduce my to do list down to nothing.

Even a healthy person approaching surgery must deal with their mortality issues. My stress level was reduced and my "what ifs list" had been conquered because my safety net was already in place. I had an up-to-date living will, and an advanced directive with my husband designated as my health care proxy, or power of attorney. I had a doctor I trusted, family who stepped in to take care of my kids, and a husband, friends and family members who stood at the ready to do whatever was necessary to get me through a rough patch in life. Even the dog had a caregiver in place. These didn't happen overnight, they were all pieces of a puzzle that was years in the making.

In this rush, rush, one sound byte world it is so easy to rely only on yourself and to believe that disaster only happens to other people. Friends and family take time and nurturing. Like junk food, we opt for the quick and fast, pushing away what takes too much time, or thought because we are so busy with just day to day living. But sooner or later, we all need to stop and think about the "what ifs", preferably with sufficient time to contemplate and choose wisely, rather than being forced

to react in a time of crisis.

This summer, take the time to do what is important for you and your family to be prepared for life's big, scary happenings. Talk to friends and family and build a network. Prepare a will and advanced directive to cover life's emergencies. Sign up for automatic billpay at the bank. Talk to aging parents about their wishes if they became incapacitated. Review

all insurance policies for accuracy and relevance. Get that physical you keep putting off. Just do it, and do it now.

Web sites to get you moving:

www.getbuttonedup.com Fabulous binders and pads to help collect and store info on all the important things in your life.

www.puititinwriting.org Info on Advance Directives and Living Wills.

www.eldercare.gov A great starting point for approaching the parents FPT

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

9x9 Sudoku grid with some numbers pre-filled.

SUDOKU REALLY HARD

9x9 Sudoku grid with some numbers pre-filled.



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is a great way to put your message in front of Families, Parents, Grandparents and Children.



Summers here and it is HOT! This is the time when your outdoor flowers and plants need a little extra TLC. I use to really stink at gardening, so these suggestions are merely suggestions due to much trial and error and a lot of droopy dead botany.

- 1.** Water, water, water! I can't stress this enough- most plants need watering everyday during the summer months because of extreme dryness. It's best to wait until the sun goes down (my mom told me this, I'm not sure why).
- 2.** Feed, feed, feed! Once a week is what I do,

but some people fertilize their plants daily. I like Miracle Grow, but my neighbor Rhonda swears by Osmocote.

- 3.** If your plant or flower comes with a nifty white tag stuck in it with directions..... FOLLOW THEM!

If it says partial sun, it's important to put it in a place that gets good morning sun and then shade in the afternoon. If it says full sun (these are the kind I like best because they seem to be easier to maintain) put in any sunny



spot.

- 4.** Some people don't know the difference between annuals and perennials (I didn't until I was 35). Perennials are my fav because they come back every year, annuals only last for one season. However annuals are the more colorful flowers and I find them to be cheaper.
- 5.** Back to following directions: make sure you place the seeds according to the white tag thingy, otherwise you will end up like me with plants crowding one another in your flower beds.
- 6.** Talk to your plants (just kidding) - but on the serious, a lot of people find gardening to be highly therapeutic and even relaxing. Plants are LIVING things that thrive with proper care. So get out there and give your plants some lovin'. ☺ **FPT**

Vital Hot Dog Statistics

From the National Hot Dog & Sausage Council

- In 2007, consumers spent more than \$4.1 billion on hot dogs and sausages in U.S. supermarkets, that equals more than 1.5 billion pounds of hot dogs and sausages bought at retail stores alone.
- Americans will eat enough hot dogs at major league ballparks this year to stretch from RFK Stadium in Washington, D.C. to AT&T Park in San Francisco.
- New Yorkers consume more hot dogs than any other city, beating out Chicago



and Los Angeles.

- Chicago's O'Hare International Airport consumes SIX times more hot dogs, 725,000 more than Los Angeles International Airport and LaGuardia Airport combined.
- On Independence Day, Americans will enjoy 150 million hot dogs, enough to stretch from D.C. to L.A. over five times.
- During Hot Dog Season, Memorial Day to Labor Day, Americans typically consume 7 billion hot dogs or 818 hot dogs consumed every second

during that period.

- U.S. soldiers in military posts around the world from Fort Meyers in Arlington, Va. to Okinawa, Japan to Aqaba, Jordan consumed 2.4 million hot dogs last year. **FPT**

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