



THE magazine for the WHOLE family Volume 4 Issue 12

HAPPY 4TH OF JULY!

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Take Two
and give
one to
a friend

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MESSAGE

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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

- Unassisted Homebirth Week: 1-7
- Freedom Week: 4-10
- Be Nice To New Jersey Week: 5-11
- Sports Cliché Week: 5-11
- Chicken Wing Week: 10-12
- Farriers Week: 12-18
- Sinclair Lewis Week: 12-18
- Parenting Gifted Children Week: 13-19
- Rabbit Week: 15-21
- Ventriloquism Week: 16-19
- Captive Nations Week: 19-23
- Independent Retailers Week: 19-25
- Baby Food Week: 21-25
- Lumberjack Week: 23-25
- World Footbag (Hackysack) Week: 27-8/2
- Moby Dick Week: 31-8/1

JULY MONTHLY OBSERVANCES

- Air-Conditioning Appreciation Days
- Bereaved Parents Month
- Blueberries Month
- Cell Phone Courtesy Month
- Dog Days
- Family Reunion Month
- Herbal/Prescription Awareness Month
- Blondie and Deborah Harry Month
- "Doghouse Repairs" Month
- Grilling Month
- Ice Cream Month
- Horseradish Month
- Hot Dog Month
- Make A Difference to Children Month
- Recreation & Parks Month
- Share A Sunset With a Loved one Month
- Wheelchair Beautification Month
- Sandwich Generation Month
- Smart Irrigation Month
- Social Wellness Month
- Tour de France Month
- Women's Motorcycle Month

Instructions:

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

The Fourth of July weekend was coming up, and the nursery school teacher took the opportunity to tell her class about patriotism. "We live in a great country," she said. "One of the things we should be happy is that, in this country, we are all free." One little boy came walking up to her from the back of the room. He stood with his hands on his hips and said. . . . "I'm not free. I'm four."

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

SUDO-KID-U
02
answers from last month

Sudoku last month's Really Hard answer

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

Where did George Washington buy his hatchet?
At the chopping mall!



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Declare Your Financial Independence Day

As a nation, we celebrate Independence Day this month with fireworks, picnics and parades. And as citizens, it's good to reflect on the many freedoms we enjoy in this country. But as individuals, we define freedom in many different ways — and one of the most important of these could be *financial freedom*. That's why you may want to take the steps necessary to eventually declare your own Financial Independence Day.

For example, consider the following:

\$ Pay yourself first. In difficult economic times, it can be hard to set aside money for your future. But if you can afford it, try "paying yourself first" by having some money moved automatically each month from your checking or savings account to an investment. If you never actually "see" the money, you probably won't miss it, and over time, you may be pleased by the growth in your investment. As your salary goes up, consider

increasing the amount you automatically invest.
\$ Invest for growth. Given the most recent recession, it's understandable that many people would shy away from investments whose principal may fluctuate. It's understandable but not necessarily wise — because historically these investments can possibly offer more potential for growth when a recession ends. And you'll likely need this growth if you're going to become financially independent. Although past performance is not an indication of future results, by holding these investments for the long term, you may be able to lower the risk involved, because over time, quality investments tend to overcome "down" periods and trend upward. You can also help control risk by including some fixed-income vehicles, such as bonds and certificates of deposit, in your portfolio.

\$ Reduce your debts. Debt may be your biggest obstacle to financial independence. It may take a fair amount of time to get rid of your debts, but consider your current situation and the options available to you, which might include evaluating your largest debts, paying down high-rate credit

cards and avoiding new loans whenever possible. For example, mortgage rates are low compared to historical measures, so you might consider refinancing your existing mortgage to lower your monthly payment. This would give you additional cash flow that you could use to pay off credit card debt.

\$ Help protect your income. If you were to become ill or injured, and could not work for an extended time period, you might jeopardize your family's well-being and your prospects for financial independence. That's why you may want to consider purchasing a disability insurance policy. If you work for a large company, your employer may offer this coverage, but it might not be sufficient, so you may need to add some private coverage. And if you work for a small company or are self-employed, you'll need to find disability coverage on your own. True, it's an added expense — but it's also an investment in your financial future.

Financial freedom, like other types of liberty, does not always come easily. To achieve it, you'll likely have to work hard. But it will be well worth the effort when your own Financial Independence Day does arrive. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Security Alarm System That You Probably Already Have

If you have an alarm/panic button on your car with a remote on your key ring, put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get into your house, just press the panic button for your car.

The alarm will be set off and the horn will continue to sound either until you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to



put your keys away, think of this: it's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the remote unit. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your house, odds are that the intruder won't stick around...after a few seconds all the neighbors will be looking out their windows to see who is out there,

and sure enough the criminal won't want that!

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. It will also work to get the neighbor's attention in the event of a medical emergency when you cannot get to a phone. **FPT**

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

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

SUDOKU REALLY HARD

Instructions: On page 3

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

SUPER SUDOKU Answer from last month

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

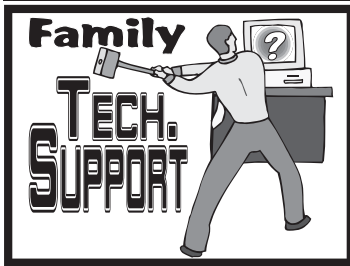
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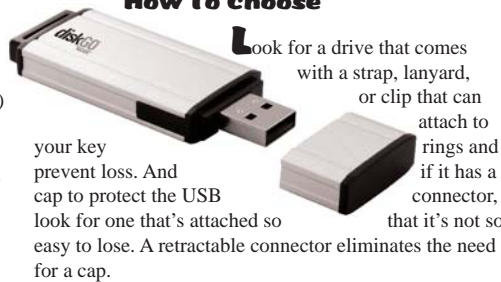
Jump Drive -- Removable Storage

By: Chris Joker

A Jump Drive AKA; Pen drive, ThumbDrive, USB drive, key drive, and Stick Memory is

easily into a pocket or purse. But that also makes them easy to lose or break. They range in price from about \$5 for 1GB to \$114 for 64 GB. Most drives are compatible with USB 2.0 (and USB 1.1) rather than just the slower USB 1.1.

How To Choose



your key prevent loss. And cap to protect the USB look for one that's attached so easy to lose. A retractable connector eliminates the need for a cap.

Look for a drive that comes with a strap, lanyard, or clip that can attach to rings and if it has a connector, that it's not so

Also, look for a USB 2.0 Hi-speed drive even if you have an older PC with USB 1.1 ports most drives are backwards compatible (they will work in the older USB 1.1 port) and if you ever update your computer or use the drive in a newer computer you will want the faster drive.

Many new flash drives have specific speed ratings, expressed either in megabytes-per-second (MB/s) for read and write speeds or as a number followed by an X, as in 80X. Higher is always better.

Consider boosting your PC. When shopping for a drive you might notice a logo for the ReadyBoost technology built into Windows Vista.



ReadyBoost enables you to plug a USB key into your machine and have Windows Vista use it as memory which will help speed up your computing experience. In

order to be ReadyBoost compatible, a drive must be fast enough and have sufficient available memory. That is a nice feature if your PC doesn't have enough memory and you're not comfortable adding it yourself. Otherwise, it's not essential to ensure fast performance.

Look for U3. A U3 Flash drive lets you store not just files but applications (programs) too and when you unplug it, it leaves no personal data behind.

Security:

Because these drives are so small they can be easily lost so you should encrypt the data on them to keep it from falling into the wrong hands. Some drives come with some form of file encryption and some even come with a fingerprint recognition system. For the ones that don't there are lots of options for encrypting your data, many are free. One thing I found annoying and you must remember with the encryption applications is that you must re-encrypt your files after using them or they will remain exposed. A few of the free encryption applications include: EncryptOnClick from www.2brightsparks.com. You can use this program to encrypt your files on your hard drive as well as your flash drive. It allows you to encrypt single files or whole folders at once. It must be installed on your computer and in order to decrypt the files on your flash drive on a computer where the program is not installed you will need to copy some of the program files over to the flash drive. It boasts military grade 256-bit AES encryption and reminds you to make sure you do not forget your password because they cannot retrieve it. dsCrypt is another free application (it is easier for you to just search dsCrypt than try to re-type the link from here). This program does not need to be installed but, again, you will need to have a copy of the program on the flash drive if it is not on the computer. This program only allows the encryption of one folder at a time however it does offer an easy "drag and drop" interface making encryption and decryption quick and easy. Another free encryption application is ICE Encrypt from www.ice-graphics.com. This is another one that does not have to be installed so you may run it from the flash drive. It also allows you to encrypt a single file or a folder at once. There are lots of other options available some free some not. Whether you pay for it or not I strongly suggest you secure the data on your flash drive. **FPT**

just another name for streamlined USB Flash Drive (UFD) that connects to a computer's USB port. Jump drives are excellent personal storage devices, as they are portable, fast and durable. They offer storage capacity ranging from 32 MB to 64 GB (and growing everyday). They can hold most types of data including; pictures, music, video, text, programs and more. The data can easily be transferred to another computer using a USB port. A Jump Drive is sometimes referred to as a "Poor man's network".

Nothing actually moves in a flash drive: the term drive persists because computers read and write flash-drive data using the same system commands as for a mechanical disk drive (Hard Drive), with the storage appearing to the computer's operating system and user interface as just another drive. Jump

Drives tend to work well with any system that has a USB port (Windows, Mac, Unix, Linux). Simply plug the Jump Drive into an available USB port and the



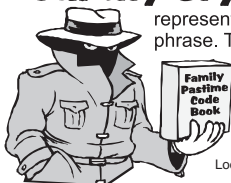
system applies a drive letter and the Jump Drive can be accessed just like a standard hard drive. These drives are so convenient that it is easy to pull one from the USB port before your data has actually finished saving to the drive. You should use the proper removal procedure to avoid data loss or even drive damage. So take the time to make sure your information is safe and follow the short easy steps listed below to **safely remove your jump drives**.

For Windows, right click (use the right mouse button to click) on the Safely Remove Hardware icon in the system tray located in the lower right-hand corner of your screen (it will look like a green arrow or a green check mark). Select "USB Mass Storage Device" in the Safely Remove Hardware dialogue box. Click "Stop". Select the USB drive in which the flash drive is located. Click OK. When it is safe to remove the flash drive, a message box stating "Safe to Remove Hardware" will appear in the system tray. Remove the flash drive from the USB drive and click OK to close the Safely Remove Hardware dialogue box.

USB flash drives are small and lightweight, and slip

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.

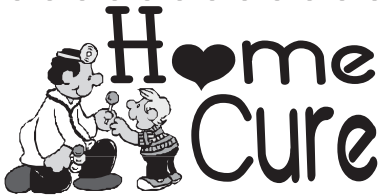


PXQ HZY UFD OD ZOU LKFMUY AOUOH DK VXDS
PKMY IMYY, PKMY ZXBBQ, PKMY VKAYVQ, HZXD
HZOU KFM KJD LKFDHMQ ~Daniel Webster

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

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





Home Cure Prevent Onion Tears

By: Family Pastime Staff

Why Onions Cause Tears

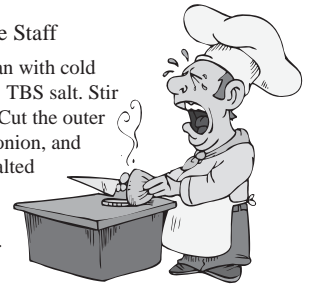
The National Onion Association says, "Onions contain the chemical sulfur, as well as enzymes that speed up chemical reactions. The sulfur and the enzymes rest on opposite sides of the onions' cell walls-until they are cut open. Then the sulfur and enzymes come in contact and start a chain of chemical reactions. New molecules float up in the air and react with the nerve cell membrane of the eye to form sulfuric acid and cause tearing. While you can't see these reactions, you can feel the results when your eyes start to burn and water."

Cures:

- Chill onions for about 30 minutes before cutting them. The chemical reaction will be slowed down by the lower temperature.

- Cut the onion with a sharp knife. When you do this, less damage will occur to the onion's cells and fewer of the tear-producing compounds will be released.
- Cut the root end of the onion last, as it contains the largest concentration of the sulfuric compounds.
- Most of the tearing comes from cutting the peel, so cut that part under running water and then finish chopping your onion like normal!
- Before cutting, apply some cooking oil to the knife.
- Cut the onion on a cutting board outside on the picnic table. The wind will blow away the smell.
- Stick a toothpick in your mouth while you cut. **NO MORE TEARS!!**
- Whenever you are slicing up an onion, simply burn a candle very close by (around 5-6 inches from the onion) The flame will burn up the fumes from the onion before they reach your eyes.
- Keep your mouth shut and don't talk and your eyes won't tear. Date: Wednesday, January 18, 2006
- Place onion in freezer for about an hour before slicing.
- Wear contact lenses, it puts a barrier over your eyes.

- Fill a shallow pan with cold water, and add 1 TBS salt. Stir until dissolved. Cut the outer layer off of the onion, and let soak in the salted water for 10-15 minutes. Slice & Dice as usual.
- Chew gum while you are cutting up the onion.
- Hold a slice of bread in your mouth so as you can see over it enough to not cut yourself.
- Hold your wrist under running cold water while cutting or peeling an onion and no more tears.
- Hold a match or incense stick in your mouth (red tip out) while you cut the onion and your eyes won't tear up at all.
- Cut the onions next to the sink while the water is running.
- Spritz the cutting board with vinegar before cutting:
- If you make the onion cry it will make you cry.
- Wear a pair of swimming goggles.



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MEANING:

To be in the catbird seat means "to be sitting pretty, to be in a favorable position."

Say WHAT???

By: Family Pastime Staff

"Sitting In The Catbird Seat"

turquoise eggs. It's called a catbird because one of its most impressive imitations is the mew of a cat.

The idiom "Sitting in the catbird seat" is a southern Americanism dating back to the 19th century but popularized nationally by Brooklyn Dodgers baseball announcer Red Barber. It first appeared in print in a famous short story of the same title by James Thurber, published in the New Yorker on 14 November 1942. In the story a character, Mrs. Barrows, likes to use the phrase. Another character, Joey Hart, explains that Mrs. Barrows must have picked up the expression from Red Barber and that to Barber "sitting in the catbird seat" meant "'sitting pretty,' like a batter with three balls and no strikes on him." Interestingly it seems that Thurber claims to have gotten it from Barber and Barber claims to have gotten it from Thurber. According to Barber's

daughter, after her father read Thurber's story, he began using the phrase "in the catbird seat." However, according to "Colonel" Bob Edwards' book Fridays with Red, Barber claimed that Thurber got this and many other expressions from him, and that Barber had first heard the term used during a poker game in Cincinnati during the Great Depression. Barber himself also gave this version of events in his 1968 autobiography, Rhubarb in the Catbird Seat.

Further usage can be found in P. G. Wodehouse's 1958 novel Cocktail Time: "I get you. If we swing it, we'll be sitting pretty, 'In the catbird seat.'"

The basis for the expression is actually quite simple, I'm told. The phrase is said to derive from the habit of the catbird of sitting on the highest point it can find to deliver its song, thus suggesting an effortless superiority.

Another suggested origin is from the Australian bowerbird of the family Ptilonorhynchidae, also known as the catbird. This bird is known for the extraordinary lengths that the males will go to in order to build a bower (dwelling) to attract a mate. Some birds will assemble several hundred colored rocks or shells, arranging them in a remarkable and artistic display, in order to build the "seat" atop which his mate will eventually be enthroned.

FPT

ORIGIN:

First of all there really is an American bird called the catbird. He is a member of a group called the mimic thrushes that also includes mockingbirds and thrashers, all of them are quite skilled at imitating other birds, animals, and many different noises. The American species is the grey catbird, which lays beautiful



Family Crypto-Time-Last Month's Answer

"A father carries pictures where his money used to be." - Unknown

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: OKTGPYRLSHCAJBWUEQINMDFZVX



THERE'S NO PLACE LIKE HOME SCHOOL

Conquering Learning Issues In High School By: Lisa Baughn

What do you do if you have a teen entering high school who still struggles to learn? Perhaps they have dyslexia, dysgraphia, learning challenges, motor challenges or any number of diagnoses. They are behind and they know it. They try, you try, yet they still struggle. You want the best for them, and can't help but wonder if you can continue to teach your children through high school.

While this question can haunt a homeschooling parent facing high school, a paradigm shift is all that is required to go forward. If you are willing to think things through, take a strong look at your child's bent, commit to a plan, have some fun and go forward, YOU can do a great job teaching your learning challenged high schooler.

As we faced high school with our struggling learner, we decided that we had spent the last 8 years trying to remediate weaknesses. No one felt good about that particular path and it was not helping us with our primary goal – to develop a love of learning. If a person loves to learn, even if they struggle, they can teach themselves anything given commitment and time. We decided to focus on and develop strengths in high school.

We have always made a very conscious decision to teach most subjects way above her actual skill level. If she could understand them verbally – we taught them. To understand our story, last summer I wrote Your 12 Year Old Still Can't Read for the Old Schoolhouse Magazine <http://www.crosswalk.com/homeschool/11581433/>

Start by taking a realistic look at what is required in your state to graduate, either a college prep or vocational track. Map out a 4 year plan from the very beginning, focusing on strengths. Map out a back up plan, with struggling learners it is always wise! Review it yearly and make

changes as needed.

College prep includes more math and science, history and a foreign language. If your teen still struggles, are they realistically headed toward college prep, or would just it frustrate everyone?

By focusing on strengths and interests, you can create a unique high school education in which your child will excel. What they learn can lead them to an entrepreneurial career, community college, vocational school or the military. Many community colleges and state schools have excellent programs to help late bloomers and students with learning challenges. College is always an option, at some point, so consider keeping that option open.

To really focus on lighting that fire for your teen to be a life long learner, you need to ponder what your child is uniquely good at, focusing on REAL LIFE and not just on the struggle. Your teen will learn more, love what they are doing and may excel in ways that will put them way ahead of their peers. In addition you will have fun in these last precious years of homeschooling.

Our daughter struggles with regular math, yet she understands how to run a business, calculate taxes, the power of being debt free, saving money and compounding interest. With a calculator, she can figure out anything. I would rather she understood those real life principles, over algebra, any day. They are practical and put her light years ahead in real life. I wish I had understood the same principles at her age, rather than earning straight A's in 4 years of college prep math, and being ill prepared to take on finances in real life.

Yes, this thinking requires a paradigm shift! I would much rather she breezed through school, easily getting A's her entire life. But that wasn't the plan for her life. And she would not be the absolutely amazing young woman that she is, if learning had come easily. Don't miss the gifts in your child!

Each of our children was put here by God with a plan and a purpose. With our learning challenged teens, the question is, will we come alongside them and help them find that plan and purpose, or will we stick rigidly with someone else's scope and sequence? Will we focus on encouraging successes and developing great things, or will we go back to remediating? Will we inspire, or make them feel like failures?

You CAN inspire your learning challenged teens and give them an excellent high school education. **FPT**

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. Find out more about Lisa at her website (www.ThePrudentWife.com) How-To Videos & a Free Newsletter full of tips! Save Money, Time and Sanity!

SUPER SUDOKU Instructions: On page 3

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Ten Independence Day Items Of Trivia About The Bald Eagle: Test Your Family

1. Benjamin Franklin, John Adams and Thomas Jefferson served on the committee that picked the eagle for the national seal [Franklin wanted the turkey].
2. Bald eagles have few natural enemies and live only in North America.
3. Bald eagles get their white head and tail feathers about 4/5 years of age.
4. Bald eagles are not, and never were bald. The term comes from when "bald" meant "white-headed".
5. Their maximum speed: 40 mph or over 100 mph while in a dive.
6. They can lift roughly half their body weight.
7. The Bald Eagle is no longer considered endangered, and now only threatened.
8. The only other kind of eagle in North America is the golden eagle.
9. Bald eagles mate for life, but if one dies, the survivor will accept a new mate.
10. It is a felony to shoot an eagle.

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!**

By: Family Pastime Staff



Match Stick Rocket



SUPPLIES:

- Paper or Wooden stick matches
- Small square of aluminum foil
- 2 paperclips
- (Optional) grill lighter

HOW TO:

1. Straighten out one of the paperclips.
2. Take one match lay the straightened paperclip (see image) along its length (all the way to the head) and wrap a small piece of aluminum foil around the match-head. Wrap the foil tightly. Run you fingernail along the sides of the paperclip to create a tight exhaust tube or "nozzle".
3. Remove the paperclip
4. Bend the second paperclip to form a launch pad (see image).
5. Outdoors, place the match stick rocket on the pad. Make sure the pad is set up on a surface that will not be damaged by the rocket's exhaust such as pavement or a brick. Several layers of foil under the launch pad should work as well.
6. Be sure the match rocket is pointed away from people or

- burnable materials. It is recommended to have water or some other fire extinguisher available. The foil head of the rocket will be very hot!
7. Have a parent ignite the match by holding a second lighted match (or the grill lighter) under the foil until its combustion temperature is reached.

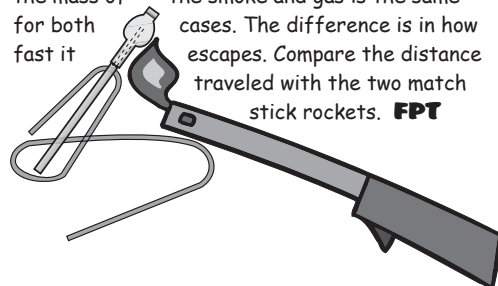
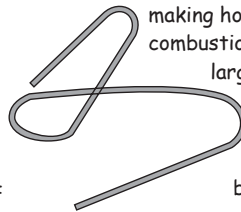
SAFETY TIPS:

- Work in a well ventilated area away from solvents and other flammable materials.
- Keep a pail of water handy and dunk your spent rockets in the water to make sure they are entirely out.

- Don't ever shoot matchstick rockets towards another person or animal.
- Keep your face clear of the launch area.

In an interesting variation: Try making holes of different diameters to let the combustion products out at different rates. A larger opening permits the smoke and gas to escape before it has time to build up much pressure. The escape of the products will be slower than produced by a match stick rocket with a smaller

opening. Isaac Newton's second law states that the force or thrust of a rocket is equal to the mass of the smoke and gas escaping the rocket times how fast it escapes. In this experiment, the mass of the smoke and gas is the same for both cases. The difference is in how fast it escapes. Compare the distance traveled with the two match stick rockets. **FPT**



WARNING!!! THIS INVOLVES MATCHES AND FIRE, PARENTAL ASSISTANCE IS REQUIRED. DO NOT LAUNCH AT FLAMMABLE MATERIAL.

Matchstick rockets are actual fully functional rockets that you, with an adult's help, can build in minutes from common household materials. Match stick rockets demonstrate Isaac Newton's Laws of Motion as they relate to rocketry. Newton's third law states that for every action, there is an opposite and equal reaction. The exhaust from the burning part of the match (smoke and gas) is the "action" and the movement of the rocket in the other direction is the 'reaction.' This is exactly how the big solid fuel rockets and missiles work. The match head works as solid rocket propellant because it contains fuel and an oxidizer so it does not need oxygen from air. The action thrust is produced when the match burns in an enclosed environment (inside the aluminum foil). The aluminum foil acts as a rocket combustion chamber. Because we create a very small exhaust tube (nozzle) while making our rocket, pressure builds up in the chamber that eventually escapes as a rapid stream of smoke and gas which causes the rocket to launch. The stick acts as a stabilizer much the same as fins on traditional rockets. The stabilizer allows the rocket to travel in a more orderly fashion. We will launch our rockets from a little paper clip launch pad. The paper clip may be easily bent and adjusted to allow you to experiment with different launch trajectories. Flight altitudes and distances vary widely, but a well built matchstick rocket can travel over a dozen feet or more!

Which colonists told the most jokes?
Punsylvanians!

SUDOKU EASY

Instructions: On page 3

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Cut Costs, Not Corners For Back-To-School



(NAPS) **A**ccording to the National Retail Federation, parents of school-aged children estimated they spent nearly \$600 on back-to-school purchases last year. How can you cut back this year without cutting corners? Consider these tips for making smart choices:

Host A Swap Party

Instead of organizing a yard sale for strangers, have friends over to trade gently used items you no longer want or use. Swap parties are an inexpensive, social and eco-friendly way to stock up on clothes, shoes, books, athletic equipment and anything else your children might need in exchange for things they've already outgrown. Invite friends with similar school-aged children and tastes, and ask them to bring items in good condition they're willing to swap in exchange for something someone else brings. Let guests know in advance if there's a particular theme, such as children's clothing, or if anything goes.

Do Your Homework On School Supplies

Your child's teacher will likely send him or her home with a laundry list of school supplies, but before you hit the stores, do a little homework and shop around to get the best value. For example, did you know print shops sometimes have large quantities of misprinted promotional pencils? They'll often unload these for pennies and the erasers usually last longer than on bargain pencils.

Consider online auction sites for higher-ticket items such as scientific calculators that high school students need. You might be surprised by how discounted these items are once the required semester of precalculus is over. If you have several children, keep a large plastic tub at home and stock up on supplies when you see sales at drugstores, closeout shops and thrift stores. After all, you'll need pens, paper and folders again.



Invest In Technology

Think all "must-have" PCs and printers also come with a side of sticker shock? Think again. Some of this year's products are designed to work together seamlessly so compatibility isn't an issue. For example, products from HP include the latest software so your children can stay ahead of the curve and are backed by industry-leading service and support. The latest lineup features a shiny, piano-black finish that makes them a stylish fit for any home or dorm room—with PC/printer pairings available at about half the price of some notebooks. The 16-inch HP Pavilion dv6 (starts at \$649) and the wireless HP Photosmart C4780 All-in-One (\$129) offer style, performance and value to meet the entire family's computing and printing needs.

Carpool To And From School

Though carpooling is not a new concept, it's one of the easiest ways to save money, fossil fuels and time. Instead of lining up behind your neighbor in the school drop-off zone or alongside all the other parents after soccer practice, organize a friendly car pool and take turns transporting the children. Organizations such as Divide the Ride (www.dividetheride.com) can help you coordinate car pools with others you know and trust. That way, the children get

where they need to go, helping you "go green" and save some green along the way.

Plan Ahead When Packing Lunches

To help keep lunchtime budgets and unhealthy habits at a minimum, buy commonly eaten and long-lasting items such as apples, carrots, pretzels and juice boxes at club stores to keep costs low. Use coupons and stock up on family favorites such as chicken when it's on sale, freezing some if necessary. Tonight's baked chicken could be chicken wraps tomorrow. Throw in a piece of fruit, a granola bar and a thermos of milk and you can keep your children healthy and your budget in check. **FPT**

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Ways To Manage Pets During July 4 Fireworks

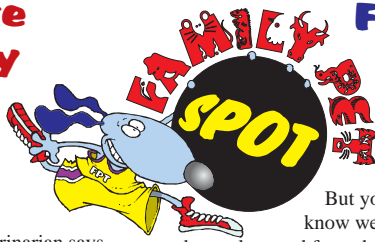
By: Soumitro Sen

WEST LAFAYETTE, Ind. - Fourth of July fireworks can frighten pets and farm animals and cause them to react in ways that might injure them. But a Purdue veterinarian says there are numerous ways to protect your pets during the celebrations.

“Owners must use common sense when they allow pets to join the festivities,” said Lorraine Corriveau, a wellness veterinarian at Purdue University’s School of Veterinary Medicine. “Some dogs like chasing those spinning and swirling objects on the ground. Others fear loud noises. Owners can use simple tricks like putting cotton in their pets’ ears to muffle the sound.”

Corriveau suggests these tips for lowering the noise stress of pets:

- Never leave pets alone outdoors, even if tethered or in a fenced yard. Dogs, especially, may escape and become lost or injure themselves chewing or choking on their leashes. Keep small pets indoors, preferably in a room without windows, and horses in their stalls.
- Make sure all sharp objects are removed from enclosures.
- Turn on the radio or TV for distraction.
- Do not take pets to fireworks shows.
- Do not leave a pet in a car unattended.
- Keep pets on leash or in a carrier if they must be outside.
- Protect animals from children who may not realize that waving sparklers or setting off “safe” firecrackers could upset pets.
- Keep I.D. tags current so the pet and owner can be reunited if loud noises cause it to run away.
- Sedate horses and some dogs if needed. Noise phobia can get worse as a pet ages. A veterinarian can advise about giving a mild sedative or tranquilizer to calm the fears of an over-stressed dog, cat or horse.
- Desensitize your pet by playing CDs that contain noises of thunderstorms, fireworks or gunshots.
- Pick up leftover sparklers and other sharp objects when the night of festivities is over. **FPT**



Fur Isn't Such a Good Sunscreen

You might think the most important bit of dog health advice would be to let your furry loved on spend all day enjoying the outdoors.

But you'd only be half-right. You know we must protect our children and ourselves and from the sun. But do you know that leading canine health experts now say that the most important dog health advice they can give is to protect your dog from the sun, too? Like us humans, dogs need sunlight to help balance their bodies' levels of calcium with their metabolism. Yet too much ultraviolet radiation can irritate our dogs' skin as it does our own, causing sunburn.

Identifying Dog Sunburn:

Dog sunburn begins as redness and hair loss.

Where sunburn first appears:

Bridge of the nose tips of the ears belly.

Dog Sunburn Dangers

Dog sunburn can aggravate any existing skin problems skin ulcers (sores), infection, cancer.

Sunburn and Dog Breed

Pale and short-hair dogs are particularly prone to sunburn, usually on the nose, abdomen, groin, and inside of the legs. Being close to the ground, they not only are affected by the downward sunlight, but also by sun reflecting from pavement or hot sand. Some breeds, like Weimaraners and Boxers, are predisposed to cancer. Therefore, they must have extra protection from the sunburns and UV rays to avoid a kind of skin cancer.

How you can protect your dog:

Think about the precautions that you take to prevent yourself from sunburn and UV exposure. You stay out of the sun at the

peak hours like noon to 3PM, use sunblock and cover up, don't you? Those same suggestions can work for your dog. Be sure that your dog is inside the



house or in a shaded area during the sun's peak hours, even on overcast days. Apply sunblock to the bridge of the dog's nose, ear tips and other small, sensitive areas whenever the dog is outside for more than a few minutes. Consider some sort of covering for your dog.

Some veterinarians say that the most important and effective protection is a type of bodysuit for dogs, which is designed to block ultraviolet rays and prevent sunburn. Our dogs give us hours of pleasure and years of unconditional love. In return, all we must do is love and keep them healthy. It's still good dog health advice to let your dog play outdoors. But spare your canine best friend the pain of sunburn and its consequences. **FPT**

Dog Article courtesy of I-Love-Dogs.com

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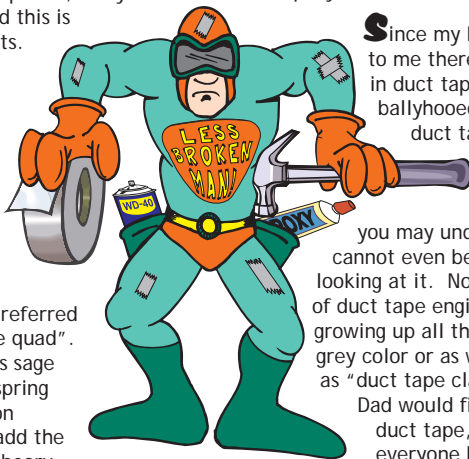
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FATHER KNOWS BEST

By **Chris Joker**

I can fix anything. O.K. let me back up. What I should say is I will ATTEMPT to fix anything. And by "FIX" I mean... make it less broken. And by "less broken" I mean that over my years of "fixing" things I have discovered that if you can, for instance, re-attach a button to your blender but your blender still does not work you may not have "fixed" the blender, per se, but you have made it "less broken" and this is certainly a victory, of sorts. I learned how to make things less broken from my Dad. My Dad lives by the theory that you can fix ANYTHING and I do mean ANYTHING with four things; duct tape, silicone, WD40 and/or the right tools and by the right tools he means.... a hammer. We referred to it as the "power of the quad". Before you go passing this sage knowledge onto your offspring I feel compelled, based on personal experience, to add the following caveat ---This theory does NOT apply to puppies, finances or relationships in neither a "fixing" nor "making less broke" capacity! Over the years my brother Pete and I have added a few things to the list of objects which may contribute to your ability to fix/make things less broken. We have found that while silicone may be beneficial in many repairs, sometimes you need something stronger like epoxy. While silicone is perfect for repairing a hole in your bike tire you will find due to its more rigid state, epoxy works much better for repairing say a fishing pole. We have also added those ratchet type tie-down things. I know, I know you are thinking, "But won't duct tape serve the same purpose?" Yes. However, after years of using duct tape to affix a Christmas tree to the top of the car to get it home from the tree lot, We have discovered these "ratchet straps" or what we like to refer to as "re-usable duct tape". These straps may be used in place of duct tape where a more temporary less broken repair is needed such as to clamp something together until the epoxy or silicone dries. Or, if for some reason, you actually want to take your bent car to a body shop for a professional fix instead of leaving the duct tape on it, instead of holding the fender on with duct tape you may employ a ratchet strap to keep the fender from dragging on the way to the shop thus saving your precious duct tape for a more apropos repair such as patching the holes in your underwear.



HOW TO FIX ANYTHING!

Which, by the way, I recommend putting the tape on the OUTSIDE of the underwear which will cause less chaffing. I also recommend you make sure you have pinched what is left of the underwear fabric together before applying the duct tape or you may need a duct tape bandage after taking off said underwear (not that I would know). And lastly, cable ties. Cable ties are like mini ratchet straps. I have found that for things like holding your daughter's hair in a pony tail you might find cable ties more appropriate than say duct tape or epoxy.

Since my Dad imparted this knowledge to me there have been many advances in duct tape technology. With the much ballyhooed 1987 release of colored duct tape, duct tape "repairs" have gone to a whole new level in fact with care given to color matching you may undertake a "repair" that cannot even be seen unless you are looking at it. Not like in the early days of duct tape engineering. When I was growing up all that was available was that grey color or as we like to refer to it now as "duct tape classic". Back then when Dad would fix my baseball glove with duct tape, everyone knew it. Well, everyone knew it until about the third season, when my entire glove

was covered with duct tape so a new addition went totally unnoticed. Nowadays you can bring your glove to the hardware store and just about match the shade of duct tape to the shade of the leather on your glove. At the 1991 EDuctTT conference (Emerging Duct Tape Technology) Henkel Corporation (the makers of the Duck brand of duct tape) blew the world away with their announcement of Camouflage duct tape. One could now fool even Mother Nature with repairs in the wild. Forest rangers are still coming across long dead trees that some prankster camper has repaired with camo duct tape. Not to be out done, 3M (the mother of all duct tape manufacturers) has recently introduced clear duct tape. Imagine CLEAR duct tape. That would have really been so much better when Dad fixed Mom's Waterford crystal punch bowl before the Christmas party of '84. Seriously, except for

the slight drips of punch at the party, nobody would have even noticed the duct tape. In this instance duct tape might have actually helped to fix a relationship or at least made it less broken.

Last week when the tires on the boat trailer had become more duct tape and silicone than tire, I decided it was time to replace them. After removing the lug nuts the wheel refused to come off. I called my Dad for advice. His reply (after admonishing me for not embracing the "power of the quad"), "Spray it with WD40 and hit it with a hammer----duh!". Brilliant! By that afternoon I had new tires on the boat trailer and as soon as the epoxy dries on the prop we will be relaxing under the duct tape Bimini top casting our duct tape lures freshly sprayed with WD40 "fool-a-fish" spray into the cool lake waters with our epoxied fishing rods. By the way, did you know that duct tape has an SPF of 500. **FPT**

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Green Garden Pest Control

By Michael Bloch

Humans have a real love/hate relationship with insects, sadly mostly the latter. Many of us still aren't aware of the connection between insects and our food, particularly the importance of species such as bees. Other bugs such as spiders (which actually aren't an insect) play a major role in natural pest control in a garden. The pesticides we use in the garden can often affect these species too. However, some bugs can be a real headache at times - munching on valuable garden plants and destroying vegetables.

Companion Planting

The old saying is an ounce of prevention is better than a pound of cure, so consider companion planting strategies that can help with reducing bug infestations.

Companion planting is the art of situating plants so that they help each other - whether it be in terms of nutritional aspects, shading or pest control. There's a great chart on Gardens Ablaze (www.gardensablaze.com) that lists pests and what plants repel them. By introducing some of these species around your valuable plants, it can help reduce or eliminate infestations. In regards to vegetables, this page offers a range of suggestions as to the best planting mix. However, companion planting will take some time to really kick in, so what do you do if you have an insect infestation that you need to deal with right now? Here's some tips and resources relating to green pesticides.

Snails And Slugs:

Snails and slugs are repelled by the reaction of the slime on their bodies and copper. Try creating a barrier with copper strips around delicate areas of your garden or use copper tape on larger plants. These products should be available from your hardware store.

- Crushed eggshells are said to be an effective barrier; so too are pine needles straw, sawdust and shredded bark.
- Avoid over watering your garden and use direct watering methods where you can. Snails and slugs are attracted to moist areas so if your garden bed is relatively dry on the surface between the plants, this

will help discourage activity. As snails and slugs are most active at night. Try to water in the mornings so the top layer of soil has a chance to dry out.

- Frequent hoeing of bare areas of your garden can help bring eggs to the surface where they'll be feasted upon by predators.
- Consider planting "repellent" species in amongst your other plants. These include Lavender, Thyme, Sage, Geraniums and Mint.
- Snails and slugs love beer. Some people use beer traps which is just a shallow dish with beer poured in, but an interesting variation on this is to spray beer on weeds so the snails eat those instead of your plants.

These are just a few suggestions for a complete article with more ideas visit www.greenlivingtips.com.

Ants

Ants are very beneficial to a garden, but sometimes the little critters can get way out of hand, become destructive and even pose somewhat of a threat. Pick up some tips on dealing with ants.

General Green Pesticide Spray

Please note this should **not** be used on vegetables or any plant destined for human or animal consumption.

Ingredients

- ➔ 1 whole garlic bulb, chopped.
- ➔ 2 large or three large rhubarb leaves, chopped.
- ➔ 2 quarts of water.
- ➔ 1/2 cup of liquid hand soap

Method

1. Combine ingredients in a large stainless steel pot and boil until the leaves and garlic is tender.
2. Strain the liquid into a pail and add the 1/2 cup of liquid hand soap (note from Michael, a plain liquid castile soap would be the best choice).
3. Fill a spray bottle and freeze the remainder of the mixture in containers the same size as the spray bottle.
4. NOTE: Wash all cooking utensils well with hot soapy water, as the rhubarb leaves contain toxins.
5. Dispose of the cooked leaves and garlic in the compost bin.

It's always important bear in mind that when it comes to pesticides, "green" or "natural" doesn't necessarily mean harmless to us or our pets.

Always check for safety information that accompanies any recipe or product and look for products that target problem pests rather than inflicting collateral damage on important beneficial species such as bees. **FPT**

Courtesy of Green Living Tips.com

NO Sales Tax Weekend TN, VA, NC

The State of **Tennessee's** Annual Sales Tax Holiday is held every year on the first Friday in August and ends the following Sunday night. This year's tax-free holiday weekend begins at 12:01 a.m. on Friday, August 7th and ends Sunday, August 9th at 11:59 p.m. Tax-free items include clothing with a price of \$100 or less per item, school and school art supplies with a price of \$100 or less per item and computers with a price of \$1,500 or less. These items are exempt from state and local sales tax in Tennessee during the holiday. Local governments are held harmless and are reimbursed lost sales tax revenues by the state. Any individual can make a tax-free purchase during the holiday. However, items purchased for use by a trade or business are not exempt. For more information on what is included visit: <http://tn.gov/revenue/salestaxholiday/>

North Carolina will offer tax-free shopping for certain items of tangible personal property sold between 12:01 A.M. on the first Friday in August and 11:59 P.M. the following Sunday. For 2009, the dates are Friday, August 7th through Sunday, August 9th. Clothing, footwear, and school supplies of \$100 or less per item; school instructional materials of \$300 or less per item; sports and recreation equipment of \$50 or less per item, computers of \$3,500 or less per item; and computer supplies of \$250 or less per item will be exempt. Clothing accessories, jewelry, cosmetics, protective equipment, wallets, furniture, items used in a trade or business, and rentals are not covered by the exemption and will be subject to the applicable tax. For more information visit: www.dornc.com/taxes/sales/salestax_holiday.html

Virginia's Tax free holiday is the first weekend of August (Friday, Saturday and Sunday) each year. The 2009 holiday will take place on August 7, 8, and 9, 2009. Exempt from sales tax during this three-day period are qualifying school supplies selling for \$20 or less per item. Virginia defines school supplies as items that are commonly used by a student in a course of study. In Virginia Computers do not qualify as "school supplies." Also exempt are qualifying clothing and footwear selling for \$100 or less per item. Retailers may also choose to absorb the tax on other items during the holiday period, but they are responsible for paying the tax on those items to the Department of Taxation. For a complete list of what is exempt in Virginia go to: <http://www.tax.virginia.gov/site.cfm?alias=SchoolSuppliesandClothingHolidayFAQ>. **FPT**

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Chiropractic Physician

217 E. Springbrook Dr. Suite #1 Johnson City, TN 37601
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Recycle Your Bottles And Cans This Fourth Of July

Johnson City's Independence Day Celebration and Fireworks will be red, white, blue and green this year! The City's Public Works - Solid Waste Services Division is providing patriotic dumpsters for bottles and cans on the grounds of Freedom Hall. The red, white and blue receptacles are available for plastic (1s and 2s) and aluminum recyclables.

Attendees are asked to show their pride in their country and community by recycling!



CREATURE FEATURE

By: Georgia Tetch



TIGERS



Tigers are the largest of the four "big cats"

prey. Unlike other cats; who tend to avoid water, Tigers actively seek it out and are often found bathing in ponds, lakes and rivers. They are excellent swimmers.

When a young female establishes a territory she tends to do so fairly close to her mother's area; this overlap tends to wane with time. Males wander farther than their female counterparts and set out at a younger age to establish their own territory. Males are more intolerant of other males within their territory than females are of other females. For the most part, territorial disputes are usually solved by intimidation rather than aggression.

Tigers in the wild feed on larger and medium sized animals. They usually hunt at night and generally hunt

alone ambushing their prey, as most other cats do, by overpowering them. They attack from any angle and use their body size and strength to catch large prey off balance. Tigers can reach speeds of 35 to 40 miles and hour.

The Association of Zoos and Aquariums estimates that 12,000 Tigers are being kept as private pets in the USA. Only 19 states have banned private ownership of Tigers, 15 require only a license and 16 states have no regulations at all. In a poll conducted by Animal Planet, The Tiger was voted the world's favorite animal narrowly beating out the dog.

We have a tiger sanctuary right in our own backyard, Tiger Haven, a sanctuary and rescue facility for big cats, much like a shelter for dogs and cats is located about 2 hours from Johnson City in Kingston, TN. Tiger Haven is situated on 50 acres of wooded property. Enclosures fill up about forty five acres. A perimeter fence surrounds all the enclosure and living quarters and a roadway runs between enclosures and around the perimeter fence. Although Tiger Haven is not open to the public you may take a virtual tour by going to their website: www.tigerhaven.org. **FPT**

Transitioning Back To School Without Overloading Your Child

(NAPS)—We can all remember the excitement, anxiety and enhanced level of activity that take place as a new school year begins. This time of year brings increased expectations as well as new routines, new friends, a new teacher and possibly a new school.

Simultaneously, families review the type and number of activities in which they want to enroll their children. While research studies recognize the benefits of extracurricular activities, juggling these changes can be overwhelming to even the most well-adjusted child.

"It is important to consider your child's interests and ability to adjust when planning activities," says Janeal Roberts, Vice President of Education for Champions, a nationwide provider of before-and after-school programs. "Being aware of your child's needs and preparing for this transition can be the key to a successful and fun school year."

Roberts offers the following tips to help parents schedule children for success:

- Look at each child as an individual. All children are different and have different talents and varying abilities to manage their time and handle change. Be sure to take this into consideration, especially

if your family has more than one child.

- Establish expectations and priorities with your child. Ask yourself "what is most important to me?" and "what do I want for my child?" Be sure to involve your children and consider their input in your decision. Your family's schedule should reflect these goals. Revisit these priorities with your children regularly, engage them in discussions, celebrate successes and review challenges and lessons learned.
- Wait before you commit or overextend your child. Look for extracurricular activities that can be added after school schedules are established. Waiting 30 days to add a new activity after the school year begins can give you and your child the time needed to settle into a routine.
- Streamline and organize activities. It's not the additional one to two hours a week of soccer or dance that causes stress or frustration, but the added time and rush to get from place to place. Look for centralized after-school programs that provide multiple activities on-site to reduce running from place to place.
- Establish family routines and traditions early. Make a calendar that clearly lists meal-times, bedtime, homework, chores, activities and other important family commitments that your child is expected to attend. Review and reinforce the schedule with your children to help establish routines.
- Plan for downtime, don't wait for it. There is a lot to be gained from unstructured activities. Reserve downtime so that your child can accept

an unexpected invitation, be spontaneous and appreciate the times when "there is nothing to do."

Working together with your child to find the schedule that works for your family will ensure a comfortable balance and teach children to understand their own tolerance. Discussing these challenges will help as your children transition into middle school and their teenage years. **FPT**

SUDOKU Medium

Instructions on page 3

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



Baked Chicken Nuggets

SUPPLIES:

- 3 C corn flakes
- 1/3 C grated Parmesan cheese
- 1/2 tsp salt
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Pinch of black pepper
- 1 LB skinless, boneless chicken breast halves, cut into nugget-size pieces
- 1/4 C all-purpose flour
- 2 large eggs, beaten

HOW TO:

1. Preheat oven to 425.
2. Lightly oil or coat a large baking sheet with nonstick cooking spray and set aside.
3. Place corn flakes in a re-sealable plastic bag and crush to a fine texture
4. Combine with the Parmesan cheese, salt, onion powder, garlic powder, and pepper in bowl.
5. "Bread" the chicken by coating in flour, shaking off excess then dipping in the egg, then coat well in the corn flake mixture.
6. Arrange the chicken on the prepared baking sheet and cook until golden brown, about 12 minutes.

Barbecue Nachos

I first tried these at Dixie Barbecue in Johnson City. I am not saying this recipe is as good or even the same but it sure is tasty.

SUPPLIES:

- Bag of nacho chips
- Barbecue (store/restaurant bought or homemade)
- Baked beans
- Onions
- Diced Jalapenos
- Shredded nacho cheese
- BBQ sauce

HOW TO:

1. Put a heaping helping of chips on a microwave- safe plate
2. On top of the chips spread Barbecue, baked beans onions and jalapenos to taste
3. Dollop on some BBQ sauce, if you wish
4. Cover the whole thing with shredded cheese
5. Microwave until cheese is melted
6. Enjoy

Kid Friendly Recipes



Southwestern Dip Bowl

SUPPLIES:

- 9 inch round loaf of dark bread
- 16 OZ. grated sharp cheddar cheese
- 8 OZ. cream cheese
- 8 OZ. sour cream
- 1/2 C chopped green onions
- 1 tsp Worcestershire sauce
- 1 can chopped green chilies (4 1/2 OZ.)
- 1 C chopped ham
- Tortilla chips

HOW TO:

1. With a sharp knife, cut the top portion off the bread, and set aside
2. Scoop out inside of loaf, leaving 1/2-1 inch thick shell. (You can cut the scooped out bread
3. Into pieces to use with the dip later)
4. Combine remaining ingredients except tortilla chips in a bowl, mix well.
5. Fill bread shell with cheese mixture cover with bread top
6. Place on baking sheet bake at 350 for one hour.
7. When ready to serve, remove top and surround with chips and chunks of bread on a platter.

Chicken Wraps

SUPPLIES:

- 1 TBS canola oil
- 1 large orange bell pepper, finely diced (about 1 1/2 C)
- 1 LB skinless, boneless chicken breast halves, cut into bite-size pieces
- 1/2 to 1 tsp ground cumin
- 1/2 to 1 tsp chili powder
- One 15 1/2-ounce can pinto beans, drained and rinsed
- One C frozen corn kernels, thawed
- 1 cup shredded reduced-fat Cheddar cheese
- 3/4 C salsa
- Six to eight 8-inch flour tortillas
- 1/2 C reduced-fat sour cream, optional

HOW TO:

1. Heat oil in large nonstick skillet over medium-high heat.
2. Add the bell pepper and cook, stirring frequently, until tender, about 5 minutes.
3. Add chicken, cumin, and chili powder and cook until the chicken is no longer pink, 4 to 5 minutes.
4. Stir in beans, corn, cheese, and salsa and cook until cheese melts and the mixture is heated through, about 2 minutes.
5. Stack the tortillas on a microwave-safe plate, uncovered, and heat in the microwave until warmed through, 30 to 45 seconds. Assemble by placing the chicken mixture down the center of each tortilla. Wrap burrito style and serve with sour cream as desired.

Stuffed Grilled Burgers

SUPPLIES:

- 5 LBS lean ground beef
- 6 TBS Worcestershire sauce
- 2 tsp hickory seasoning (optional)
- Salt and pepper to taste
- 2 C chopped onion
- 2 C chopped fresh mushrooms
- 2 C chopped cooked ham
- 3 C shredded Cheddar cheese

HOW TO:

1. Preheat a grill for high heat. When the grill is hot, lightly oil the grate.
2. Mix together the ground beef, Worcestershire sauce, hickory seasoning, salt and pepper In a large bowl until well blended.
3. Make 20 balls, and flatten into patties.
4. On one half of the patties, distribute the onions, mushrooms, ham and cheese.
5. Carefully cover the piles with the remaining patties, making sure to seal all of the edges of the patties together tightly and enclose the filling.
6. Grill the patties for 8 to 10 minutes per side, or until meat is well done, and cheese in the center is melted.

Easy Banana Pudding

SUPPLIES:

- 1 box (12 oz.) vanilla wafers
- 2 packages (3.4 oz./per) instant vanilla pudding mix
- 3 1/2 C milk
- 2 C heavy cream
- 3 tsp vanilla
- 7 bananas, sliced
- 1 TBS sugar

HOW TO:

1. Line bottom of 3-quart glass serving bowl with vanilla wafers in single layer.
2. Prepare instant pudding mix according to package directions, using milk and 1/2 cup cream. Beat in 2 tsp vanilla.
3. Layer 1/4 of the banana slices over wafers.
4. Spoon on 1/4 of pudding, spreading evenly.
5. Top with a layer of vanilla wafers.
6. Repeat layering, ending with pudding.
7. Beat together remaining 1 1/2 C cream, remaining 1 teaspoon vanilla and the sugar in small bowl until soft peaks form.
8. Spoon on top, spreading level. Loosely cover; refrigerate overnight.

SUDO-KID-U 1

Instructions: On page 3

		3	
	2		
			1
2			



Fun Family Events
JULY



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

- 1.** U.S. Postage Stamp Day, Zip Code Day
- 2.** Halfway Point of 2009, I Forgot Day
- Johnson City.** S.A.L.T. (Seniors and Law Enforcement Together) 2pm Taylor Building, 207 N. Boone St. 434-6121
- 3.** Compliment Your Mirror Day, Earth at Aphelion, Stay Out Of The Sun Day
- Hands On!** 6-7 pm - FREE First Friday Celebration help paint a giant flag on Main St.
- Jonesborough** Days in Historic
- Jonesborough** 10am 3rd-5th. arts and crafts, festival foods, live entertainment www. **Jonesborough**tn.org
- Johnson City** First Friday 6 p.m.
- 4. INDEPENDENCE DAY**, Indivisible Day, International Day of Cooperatives
- Johnson City** Freedom Hall Independence Day celebration 3:00 pm Fireworks at 9:55pm 461-4884
- Sycamore Shoals** Experience the 4th of July, 18th century-style! Sat: 10 - 4, Sun: 10 - 3
- Beck Mountain** Corn Maze, all day 4th of July celebration starting at 1 pm (www. beckmountaincornmaze.com)
- 5. Charlie Doodle's Birthday!**
- Sycamore Shoals** Experience the 4th of July, 18th century-style! Sat: 10 - 4, Sun: 10 - 3
- 6.** Take Your Webmaster to Lunch Day
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am, Family Storytimes 6:30 pm
- Sycamore Shoals** Workshop: Sweater Knitting 9 a -1p Cost: \$25 per class or \$80 for four (plus supplies), Homespun Storytelling Guild 6p - 8p. meet at the **Carter Mansion** on Broad Street Extension.
- 7.** Chocolate Day, Father-Daughter Take A Walk Together Day, Tell The Truth Day
- JCPL.** Creation Station* (grade 1-5)3:30 pm Creative Dramatics with **Jonesborough** Repertory Theatre
- 8.** SCUD Day (Savor the Comic, Unplug the Drama)
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am
- 9. JCPL.** Mr. Bond The Science Guy 10:30 & 3:30, "What Can I Read Now?" Adult Program 6:30 pm
- CASA** (Court Appointed Special Advocates) of Northeast Tennessee informational orientation session for those interested in becoming **CASA** advocates Munsey Memorial 5 p.m. 423-461-3500
- Liberty: The Saga of **Sycamore Shoals** July 9 - 11, 16-18, & 23-25 Pre-show 7:00 p.m.
- 10.** Don't Step On A Bee Day
- Hands On!** 3:30 - Visit the updated Amazing Me exhibit with its new features
- Kingsport** Fun Fest July 10, - July 18 www.funfest.net

- 11.** Bowdler's Day, World Population Day
- Twin Creeks Golf Course in **Chuckey** The "Swing For The Cure" Golf Tournament to raise Breast Cancer Awareness Registration 7:30am 423-747-9296.
- JCPL.** Chess with Ralph Roller (K-5)10-noon
- Sycamore Shoals** Workshop: Step-By-Step Oil Paint 9 a.m. - 4:30 p.m. Cost: \$50 (includes supplies)
- 12.**
- 13.** Embrace Your Geekness Day, Gruntled Workers Day
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am, Family Storytimes 6:30 pm
- 14.** International Town Criers Day
- JCPL** Teen Mystery Night* 6 pm, Watauga Association of Genealogists 6-7:30 pm
- Sycamore Shoals** Liberty Spinners 9:30 a.m. - 1 p.m. open to anyone interested in the art of spinning.
- 15.** Gummi Worm Day, Saint Swithin's Day
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am
- 16.** Get to Know Your Customers Day, Hot Dog Night
- JCPL Jonesborough** Novelty Band 10:30 & 3:30
- Liberty: The Saga of **Sycamore Shoals** July 16-18, & 23-25 Pre-show 7:00 p.m.
- 17.** Wrong Way Corrigan Day
- 18.** Hot Dog Day, Toss Away the "Could Haves" and "Should Haves" Day, Woodie Wagon Day
- South Holston** Fly Fishing Fest! 10am-6pm extensive line-up of anglers, artists, activities and vendors. fundraiser for River's Way Outdoor Adventure Center www.southholstonflyfishingfest.com
- Sycamore Shoals** Workshop: Pennywhistle 1 p.m. - 3 p.m Cost: \$25 (includes whistle) \$15 (bring your own), Workshop: Birch Bark Canoe - Trekking and Traveling 10 a.m. - 4 p.m. Cost: \$35
- 19.** Ice Cream Day
- Sycamore Shoals** Shape Note Singing with Don Wiley 3 p.m. - 5 p.m.
- 20.** Get Out of the Doghouse Day, Hug Your Kid Day, Lollipop Day
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am, Family Storytimes 6:30 pm
- 21. JCPL.** Creation Station* (grade 1-5)3:30 pm Creative Writing/Storytelling
- 22.** Health, Happiness With Hypnosis Day, Rat-catchers Day, Spoonerism Day
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am
- 23.** Soap Box Derby Day, Gorgeous Grandma Day, Hot Enough For Ya Day
- JCPL.** Matt Fore Magical moments for young & old 10:30 & 3:30, An Evening with Scott Pratt. This **Johnson City** native has begun a new career as a mystery writer. Scott will tell how he became a writer 6:30 pm

- Liberty: The Saga of **Sycamore Shoals** July 23-25 Pre-show 7:00 p.m.
- 24.** Cousins Day, Drive-Thru Day, Tell An Old Joke Day
- 25.** Cow Appreciation Day
- Bristol Motor Speedway.** Thompson Metal Monster Truck Madness
- Abingdon, VA** Highlands Festival July 25- 9
- Sycamore Shoals** Workshop: Primitive Pottery I - Handbuilding 10 a - 4 p. Cost: \$40 (includes supplies)
- 26.** One Voice, Parents' Day
- Sycamore Shoals** Sunday Jam at the Carter Mansion 2 p.m. - 5 p.m
- 27.** Take Your Houseplant For A Walk Day, Walk on Stilts Day
- Hands On!** 10:00 - 3rd Annual Summer Golf Classic at the **Johnson City** Country Club
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am, Family Storytimes 6:30 pm
- 28.** Milk Chocolate Day
- JCPL** Teens Summer Reading Finale* 6pm
- 29. Hands On!** 11:00-2:00 - Annual Wacky Sports Day at Carver Park
- JCPL.** Two's Company (age 2)10am, Preschool Storytimes (age 3-5) 11am
- 30.** Cheesecake Day, Father-In-Law Day
- JCPL** Awards Day Celebrate our Creative Summer Readers!!!
- 31.** System Administrator Appreciation Day
- The Annual Downtown Bristol concert series 7:00pm on the Downtown Center stage FREE

Last month's HARD answer

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

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

Crpto elue : p = m



Red, White And Blue

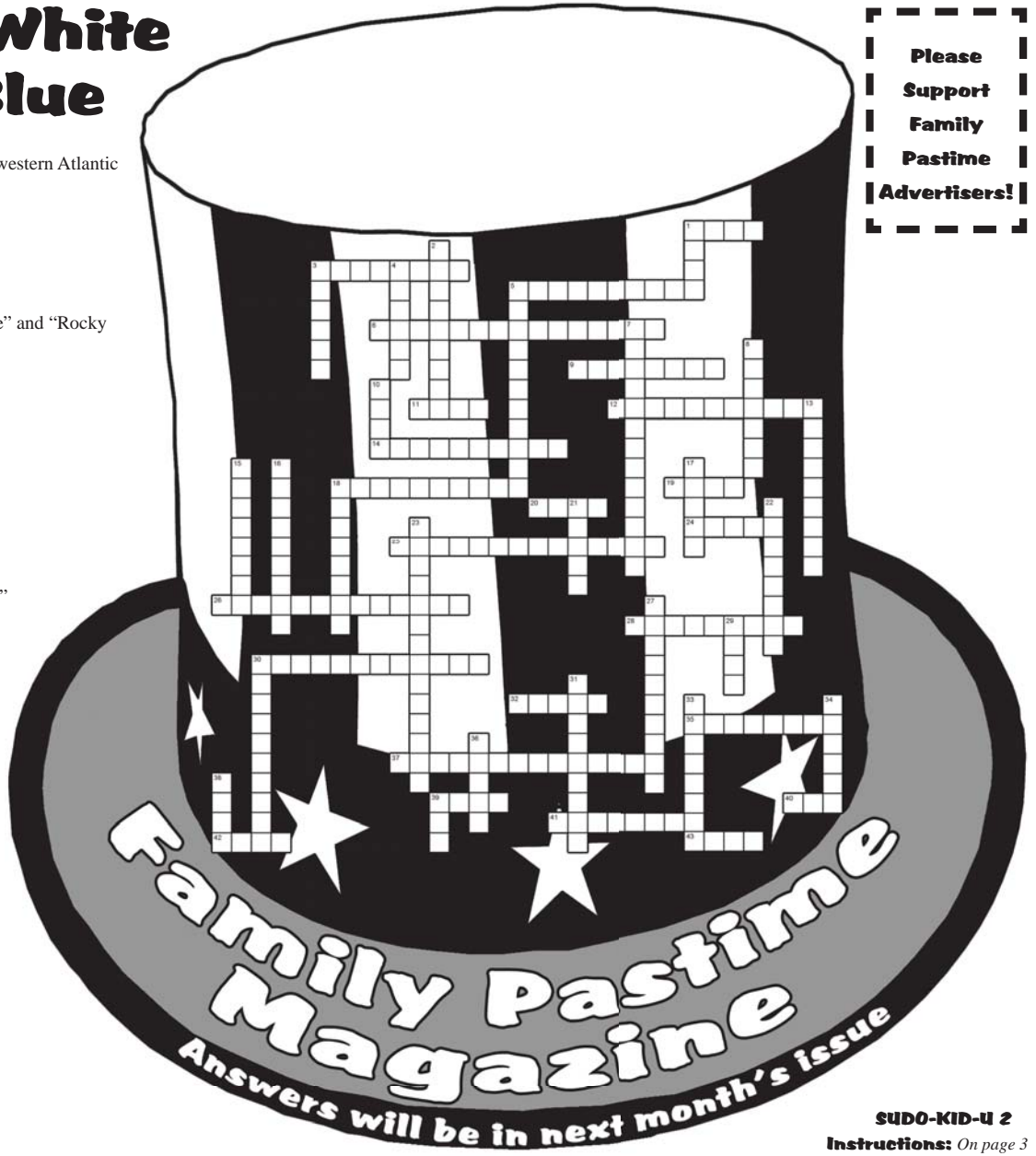
Across

- 1. What you did to a book.
- 3. A crustacean found in the waters of the western Atlantic Ocean.
- 5. The president lives here.
- 6. Jaws
- 9. Fred Sanford
- 11. Pure as the driven ____
- 12. White part of a s'more.
- 14. "Back in the U.S.S.R.," "Dear Prudence" and "Rocky Raccoon" are on this.
- 18. First place.
- 19. Dark blue
- 20. July Birthstone
- 24. Canines
- 25. Covers a Zero bar
- 26. White beans.
- 28. Second Place
- 30. The Bride wears this.
- 32. American as ____ pie
- 35. Not the yolk
- 37. "Red skies at night, _____."
- 39. Not the ugly duckling.
- 40. The female is a vixen.
- 41. American Music Genre.
- 42. Red flower
- 43. Cease movement.

Down

- 1. "Like white on ____."
- 2. White flower
- 3. If you messed up.
- 4. George Washington chopped down this kind of tree
- 5. Third place
- 7. A social organization founded in 1998 for women over age 50.
- 8. Blue flower (according to the poem)
- 10. Done to birthday candles
- 13. Doctors wear it.
- 15. "_____, _____ send Johnny right over"
- 16. Red and Green holiday.
- 17. Big Blur Marble.
- 18. Not very often
- 21. Life fluid
- 22. Chicago baseball team
- 23. "I'm dreaming of a _____."
- 27. Sue Ann Nivens
- 29. Cheese
- 30. Missile range in New Mexico.
- 31. This is on for extra savings.
- 33. Helps prepare communities for emergencies and keep people safe every day.
- 34. Boston baseball team
- 36. November birthstone.
- 38. White tailed
- 39. How I feel when I have the blues

| - - - |
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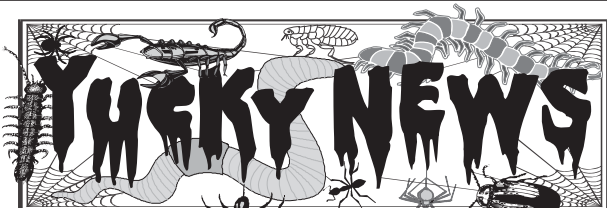
? Why did the British cross the Atlantic?
 To get to the other tide!
 ? What did King George III think of the American colonists?
 He thought they were revolting!

SUDO-KID-U 2
 Instructions: On page 3

SUDO-KID-U 01 Last month's Answer

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

		3	
3			1
1			
			2



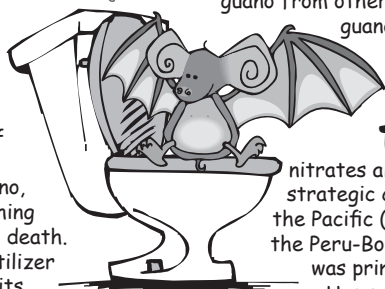
Guano --That's Poop To You And Me

By I.M. Yukee

The word "guano" originates from the Quichua language of the Inca civilization and means "the droppings of sea birds" (feces and urine). Incas collected guano from the coast of Peru for use as soil enricher. The Incas assigned great value to guano, restricting access to it and punishing any disturbance to the birds with death. Guano manure is an effective fertilizer and gunpowder ingredient due to its high levels of phosphorus and nitrogen and also its lack of odor. Rumor also has it that Bat guano is used in makeup. We will look at that in a minute. Guano consists of ammonia, along with uric, phosphoric, oxalic, and carbonic acids, as well as some earth salts and impurities. Guano also has a high concentration of nitrates.

Currently vast volumes of phosphorus are needed to produce fertilizer, as it is an essential plant macronutrient (A nutrient required in large amounts for the normal growth and development of an organism). Guano is rich in phosphorus and is an effective phosphorus fertilizer.

Guano has been harvested over several centuries along the coast of Peru, where islands and rocky shores have been sheltered from humans and



predators. The Guanay Cormorant has historically been the most important producer of guano; its guano is richer in nitrogen than guano from other seabirds. Other important guano producing species off the coast of Peru are the Peruvian Pelican and the Peruvian Booby.

The high concentration of nitrates also made guano an important strategic commodity. The War of the Pacific (1879 to 1883) between the Peru-Bolivia alliance and Chile was primarily based upon Bolivia's attempt to tax Chilean guano harvesters and over control of a part of the Atacama desert. The discovery during the 1840s of the use of guano as a fertilizer and saltpeter as a key ingredient in explosives made the area strategically valuable. So much so that the US passed the Guano Islands Act in 1856 giving citizens discovering a source of guano the right to take possession of unclaimed land and entitlement to exclusive rights to the deposits. So, in other words if you found an uninhabited island full of bat poop you could claim it for your own. The only stipulation being that the guano could only be removed for use by United States citizens. Apparently the act has not been rescinded so you can still look for your own poop island.

By the end of the 19th Century, the importance of guano declined with the rise of artificial fertilizer, although guano is still used by organic gardeners and farmers.

Hard to believe but poop has been responsible for many major events in world history, including Civil War naval clashes, the 1879 war between Chile and Bolivia, in the 1950s, long after the guano boom was over, one company built a mile and a half long tramway across the Grand Canyon to extract centuries' worth of bat droppings from a cave. Even in the space age, bat guano was important enough as a rocket propellant that NASA made a special requisition for it during the Mercury and Gemini programs.

So what other uses are there for guano? Rumor has it that bat guano is used in the production of makeup. Apparently that rumor is...true...YUCK! Well sort of. Bat poop itself is not used in the makeup but many brands allegedly use a bat guano derivative called guanine. It helps provide a certain pearly shine to nail polish, shampoo, eye shadow, and mascara. So while they don't actually use guano, they do derive guanine from it. Apparently instead of using the actual bat poop derived guanine, many companies are now producing it synthetically. So because of Bat and bird poop you can own your own island and look really good while doing it and if you aren't happy there you can climb in your poop powered rocket and launch yourself to a new location. **FPT**

Easy, Inexpensive Tips And Tricks To Remove Odors

(NAPS)—Here's a breath of fresh air: Although more than 78 percent of Americans say such household odors as food, pet messes and mildew can be hard to eliminate, you can combat the problem without disrupting a normal cleaning routine. Here's how:

- Vanilla for burnt food—If the odor is from the microwave (e.g., popcorn gone awry), place a bowl of water with a tablespoon of vanilla in the microwave and boil the water. Let it sit there for an hour. If the whole room is affected, boil the vanilla mix on the stove.
- Dishwasher and microwave for sponges—To clean smelly sponges, put them in with a normal cycle of dishes with a dryer cycle. After they are done, wring out each sponge and place in the microwave for 30 seconds on high to kill lurking bacteria.
- Baking soda—packed vacuum accessories—Use the odor-eliminating power of baking soda to quickly and easily remove most household smells. To help, ARM & HAMMER has a line of vacuum cleaner accessories

with more than 100 styles made to fit nearly all brands and models of vacuums. These vacuum bags and filters eliminate odors caused by the mold, bacteria and fungi that can be produced by stinky foods, musty closets, diaper pails, garbage cans, carpets, upholstery and even pets. The resulting air, free of odors, is released back into the home.

- Fresh-Ins for carpets—You can freshen a room's carpet with just one small packet of ARM & HAMMER Pet Fresh Fresh-Ins added to the vacuum's bag or dust cup. The crystals inside eliminate odors, leaving a fresh, clean scent.
- Charcoal for bathrooms—Like baking soda, charcoal also has odor-eliminating capabilities. Instead of masking the odor, charcoal absorbs excess moisture and smells. Place charcoal into plastic containers and poke holes on the top. When cleaning the bathroom, tuck the containers into spots where they can't readily be seen.

ARM & HAMMER vacuum bags and filters, as well

as Fresh-Ins, are sold exclusively at WalMart stores and walmart.com. For more information, visit www.armhammervac.com. **FPT**

Easy Answer From last month

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



By Family Pastime Staff

Did you know you can use coffee filters for something besides making coffee? Coffee filters are extremely inexpensive and they can be used in more ways than simply brewing coffee. These paper filters can be used in many of the same ways as paper towels and because they are lint free some uses are better than paper towels.

- Cover a bowl of food with a coffee filter to prevent splattering when cooking in the microwave.
- Coffee filters are lint-free so they are great for cleaning mirrors, windows, TV screen, eye glasses and computer monitors.
- Place one in your stored cast iron cookware to absorb moisture and prevent rust.
- Place a coffee filter over the drain hole in the bottom of a planter so the soil won't leak out.
- Coffee filters can keep your fingers clean if you serve a messy hot dog, taco or popcorn in them.
- Put baking soda into a coffee filter and insert into shoes or a closet to absorb or prevent odors.
- Separate your good dishes by putting a coffee filter between each dish to protect them.
- Apply shoe polish. Ball up a lint-free coffee filter.
- Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
- Place chopped ingredients in a coffee filter on a kitchen scale.
- Prevent a Popsicle from dripping. Poke one

- or two holes as needed in a coffee filter.
- Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc on them to soak up the grease.
- Keep in the bathroom. They make great "razor nick fixers."
- Strain soup stock
- Use them to tie fresh herbs in to put in soups and stews
- They tie up really well as scent sachets for the linen closet or dresser drawers
- They're great to polish wood furniture and buff shoes
- Use them to wrap Christmas ornaments for storage
- Make homemade cleaning wipes. Mix 2 cups of water to 1 cup of cleaning solution and store them in a leftover plastic coffee container
- Use them to sprout seeds. I simply dampen the coffee filter, place seeds inside, fold it and place it into a plastic baggie until they sprout
- Use them as blotting paper for pressed flowers. Place the flowers between two coffee filters and put the coffee filter in a phone book **FPT**

Tips for Fantastic Summer Road Trips

By: Trisha Hessinger

(NewsUSA) - The summer road trip is an American tradition. Each year, families across the country pack up their belongings and brave the roads to visit relatives, explore national parks and snap family photos at popular tourist destinations. Before departing on this year's family road trip, make sure that your vehicle is in proper working order by following a few important maintenance tips:

In order to avoid costly repairs, Firestone Complete Auto Care recommends having an ASE-Certified technician perform a complete vehicle inspection as well as an air conditioning check

on your vehicle at least once per year, and before you depart for a road trip. This service will help identify any potential issues and can help save you money and frustration in the long run.

Before getting on the road this summer, it's important to check your vehicle's fluid levels, lights and windshield wipers. Check the engine oil, brake fluid, windshield washer and coolant levels when the engine is cold. Once your vehicle is warmed up, check the levels of your transmission fluid and power steering fluid. If any fluid is low, consult your owner's manual for instructions on how to properly add fluids to your

vehicle. In addition, make sure to check your lights and windshield wipers. Windshield wipers should be replaced at the first signs of trouble, like streaking or noisy operation, in order to provide the best visibility while on the road.



One of the most important, and most overlooked, components of vehicle safety are the tires. Make sure to check your tire pressure on all of your tires, including the spare, with a tire gauge at least once per month, when the tires are cold or have been driven less than three miles. The recommended tire inflation pressure for your vehicle can be found on the driver's side door jamb, fuel

filler lid or glove box or in the owner's manual. In addition to checking your tire-inflation pressure, have an ASE-certified technician inspect your tread depth and tire condition regularly.

Making sure your vehicle is in tip top shape before leaving for a road trip not only will offer peace of mind, it can help you avoid an unnecessary detour to an auto repair shop. **FPT**

Trisha Hessinger is a former racecar driver and nationally recognized automotive education specialist for Firestone Complete Auto Care.

One year, Johnny's family was having an "extended family" 4th of July cookout at their home. One of the special treats that year was the lighting of the fireworks (Roman candles, bottle rockets, missile batteries, etc.) that they had bought out of state (they're illegal in Johnny's home state).

Just before they were to arrive, a cousin called, saying their neighbor's plans had just fallen through, and could they bring them along to the picnic—they even had extra food to bring. "Sure, the more the merrier!"

Upon arrival and meeting of their cousin's neighbor, it is discovered that he's a police officer. The father turns as innocently as he can to Johnny, and whispers to him to grab the paper bag of fireworks sitting in the kitchen and hide them somewhere quickly. Johnny disappears, and the father changes the topic to food for the day. This family had brought some chicken to grill, so the father tells them the gas grill is all set to use out back - just turn on the gas and push the ignition button with the lid still closed.

They headed out to the back as Johnny returned through the front door. The father hurried to him and said, "Whew, that was close! That man's a police officer, and he almost saw the fireworks. Did you hide them real well?"

"Oh, yeah, nobody will ever think to look in the grill!"



DOUBLE TAKE

Find at least 24 differences in the two pictures (answers are on the bottom...no peeking!!!)



Banner, Plane stars, Skateboard wheels, Pants stars, Hot Dog, Ketchup, Bow, Dog Tongue, Flag, Skirt, T-shirt, Sun Glasses, Uncle Sam Beard, Hamburger, Unicycle, Apron Star, Rocket, Match, Sleeve, Rocket moved, Hat, Hole in Tree, Star, Star, Boy's hair, Boy's hat, Pilot glove, Dog ear, Dog eye, Finger, Fuse, Nose, Bird Flag, Fork, Man & Woman, Girl

Contest Seeks Pint-Size Role Models



When it comes to America's young people, it's anything but the same old story. Children as young as 6 and older are part of a nationwide trend toward doing more for others, helping out in a variety of ways and working to make their neighborhoods and communities into better places.

Through an inspiring new contest, grown-ups can nominate outstanding children.

Children who have helped a friend or classmate who is less fortunate or shown bravery in a tough situation. Ten kids between the ages of 6 and 13, will win a \$1,000 U.S. Savings Bond and coupons for enough Nestlé Drumstick® Lil' Drums™ Sundae Cones for a party of 50 pals.

"Children can accomplish amazing things," says John Harrison, official ice cream taster for the Nestlé Drumstick brand. "We are delighted to recognize their heroic efforts and reward young heroes for making a positive difference

in their communities. Entries will be judged on the child's accomplishments, as well as the originality and creativity used to achieve their goals."

Among the accomplishments of previous contest winners are:

- Maintaining a positive attitude and filling other people's days with smiles, despite awaiting a bone marrow transplant as treatment of a rare blood disease;
- Children of military personnel who pull double duty to help keep their households running—and keep their mothers from getting lonely—while their fathers are off on various deployments;
- Raising funds and training for a race to help people in Ethiopia with lifesaving surgeries; and
- Organizing blanket drives for a local orphanage, collecting cans for recycling, donating to the poor and sponsoring Military Appreciation nights with their scout troops.

Entry forms are available at www.drumstick.com. Submit your story (150 to 500 words), along with the completed entry form, describing why the child deserves to be a Nestlé Drumstick Lil' Drums Lil' Hero. Adults over the age of 18 may nominate children between 6 and 13 years of age who are residents of the United States. Official contest rules are available online. All entries must be received by August 15, 2009 to be considered.

FPT



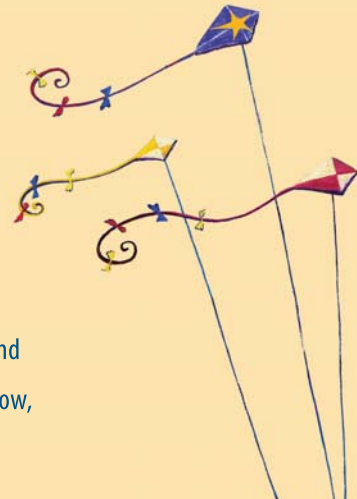
SUDOKU HARD

Instructions: On page 3

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