



THE magazine for the **WHOLE** family

Volume 5 Issue 12

**HAPPY BIRTHDAY,
AMERICA!**



**Take Two
And Give
One To A
Friend**

**Sci-fi Writing Contest
WIN
CASH &
PRIZES
See page 3**

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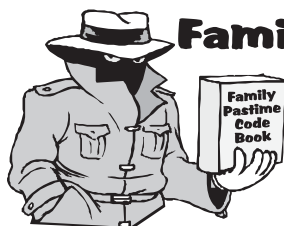
WEEKLY OBSERVANCES

- Unassisted Home birth Week: 1-7
- Freedom Week: 4-10
- Be Nice To New Jersey Week: 4-10
- Chicken Wing Week: 10-12
- Sports Cliché Week: 11-17
- Farriers Week: 11-17
- Parenting Gifted Children Week: 12-18
- Rabbit Week: 15-21
- Ventriloquism Week: 16-19
- Restless Leg Syndrome (RLS) Education & Awareness Week: 18-25
- Captive Nations Week: 18-24
- Independent Retailers Week: 18-24



MONTHLY OBSERVANCES

- Air-Conditioning Appreciation Days (7/3 to 8/15)
- Bereaved Parents Month
- Blueberries Month
- Cell Phone Courtesy Month
- Dog Days (7/3 to 8/11)
- Family Reunion Month
- Family Golf Month
- Freedom From Fear of Speaking Month
- Herbal/Prescription Awareness Month
- Blondie and Deborah Harry Month
- Group B Strep Awareness Month
- Black Family 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 Your Lover Month
- Wheelchair Beautification Month
- Sandwich Generation Month
- Smart Irrigation Month
- Social Wellness Month
- Tour de France Month (3-25)
- Women's Motorcycle Month



Family Crypto-Time-Last Month's Answer

"It is much easier to become a father than to be one."
 ~ Kent Nerbur

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
 Cipher: OXKVVRELNZBACHIJFFPYGWTMQSU

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.

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

Last Month's Medium answer

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

SUDO-KID-U 1

		4	
	3		
		1	
			2

sudo-kid-u 01

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

Last month's Answers

SUDO-KID-U 02

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

Home Cure



TEETH WHITENING

Teeth tend to lose their “whiteness” with coffee, tea, soda, antibiotics, and normal aging. The mineral fluoride is also responsible for yellowing of teeth. Teeth whitening has become very popular.



- Mix baking soda and hydrogen peroxide to form toothpaste. Brush the teeth regularly with this paste. It will remove stains in a month.
- Use bicarbonate of soda (baking soda) 5 minutes before brushing teeth with normal toothpaste.
- Rub walnut tree bark on teeth.
- Rub teeth daily with strawberries.
- Rub teeth daily with the inside of orange peels.
- Brush teeth nightly with apple cider vinegar.
- Brush teeth with hard wood.
- Spread a paste made from toothpaste and baking soda on aluminum foil and cover the teeth with the foil. Leave it for an hour and brush the teeth afterwards. Repeat this twice a week.
- Gargling the teeth with a cup of water and half a teaspoonful of rock salt at night.
- Use an eye makeup remover pad with extra virgin olive oil on it to rub your teeth 5-10 minutes. Then brush your teeth with regular toothpaste.
- Crush 1 ripe strawberry to a pulp then mix with 1/2 teaspoon baking soda until blended. Use a soft toothbrush to spread the mixture onto your teeth. Leave on for 5 minutes, then brush thoroughly with toothpaste
- At least once a week brush your teeth with a little bit of charcoal powder, and keep on brushing and rinsing until all the black is gone, and for the rest of the week just brush with water.
- Make a paste with 2 teaspoons baking soda and 3 teaspoons of peroxide. Brush with it and then let it sit on teeth for two minutes then rinse.

After this pour some apple cider vinegar into a spoon, dip toothbrush in it and brush. Continue to dip the toothbrush back in the vinegar often.

- Rinsing daily for 5 minutes with coconut oil works wonders after a few weeks.
- Pour extra virgin olive oil on a white towel, rub teeth really good front and back. Brush normally rinse, then get 100 percent apple vinegar pour on to toothbrush, brush good. Re-brush with toothpaste.
- Mix a little fish oil and butter, add a dash of salt and brush regularly.
- A teaspoon of apple cider vinegar mixed with a glass of water becomes an easy and effective mouthwash for teeth and gums. The mixture is weak enough to keep tooth enamel intact, yet strong enough to remove tartar deposits that build up between dentist visits. Used daily, the mixture has the capability of reducing deposits and safely whitening your teeth dramatically.
- Burn a piece of toast, scrape off the black layer of the toast, mix it with your toothpaste. Use this method every night before bed.
- Eating lots of apples especially after a meal really helped whiten my teeth
- Rub mustard oil and salt.
- Make a paste by grinding dried bay leaves and dried orange peels and adding a little water. Use as a teeth whiteners.

WIN CASH & PRIZES! Sci-fi Writing Contest

(NAPS)—If you’ve ever thought about becoming an author or professional illustrator, a new contest could be good news for you.

More than 600 novels have been published by the winners and over \$30,000 in prizes awarded annually through the Writers of the Future contest. The most successful contest for aspiring writers to have a chance for their creative efforts to be seen and acknowledged, it has the highest success rate in launching careers of any writing competition.

The contest was started by L. Ron Hubbard, himself one of the most successful writers of the Golden Age, and other famous science fiction authors have praised it.

PRIZES

Winners receive trophies and cash prizes. They also get to attend a weeklong workshop taught by contest judges—including New York Times best-selling authors Kevin J. Anderson (“Dune” series) and Sean Williams (“The Resurrected Man”) and internationally acclaimed artist Stephen Hickman, each one an experienced professional in the field—providing sound advice based on hard-won experience.

About Writing

As for how to write the story, here’s some advice that Hubbard himself gave an interviewer at the time of the first contest:

“There are some activities that are simply so much fun that one can’t give them up. Writing is that for me. I love every opportunity to write.

“Many young writers are told to write in order to learn how to write. That is good advice. I used to find any excuse to write because I loved to do it. If I didn’t have a typewriter, I wrote in longhand.

“I chose science fiction because there is great versatility in this genre. A writer must pick his medium as carefully as a painter must pick his brush and colors.”

According to Joni Labaqui, contest director, there are no entry fees. All the judges see is a number assigned to a submission.

Where To Learn More

To enjoy fine sci-fi and to get an idea of the type of work that wins, you can read previous collections, available online and at bookstores. For more information, go to www.writersofthefuture.com or call (323) 466-3310.

For contest rules visit: <http://www.writersofthefuture.com/rules.htm> **FPT**

“Home Cures” information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Family Pastime Magazine, Family Media Group LLC, the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Send a “Home Cure” that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

THERE'S NO PLACE LIKE HOME SCHOOL

Summer Organization For Homeschool Families

By: Lisa Baughn

waste time? One of the largest areas we do this is the computer (as I type in full conviction of the amount of time I spend too!)

Then evaluate activities, which can be a huge area where families struggle. Do you need to be doing everything you are doing? We say "Yes" to things that sound good at the moment, but often managing all of those activities is a huge strain. Winnowing out the best activities can be difficult, but it is worthwhile. We have had times where we do everything, and times where we let each child choose one thing.

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

homeschooling parents.

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

Organization Tips

Keep the main rooms clean in the house. The living room, dining room, kitchen and entry, try to keep them walk in ready.

Put all books and projects away as you go through each subject during the day.

Clutter must go! We waste the most time pulling clutter from one room to the next. Refine it, and get

rid of it.

It is a process to declutter, go thru rooms one at a time

Each night, before bed, de-clutter "5 minute room rescue" having the children put everything away that they can.

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

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

Resources:

Try www.Flylady.net for some great organizing tips.

For help with meal planning try www.SavingDinner.com

To save time, money and effort while going green, www.ThePrudentWife.com with tons of recipes, ideas on making your own cleansers and videos that show you how to make restaurant meals at home (this is my site!)

Managers of Their Homes system at www.Titus2.com

Free calendar at www.Cozi.com

The Old Schoolhouse Magazine's Schoolhouse Planner at www.theoldschoolhousestore.com

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

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style. e-mail your comments, suggestions or questions to: homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com).

Each summer, we promise ourselves we will get more organized. As summer rushes on, we spend our days enjoying summer fruit, walks in the mountains, canning, gardening, vacations...and suddenly it is time to start all over again with a new school year!

We all crave better organizational skills, and this is magnified when we educate our children at home. Suddenly, running a private school is added to running a home, cooking, cleaning, extracurricular activities and everything else you do.

Let's break it down into some practical, bite sized chunks, with a smattering of fabulous tips for getting your home, kitchen, school, grades, activities and life in better order. No, you won't be organized in a day, but you will be challenged and equipped, whether you are a beginner or super organized!

Start with an honest evaluation.

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

Next evaluate time. Are you using time wisely? Are your children using time wisely? Do you have time leaks in your day? Do you waste time? Do your children



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.



B HVBJ OBQHDGQ DW QNV AVJJGI ING YVQW
B OBHSDKY QDESVO BKF HVMGDEVW QNBQ
QNV WXWQVU TGHSW. ~ Bill Vaughan

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

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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.** Canada Day, Second Half of The Year Day, U.S. Postage Stamp Day, Zip Code Day
- 2.** I Forgot Day, Chicken Wing Day
HANDS ON! Create your own liquid fireworks
- 3.** Compliment Your Mirror Day, Stay Out Of The Sun Day
HANDS ON! Create your own liquid fireworks
- 4. INDEPENDENCE DAY**, Indivisible Day, Drive Your Studebaker Day
Beek Mountain Corn Maze 4th of July celebration
ABINGDON- "4th Celebration" Coomes Recreation Center, Pool opens 10 a.m.; food vendors and music starts 2 p.m.; The Return, a Beatles tribute band, at 8:15 p.m.; kids games, 4-8:30 p.m.; fireworks, 9:45 p.m. (276) 623-5279.
"Patriotic Ceremony" Historic Sinking Spring Cemetery, Remembering Our Veterans, 10:30 a.m.
BLOUNTVILLE "Ruritan Parade" 2 p.m. lineup on Keystone Drive between 1:15-1:45 p.m. Blountville Ruritan members available to assist and will hand out entry forms for floats. First through third place prizes awarded for non-political floats. Parade will end at courthouse. Jere Houser, (423) 323-8240 or Charles Long (423) 323-5392.
ELIZABETHTON Parade 1pm (events begin earlier in the morning downtown on Elk Avenue)
JOHNSON CITY 23rd Annual Pepsi Independence Day Celebration" Freedom Hall grounds, 1320 Pactolas Road (423) 461-4884 or www.pepsi-fireworks.com
JONESBOROUGH Days July 4-6, "Farmin' on the Fourth" held throughout historic district to honor agricultural heritage. Visit villages from different periods in time, see traditional handmade crafts, concerts, old-time children's and adult activities and more. July 4 parade at 10 a.m.; July 5, fireworks at 10 p.m. (423) 753-1010.
KINGSPORT "55th Annual Mack Riddle American Legion 4th of July Parade" The celebration will move down Center Street beginning at 10 a.m. DKA Kids Zone with inflatables, dance to music, games and train ride, 5-8 p.m. New addition is rock climbing wall; Concert with Full Circle, 6 p.m. and Southern Culture on the Skids, 8 p.m. Food, drinks will be available; Art exhibit honoring those who have fought for country by James B. Phillips III, 4-7 p.m.; Fireworks from atop Domtar's Cement Hill, 9:45 p.m. (423) 246-6550 or <http://www.downtownkingsport.org>.
FALL BRANCH, "Lamplight Theater" 2 and 7 p.m. Dinner theater performances of United We Stand, a patriotic tribute featuring music and dance. Reservations: (423) 348-7610 or www.lamplighttheatre.com.
- 5.**
- 6.** Take Your Webmaster to Lunch Day
JCPL CATCH A WAVE* 3:30 pm (grade 1-5) UNDER THE SEA with Diane Nelson
- 7.** Chocolate Day, Father-Daughter Take A Walk Together Day, Tell The Truth Day

- JCPL Two's Company** @ 10:00 am (age 2), Preschool Storytimes @ 11:00 am (age 3-5)
- 8. JCPL** Special Summer Reading Program BARRY MITCHELL - A Magical Splash 10:30 am and 3:30 pm
- 9. Kingsport Seniorfest** at **Funfest** 4-9:30 Seniors got talent finale 423-392-8400
- 10.** Don't Step On A Bee Day, Hop A Park Day, Teddy Bears' Picnic Day
- JCPL** Bilingual Storytime (Spn/Eng) 2 pm, TEEN BOOK CLUB* Information Meeting 11 am
- 11.** World Population Day
- 12.** Town Criers Day
- JCPL Two's Company** 10 am (age 2), Preschool Storytimes 11 am (age 3-5), Family Storytime 6:30 pm, Teen mystery night* - "Trouble On Board" 1 pm
- 13.** Embrace Your Geekness Day, Gruntled Workers Day
JCPL Teen mystery night* - "Trouble On Board" 6 pm
- 14. JCPL Two's Company** 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 15.** Gummi Worm Day, Saint Swithin's Day, Get to Know Your Customers Day
JCPL Special Summer Reading Program 10:30 am and 3:30 pm Steven James - Oceans of Stories
- 16.** Hot Dog Night
- 17.** Wrong Way Corrigan Day, Yellow Pig Day, Cow Appreciation Day, Hot Dog Day
JCPL CELEBRATE the JOHNSON CITY PUBLIC LIBRARY'S 115th BIRTHDAY - 12-4 pm
- 18.** Ice Cream Day
- 19.** Hug Your Kid Day, Get Out of the Doghouse Day
HANDS ON just for kids at **FunFest** in Kingsport 10:00 & 11:00; Wind Tubes, Ages 5-10
HANDS ON! celebrate famous painter Edgar Degas birthday. Create artwork of his favorite things. Fly Me to the Moon Celebrate the anniversary of the 1st man landing on the moon and Space Week.
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5), Family Storytime @ 6:30 pm
- 20.** Lollipop Day
HANDS ON just for kids at **FunFest** 10:00 & 11:00, 12:00: Amazing Air Pressure, Ages 5-11, Pirate Science, 1:00 & 2:00: Ages 8-12
JCPL CATCH A WAVE 3:30 pm (grade 1-5) BOAT RACING*
- 21. HANDS ON** just for kids at **FunFest** 10:00 & 11:00: BioFuels Investigation, Ages 11-14 Can You Hear Me Now?, 12:00 & 1:00, 2:00: Ages 5-10
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 22.** Penuche Fudge Day, Rat-catchers Day, Spoons (Spooonerism) Day
JCPL Special Summer Reading Program 10:30 am and 3:30 pm ROGER DAY - Musical Drops for Young and Old

- 23.** Gorgeous Grandma Day, Hot Enough For Ya Day
- 24.** Cousins Day, Drive-Thru Day, Tell An Old Joke Day, Day of the Cowboy
- 25.** Parents' Day, Thread The Needle Day
- 26.** One Voice
Hands On! Summer Golf Classic at the Johnson City Country Club* 10:00 (423) 434-4263
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5), Family Storytime @ 6:30 pm
- 27.** Korean War Veterans Armistice Day, Take Your Houseplant For A Walk Day, Walk on Stilts Day
JCPL Teen summer reading finale 6 pm
- 28.** Milk Chocolate Day
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 29.** Lasagna Day, Chili Dog Day, Rain Day
JCPL "make a splash: read" celebration. Ocean in motion travelling aquarium - open to everyone, skit in meeting room @ 10:30, parking lot exhibit 11:30 am - 3:30 pm awards day party for summer reading goals, jonesborough novelty band 11:30 am - 3:30 p.m., CiCi's pizza, magic - games - crafts
- 30.** Cheesecake Day, Father-In-Law Day, Talk in An Elevator Day
- 31.**

*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **crypto clue: J=L**

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Family Pastime Readers Help Needed

By Lisa Baughn

On a warm, sunny, early Spring day, in March of 2009, we were rear ended sitting at a red light, at the bottom of a hill. That impact forever changed our lives.

Family Pastime readers may know our family, since I have had the honor of writing "There's No Place Like Home School" column for the past 4 years. You have been a part of our families educational journey the entire time!

When we were hit, our daughter Emily was a teenage girl, excelling in 9th grade, a freshman taking college prep classes with a goal of being a veterinarian.

After the accident, she was not able to read for 7 months. Fifteen months later, words on a page, pictures, people, all of life remains a literal blur and the specialists are beginning to utter the word brain injury.

We have exhausted what our area has to offer medically. Emily went to the emergency room after the accident, had a CT Scan, 3 MRIs of the brain, 3 complete eye exams, she has seen an occupation therapist and vision therapist, chiropractor, not to mention MDs and neurologists and a PhD. No one has been able to figure out WHY her life is a blur, let alone how to restore her vision.

Since Emily has symptoms indicative of both head trauma and brain tumor, with evidence of both, she needs a SPECT scan and a thorough evaluation by the brain specialists at the Amen Clinic in Reston, VA. Their sophisticated SPECT scan will show blood flow patterns in the brain, which will offer clues we need to get to the bottom of this. Their goal is to find out what is happening, and offer a comprehensive treatment plan to help Emily get her life back! While the SPECT scan is important, what we really need is a thorough game plan to help her navigate what may be the rest of her life.

This is what the Amen Clinic offers, that make them unique and our #1 choice and this is what fuels our desire to take her there. They do not bill insurance, and we have to raise traveling expenses for the 3 day outpatient visit as well.

So, we are raising the funds, to send her there! There is so much to our story, we invite you to read it at www.

TheGreatBrainSaga.com There are 1.4 million traumatic brain injuries a year, and many of these people wait years to figure out what happened. We are trying to pull together a rich website, with our story, filled with resources to help other families overcome this enormous situation, and move forward.



Emily Baughn

Family Pastime readers, you can help Emily see the specialist she needs, to get a plan to go forward. You can be a vital part of her recovery, and help her finish high school, with the ability to see. All we need is for each person reading this to donate \$10 (or more, as the Lord leads) and Emily will be able to get the help she needs. If you could just skip two Starbucks drinks, a couple of Happy Meals, a movie ticket and popcorn, or a roll of quarters, this would be an incredible help.

Our goal is to raise enough money to send Emily to the Amen Clinic by the end of July. You can donate online through PayPal at www.TheGreatBrainSaga.com or take a donation into any First Tennessee bank for the Emily Baughn Medical Fund!

We are so thankful for our community supporting this incredible teenage girl, and would appreciate you being part of her story! Thank you for prayerfully considering this! **FPT**

Sudoku last month's Really Hard answer

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

Fireworks Can Cause Hearing Loss In Children

By: Julie Preble

As the Fourth of July approaches, parents should remember that fireworks could cause permanent hearing loss in children, says a Purdue expert. "One large acoustic event – when it is very loud at one time – can cause hearing loss," says Jennifer Simpson, clinical assistant professor in the Department of Speech, Language and Hearing Sciences and director of the Audiology Clinic.

Having children wear earplugs during a fireworks show can help reduce the risk of hearing loss, Simpson says. She also added that dampening the sound could make a fireworks show less frightening to children.

Noise-induced hearing loss also can be caused by extended noise exposure and is typically permanent. Concerts, power tools, guns and fireworks are a few of the noises that can cause hearing loss.

Everyone is susceptible to noise-induced hearing loss, but children seem to be around noise now more so than adults, Simpson says. "Monitor your children's volume on any kind of MP3 player device, and make sure that it isn't too loud," she says. "The longer you wear something that's loud, the more damage it can cause. So you want to turn down the volume and shorten the time you listen to music."

Another common way children can lose hearing is due to ear infections. However, this hearing loss is usually temporary, she says. According to the National Institute on Deafness and Other Communication Disorders, ear infections are the most common illnesses in babies and young children, with three out of four children experiencing an ear infection by the time they are 3 years old.

If a child does have an ear infection, it's important to take them to your primary care provider for treatment. Once the infection is gone and there is no more fluid in the ear, the child's hearing should return to normal, Simpson says.

For more information about noise-induced hearing loss, visit <http://www.nidcd.nih.gov/health/hearing/noise.asp> **FPT**

FATHER KNOWS BEST

By Chris Joker

Relaxing Beach Trip?

On a recent family+ trip to the beach I left Johnson City with me and something like 15 to 20 kids. Six hours later I arrived at Myrtle Beach with me and 3 kids. Before you call child protective services on me let me explain. 3-way calling. Well 15-20-way calling, really. After we picked up my daughter's friend Kristin, I discovered all the kids were on the phone....with each other and about 15-20 other kids at various locations throughout the Tri-Cities and quite possible the world, for all I knew. I don't even really understand how they did it. I mean to avoid incredible cell phone bills I had each phone limited to a 3 way calling situation. My daughter tried to explain how they managed to circumvent my attempt to limit the conference call situation with an intricate presentation consisting of charts, graphs and a very impressive interpretive dance number. Somehow if one kid calls two kids and then they call two kids, who call two kids, yadda, yadda, and then the last two kids call back the first two kids, you could literally get the whole world on one huge conference call. Maybe this could be a way to world peace. Wait, on second thought, I'm sure this whole "everyone in the world conference call" would somehow show up on my bill and since my "circle of friends" is limited to 3....we may get world peace at first but when my bill showed up...buddy, I would call EACH and EVERY person in the world back and give them what-for, hence single-handedly again ending world peace and stupidly doubling my already exorbitant bill..


Back to the beach trip, so the kids chatted away with each other and half the kids in Johnson City for about half an hour then it died off. About a half an hour later it picked back up. They were STILL on the phone. I don't even understand that. It was like the kids on the other end of the phone were just hanging out, on the phone waiting until someone decided to start talking again. Do you remember, back in the day, when we went on a long car trip and the only thing we had to do was "eye spy with my little eye..." that and the beat up on my little brother/sister game? Ah the good old days. Apparently our own names would not do for the trip so the kids decided that we needed "Car names". I was Tractor Joe, my son was

John Deere (makes sense), my daughter was Moonbeam and Kristin was Starflower. The game was you couldn't answer until the person addressing you used your proper "car name" not a big problem until we then had to add "Beach names", "Restaurant names", "Shopping Names", Mini-golf names, etc. By the end of the week we all had so many different names, I couldn't keep them straight. It got to the point that if someone didn't answer to the name I was using I would take them to a different location and use the name until I was able to match the correct name to the correct location.

We didn't get in until late so it was pretty much pizza, ice cream and bed for the first night. Before we left town I was fully aware that my daughter needed a new bathing suit. "No problem", I thought. I mean we were going to be AT the beach, what could be easier than buying a bathing suit at the beach? OMG! Have you ever gone bathing suit shopping with a teenage girl? I suspect that if Dante ever did he would have written of a 10th level. The next morning we got an early start out the door by 10:00. Dude, getting teenagers out the door by 10:00 a.m. in the summer IS an early start. Thinking ahead I decided to avoid the mall I mean we were only down for a week... and I did want to actually SEE the ocean. If I only had the one teenager I might have attempted the mall figuring that I could always embarrass my daughter alone

Please see FKJ page 9

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 Making Sense of Investing



enough to pry her from the mall however when there is more than one teenager involved, it gets tricky and since shooting them with a tranquilizer dart would probably be frowned upon, avoiding the mall was the best bet. We hit the free-standing department stores. I think I held my patience pretty good for the first four or five stores, long about store number six, however. I was reaching the boiling point. It wasn't that we were taking forever in each store, on the contrary we strolled in, she looked around, "no, nothing here." "Don't you want to at least try something on?", I asked. "No, Dad. I don't like

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Smart Investment Moves for Newlyweds

After the honeymoon is over, it's time to start thinking of the key activities of building a life together — one of which is creating a long-term investment strategy.

To build such a strategy, you and your spouse will need to take several steps. Here are some of the most important ones:

- Identify your goals. People can enter marriage at different stages of life. But whether you're a young newlywed or a baby boomer entering a second marriage, both you and your spouse will have a set of goals you want to achieve, such as saving for a down payment on a home, saving for college for your children, building resources for a comfortable retirement, purchasing a vacation home, supporting charitable organizations and so on. It's important that, as a couple, you identify those financial goals that are most important to you.
- List your debts and assets. Generally speaking, the fewer "surprises" you and your spouse bring to a marriage, in terms of financial issues, the better. If you haven't already done so, put your debts and assets "on the table" so you're both aware of what you owe and what you own. This knowledge will be invaluable when you begin making the investment moves necessary to achieve your goals.
- Discuss your investment styles. You and your spouse no doubt share many traits, but you will also have some differences — and one of those differences

may be in your investment styles and preferences. For example, you may be an aggressive investor, while your spouse might be more conservative.

What you choose to do with those differences is up to you. You could, for example, arrive at some common ground between your two styles and use that approach in your joint investment accounts. Then, for your individual accounts, such as your IRA or 401(k), you and your spouse can follow your individual investment styles.

- Start an emergency fund. Of all the investment-related moves you can make early in your marriage, none may be quite as important as building an emergency fund containing six to 12 months' worth of living expenses in a liquid account. Without this emergency fund, you could quickly go into debt or be forced to dip into a long-term investment if you have to meet an unexpected, and unexpectedly large, expense, such as a major car repair, a new appliance or a medical bill.
- Get some help. If you can make the right investment-related moves right from the beginning of your marriage, you'll almost certainly make your lives easier. But investing can be complicated, so you and your spouse could well benefit from getting assistance from a professional financial advisor — someone who can help you create and maintain an investment portfolio that's appropriate for your specific goals, risk tolerance and time horizon.
- By making the right investment moves, right from

the start of your marriage, you and your spouse may be giving yourselves a "wedding gift" that may benefit you for years to come. So plan your moves carefully — and enjoy your lives together. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

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Readers of Family Pastime Magazine may now post free non-commercial classified ads in the online version of Family Marketplace. If you, a family member or not-for-profit group has something to sell, trade or give away simply go to www.familypastime.com, click on the Marketplace button, register and post an ad--for FREE. The ads can run for up to a month without re-submitting and may also include photos. Categories include, Automobiles, Appliances, Tools, Pets, Yard sales and more. If the appropriate category is not there simply put it under "other" category and Family Marketplace will create a category for it. If you don't see what you are looking for post something under the "wanted" category. If you have any questions send an e-mail to: classified@familypastime.com. **FPT**

SUDOKU HARD Instructions: page 2

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Sudoku Really Hard Instructions: On page 2

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Last month's HARD answer

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FKJ *continued from page 7*

any of them." "What about this floweredy one?, it's nice." "No, nothing here." So you can see after 4 or 5 scenes just like this where I might be getting a bit annoyed. I put my foot down. "Honey" I said, attempting to hold back my growing frustration, "You have GOT to try some things on". After a little back and forth about how it wouldn't matter she still wouldn't like it, she acquiesced and tried on the green one with the nice palm trees on it. I say "she tried it on" I really don't know for sure. A few minutes after she went into the fitting room she came out, announced that she was right, and we moved on to the next store. On the way I tried a new tact, I tried to explain that the new trend in Paris is



to just "Swim in your clothes" She didn't buy it. Yes, my friend, Dante' you missed a whole level. After lunch and a whole round of new "Restaurant names" we decided to check out the beach store next to the restaurant. I don't know if you have ever been to Myrtle Beach but I believe there is a city ordinance that there must be a beach tourist trap shop within walking distance of any location you currently occupy. These stores carry everything you do and don't need for the beach. They also carry souvenirs from everywhere in the world and what I like to call "delayed stink bombs". These are hermit crab "pet" kits that in actuality after about a day or two become stink bombs (dead hermit crabs stink). I may make fun of these shops but I must say the one we went to saved my sanity. They had fifty bazillion bathing suits. My daughter, "Violet"... no "Tabitha"...no "Justine".....oh...the girl that goes by "Moonbeam" in the car, you know who I mean, actually tried on some bathing suits. 24 bathing suits later we found one that she liked and passed the Dad bathing suit veto act of 1746. While we were there my son, "Slade...no..." Uncle Joe-Joe"... Uh.... You know who I mean, asked if we could get a float for the beach. Having dealt

with cheapie floats before I decided to splurge for one that would actually last longer than the trip from the car to the ocean. \$78.00. That is what I spent on an ultra thick, indestructable, vinyl float that would surely last the whole trip. After the week we spent shopping for my daughter's bathing suit that day. We headed to the condo to get ready for the beach. I really should have sprung for a pump to inflate the float. My head is still spinning but, I got it inflated and we took it to the beach. As soon as we got there we were accosted by a petite blonde lifeguard figure who couldn't been more than 17 years-old and 60 pounds soaking wet. Her name was Barbie. Not really but that was the beach name I immediately gave here. In my mind I was thinking, "Really, this little thing is in charge of keeping us safe in the water and rescuing us if we need it?" In an affected "I have authority here" voice she said, "You can't bring that float into the ocean".....

I stared at Barbie. I stared some more. I thought, maybe I am hallucinating from the lack of oxygen due to inflating our indestructible \$78.00 float. Being the great communicator that Du-Wayne is (my beach name) is, I lowered my eyebrows, looked her right in the face and said, "What?" Barbie, was not as dumb as her young age might imply she quickly replied, "You can't bring that float into the ocean". Clearly having the upper hand of being able to point out actual events taking place at that very moment I pointed to the happy vacationers ON their floats IN the ocean at that very moment. She replied, "Those

are canvas floats, yours is vinyl". Drawing on my superior debating skills yet again, I looked Barbie straight in the eyes and replied "What?" Apparently due to what is now referred to as the "Big man in the vinyl duck incident of '96", vinyl inflatables are no longer allowed in the ocean at Myrtle Beach. Having no other alternative, than doing time in a Myrtle Beach jail for unlawful use of a vinyl float, we put the float on the beach where it sat mocking us as we proceeded to swim in the ocean.

We spent the rest of the week calling each other by various names, getting appropriately sunburned and lamenting a \$78.00 purchase that would do us no good. I must add, however, true to my prediction, the float DID last the entire week....not used but it stayed inflated none the less. Although it was fun it is good to be back in Johnson City where at least I know everyone's name. **FPT**

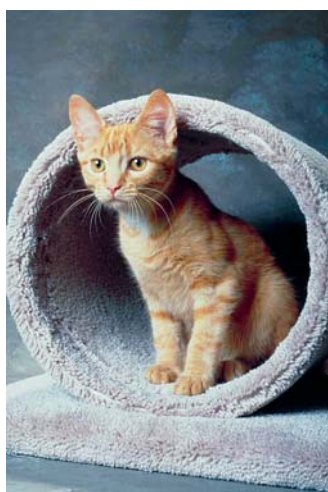
SUPER SUDOKU *Instructions: On page 2*

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The Cruelty Of Claw Removal

Cats use their claws for various purposes. The claws are important to cats, as they are an essential part of balancing. If you've ever noticed a cat jumping and latching on to a high object, you've probably noticed that he uses his claws to pull himself up. When climbing trees, cats tend to use their claws to latch onto the bark and climb towards their destination.



Cats also use their claws for stretching, walking, and running as well. The claws are also a cat's primary source of defense against other animals and humans as well. Most cats keep their claws extremely sharp, as their claws and teeth are basically their only weapons. The claws are also essential for using the bathroom as well, as cats use them to cover up their mess with dirt.

Cats also use their claws to scratch things, which mark their territory. Their claws have glands, which contain a secretion. When they leave their mark on something, the secretion is transferred to the area they scratched. This is detectable to other cats although not to humans. Sometimes, they will also scratch something to remove the older claw which will fall off and give them a brand new claw that resides underneath.

As sad as it is, a lot of pet owners choose to put their own possessions above their cat, such as their expensive furniture or carpets. These cat owners are afraid that they cat will ruin their furniture or carpet, and therefore will choose to get their cat de-clawed. Getting a cat's claws removed is a surgical procedure, one that can only be performed by a veterinarian. The owner will need a good reason though, as a vet won't do the surgery just to keep one's furniture or carpet protected.

If you've been thinking of getting your cat de-clawed, you should know that the process can totally change his personality. Once the cat is de-clawed, he will be in pain and confused. He may not be able to jump in the window or on the couch, and he may not be able to

play like he once did. Some cats, after being de-clawed, tend to get aggressive and bite with their teeth. To make a long story short, the cat will be completely miserable – which is a tough thing to bear for those who love their cats.

Those who decide to own cats should know that a cat can scratch on occasion. If someone isn't prepared to deal with that fact, they shouldn't own a cat in the first place. Cats are great pets, although they do have claws and they will use them on occasion. There are plenty of other great pets out there, if you aren't up for handling a cat. If you're just worried about your furniture or carpet, there are ways that you can keep your cat from scratching on your belongings.

The first thing to do is to get your cat a scratching post and let him know where it is and how to use it. You can also get a rush mat as well, which will help your cat with his instincts to scratch. You may have to demonstrate how to use the mat or the post at first, although your cat should catch onto it quick. Once you have shown him the ropes, he will scratch on the post or the mat – and not your furniture or your carpet.

Although many don't realize it, there are other ways to protect your things other than getting your cat de-clawed. Getting a cat's claws removed is very painful and confusing to the cat, and may totally change his outlook on things. Before you decide to take the inhumane path of getting your cat de-clawed, you should look into your other available options- your cat will like these options much better.

FPT

Courtesy of: i-love-cats.com

Last month's Easy Answer

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SUDOKU Medium

Instructions on page 2

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Home Safety Surprises And Suggestions

By Elinor Ginzler

(NAPS)—Any time of year can be the right time to take a look around your home and find ways to make it safer for you and your family.

For example, simple home maintenance can avert a number of potential problems. Cleaning lint filters in the clothes dryer before every load and cleaning the dryer vent line each year can prevent dryer fires. Shockingly, there are more than 15,000 dryer-related fires each year.

Placing a barbecue grill too close to the house can be another way to cook up accidents. It's estimated that 6,500 barbecue grill fires cause as much as \$27 million in property losses each year.

Some injuries can be prevented by just choosing a different tool for a difficult task. Consider using a can opener instead of a kitchen knife the next time you open those frustrating anti-theft plastic clamshell packages. And did you know that a sharp knife is safer than a dull knife? A dull blade leads to slips.

AARP has compiled a list of 30 home safety facts and tips that shine a light on the simple things that can help make homes safer and more user friendly.

Did you know that:

- 86,000 people fall each year because of their pets?
- Power-mower injuries cause 80,000 hospital visits each year?
- Poison ivy is getting more potent and harder to identify?
- More people are injured using hand tools than power tools?
- Many of these injuries can be prevented with simple fixes that take just moments but rarely make it to our to-do lists.

Consider these small tasks:

- Moving the grill 10 feet from the house or shrubs can help protect you from a larger fire if the grill tips or the fire flares.
- Feeding the cat before making dinner can stop it from milling around the kitchen when you're cooking. A baby gate can keep the dog out of the kitchen altogether.

- Most mower injuries are caused by stones or other things kicked out by mower blades moving at high speed. Clearing the yard of debris before mowing can help.
- Can't recognize poison ivy? The oil that causes people to react to poison ivy won't penetrate long sleeves and pants or vinyl work gloves.

By drawing attention to home-safety risks that are easy to overlook but not too hard to prevent, AARP hopes everyone can relax, knowing they will have a safer home all year round.

Learn more at http://www.aarp.org/home-garden/housing/30_safety_tips.html or call 888-OUR-AARP (888-687-2277). **FPT**

Elinor Ginzler is AARP's senior vice president for Livable Communities.

SUDO-KID-U 2

Instructions: On page 2

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SUDOKU- EASY Instructions: On page 2

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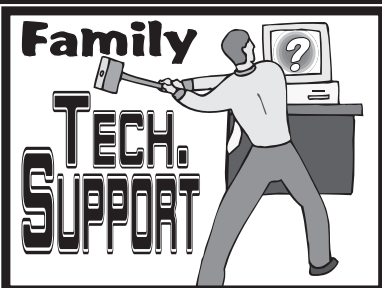
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Tip 1: Use Your E-mail Wisely Don't Open Spam

Don't open them, don't click on any of their links, and certainly don't Buy anything from a spam-advertised site. This may seem like a no-brainer - but people get tricked every day into opening spam messages, clicking on their links, (and in some cases) buying what they're selling. Besides all of the malicious things this might expose you to, the worst part about supporting a spammer is that you are basically giving them what they want - and helping to promote the spread of spam in the future.

Don't Respond to Spam

While you might be tempted to reply to a spam message with a death threat or other strongly worded reproach, this is not a smart thing to do. Responding to a spam e-mail in any way just proves to the spammer that yours is a working e-mail address and that you actively check your e-mails. Many spammers are actually just look for e-mail addresses that work. Don't click on any link that says "Unsubscribe" or "Click Here if you Don't Want to Receive Any More E-mails". These are just ways for spammers to confirm that you have read the e-mail.

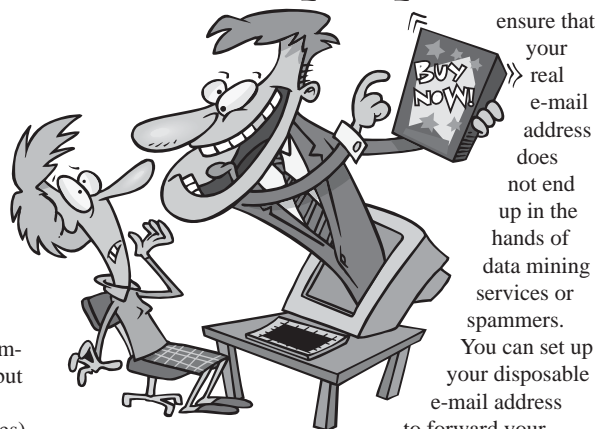
Delete and Mark Spam

It is always a good idea to delete spam e-mails as soon as you get them. But before you delete them, make sure you mark them as "Spam" in your e-mail client (a computer program used to manage e-mail such as Outlook, Outlook Express, etc.). Most e-mail clients will allow you to mark certain e-mails as "Spam". This helps the e-mail client identify similar e-mails in the future and prevent them from finding their way into your inbox.

Tip 2: Set Up A Disposable Account

A disposable e-mail account can be used as a dummy address for when you have to fill out registration pages online or enter your e-mail address in order to access or sign up for a specific website or service. Using a disposable e-mail address for registering online will

How To Stop Spam E-mail



ensure that your real e-mail address does not end up in the hands of data mining services or spammers. You can set up your disposable e-mail address to forward your registration e-mails to

your real account (this way you won't have to check 2 e-mail addresses). As soon as your disposable e-mail account starts receiving spam e-mails, simply delete your account and start a new one. There are a number of e-mail services that offer disposable e-mail accounts for the sole purpose of helping to fight spam find a listing at: <http://e-mail.about.com/od/disposablee-mail-services/tp/disposable.htm>

Tip 3: Use Your E-mail Client's Spam Filter

The most common (and widely used) method of battling spam is through the use of spam filters and software that are designed to automatically recognize and filter out spam messages. Since many ISPs and e-mail clients have spam filtering software built into their services, a lot of the spam filtering that goes on within your e-mail account is done without you even noticing it.

Mark Messages As Spam: Most e-mail clients will have an empty box next to each e-mail that you can use to mark messages that you think are spam. Spam filters can use that information to block similar e-mails from getting into your inbox - basically learning how to better identify spam.

Identify False Positives: One of the drawbacks of aggressive spam filtering is that it will occasionally mistake a real e-mail for a spam one. This is called a "False Positive". Every so often, go through your spam folder to make sure that there aren't any in there. If you do find a false positive, move it into your

regular inbox. This will let the filter know what to do with similar messages in the future.

Adjust Your Filter Settings: Some e-mail accounts will let you specify certain domain names to automatically mark as spam, or look for specific keywords and phrases in e-mails to do the same.

You can usually specify what you want done with spam e-mails. Do you want them to be deleted immediately? Do you want them to sit in your spam folder for a month before deleting (that way you can check it for false positives)?

Tip 4: Be Smart When You're Online

One of the easiest ways for spammers to get your e-mail address is if you are careless about where you display your personal information online. Here are some things that you should always do in order to prevent your address from getting into the wrong hands.

1. **Disguise Your E-mail Address:** If you have a personal website, blog or other online presence, chances are that you'll have your contact information displayed somewhere. Since spammers will often use computer programs to search for anything containing the @ symbol, it is a good idea to spell out "at" in your address, rather than writing the whole thing (i.e. andy at mahaloc.com).
2. **Be wary of online promotions and contests** that ask you to enter in your e-mail address (or other personal information) in exchange for being entered into a free drawing. Signing up for free trial software is another way for spammers to find and use your personal information.
3. **Avoid Forwarded E-mails:** We've all received funny or amusing e-mails that have been forwarded to us (often many times removed) by a friend or colleague. While some of these may be harmless, some can be a simple way for spammers to collect large amounts of working e-mail addresses.

Tip 5: Report Spammers

While you shouldn't make it your life's work to track down and expose spammers (there are just too many!), there are some ways that you can help by reporting spammers and their activities to the proper authorities. Here are a few:

1. In order to report spam, read through the United

Please see SPAM on next page

SPAM

continued from previous page

States Justice Department's website regarding how to report unsolicited e-mail. This page will give you information on how to report different types of spam e-mail.

- E-mail the Federal Trade Commission at spam@uce.gov in order to report spam. The FTC then uses that information to help find and prosecute suspected spammers. Make sure to include the full e-mail header of the spam in your complaint.

If you've been scammed by spam, you can also file a formal complaint with the FTC.

Use Spam Reporting Services

1. SpamCop: Probably the most used spam reporting service, SpamCop is a great resource for people who want to help fight spam. While signing up for a basic account and reporting spam is free, SpamCop also offers premium e-mail accounts that make use of their extensive databases to provide users with spam-free e-mail.
2. Spamhaus: Spamhaus is an International non-profit organization that works to battle spam around the globe by compiling lists of known spammers and their IP addresses. They also provide anti-spam services for large organizations and businesses.

Do Not Spam List: Fact or Fiction?

While you may have heard rumors of a National "Do Not E-mail Registry" (similar to the Do Not Call Registry), the truth is that such a list does not exist. In fact, in a report to congress, the Federal Trade Commission actually decided that such a list would not work in combating spam and might actually contribute to the proliferation of spam. Their reasoning was that any list that is a compilation of e-mail addresses and accounts can be accessed by spammers and used as a "Do-Call List". Sorry.

Conclusion

While the wonders of the Internet have given us many amazing things (i.e. Lolcats, Chocolate Rain and instant communication with anyone in the world at any time), it has also brought us a few things that we'd rather do without (SPAM!). If you feel like your online life has become overrun by deceptive advertising and useless junk mail for Viagra, Watches and Cheap Flights, then it's time you did something about it. With a little bit of effort and information, you should be able to cut down the amount of spam you receive to a manageable level and give you more time to enjoy the important things in life. **FPT**

Article compiled from mahalo.com. Mahalo content is copyrighted under a Creative Commons Attribution 3.0 United States license. Complete article available at: <http://www.mahalo.com/how-to-stop-spam-e-mail>



Say WHAT???

By: Family Pastime Staff

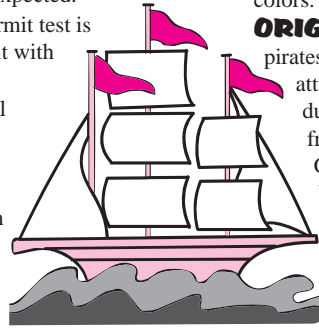
"PASSED WITH FLYING COLORS"

Meaning: To exceed

expectations, to do better than expected.

Example: The driver's permit test is tough, but my daughter passed it with flying colors.

Origin: Comes from nautical lingo, "colors" in this sense meaning the naval flags or pennants flown from a ship's masts. The phrase (originally, in the late 17th century, "to come off with flying colors") most likely referred to a battleship which had been victorious in an encounter with the enemy and emerged from the fray with its flags (Colors, pennants, or badges) still flying, indicating that no severe damage was done to the vessel. After about 1700 it started being used simply to refer to



some kind of success.

A related phrase is: "SAIL UNDER FALSE COLORS"

Meaning: To pretend to have a different view or character so as

to deceive; deliberately misrepresent.

Usage: 'I had so much wisdom as to sail under false colors.' Robert Louis Stevenson, *St. Ives* (1897).

ORIGIN: The term comes from a tactic used by pirates and maritime robbers who roamed the seas and attacked vessels of all nations. Especially rampant during times of unrest, pirates preyed on commerce from the times of the ancient Phoenicians and Greeks until about 1825, when a concerted effort by the United States and Great Britain finally destroyed their last North African, European, and West Indian strongholds.

To deceive the ships they wished to pillage, pirates would often run a 'friendly' flag - that is, they displayed false colors to fool their victims and lure them close enough so they could be overwhelmed. The term false colors was first used figuratively by 1700. **FPT**

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."

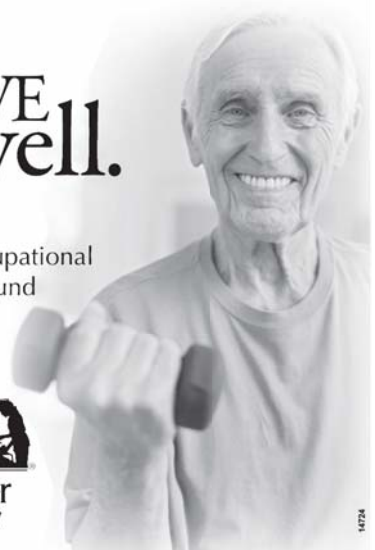
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Dealing With Flies

The problem with fly spray and other commercial insecticides is it contains some nasty stuff; which isn't nasty just to flies; but to humans and other creatures

in the environment - even the low allergenic varieties. The introduction of set-and-forget "24/7" automatic fly sprays means we're using more than we need to too.

Some of the chemicals include:

- Bioresmethrin - a suspected endocrine disruptor and highly toxic to fish even in small amounts
- Bioallethrin - a suspected endocrine disruptor and carcinogen
- Butylated Hydroxytoluene - known human immune system toxicant.
- Synthetic Pyrethroids - Pyrethroids shouldn't be confused with Pyrethrum, which comes from the chrysanthemum. Pyrethroids are chemically designed to be more toxic and take longer to break down. Aside from being a suspected carcinogen, they are extremely toxic to aquatic organisms and are moderately toxic to birds. Pyrethroids are toxic to all insects, both beneficial insects and pests.

Here's some tips to help keep flies off your and control their presence to a degree around your home - the greener way

Potted plants indoors

I received an e-mail from someone who was having problems with flies emerging from potted plants - something I hadn't heard of before. After a bit of research, it seems the best way to deal with this is to reduce watering and organic matter in the soil of potted plants; particularly the top layer - gnats and flies thrive in damp conditions where's there's plenty of organic material.

Clear garbage

As flies breed in rotting organic material, make sure your garbage is secured and your trash bins have tight fitting lids. It can take as little as a week for adult flies to emerge from these sources. Check all mouse traps regularly and around your yard for other critters that may have died as even a small decaying animal can be a feasting ground for hundreds of flies. Unfortunately, common houseflies have a flight range of at least 5 miles (8Km), so unless you can organize a mass effort in your suburb; while clearing matter flies feed on and breed in; at best you may minimize them.

Secure compost bins and worm farms

Pretty much related to the above about garbage. Try to keep dairy and meat scraps out of your compost bin or worm farm; as that will discourage some types of flies. Even vegetable waste will be a nice breeding ground for some types of flies as I discovered one year in relation to a worm farm

I had. I was able to reduce the problem somewhat by putting mosquito netting over the worm farm; but I think I was a little late in doing so - so it's best to apply the netting as soon as it starts getting warm.

Fly strip/paper

Not so popular now, but still very useful. These are non toxic strips embedded with something such as honey and also an adhesive. The flies land on it and are, well.. stuck.

Fly curtain

If you have people coming in and out of your house regularly, especially children, chances are they'll bring flies in with them. A simple fly curtain made of strings of beads will greatly reduce the number that do get in.

Citronella oil and candles

Citronella oil is an essential oil extracted from the different species of Cymbopogon (lemon grass). It's considered a biopesticide and non-toxic. Burning a citronella oil candle or incense sticks will not only repel flies, but mosquitoes too. You can also buy special preparations of citronella oil to apply directly to your skin as a fly/mosquito repellent, but it does need to be applied more often than synthetic repellents.

Mint

Crushed mint can be placed in bowls or cloth bags and placed strategically around the home near common entrances.

Eucalyptus oil

Sprinkle a little eucalyptus oil on a scrap of cloth and place near entrances.

Some species of plants you may be able to grow in your yard depending on your local climate conditions can help discourage flies. These include Lemon balm, Catnip, Mint, Chrysanthemums and Marigolds.

Check your screens

OK, so this is a no-brainer I guess; but small holes in screens are easy to miss - so it's a good idea to

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check them regularly during the season. The added benefit will be to prevent mosquitoes from annoying you (or worse).

DIY fly traps

Fly traps come in various shapes and sizes, and some are very easy to make - such as this bottle trap - it's a great way to keep at least one plastic bottle out of landfill. See the June 2010 issue of **Family Pastime Magazine** (online) for plans.

Light

Flies will tend to be attracted to and congregate in dark areas, particularly when it's hot, so allow as much natural light into your home as you can.

"Green" fly sprays"

If all else fails, there are some "green" fly sprays available on the market that contain natural pyrethrum and citronella blends. We have used these from time to time and found them to be quite effective on flies; not so good on other insects.. which mightn't be a bad thing actually. However, these usually also contain other chemicals - so they may be the lesser of the evils rather than a truly green product and should also be used sparingly. **FPT**

Courtesy of: www.greenlivingtips.com

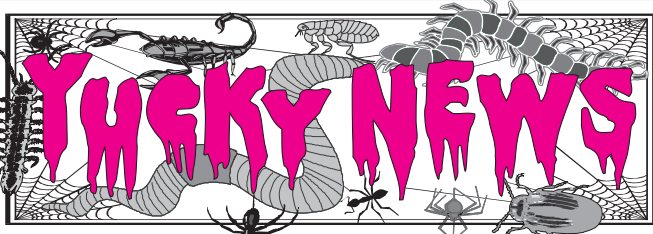


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Editor

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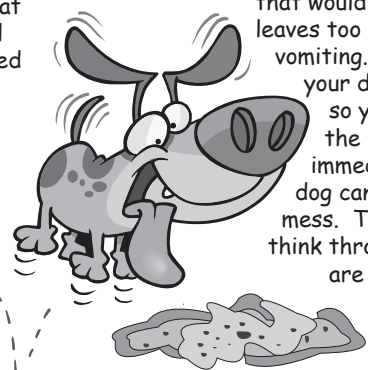
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Why Do Dogs Eat Vomit?

By: I.M. Yuckee

When it comes to Yucky News we could write a whole book on dog habits alone. One of the yuckiest is when dogs vomit, and then eat their own vomit. YUCK! Why do they do that? Who knows? Really. There is much debate about it. Some say that this yucky habit is instinctual stemming from when dogs used to live in packs, they would hunt together then assist in feeding and caring for the young. When dogs returned to the den from hunting and eating prey they would regurgitate the partially digested food to feed their puppies. On a side note, it is believed that eating vomit and feces has something to do with hiding the traces of a dog's presence from predators. After thousands of years of domestication, these habits are still there. Domesticated dogs still regurgitate food to feed the puppies. Another thought is that since the days of running in packs and hunting for their next meal dogs have developed a pretty much cast iron digestive tract as a survival tactic. In the wild, hunting for prey, it may have been days between decent meals and with starvation always looming about. Possible dogs ate vomit because with the time till the next available meal being unpredictable, eating your own vomit is more likely to keep you alive than going hunting for an uncertain next meal. Another thought is because dogs were never sure where their next meal would come from they developed the "skill" of pretty much eating anything. Dog food, people food, dead animals, their poop, other animals poop. No matter how well you feed your dog, he will still scavenge food from the garbage can whenever he can. You may remember seeing pieces of undigested food in your dog's vomit? Well, Fido views that as a



free snack that he's entitled to. It is said that humans and canines are about 90% similar in genetics. I'm pretty sure that 10% difference has something to do with eating poop and vomit. After they eat all of these "yummy" things they come and give you a big kiss. Because of this, you may want to find ways to keep your dog from eating such yucky things. The first thing to do is to try and stop your dog from vomiting. To do this you should carefully monitor what your dog eats. Dogs are insatiable eaters. They consume large amounts of food. Often times vomiting might result from eating too much. Take stock of your dog's diet and eliminate foods that would cause vomiting. Dogs eat grass and leaves too and often times this might result in vomiting. It will be difficult to ensure that your dog doesn't eat grass and leaves so you have to be very quick. Remove the dog from where it has puked and immediately clean the mess before the dog can have a chow down on the yucky mess. They are not self-aware enough to think through the fact that now that they

are someone's pet, who cares for them all the time, eating puke probably puts their survival at higher risk than when they were living in the wild. They don't get it that we will feed them their next meal even if they leave their last laying on the ground, and whatever sickened them on first eating may do them in if they keep re-eating it. If your dog does puke, and sooner or later, he will, be sure to keep them away and clean it up as soon as possible.

FPT

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

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

SUPER SUDOKU Answer from last month

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

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Across

- 1. Recreational floating device
- 2. Absence of color
- 8. Inland body of water
- 9. Rest between two trees
- 10. Chinese invention
- 13. "_____ of summer"
- 16. Build this home on the beach
- 19. The boys of summer play this
- 21. Ants always know about these
- 23. Bird that fakes injury
- 24. Go fly a _____
- 25. Homemade is best
- 26. Beach boy
- 27. The season the sun shines most directly upon any region
- 28. Tag top
- 29. Longest day of summer, also a hot Pontiac convertible.
- 32. Sour cucumbers
- 33. Star at the center of a solar system
- 34. Earn your _____ (Army).
- 35. Green striped fruit
- 36. Meaningful fabric banner

Down

- 1. Sandy vacation spot
- 3. Show-off
- 4. When you wish upon a _____
- 5. If life gives you lemons make this
- 6. Don't rain on my _____
- 7. Summertime sign
- 10. Small explosive
- 11. The higher SPF the better
- 12. To cook outdoors on a grill
- 14. Yard weeds
- 15. "_____ Party"
- 17. Gives water to the lawn
- 18. R&R
- 20. When you feel down
- 21. Personal Flotation Device
- 22. Color of embarrassment
- 25. Birthday of USA
- 29. You will be seeing red
- 30. A tropical cyclone
- 31. Land on your stomach in the pool
- 33. Famous uncle
- 34. Ride a wave



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



Homemade Rain Gauge

Measuring rainfall can be done with rain gauges. There are three major types of rain gauges

Standard Rain Gauge: These gauges work by catching rainfall in a funnel-shaped collector that is attached to a measuring tube. These type of gauges have been in use for more than a century.

Tipping Bucket Rain Gauge: In this type of gauge the receiving funnel leads to one of two small buckets. Filling of one bucket occurs at one-hundredth of an inch. The result is a "tipping" of the liquid into the outer shell of the gauge, triggering the second bucket to take its place. This type of gauge has become standard for wireless weather stations.

Weighing Rain Gauge: These gauges are very precise in measuring rainfall intensity as the weighing mechanism at the bottom of the collector can be used to measure depth and time simultaneously. Recording is carried out much in the same way as the older versions of the tipping bucket gauges.

We will be making a simple standard rain gauge. This gauge can be made of any straight walled container. Transparent or at least translucent work better but we will see how to make one with a non-transparent can as well. It's easiest if you can find something like a plastic water bottle that has the same diameter from top to bottom. It doesn't matter how wide the bottle is because you'll still be measuring the amount of rain that falls over a given area which is what rain gauges measure. However if you use a bottle that is wider at the base than at the top or visa-versa this will skew your results due to more or less area at the top to capture rain. Some manufactured rain gauges make the tops wider than the base but the scales on the side account for this by using a graduated scale for measuring the inches of rain. For one of our rain gauges we will be using a readily available 2 liter bottle and a clean food can for the other. The clear bottle is more accurate because you can view the results easier.

SUPPLIES:

- Empty, clear, clean 2-liter bottle
- Knife or Scissors
- Duct tape
- Water
- Waterproof marker
- Ruler
- Adult helper

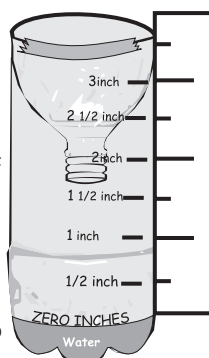
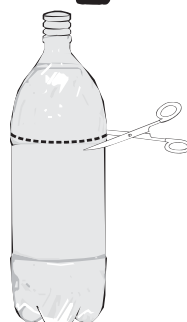
HOW TO:

1. Have your adult helper cut off the top of the bottle. The cut should be done just where the slope starts. Cut all the way around until the top of the bottle can be removed.
2. Flip over the cut-off bottle top and place it down into the bottom so it creates a sort of funnel.
3. Tape around the edges where the two bottle parts meet.
4. Place some water at the bottom of the bottle. It should be filled just past the bumpy bottom legs of the bottle. The top of this water will be your base point.
5. Mark the top of the water line as ZERO INCHES with the marker.
6. Use the ruler to mark half inches and inches on the bottle's sides.
7. Place the rain gauge in an open place and await the wet weather. Set a certain time period for tracking, such as a week or two weeks.

Standard Gauge 2:

SUPPLIES:

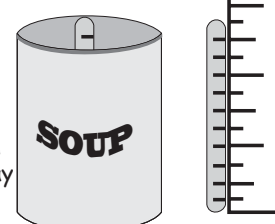
- Popsicle stick
- Ruler
- Waterproof marker
- Clean, empty food can
- Colorful contact paper or paintbrush, acrylic paints, and clear acrylic spray (optional)
- Water-proof glue



→ •Plastic bucket and sand (optional)

HOW TO:

1. Lay a Popsicle stick next to a ruler, aligning the ends.
2. Use a waterproof marker to copy the ruler markings onto the Popsicle stick.
3. Mark every inch, half-inch, quarter-inch, and eighth-inch on the Popsicle stick.
4. If you like, decorate a clean, empty can with colorful contact paper or acrylic paint.
5. If you paint the can, finish it with clear acrylic spray to preserve your artwork in the rain.
6. Stand the Popsicle stick inside the can and glue it onto the side of the can.
7. After the glue is dry, Set the can outside in a place where it won't tip over. If you like, place the can in a plastic bucket and pack sand around it.
8. After a rainfall, read your Popsicle stick ruler to see how much rain has fallen.
9. If you like, log your readings on a calendar or in a weather notebook.
10. Pour the rain out of the can after each reading.



Compare your results:

Use the Weather Underground to identify privately operated weather stations near you that report rainfall. Go to www.wunderground.com/wundermap then select "Weather stations" and "Precipitation" The interactive map will show what these stations measured and you may compare it to your findings. **FPT**

Q: What happened as a result of the Stamp Act?

A: The Americans licked the British!

Q: Why did Paul Revere ride his horse from Boston to Lexington?

A: Because the horse was too heavy to carry!

Kid Friendly Recipes



Chicken Fingers On A Stick

SUPPLIES:

- 4 boneless, skinless chicken breast halves, pounded 1/2 to 3/4 inch thick
- Salt and pepper
- 24 (10-inch) bamboo skewers, soaked in water for 30 minutes
- 3 TBS peanut or vegetable oil
- 2 TBS barbecue sauce
- 1 1/4 C plain dried bread crumbs

HOW TO:

1. Cut each chicken breast lengthwise into 1/2-inch-wide strips and sprinkle with salt and pepper. Fold the chicken strips slightly and weave them onto the skewers.
2. Pre-heat grill to medium-high, close the lid, and heat until hot -- about 10 to 15 minutes.
3. In small bowl, stir together oil and barbecue sauce.
4. Spread the bread crumbs on a sheet of waxed paper. Lightly brush the sauce mixture over the chicken strips and roll them in the bread crumbs.
5. Grill the chicken fingers uncovered until they're no longer pink inside, about 2 to 4 minutes per side on a gas grill.
6. Serve with the dipping sauce of your choice.

Heavenly Guacamole

SUPPLIES:

- 2 ripe avocados (slightly mushy to the touch)
- 1 plum tomato
- 1 seeded, finely chopped jalapeño
- 1/2 C loosely packed, chopped fresh cilantro leaves
- 1/3 C chopped sweet onion
- Salt to taste
- Plain tortilla chips

HOW TO:

1. Place jalapeño, cilantro, onion, and salt in a large bowl, and mash.
2. Cut avocados in half.
3. Scoop the fruit out, and place chop into chunks.
4. Cut tomato in half crosswise. Squeeze seeds out.
5. Add avocado and chopped tomato to onion mixture in bowl.
6. Mash and mix until mostly blended
7. Dip in chips and enjoy

Shrimp Quesadillas And Grill Salsa

SUPPLIES:

- 2 large ripe tomatoes, cut in half horizontally
- 1/2 large red onion, cut into 1-inch-thick slices
- 1 large jalapeño pepper
- Canola oil for brushing
- 1 pound large (28-count) raw shrimp, peeled and deveined
- 1 to 1 1/2 TBS seafood seasoning
- 4 large flour tortillas
- 2 C shredded Monterey Jack
- 1/4 C chopped fresh cilantro
- 1/2 tsp salt
- 1 TBS fresh lime juice
- Sour cream and cilantro to garnish

HOW TO:

1. Pre-heat grill to medium-high, and oil grates.
2. Brush tomato halves (cut and skin sides), onion slices, and jalapeño with canola oil.
3. Thread the shrimp onto skewers, brush them with canola oil, and sprinkle on seafood seasoning.
4. Grill vegetables for 3 to 4 minutes per side or until they have blistered, then transfer them to a clean dish.
5. Grill the shrimp until they turn opaque and are firm to the touch, about 2 to 3 minutes per side. Remove the shrimp from the skewers.
- 6.
7. Place 2 tortillas on grill and quickly top half of each with a quarter of the shrimp and a quarter of the cheese. Fold the tortillas in half and grill them until you have visible grill marks, flipping them once, about 2 minutes per side. Stack the quesadillas on top of one another so they will stay warm while you grill the second batch.
8. Peel tomatoes, and remove the seeds and white membrane from the jalapeño.
9. Chop all the vegetables and transfer them to a serving bowl. Stir in the cilantro, salt, and lime juice.
10. Cut the quesadillas into wedges and serve them with the salsa, sour cream, and fresh sprigs of cilantro.

Italian Pasta Salad

SUPPLIES:

- 8 oz. uncooked rotini pasta
- 4 C of a combination of the following:
- Diced mozzarella cheese
- Diced plum tomato
- Halved black olives
- Diced green peppers
- 2 cups Italian dressing
- Parmesan cheese for garnish

HOW TO:

1. Cook pasta until Al dente drain and cool
2. Toss with tomato, olives, peppers, and dressing
3. Garnish with Parmesan cheese.
4. Chill for an hour before serving.

Watermelon Gazpacho

SUPPLIES:

- 8 C cubed seeded watermelon
- 1 apple, diced
- 1/2 C finely chopped Vidalia onion
- 1/2 C finely chopped green pepper
- 2 tsp fresh basil
- 1 tsp salt
- 1/4 tsp coarsely ground pepper
- 1/2 tsp chili powder
- 1 TBS cider vinegar

SUPPLIES:

1. In a blender, puree watermelon with the apple and 1/4 cup each of the onion and green pepper
2. Pour into a large mixing bowl.
3. Stir in the remaining ingredients (including the other 1/4 cup of onion and green pepper).
4. Refrigerate, covered, for at least an hour to blend flavors.

Q: What would you get if you crossed a patriot with a refined small curly-haired dog?

A: Yankee Poodle Dandy!



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