



THE magazine for the WHOLE family

Volume 2 Issue 7

## A Killdeer in the Driveway? By: Floyd Bailey



Over at Snyder Signs in Johnson City a strange but common event has taken place. One day as the men were going about



It struggled in front of them, as if it could barely walk, let alone fly. One or both wings were dragging pitifully on the ground.

Their instinct was to rescue the bird, and they tried to catch the bird, it almost let them

reach out and pick it up. But somehow, while struggling to keep its balance, this "Bird Act" became apparent. Off it flew with a loud call "Kill-Dee, Kill-Dee". It was as if the bird was laughing at them futile attempt to rescue it.

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*Please see "Killdeer" on page 4*

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## Kingsport Greenbelt By: Chris Joker

As adults we sometimes do not allow ourselves to enjoy things we used to as children CUT IT OUT!!!! Recently I rediscovered bike riding. Both of my children have bikes and ride. I did not. Don't let the idea of not having a bike stop you. There are many places you can pick up a good used bike, borrow one or rent one. I went to an auction that was raising money for my daughter's school and picked up an old bike for like \$5.00. It's a girl's bike but I feel secure enough in my manhood that I can ride it and so far no bullies have tried to take my lunch money after they saw me riding it.



The first thing you need to know about riding a bike as an adult is it is kind of like riding a bike. O.K. maybe it's more like falling off a log but in either case, once you learn you never forget. I tried to forget how to fall off a log but I have not had success with that yet. Bike riding is a great way to enjoy some exercise and quality time with your family and friends.

When you are ready for a great afternoon of bike riding you might want to try the Greenbelt in Kingsport. It's a short (little gas) drive from anywhere in the Tri-Cities. We got on it behind the Kingsport Mall on E. Stone Drive. The Greenbelt is a well-maintained linear trail running through meadows, marshlands, neighborhoods, along a stream and more. I would go on and on about the wonderful sites we saw on our trip however,

*Please see "Greenbelt" on page 2*



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## Greenbelt

*continued from page 1*

I'm not gonna lie to you, about 2 miles into our trip my son had a blowout and we had to return to the car and then we had to race off for an emergency ice cream snack so I did not get to see all of the wonderful sites. I must point out the blowout was due to an oversight on Daddy's part and not due to anything on the trail. Safety tip: When you can actually SEE the inner tube through the tire, it's a good time to get a new tire. Because I did not get to go too far on the trail and I was anxious to write about it, took the virtual tour online at [www.kingsportgreenbelt.com](http://www.kingsportgreenbelt.com). I can see from the virtual tout that we missed



some interesting things such as Rotherwood Mansion (if we had made it there I'm sure they would have had a spare tire for my son's bike), The Ross Bridge Ruins, Bays Mountain, King's Boat Yard and much more. We will return as soon as I can fix that tire. The trail also has rest rooms, water fountains and picnic areas along it (apparently no bicycle repair shops though). In addition to bikes you may also walk or skate and you can bring a pet on a leash. The other great thing about the Greenbelt is.... it's free. So if you have a blowout or a blister shortly into your trip, it's no big deal you can come back again another time.

When you plan your trip be sure to bring along water and snacks or a picnic. I found a small backpack works great (un-

less of course you need a spare tire). The parts we were on were well shaded but it can never hurt to bring some sunscreen just in case. Also be sure to bring a camera. I would HIGHLY recommend checking your bike to make sure it is in good shape (I recommend that NOW). Don't forget your helmet and some money in case you require an emergency ice cream snack, which I also highly recommend. The Kingsport Parks and Recreation department also suggests you bring identification.

To get your bikes there you can purchase a bike carrier that easily attaches and unattaches to most cars or if you are like me and don't have one of those, you can cram them in the back of your mini-van. I have also been known to tie them down to the luggage rack however that is a big ordeal because you have to lift them on and off of your vehicle several times.

Whether you bike, walk or skate, get out and enjoy the Greenbelt with you family and be sure to take some pictures and send them to Family Pastime Magazine we would love to print pictures of you and your family having fun together. FPT

JULY MONTHLY OBSERVANCES

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Cell Phone Courtesy</li> <li>• Family Reunion</li> <li>• International Blondie and Deborah Harry</li> <li>• National Baked Bean</li> <li>• National " Doghouse Repairs"</li> <li>• National Grilling</li> <li>• National Horseradish</li> <li>• National Hot Dog</li> </ul> | <ul style="list-style-type: none"> <li>• National Purposeful Parenting</li> <li>• National Recreation &amp; Parks</li> <li>• National Wheelchair Beautification</li> <li>• Roots &amp; Branches</li> <li>• Smart Irrigation</li> <li>• Social Wellness</li> <li>• Tour de France</li> <li>• Women's Motorcycle</li> </ul> |
|---|---|

JULY WEEKLY OBSERVANCES

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• National Unassisted Home birth 1-7</li> <li>• Special Recreation 2-8</li> <li>• Freedom From Fear of Speaking 2-8</li> <li>• Be Nice To New Jersey 2-8</li> <li>• Air Conditioning Appreciation Days: 7/3-8/15</li> <li>• Dog Days of Summer: 7/3 - 8/11</li> <li>• Freedom 4-10</li> </ul> | <ul style="list-style-type: none"> <li>• Nude Recreation Weekend: 10-16</li> <li>• Take Charge of Change 9-15</li> <li>• National Farriers 9-15</li> <li>• National Therapeutic Recreation 9-15</li> <li>• Sports cliché 9-15</li> <li>• Rabbit 15-21</li> <li>• Captive Nations 16-22</li> <li>• National Independent Retailers 16-22</li> <li>• National Baby Food 18-22</li> </ul> |
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Publishers and Editors  
Chris Joker and Floyd Bailey

Advertising Sales:  
Floyd Bailey 423.773.3064  
Chris Joker 423.676.4323

**How to contact us**

E-mail: [editor@familypastime.com](mailto:editor@familypastime.com)

To submit items for consideration please e-mail to [editor@familypastime.com](mailto:editor@familypastime.com)

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## Killdeer continued from page 1



As they inspected the antics of the bird they discovered that there were three tan eggs with brown speckled markings in a slight indentation of the gravel drive. Being fine men and nature lovers to boot these guys surrounded

the nest with cones and even put a plywood shelter over the bird's new home. Immediately a search was made to discover what kind of strange bird this was.

Soon the discovery was made. A "KillDeer" had made its home on their driveway.

The New Hampshire Public Television, Natureworks web site gives the following information about the KillDeer.

"The killdeer has brown upper feathers and white undersides. It has a brown head with a black band between its eyes, white "eyebrows" and black bands around its upper chest. It has a sharp, black bill; long legs and a long tail. Males and females look the same.

Male killdeers claim nesting territory before

selecting a mate. To attract a mate, the male will stand in his territory and make a two-note call for hours at a time. The male may also scrape at the ground and fly over his territory. Once killdeers have mated, the pair will scrape out a nesting site. The female killdeer lays an average of four eggs. Both the male and the female incubate the eggs. It takes about 24-28 days for the eggs to hatch.

The chicks are precocial, that means they can move around and feed themselves shortly after birth. Once the chicks' down dries, the parents will lead them to a feeding area. The chicks stay with their parents until they fledge a month after birth. The killdeer may have two broods a year.

Next time you see a bird in your driveway, check real close it might just be a Killdeer! FPT



## Teach Kids Early About Saving and Investing

Bad habits are hard to break. But good habits also tend to stick around for a long time. And that's why you will want to teach young children about the importance of saving and investing. It's almost never too early to start - and your efforts can provide a lifetime of benefits.

By the time most children reach age five, they have more than enough cognitive skills to understand the basics of saving money. Of course, the older they get, the better equipped they will be to handle more sophisticated concepts of investing.

In any case, when your children are young, start them off on the right financial path by taking these steps:

- **Set attainable goals** - Kids will be more motivated to save money if they can see themselves achieving goals. And that's why you don't want to burden them too soon by trying to get them to save for a long-term objective such as college. Such a goal may well be appropriate

- and even desirable - when children are a bit older, but when they are quite young, have them put money in a simple savings account for things like toys, video games, CDs, etc. By putting away money regularly and seeing how their efforts are rewarded, children will learn something about financial discipline and delayed gratification - and they're likely to be more appreciative of their possessions.

- **Reward children's efforts** - To help children learn to save and invest, you may want to offer a helping hand. Specifically, consider partially "matching" children's deposits into their savings accounts. If you were to put in a quarter or fifty cents for every dollar they deposit, their savings will have an opportunity to grow faster and they will feel they are getting "bonus" payments.

- **Make investing fun** - Try to get your children or grandchildren involved in picking and following a stock for fun. So, if your children are interested in athletic shoes, for example, take a "research trip" to the nearest sporting goods store and study which shoes seem to be most popular. Also, ask your children what types of shoes their friends are

wearing. If your children are old enough, you may also want to go over annual reports and other financial information about the stock, but don't get too bogged down with numbers, especially if you see your child's eyes glaze over. Do, however, follow the stock's price and discuss the factors that may or may not be causing this price to rise or fall.

- **Stress long-term nature of investing** Stress that a stock is not the same as a bank account, and educate them to let them know this type of investment is not for impulse purchases or to meet short-term goals. Instead, tell your children that stocks are for the long term. You might want to share with them some of your brokerage statements that show how many years you've owned some of your investments.

By following these suggestions, you can help your kids develop good savings and investment habits. Talk to them soon. FPT

Provided By: Lindsey Wortman  
Edward Jones Investment Representative

## Largemadwatermeloneatingmanaphobia

If you are one of my children and you are reading this STOP! Seriously, since I know you are not going to stop let me just say one job of a parent is to help his children learn and grow into intelligent well-rounded adult members of society. If you are one of my parents reading this, didn't you know that??? I am explaining this because I know that my children are still reading and I want them to understand that one should learn from one's mistakes or even better learn from someone else's mistakes. Having said that if you are one of my children and you are still reading this (and I know you are), learn from my mistake.

When I was a teenager I went through a long period of sleepless summer nights. It was during watermelon season. I could sleep fine other times of the year but as soon as that green bomb-shaped antagonist with its blood red fleshy fruit began showing up in grocery stores, road-side stands and on the rare occasion in my very home (I think my dad brought them home just to mess with me) sleep was the farthest thing from my mind. Surely you have heard of this problem before, I think Dr. Phil did a whole hour on it once. I don't know the technical name but I refer to as "largemadwatermeloneatingmanaphobia"

It was the summer after my junior year, Independence Day weekend. We were at the river. Me, my brother Pete, my buddy Jon and his younger brother Sam (to this day I blame Sam. It wasn't his fault but being the youngest, he gets to take the blame). Also attending this family Independence Day extravaganza were; My Dad and his girlfriend (she is now his wife, he told her if she could make it through a 4th of July weekend with us he would marry her. Since then she has many times had second thoughts about meeting that challenge) and my dad's friends Ed and Glenda and their daughter Kelly.

Ed was probably the biggest man I have ever met. I remember once Ed rode his

motorcycle over to our house and it began to rain and since he didn't want the bike to get wet he picked it up, put it under his arm and carried it into our basement.



By Chris Joker

This is the kind of man you DO NOT want to make mad (I know that NOW). Ed brought a watermelon to the river for us to enjoy during our festivities. Actually, I NOW know Ed brought the watermelon specifically for his daughter Kelly (she was probably 3). Ed loved his daughter and his daughter loved watermelon.

Teenagers do not always use the best judgment (unless, of course they learn from other's mistakes—you know who you are). Sam decided (not really but again he was the youngest so...) it would be a good idea to spike the watermelon with vodka. My Dad is an engineer so he always taught us how to think things out, consider options and come up with the best way to do something. So we had a watermelon, a quart of vodka and one of those air pumps you use to inflate rubber rafts. Sam came up with the idea of using the pump (maybe his dad minored in engineering). So we cut a small hole in the side of the watermelon, central to our plan was to cut the hole so carefully that we could replace it so that even the most judicious watermelon inspector would not be able to detect that it had been tampered with. We then filled the pump with vodka and proceeded to "inject" it into the watermelon (That Sam is nothing if not resourceful). After the bottle was empty we carefully put the piece we had removed back to plug the hole. Success! No one would ever be able to detect the hole and thus we would not be caught.

Brilliant. We were absolutely brilliant. We retired to the front porch to continue discussing just exactly how brilliant we were. Shortly Ed (you remember Ed, the guy who lifts motorcycles like they are toys?) decided it might be a good idea to cool the watermelon in the river water before we enjoyed its delicious crimson bounty. I don't know if you are aware of this but a pristine, virgin melon is airtight. A plugged watermelon, on the other hand, is not.

Approximately 30 seconds after the watermelon was cooling in the river water we watched with horror as it rose some 40 feet in the air only to come smashing down shattering on the pier as we heard (to this day I sometimes awake in the middle of the night with this still in my head) Ed's booming voice exclaiming "Way to go guys". Ed was NOT happy. Immediately four "brilliant" teenage boys left the cottage like caffeine on speed. Our cottage was not exactly in a metropolitan area (the local movie theater was advertising how they would have "talky" movies next week) so there were no supermarkets only roadside stands and Mom & Pop's. This being July 4th weekend they were not only closed but every melon in the county was already spoken for. Somehow, and I really am not at liberty to say how (I promised Sam) 3 hours later we returned to the cottage with not one but two pristine, airtight watermelons. They were never eaten and we avoided Ed the rest of the weekend. So you can see why watermelons make me a tad nervous.

Ed passed away several years ago. He was a good man and although I am still in therapy and avoid the produce section during the summer months I am happy to say because of four foolish teenage boys he will enjoy a bit of immortality. Enjoy your Independence Day weekend but please, for the love of Sam, never mess with another man's watermelon. FPT

## Safe Boating Equals Smart Boating

This Summer the country's 70 million recreational boaters are preparing to launch their boats and relax on the water with family and friends. The start of boating season is also the perfect time for boaters to review important safety tips to make their on-water adventures more enjoyable.

"Just as we all learned the rules of the road before getting behind the wheel of our cars, there are basic safety tips that everyone should know before taking the helm or shoving off," says Thom Dammrich, president of the National Marine Manufacturers Association (NMMA). "One of the most important things you can do is always wear a lifejacket on the water and make sure others in your boat do too. After all, lifejackets only work if you wear them."



Today's lifejackets or life vests - also known as personal flotation devices or PFDs - are now available in a variety of shapes, colors and materials for user comfort and convenience. Some lifejackets are even tailor-made for specific activities such as sailing, paddle sports or fishing, but all are designed to keep boaters safe and afloat in case of emergencies.

The NMMA and U.S. Coast Guard (USCG) offer the following lifejacket-related tips and safety reminders for boaters and their passengers:

- **Find the Right Lifejacket.** Lifejackets aren't one-size-fits-all. Select one that fits properly and is designed for the appropriate on-water activities and water conditions. All lifejackets are clearly labeled with the appropriate weight range for the product. Test their buoyancy in shallow water by relaxing your body and tilting back your head. With proper buoyancy and fit, your chin should stay above water and you should feel relaxed, comfortable

and able to breathe easily. Always look for the U.S. Coast Guard approval label before purchasing a lifejacket.

- **Conduct a Safety Check.** Ensure all lifejacket seams, fabric and hardware are intact. Test all lifejackets at the start of the season

and replace any that don't pass the test.

- **Outfit Everyone Aboard.** Before shoving off, all on board should be wearing a properly fitted lifejacket with straps, zippers and ties fastened. The U.S. Coast Guard requires USCG-approved lifejackets on all recreational boats. The number and type depend on the number of passengers, size and type of boat, and boating activities.

- **Keep Kids Afloat.** Boating is a great way to spend time with family and friends. Make sure children wear lifejackets with a collar that turns their faces up in the water. Their jackets should also be equipped with sturdy straps and a collar handle, and preferably be bright yellow or orange in color for good visibility. Check for a good fit on children by picking up the child by the shoulders of the lifejacket - a proper fit will not allow the child's chin and ears to slip through. Never buy a lifejacket that a child will "grow into," as proper fit is essential.

- **Educate Yourself.** Boating education courses are offered in nearly every community through the U.S. Power Squadron and Coast Guard Auxiliaries. Many reputable

boat dealers also provide an orientation session with the purchase of a new boat. Some states require powerboat operators to take a boater's education course and carry a license or certificate showing successful course completion. Check out the safety regulations and requirements for the state you are boating in.

- **An Educated Boater is a Safer Boater.** Learn more about boating and get additional safety tips at [DiscoverBoating.com](http://DiscoverBoating.com). FPT

*Courtesy of ARA Content*

-Which colonists told the most jokes?  
Punysylvanians!  
-What would you get if you crossed  
Washington's home with nasty in-  
sects?  
Mt. Vermin!  
-What did a patriot put on his dry skin?  
Revo-lotion!  
-What would you get if you crossed a dog  
with the Father of Our Coun-  
try?  
George Washingtongue!  
-Who is a dogs favourite Founding Father?  
Bone Franklin!

## SUDOKU

Instructions: Medium

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

	4						8	
5		7						1 3
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1 9			3		8			4 7
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## Tips for Traveling with Kids this Summer

Summer family trips are a time-honored tradition. From a cross-country drive to visit the grandparents to a trip to a national park, for many folks, summer just wouldn't be complete without the annual vacation.

As any parent knows, traveling with kids can be wonderful, sharing their excitement as they explore new places or reconnect with distant relatives. But traveling does take its toll - schedules are disrupted, so both kids and parents may be tired and cranky; you may be eating food you're not accustomed to; and hours cooped up in a car, train or plane getting to your destination can be taxing on the whole family.

Here are some easy ways to make the trip more fun for everyone.

- Hungry kids are grumbly kids. No matter

what your mode of travel, make sure you take along a selection of healthy snacks. Granola bars, fruit and packets of cheese and

crackers are good choices. If you're traveling by car, take along bottled water or fruit juices; if you're flying, opt to buy drinks at the airport instead of lugging around heavy bottles.

- Plan some entertainment. Before the trip, invest in a new book, or a few inex-



pensive portable games or toys to keep kids entertained as you travel. A portable DVD player can be a sanity saver on extended trips.

- Get up and stretch. It's hard for kids to be confined for long periods of time. If you're driving, make sure to plan plenty of stops along the way to let the kids run around and blow off steam. If you have an airport layover, take a brisk walk through the terminal.

- Pick the right hotel. When traveling with kids, a pool is a must-have. A quiet room that allows everyone to get a good night's sleep is another necessity. You don't want to wake up at the crack of dawn when the person upstairs starts the shower.

Likewise, you don't want to worry that your kids are making too much noise for the people in the room next door.

AmericInn is a great choice for families. The company is so focused on travelers' comfort that it has developed the AmericInn Sound-Guard construction system that reduces sound so guests can enjoy a quiet, peaceful night. The

system includes masonry block, sound-deadening foam and heavy sheetrock between rooms and floors. In addition, the chain constructs

its buildings to minimize noise intrusion from outside as well as from public spaces within the hotel, including separating the pool and recreation areas from



the residential portion of the hotel.

- Keeping kids on their normal schedule as much as possible means everyone will be happier. Try to work in time for naps in between sight-seeing or visiting with relatives. If you get to bed late, let the kids sleep in the next morning. Bring along a special pillow, blanket or stuffed animal if it will help your child sleep better.
- Create memories. After all, that's what family trips are all about. Give kids a disposable camera to snap photos during the trip. When you get home, turn the pictures into a scrapbook. You can also share them with people you met or visited on your trip.

With over 200 hotels in 21 states throughout the United States, chances are there's an AmericInn where you're heading. For more information, visit [www.AmericInn.com](http://www.AmericInn.com). FPT

*Courtesy of ARA Content*

What did one flag say to the other flag?

Nothing. It just waved!

What kind of tea did the American colonists thirst for?

Liberty!

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."

## Digital Photography Do's

During the summer months, the temperature is not the only thing on the rise. So too is the use of digital cameras, specifically for trips to the beach, picnics, barbecues, vacations and sporting events.

With so many flashbulbs popping, here are a few ways to make your summer digital photos sparkle.

**Summer Can be a Blur, Your Photos Shouldn't Be** - All of us have taken a shot that we thought was focused perfectly only to have it turn out blurry, usually due to excessive movement or hand shaking. To solve that, manufacturers offer cameras with image stabilizers, which drastically cut down on blurry photos. Among them, Panasonic offers its MEGA Optimal Image Stabilization throughout its entire line of digital cameras.

**Slideshows Have Never Been Cooler** - Most digital cameras utilize SD cards that allow you to store a few hundred photos at a time. Once you are finished snapping away, there is no better way to showcase your



photos than through a slideshow. All you need to do is remove the "stick of gum-like" storage device from your digital camera and slide it into the slot on your notebook computer, projector, photo printer, DVD player or Plasma television for a memorable 21st century slideshow. Certain slideshow applications will even allow you to add music or captions to your photos.

**Know Your Modes** - Cameras today offer a variety of different modes, which can automatically maximize your photo-taking ability by varying features, such as shutter speed, light, flash, etc. Most digital cameras offer a sports mode, ideal for the family picnic softball game; party and food mode, for summer barbecues; scenery mode, for those memorable vacation landscape shots; and fireworks mode, optimal for 4th of July and Labor Day celebrations. Some more advanced cameras like the TZ-1 from Panasonic even offer a beach mode to cut down on the number of washed out, sun-heavy photos.

**No More Disposable Water Cameras** - If beach mode isn't enough, the TZ-1 and FX-01 from Panasonic also come with optional underwater cases for an additional \$199, as well as an underwater mode, which allows you to better protect your digital camera on the beach and take underwater shots that would make any scuba diver or

snorkeler proud.

**Some Moments Warrant Video** - Have you ever been somewhere snapping away and you say to yourself, "I wish I had my video camera?" Well with most digital still cameras today, you do. While not as high quality as your video camera, most digital still cameras will do the trick in video mode. Some digital cameras will even allow you to playback the mini movies you just shot, right on your LCD screen.

**Battery Life is Important** - Even the most hi-tech camera will not work on a dead battery. So if your camera runs on a rechargeable battery make sure you always pack your charger and power up your battery before each day of shooting. For vacations, long trips, extended photo shoots or when using an older camera it is also a good idea to carry a spare fully charged battery. If your camera runs on ordinary AA or AAA alkaline batteries make sure you replace your batteries prior to a long day of shooting, make sure you always have a few extra batteries in your camera bag and reach for Oxyride batteries, which will enable you to shoot significantly more photos (up to 250) than conventional alkaline batteries. FPT

*Courtesy of ARA Content*

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### Instructions: EASY

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

Sudoku Medium answer from June

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

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# PARENTING

## Chaos in the Kitchen? Tips For Getting Your Kids to Eat

(NU) - If picky eating were an Olympic sport, would your child be the gold medal winner?

If so, you're not alone. Many parents find that their children consistently place first in the "you can't make me eat that" category and excel at pushing food around their plate.

How can you turn mealtime into a family-friendly hour as opposed to an all-out war? Here are some suggestions:

- Be patient. Don't try to force your children to eat if they refuse to finish their meal. By creating drama in the kitchen, you set a bad tone for the future. Children will auto-



matically think of mealtime as a negative experience and will only become more reluctant when it comes to eating. Be persistent by offering a variety of foods along with those you know they like. As new foods become familiar, your children will be more likely to try them.

- Remember, timing is everything. In the midst of a dinner time showdown, children don't want to hear all of the reasons why they should eat the food sitting on their plate. Try to incorporate nutrition education during other parts of the day. Bring up the issue during story time, play time or television time - not in the middle

of a temper tantrum over broccoli.

- Look for "fun" foods. Scan the supermarket for foods that you know kids would enjoy. Want to get your kids to try seafood? Products like Gorton's Popcorn Fish, bite-size fish coated in a crispy batter, appeal to children because of their fun shape and kid-friendly taste. Serving fish in this manner early on will encourage your children to keep an open mind about eating different kinds of seafood in the future.
- Set an example. While the focus may be on getting your kids to eat what is on their plate, it helps to look at your own eating habits as well. Children learn by example and often want to eat what they see grown-ups eating. Make a point to let them see you eating and enjoying the same foods you are serving them. FPT

-What was Thomas Jefferson's favorite dessert?

Monti jello!

-Teacher: "Which son of old Virginia wrote the Declaration of Independence?"

Student: "I think it was Thomas Jeffer's son."

-Why were the early American settlers like ants?

Because they lived in colonies.

-What did the visitor say as he left the Statue of Liberty?

"Keep in torch!"

-What's big, cracked, and carries your luggage? The Liberty Bellhop!

### June's "POP" Quiz ANSWERS:

Name the TV dad for these TV children:

Bart Simpson Homer Simpson

Bobby Brady Mike Brady

Bamm Bamm Barney Rubble

Pebbles Fred Flintstone

Gloria Archie Bunker

Lamont Fred Sanford

Theo Cliff Huxtable

Laura and Mary Charles Ingalls

Meadow Tony Soprano

Darlene Dan Conner

Kelly and Bud Al Bundy

Richie and Joanie Howard Cunningham

Ricky Edward Stratton

Lizzie and Chad Dr. Donald Westphall

Samantha Tony Micelli

Cavey Jr. Captain Caveman

Opie Andy Taylor

Beaver Ward Cleaver

Ellie May and Jethro Jed Clampett

Little Ricky Ricky Ricardo

Hoss and Little Joe Ben Cartwright

Eddie Herman Munster

Pugsly and Wednesday Gomez Adams

Robbie, Mike and Chip Steve Douglas

Betty and Bud Jim Anderson

Ritchie Rob Petrie

Brenda and Brandon Jim Walsh

Brad, Randy and Mark Tim Taylor

Tabitha Darrin Stevens

Alex, Mallory and Jenifer Andrew Keaton

Frasier and Niles Martin Crane

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Lynn and Jake Willie Tanner

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

-What did Paul Revere say at the end of his ride?  
"I gotta get a softer saddle!"

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



## Janitorial Service... Maggot Style

By: Floyd Bailey

In the month of July, flies are everywhere.

Have you ever wondered about where they come from? Well, flies start out in this world as those



gross creatures we call maggots. Really they are designed to take care of cleaning up this old world of all the dead things that might be lying around and not consumed by other larger animals.

Maggots (fly larvae) are amazing eating engines. Their front ends are equipped with mouth hooks with which they hook into decaying flesh, and shred pieces from the corpse. Their rear ends consist of a chamber, in

which little posterior spiracles are located. . Spiracles are used for breathing, and the possession of spiracles in a posterior location means that maggots can breath while they eat for 24 hours a day.

Some flies lay up to 300 eggs at one time, and if several flies lay their eggs on one piece of dead flesh, the number of maggots can be huge. For example, 48,562 maggots were found on a sample piece of meat after just 24 hours of exposure.



Without Maggots our world would be full of dead rotting things and it might just stink. But because our friends the maggots janitors are around we have a clean place to live. Thank you Maggots! FPT

Sudoku Really Hard answer from June

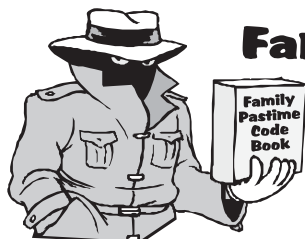
6	5	2	3	8	7	9	4	1
7	8	9	1	4	5	2	6	3
3	4	1	6	2	9	7	5	8
1	9	8	4	5	2	6	3	7
5	2	7	9	3	6	8	1	4
4	6	3	7	1	8	5	9	2
2	3	5	8	9	4	1	7	6
8	1	6	5	7	3	4	2	9
9	7	4	2	6	1	3	8	5

Hard answer from June

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

Sudoku Easy Answer From June

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



### Family Crypto-Time June Answer

**A Man Never Stands So Tall As  
When He Stoops To Help A Child**

Abraham Lincoln

# Dan Wolfe's " FREAK OUTS "

July 2006 - " The Lonely Penny "

Here's an easy magic trick to freak out your friends. You show ten pennies and a hard-cover book. You open the book and have your friend drop the pennies one at a time onto the center of the book to count them. He confirms that there are indeed ten. Ask him to pick any one penny and hand it to you.

Next, you pour the remaining nine pennies into your friend's hands, telling him to keep them closed tight so that nothing gets in or out. Putting the penny into your pants pocket, you explain that very soon the penny will get lonely and want to hang out with his friends

again. You count to ten (pennies get lonely pretty fast) and turn your pocket inside out to show that the penny has completely disappeared! Your friend opens his hands and counts the pennies...all TEN of them. The lonely penny has returned!

HOW TO:

For this trick you will need ELEVEN pennies and a hard-cover book. Before doing the trick, open the book and slide one of the pennies into the open space in the spine of the book. Closing the book again will keep the penny from

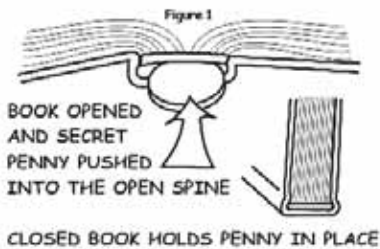
falling out until you want it to (see figure 1).

Now you're ready to present the trick. Opening the book and holding it level, have your friend count the pennies onto the pages of the open book...that way he KNOWS that there exactly are ten. He gives one to you and you tilt the book to pour the rest of the coins into his hands. Because the book is OPEN, the hidden penny slides out among the others, so he actually has TEN pennies (but doesn't know it yet) (see figure 2).

Next comes another sneaky part. You put the penny

into your pocket and count to ten. When you turn your pocket inside out, the penny is tucked into the VERY TOP of your pocket...the little part that doesn't pull out (see figure 3). The penny seems to have vanished!

All that remains is to have your friend open his hands, count their pennies... and **FREAK OUT! FPT**



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their first look. Accent the positive by calling attention to what your home has to offer. If your home has a dynamite outdoor setting, make it pop by having it all set up for a fun gathering. Arrange furniture to show off a lovely fireplace or to take advantage of views through the windows. If you're not sure where your home needs attention, talk to your Realtor. You'll want to be sure that you've done all you can to facilitate a good impression and a quick sale. Your agent can help you zero in on what elements come into play. The goal is to appeal to as many buyers as possible by positioning your home as the perfect place for the buyers to enjoy the kind of life for which they dream. Give them lots of reasons for choosing your home.

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## Home Alone this Summer

Here comes summer and if you're the parent of a pre-teen, you can bet this question is coming, too: "Why can't I stay home by myself this summer?"

How do you know when they're ready to be on their own at home while you're at work? "Part of successful parenting lies in the ability to accurately assess your child's level of maturity," says Dr. James

Longhurst, a licensed psychologist for Starr Commonwealth, a child and family services organization founded nearly a century ago. "The foundation for how they will handle themselves was established at day one. If you've been in tune with your child over the years, you'll know when they're ready."

Certainly you'll want to check to see if there are state regulations governing at what age a child can stay home alone, says Longhurst, but your best indicator will be that little voice inside. "If you have concerns, it means you probably should have concerns," he says. "One of a child's devel-



opmental stages involves responsibility. Sensitivity to where your child is on the developmental continuum can help you make wise accommodations."

One child may need no guidance at all about using the oven on her own, for example, while another may be safer just making sandwiches for himself at lunch. A child who will end up in front of the television all day needs more direction than one who's more productive with his time.

The point is exhaustive lists of dos and don'ts aren't nearly as helpful as rules that take a child's particular situation into account. "Situational parenting means you offer more or less direction, depending on the situation," says Longhurst. "This kind of flexibility shows your child that you understand who he is and that, in turn, builds confidence and trust." Emergency procedures, whether or not to allow friends in the house when you're gone, household tasks that need to be accomplished - these are just a few of the issues you and your child should discuss and settle together.

Longhurst's highly successful work with troubled youth at Starr Commonwealth has shown him that when kids have an opportunity to help set the rules for their own behavior they end up embracing those rules and living up to the trust placed in them. "Identify the areas up for discussion and then really discuss them. Let kids know you want them to be part of the process," he says. Longhurst suggests other activities that can help your child have a summer "alone" that helps build family bonds and personal confidence:

- Check with your child's school to find out what subject areas they'll be studying in the coming year. Then, get creative. Rent movies that pertain to the subject, for example. "Make activities like watching TV productive rather than consumptive," says Longhurst.
- Help them discover a new hobby. If your child is interested, photography can be a good choice. There's plenty of subject matter around the house or in the neighborhood. A simple camera, even a disposable one, allows them to see the familiar with new eyes. "Many communities have classes or camps with a focus on a particular hobby," says Longhurst. "This can help break up the summer a bit and of-

*Please see "Home Alone" on page 16*

## Sight-Saving Tips for Viewing Fireworks

(NewsUSA) - Fireworks displays are one of the most recognizable symbols of Independence Day. But there are risks, warns Lions Clubs International, a worldwide service organization dedicated to the conservation of sight.

Each year, thousands of people across the country suffer serious eye injuries because of fireworks, and nearly three-quarters of those injuries occur around the July Fourth holiday.

About 2,000 eye injuries are reported each year, with nearly half by bystanders, not the people who set off the fireworks. Even sparklers can be dangerous - they are the No. 1 cause of eye injury to children. Sparklers consist of metal shrapnel burning at about 1,800 degrees Fahrenheit.

“Despite our many advances in the ability to repair severely injured eyes, the damage can be devastating, often resulting in blindness,

permanently impaired vision or loss of one or both eyes,” says Dr. Christopher Andreoli, Massachusetts Eye and Ear Infirmary’s chief resident and director of eye trauma.



But Andreoli says that most eye injuries caused

by fireworks are preventable. Lions Clubs International and Massachusetts Eye and Ear Infirmary offer these sight-saving tips:

- Leave it to the pros. Pack a picnic and attend a professional fireworks display instead of lighting your own.
- Leave it to the adults. Don’t let children ignite fireworks or stand near

others who do.

- Keep your distance. View fireworks from at least 500 feet away, and keep away from a lighted firework. Many injuries occur when checking on a firework that has failed to ignite.

- Wear eye protection. Eyeglasses or sunglasses can help protect the eyes from smoke, falling ash and stray sparks.

If an accident does occur, Andreoli advises covering the injured eye. Don’t apply pressure to the eye or rub it, as that can make the injury worse and cause bleeding. Don’t eat or drink anything until seen by a doctor. Most importantly, seek medical help immediately.

Lions Clubs International is the world’s largest service club organization with nearly 1.35 million members in 197 countries. For more information, visit [www.lionsclubs.org](http://www.lionsclubs.org). FPT

### Funny Sign Lands Photographer Trip Around Globe



*Promised Land... Closed?*

Grand-prize winner Ted Johnson will be the first to tell you it pays to have a camera on hand. This snapshot landed him a free Round-the-World ticket on the Star Alliance airline network -- with a choice of 894 airports in 129 countries.

Weekly winners get \$50 and a photo credit when their picture appears in newspapers around North America. To submit your own photo of a sign that made you laugh (or to see more funny pix), visit [www.signspotting.com](http://www.signspotting.com). FPT



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## Tips for Parents: Starting The School Year Right

(NewsUSA) - Increased parental involvement provides the best foundation for a successful start to the school year.

“Back-to-school offers an opportunity for parents to get to know their children’s teachers and be involved in education year-round,” said Reg Weaver, president of the National Education Association. “To reach their full potential, students need parents to take an active role in their education. Parents should be their children’s ‘favorite teacher.’ NEA recommends five easy ways for parents to start the school year off on the right foot:

- Meet the teachers. Tell teachers about your children’s interests and



hobbies. Make a date to visit teachers’ classrooms; don’t wait for Back-to-School Night or parent-teacher conferences to open the lines of communication. Provide teachers with your phone numbers and e-mail addresses.

- Get to know all the school employees. Whether it’s the librarian, school counselor, nurse, cafeteria worker or bus driver, education support professionals generally know all of the students in the school, and their relationships with your child will continue from year to year as your child moves from one grade to the next.

- Join the PTA or other parent groups. As a group, participate in school events and see how you can help the school reach its goals.
- Check in daily with your children. Review what they learned in school, determine set times for homework and reserve time to read with them—even if it’s just for fun.
- Check the school’s Web site regularly. Make sure your children are learning what they need to know to meet the standards set for their grade level. Many schools offer class schedules and homework materials online for parents to view.

“There’s nothing like starting the school year off right,” said Weaver. “So go to the head of the class in your kids’ eyes, because learning doesn’t stop at the school doors.”

For more back-to-school tips and resources, visit [www.nea.org](http://www.nea.org). FPT

## Shoe-Shopping Tips for Back-to-School

(NewsUSA) - As the dog days of summer start to dwindle, parents everywhere will scramble to outfit their children for back-to-school. Stores will be inundated with moms and dads in search of the latest fads and fashions for their little ones, and shoes are sure to top the list.



can be aggravating. Be sure to buy for the larger foot.

- Shop in the afternoon. Feet tend to swell later in the day, so it’s best to be fitted during this time to accommodate slight changes in foot size.
- Select shoes that are comfortable immediately. Don’t buy shoes that require a “break-in” period.
- Look for a stiff heel. Press on both sides of the shoe’s heel; it shouldn’t collapse.

- Check the shoe’s toe flexibility. The shoe should bend with your child’s toes. It shouldn’t be too stiff or bend too much.

- Choose a shoe that is rigid in the middle. It should never twist.
- Have your children try on shoes with the socks or tights they plan to wear with them.

Children’s feet change rapidly as they age, so it may be necessary to revisit the shoe store every few months. The American Podiatric Medical Association provides the following tips for parents to ensure the shoes they buy make the grade:

- It’s important to measure a child’s foot before buying; feet are seldom the exact same size, and ill-fitting shoes

The APMA advises parents not to hand down footwear from an older sibling. A shoe that fits one child comfortably may not fit another the same way. Sharing shoes can also present a health hazard by spreading infections such as athlete’s foot and nail fungus.

For more tips and information on foot care, visit [www.apma.org](http://www.apma.org). FPT

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## Kid Friendly Recipes



### Firecracker Peanut Sauce

#### SUPPLIES:

- 2 TBS Melted butter or peanut oil
- 2 Cloves minced garlic
- 1/2 cup Coconut milk
- 2 TBS Unsalted smooth peanut butter
- 2 Tbs Soy sauce
- 1 Tbs Lime juice
- 2 tsp Sesame oil
- 1 tsp Honey
- 1 tsp Favorite red hot pepper sauce

#### HOW TO:

1. In a saucepan, add the melted butter and garlic
2. saute for 2 to 3 minutes.
3. Stir in the coconut milk, peanut butter, soy sauce, lime juice, sesame oil, honey and pepper sauce
4. Bring to a simmer.
5. Remove from the heat and transfer to a serving bowl.

Serve with grilled chicken, fish or lamb, or as a vegetable dip. FPT

### Pretzel Sparklers

#### Supplies:

- long rod pretzels
- white chocolate, melted
- sprinkles (red, white and blue) or star cake decorations

#### How To:

Melt the white chocolate. Dip the pretzel rod halfway into the melted chocolate then sprinkle the sprinkles over the wet chocolate. Lay on waxed paper or place in a cup to dry. FPT

### Skyrocket Ice Pops

#### SUPPLIES:

- 12 (8 oz) plastic cups
- 12 Popsicle sticks

#### HOW TO:

##### Red Layer:

- 4 cups cran-raspberry juice red food coloring

##### White Layer:

- 2 cups frozen whipped topping
- 2 cups vanilla yogurt

##### Blue Layer:

- 4 cups grape juice
- water

##### Blue food coloring

#### HOW TO:

Mix the grape juice and water until a suitable blue color results. Try adding blue food coloring to achieve the desired shade. Pour into the plastic cups filling them 1/3 full. Place into the freezer until the start to freeze. Once they do, stick a craft stick in the center of each cup. Freeze until solid. Mix the yogurt and whipped topping together. Place a layer on top of the frozen blue layer, and freeze for one hour. Repeat the process given for the blue layer but do it with the cran-raspberry juice and red food coloring. Add a red layer to each cup and freeze until frozen. Run the outer side of the cups under cold water to release them. ENJOY! FPT

### Turkey & Sausage Kabobs

#### SUPPLIES:

- 1/3 cup soy sauce
- 1/3 cup cooking sherry or Fruit Juice
- 3 tbsps sugar
- 3 tbsps salad oil
- 1 5 lb frozen turkey breast, slightly thawed
- 1 (8 oz) pkg brown and serve sausages
- 1 (8 oz) can pineapple chunks
- 4 green onions, cut into 1 1/2 inch pieces

#### HOW TO:

In medium bowl, mix first four ingredients. With a sharp knife, cut one side of turkey breast into one inch chunks; use remaining turkey in other recipes. Add turkey chunks to bowl and toss lightly. Refrigerate 30 minutes. Cut each sausage crosswise in half.

On six 14-inch skewers, alternately thread turkey, sausages, pineapple and green onion. Cook over medium coals for 15 to 20 minutes until turkey is tender, basting frequently with marinade and turning once. FPT

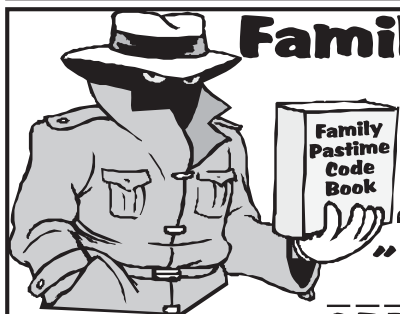
### Patriotic Gelatin

#### SUPPLIES:

- Two 3 oz. pkgs. Black cherry flavored gelatin
- One can blueberry pie filling
- One 3 oz. pkg. lemon flavored gelatin
- One 8 oz. pkg. cream cheese,
- One 8 oz. whipped topping
- Two 3 oz. pkgs. strawberry flavored gelatin
- 2 cups frozen strawberries

#### HOW TO:

1. Make black cherry flavored gelatin using 2 cups of boiling water and 1 cup of cold water. Add pie filling and stir until filling is mixed in thoroughly.
2. Pour into the baking dish and place in the refrigerator to cool until firm.
3. Make lemon-flavored gelatin using 1 cup of boiling water. Beat cream cheese slightly and add the lemon gelatin mixture. Beat gelatin and cream cheese until smooth. Set aside and allow to cool.
4. Once the cream cheese mixture has cooled, fold in the whipped topping until mixed thoroughly. Pour this mixture over the firmly set bottom layer. Return to the refrigerator.
5. Make the strawberry flavored gelatin using 2 cups of boiling water and 1 cup of cold. Add in the frozen strawberries and stir to mix thoroughly.
6. Allow to cool and then pour over the middle cream cheese layer. The cream cheese layer should have been chilled long enough to become firm.
7. Return the 3 layers to the refrigerator and chill until top layer is firm.
8. Cut into squares to serve. Top with a little whipped topping and a couple of blueberries for appearance. FPT



## Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which. If you need a clue look on page 18.

“WFEPIDMIO AR QUF HPSFDLEFLQ PY QUF  
JFPJBF, NO QUF JFPJBF, YPD QUF JFPJBF”

### Home Alone

*continued from page 16*

fer some new opportunities for your child.”

- Love tomatoes? Enjoy flowers? Plant a small garden together and let your child tend it during the week. It’s a great family activity, too, one you can enjoy together in the evenings or on the weekends.
- Look for volunteer opportunities in your community. There are plenty of activities a child can do for a favorite organization without leaving the house. Charities always need people to address envelopes, design flyers, even bake items for bake sales. “Service learning is important to healthy development,” says Longhurst. “It teaches us that we’re a part of something bigger than just ourselves.”

For more information about Starr Commonwealth and Montcalm Schools, Starr’s private residential treatment program for girls and boys ages 12 to 18, call (866) 289-9201 or visit their Web sites at [www.montcalmschool.org](http://www.montcalmschool.org) or [www.starr.org](http://www.starr.org). FPT

*Courtesy of ARA Content*

What has four legs, a shiny nose, and fought for England?  
Rudolph the Redcoat Reindeer!

What march would you play at a jungle parade?  
“Tarzan Stripes Forever”!

### The Richest Are Not Those With the Most

Anonymous

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people can be. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, “How was the trip?” “It was great, Dad.” “Did you see how poor people can be?” the father asked. “Oh Yeah” said the son. “So what did you learn from the trip?” asked the father.

The son answered, “I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others.

We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them.”

With this the boy’s father was speechless. Then his son added, “Thanks dad for showing me how poor we are.”

Too many times we forget what we have and concentrate on what we don’t have.

What is one person’s worthless object is

another’s prize possession. It is all based on one’s perspective. Makes you wonder what would happen if we all gave thanks for all the bounty we have, instead of worrying about wanting more. Yes, it’s all a matter of perspective.

I’ve heard it said before that the richest are not those with the most, but those who need the least. Take joy in all you have, especially your friends. FPT

### SUDOKU HARD

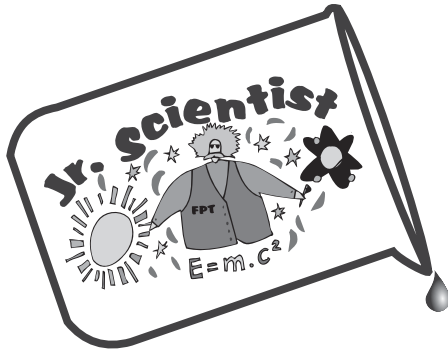
Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month’s issue for the answer to this month’s puzzle.

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

ALWAYS WEAR SAFETY GOGGLES &amp; ALWAYS HAVE ADULT SUPERVISION!

By: Family Pastime Staff



### Egg in a bottle

This experiment will allow you to put an egg (in it's shell) inside a bottle.

#### SUPPLIES:

- 1 Hard-boiled Egg
- 1 Cup Vinegar
- 1 Bottle with an opening slightly smaller than the egg.

#### HOW TO:

Have an adult help you hard boil an egg.

Put the egg into the cup of vinegar for one day

Remove the egg.

You will notice the egg is "rubbery" You can now carefully squeeze the egg into the bottle.

Let the egg sit in the jar (with the lid off) for another day and the shell will become hard again.

Show the egg in the bottle to friends and family

## Egg in a Bottle and Knots in Bones

and they will be amazed.  
HOW COME?????

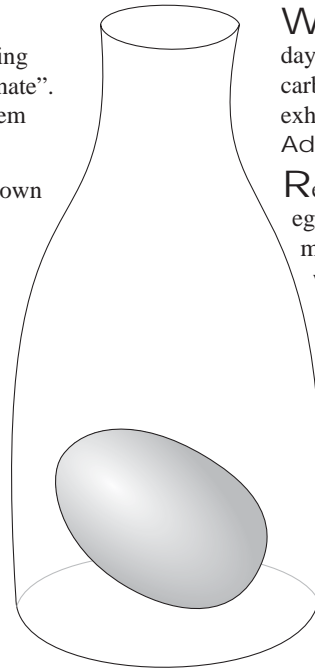
Eggs contain something called "calcium carbonate". This is what makes them hard.

Vinegar is an acid known as acetic acid.

When calcium carbonate (the egg) and acetic acid (the vinegar) combine, a chemical reaction takes place and carbon dioxide (a gas) is released. You will notice the gas escaping as bubbles in the cup with the egg and vinegar in it.

The chemical reaction keeps happening until all of the carbon in the egg is used up -- it takes about a day.

When you take the egg out of the vinegar it's soft because all of the carbon floated out of the egg in those little bubbles.



How come it becomes hard again?

When you let the egg sit in the jar for another day the calcium left in the eggshell "steals" the carbon back from the carbon dioxide that we exhale when we breathe.

Additional Egg experiment:

Repeat the above experiment using a raw egg. After a day when the egg is soft gently move the egg into a clear container filled with water. The egg will absorb water via osmosis (the movement of water molecules from an area of high concentration to an area of low concentration) until the shell finally bursts.

### Knotty Bone

#### SUPPLIES:

- Clean chicken bones
- 1 Cup Vinegar

#### HOW TO:

Calcium is also what makes bones hard so if you put the chicken bones in the cup of vinegar for a day. When you take them out you will notice they are soft (just like the egg). You can now tie them in a knot then let them sit for a day to absorb carbon from the air. Now show your friends and family how you tied knots in bones. FPT

-What happened as a result of the Stamp Act?

The Americans licked the British!

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

Because the horse was too heavy to carry!

-Why did the British cross the Atlantic? To get to the other tide!

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

Yankee Poodle!

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

-What did King George think of the American colonists?

He thought they were revolting!

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## Fun Family Events JULY

Send information on your upcoming events to: [events@familypastime.com](mailto:events@familypastime.com) or Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

- 1 The 36th Annual Jonesborough Days  
3:30 PM  
BRISTOL, Va. FREE Movies in the Park  
([www.bristol150.com](http://www.bristol150.com)) Cumberland Park  
The Good, The Bad, & The Ugly (1966)
- 2 Freedom From Fear of Speaking Day,  
I Forgot Day  
The 36th Annual Jonesborough Days
- 3 Air Conditioning Appreciation Day,  
Compliment Your Mirror Day,  
Stay Out Of The Sun Day
- ### 4 INDEPENDENCE DAY
- 5
- 6 Take Your Webmaster to Lunch Day  
BRISTOL, Va. FREE Movies in the  
Park Anderson Park Casablanca  
(1942) [www.bristol150.com](http://www.bristol150.com)
- 7 Chocolate Day, Father-Daughter  
Take A Walk Together Day  
Jonesborough FREE Music On the  
Courthouse square. Every Friday  
evening, 7 p.m
- 8 SCUD Day  
JCPL Hobey Ford and the Golden  
Rod Puppets at 3:30 pm ALSO  
12:00 PM - 6:00 PM  
ANIMATED MADNESS DAY:  
The Lion King — Jungle Book  
— Tarzan
- 9
- 10 Don't Step On A Bee Day  
Hands On! Regional Museum: Jr. Art Smarts  
Ages 4-6 9am-12pm Painting,  
draw, color, watercolor, and more!  
6/10-6/14  
Painting Palette Ages 7-9 12:30pm-  
4:30pm Explore the different ways  
of painting and famous painters,  
then practice their techniques!  
6/10-6/14
- 11 Bristol Public Library Exhibit Celebrates  
Outstanding Virginia Women  
6/11-6/31  
JCPL "Healthy Living" program for  
TEENS @ 3:30 pm Please register  
[www.jcpl.net](http://www.jcpl.net)
- 12
- 13 Embrace Your Geekness Day, Gruntled  
Workers Day  
JCPL SunShine Monkey Shines program at
- 14 Jonesborough FREE Music On the  
Courthouse square. Every Friday  
evening, 7 p.m  
Kingsport Fun Fest through 6/22  
([www.funfest.net](http://www.funfest.net))
- 15 Be A Dork Day, Cow Appreciation Day,  
Gummi Worm Day, National Personal Chef's  
Day, Shark Awareness Day, Woodie Wagon Day  
Arts Council of Kingsport's Arts Club for Kids  
'Hands on with Zig' at the Kingsport  
Renaissance Center 11 a.m. and 2 p.m.  
Tickets will be available through the Fun  
Fest Store at \$2 each.  
[www.kingsportARTS.org](http://www.kingsportARTS.org),  
JCPL Movie Your Library @ 2:00 PM -  
Homeward Bound: the Incredible  
Journey
- 16 National Ice Cream Day
- 17 Get Out of the Doghouse Day  
Hands On! Regional Museum: Mother Earth Rocks  
Ages 7-9 9:00-1:00 Learn about the  
layers of the Earth and what we can do to  
preserve our planet! 6/17-6/21  
Blast Off! Ages 7-9 12:30pm-4:30pm  
Out of this world fun! Travel through the  
galaxies, learn about black holes, and  
discover the current findings on asteroids  
and moons of other planets! 6/17-6/21
- 18 JCPL Senior High Coffee House for TEENS  
@ 3:30 Please register [www.jcpl.net](http://www.jcpl.net)
- 19
- 20 Lollipop Day, Special Olympics Day  
BRISTOL, Va. FREE Movies in the Park  
([www.bristol150.com](http://www.bristol150.com)) Anderson Park  
Harry Potter & The Sorcerer's Stone  
(2001)
- 21 Jonesborough FREE Music On the Court  
house square. Friday evenings, 7 p.m
- 22 Rat-catchers Day  
JCPL Movie Theater @ Your Library @ 2:00 PM  
- Homeward Bound: the Incredible  
Journey
- 23 Gorgeous Grandma Day, Hot Enough  
For Ya Day, Parents' Day
- 24 Cousins Day, National Drive-Thru Day  
Hands On! Regional Museum: Native  
Roots Ages 7-9 12:30pm-4:30pm  
Learn about the first peoples to  
inhabit North America and their ways of  
life. Legends, cultures, foods, and more  
will be covered in this camp of Native  
American roots. 6/24-6/28
- 25 Health, Happiness & Hypnosis Day  
JCPL Aromatherapy program for TEENS  
@ 3:30 pm [www.jcpl.net](http://www.jcpl.net) Please register
- 26
- 27 Take Your Houseplant For A Walk Day,  
Walk on Stilts Day  
JCPL awards celebration for Summer  
Reading Club participants at 3:30 PM
- 28 National Milk Chocolate Day  
Jonesborough FREE Music On the  
Courthouse square. Every Friday  
evening, 7 p.m
- 29 JCPL Movie Theater @ Your Library @ 2:00  
PM - Racing Stripes
- 30 All-American Soap Box Derby Day  
JCPL children's author, Chris Rumble, at  
3:30 PM

What dance was very popular in 1776?  
Indepen-dance!

Which one of Washington's officers had the best  
sense of humour?  
Laughayette!

"How was the food at the Fourth of July picnic?  
"The hot dogs were bad and the brats were  
wurst!"

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

Teacher: "The Declaration of Independence was  
written in Philadelphia. True or false?"  
Student: "False! It was written in ink!"

**Across**

- 1. Absence of color
- 5. Don't rain on my \_\_\_\_\_.
- 7. Green striped fruit
- 8. Recreational floating device
- 12. Bird that fakes injury
- 13. Whatever \_\_\_ is...
- 14. Homemade is best
- 16. Katrina and Hugo
- 18. R&R
- 19. Inland body of water
- 20. Earn your \_\_\_\_\_ (Army).
- 21. Gives water to the lawn
- 24. "\_\_\_\_\_ Party"
- 25. "\_\_\_\_\_ of summer"

**Down**

- 2. Show-off
- 3. Rest between two trees
- 4. When you are feeling down
- 6. Yard weeds
- 9. Sandy vacation spot
- 10. Small explosive
- 11. Chinese invention
- 15. When you wish upon a \_\_\_\_\_
- 17. Color of embarrassment
- 20. Famous uncle
- 22. Sour cucumbers
- 23. Meaningful fabric banner



Catch up on all the local happenings. Read Family Pastime Magazine back issues online. [familypastime.com](http://familypastime.com)

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

Why did the British soldiers wear red coats?  
So they could hide in the tomatoes.

How is a healthy person like the United States?  
They both have good constitutions!

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Saturday 10am - 3pm

# PARENTING

## Family Wealth

Dawn R. B. Cadwallader, DC, ND

Present day society has placed a huge emphasis on money and possessions. Unfortunately, many of us have the tendency to pass this on to our children. What we forget is that being wealthy involves much more than having the material things we want in life.

Here are some other important aspects of true wealth:

**Relationship Wealth**-How valuable are your relationships? It's much more than the relationship with a significant other. Are your relationships with your children, family, and friends healthy? As our lives get busier and busier, many of us emphasize "quality, not quantity" when referring to our time spent with our kids. Is the time you spend with your kids truly "quality" time, or is that time spent with your face in front of the computer or TV? Do you take time alone with your significant other to rekindle the relationship, or are the kids always part of the picture? Romance and passion add to relationship wealth. Are your friendships truly quality friendships? Do you take time with your friends to talk and share laughter, or is the telephone the only way you communicate? Making your relationships actual "quality" relationships will help to add to your wealth.

**Spiritual Wealth**-Spirituality does not necessarily mean religion. We all need a certain amount of spirituality in order to find peace within. Many people find spirituality in meditation and prayer, or just in time spent outdoors with nature. However it is you find your spirituality, you might want to take a look at how satisfactory your level is. Spirituality is also important for children. They must understand that personal peace is very important for the soul. Children need to learn to take time for gratitude. You can teach your children many ways to find spiritual wealth. These can include a daily journal, a gratitude notebook, etc.

**Health Wealth**-How healthy are you and your family? Do you base your health on merely the absence of symptoms? Take a look at your diets and the amount of exercise you get each day. I am sure we can all make corrections to both of these. Daily exercise (an hour a day) and plenty of fruits and vegetables (9 a day) will add immense value. If prescription drugs constitute a large portion of your lives, then your health is in a state of bankruptcy. True health involves your body's own ability to treat itself. A healthy body can and will fight disease. It will recover quickly and easily. Fill your life with healthy options and you will find that your capabilities will change.

**Knowledge Wealth**-So many people finish high school or college and never want to look back. Even as adults, we should all take time each day to read and learn something new. Studies have shown that exercising the brain actually increases longevity. With the summer in full, many of our children want to do nothing but sit in front of the TV. You can emphasize the importance of daily mind training in order to maintain what they have learned in the past year. You can have family trivia time rather sitting in front of the "electric box" each evening.

**Joy Wealth**-If you are not doing things in your life that bring you joy, you are not truly wealthy. If your daily routine is miserable, it is time to re-evaluate. If what you do every day does not bring you happiness, you will never fulfill this need. Decide what it is that brings you satisfaction in life and DO IT. Life is too short to spend it doing things that make you unhappy. Find out what it is that brings your children bliss. Maybe you can find something that you can do as a family that does this. It doesn't have to involve a lot of expense.

**Financial Wealth**-Any discussion of wealth must include the

monetary aspect of wealth. Financial wealth is a very personal thing. Just because someone has a lot of possessions does not mean that he or she is financially wealthy. I once heard a man say that he knew he was wealthy when he could take his children to the grocery store and buy them whatever they asked for. Others define financial wealth by being able to pay their bills without stress. As long as you are willing to work for it, you can have anything you want in life and so can your family.

If your life is missing any of these aspects of true wealth, you might want to consider some changes. Wealth has no limits. Remember that you can reach any goal you really set your mind to. Teach your children the same. The media glamorizes those who have a lot of money and belongings. It's up to us to teach our kids that TRUE wealth is much more than that. FPT

## SUDOKU REALLY HARD

### Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

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## HEALTH MATTERS

By: Patsy Meridith

No doubt about it, stress can have potentially damaging effects on our health. Many people ask us for a natural way to help them keep the detrimental effects of stress under control. When we face stressful situations, our cortisol levels rise. With a quick return to normal at age 20, cortisol levels take days to normalize after age 40. Increased levels of cortisol can contribute to weight gain, fatigue, bone loss, insomnia, hypertension, and other maladies. We recommend Stress Advantage, a blend of powerful adaptogenic herbs that support and strengthen our cardio, adrenal and immune system response to stress. These herbs have been used for millennia in Chinese, Indian and Russian traditional medical systems. With such herbs as rhodiola, astragalus, schizandra, ginseng and tumeric, Stress Advantage can help you control the effects of stress.

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**O'Charley's –**  
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1920 N. Eastman Road, Kingsport  
3173 Linden Drive, Bristol  
Kids Eat Free Every Day –  
(2 children with each adult)

**Pizza Hut – Local Areas**  
Tuesday – Family Feast Specials

**Applebee's –**  
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Wednesday - \$.99 Kid's Meal  
(12 and under)

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If you know of a family special at a local business send the info to editor@familypastime.com so we can add it to next month's list FPT

Teacher: "Who wrote 'Oh say, can you see?'"  
Student: "An eye doctor?"

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## Throw a Blowout Birthday Party Without Blowing the Budget

Americans spend more than \$10 billion each year on birthday gifts alone according to Hallmark. That doesn't include the costs for birthday parties. Billions more are spent on parties, especially those for children.

From inviting the entire kindergarten class for pizza and a petting zoo in the back yard, to extravagant Sweet 16 parties with limos and belly dancers, parents feel pressure to give their children the best birthday party imaginable, every year. However, parents don't have to blow their budget on parties or gifts to create a meaningful and fun birthday experience for their kids.

"Birthdays provide a time for families and friends to come together and celebrate an important time in each other's lives," said Sam Goller, author of "Yes, You Can Afford to Raise a Family." "But if you are not careful, your generosity during these occasions can also cause you to overextend your budget, making a joyous time stressful."

However, there are ways for parents to avoid the financial and emotional traps birthday parties bring. Stowers Innovations, Inc., publisher of the "Yes, You Can..." series of books, suggests the following 10 tips to increase the meaning and decrease the cost of birthday gift-giving and celebrations.

**1.** Set a pre-determined budget. Determine a specific budget in advance for gifts and parties to avoid a financial crunch each year. Share this budget with your children to avoid unrealistic expectations.

**2.** Limit the number of guests. Keep parties manageable by limiting the number of guests your child is allowed to invite. A good rule of thumb is one guest for every year. So a 5-year-old could invite five friends. Children cannot connect with very many people at one time and often connect most with family. By limiting the number of guests, you create an environment in

which your child can form more meaningful connections.

**3.** Involve your child in the planning process. Give your child a major role in organizing the party. Talk about what is important about this



party and how the money budgeted for the celebration will be used. Help them pick out games, food and decorations. Sit down with them to write party invitations. Years from now, when your child remembers his or her birthday, they'll remember the experience, not just the party.

**4.** Team up. Share the cost of birthday parties by joining with other parents whose children have a similar birth date. This allows children to have parties that feel extravagant without straining your budget. If teaming up isn't an option, consider throwing a big birthday party every other year for your child.

**5.** Keep it simple. Plan a party around a simple and inexpensive activity your child and their friends enjoy, such as baking and decorating cookies, hosting a talent show or playing dress-up. If your child is interested in dancing, host a dance party and allow your child to create a dance for everyone to learn. Or create a play based on their special interests and have party guests put on a show.

**6.** Build connections. Create activities that build connections and allow enough time for the activity to be meaningful. Young children have shorter attention spans and an hour and a half party would allow them enough time for a mean-

ingful experience without losing interest. Older children, however, may find a longer activity more meaningful. Consider allowing your older teen to invite a friend on a weekend family trip, or to a concert or theme park.

**7.** Celebrate family birthday traditions. Invite children to take part in a family birthday tradition. Serve breakfast in bed or allow children to choose the dinner menu on their birthday. Bake special treats the child can share with the class at school. There are many ways to build traditions, which make the day extra special.

**8.** Consider alternatives to traditional birthday gifts. Give your child a non-material gift, such as an experience or new privilege. Take the day off from work to go to a museum together or recognize the importance of getting older by extending a curfew or allowing young children to stay up later.

**9.** Teach the art of giving. Incorporate giving into your child's birthday celebration. Instead of bringing gifts to the party, ask guests to bring something that can be donated—books, money, new toys or clothing—to a charity your child chooses. Send thank you notes to guests giving them specifics on the total contribution to the charity.

**10.** Make gift-giving and receiving more meaningful. Set aside enough time during the party to allow the gift exchange to be a special experience. Let each child explain why he or she chose their gift and allow time for the recipient to open it. Many parents set up chairs for the gift-giver and recipient, so they can sit next to each other while the present is being opened.

"Including your child in all aspects of the birthday experience, from planning to creating a scrapbook after the event, helps create a party both you and your child will remember for a lifetime," said Sheelagh Manheim, Ph.D., co-author of "Yes, You Can... Find More Meaning in Your Life." "A great party is not about the money spent, but about the connections formed and the memories made."

The books "Yes, You Can... Afford to Raise a Family" and "Yes, You Can... Find More Meaning in Your Life" are available by calling (800) 234-3445 or online at [www.stowersinnovations.com](http://www.stowersinnovations.com). FPT

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