

JUNE 2007

FREE



THE magazine for the WHOLE family Volume 2 Issue 6

Necktie Beats Underwear For Bottom Spot As Worst Father's Day Gift; Dads Want Dinner Out

Forget sports or electronics. What dads really want this Father's Day is dinner out with the family, an InteractiveDad.com poll shows. And the gift that dads don't want? The necktie, which beats out underwear for the bottom spot.

Father's Day and definitely don't want a necktie, according to the online survey.



The survey shows that 36-percent of dads want to eat out with the family for Father's Day and 25-percent of dads say a tie is about the worst gift they could receive.

TAMPA, FL. January 31 -- Most dads want to dine out with family this

"I think this survey will be eye-opening for those who think they

Please see "What Dad Wants" on page 23

The Marshmallows Were Flyin'

KidPower 2007 was such a great success. With thanks to our sponsor The Home Depot who supplied us with the needed PVC for our marshmallow shooters, Family Pastime Magazine helped children make somewhere in the neighborhood of 600 marshmallow shooters. I am still nursing blisters from cutting all that PVC. From 10:00 to 2:00 it was non-stop shooter



By: Chris Joker

construction. For those of you who did not make the event but would like to construct your own marshmallow shooter complete instructions are available through the familypastime.com website. Just

click on the "how to" button. I'm pretty sure Home Depot has re-stocked their PVC.

If you did not bring your family to this event, be sure to keep in mind for

Please see "Flying Marshmallows" on page 12

IN THIS ISSUE:

- 1. What Dads Want
- 1. Marshmallows were Flyin'
- 4. Lower Gas Cost
- 7. Father & Son Inventors
- 13. Flag Etiquette
- 14. Robo-Dad
- 21. Daniel Boone

REGULAR FEATURES:

- 4. Family Finance
- 5. Father Knows Jest
- 6. Home Cure
- 7. Say What?
- 9. Homeschooling
- 10. Double Take
- 10. SUPER SUDOKU
- 11. Family Pet Spot
- 15. Jr. Scientist
- 16. Recipes
- 18. Family Fun Events Calendar
- 19. Crossword Puzzle
- 20. Yucky News
- 21. Crypto-Gram
- 22. Word Search



**Visit Our Website at:
www.familypastime.com**

- **Enter Contests**
- **Advertise with**
- **Family Pastime Magazine**
- **Submit Content**
- **Take Surveys**
- **Read Past Issues**
- **Play Games**
- **Give Us Feedback**
- **And More!**

THE Magazine for the WHOLE Family

What? You don't have a WEBSITE????

You may be losing business if you do not have a website.

It's a fact, more and more consumers are ONLY doing business with companies that have websites.

Well, hitch up that horse and buggy and let's get together and plan a web strategy to increase your sales.



Web Design

*Interactive CD-ROM
Business Cards*

Full service

423.676.4323 *computer graphics*

www.renderforge.com

Kiattivities™

- Enchanted Garden Stone Tuesday, June 5 11am & 12pm \$10.00
- Pirate Party! Thursday, June 7 11am & 12pm \$10.00
- Color & Cuddle Bear Tuesday, June 12 11am & 12pm \$10.00
- My Sticker Art Thursday, June 14 11am & 12pm \$10.00
- Badgemaker Tuesday, June 19 11am & 12pm \$10.00
- Oceans of Fun Kit Thursday, June 21 11am & 12pm \$10.00
- Collage Farm Tuesday, June 26 11am & 12pm \$10.00
- Paint a Kite Thursday, June 28 11am & 12pm \$10.00
- Make Your Own Lip Balm Tuesday, July 3 11am & 12pm \$10.00
- Design a Pet Thursday, July 5 11am & 12pm \$10.00



To register stop in or call:
3101 Brown's Mill Road
(Next to Outback Steakhouse)
Johnson City, TN 37604 (423) 283-9578

Lizzie's
Baskets, Gifts, and
Lawn Announcements
(423) 477-8562



Congratulate your Graduate!



Big Red Hearts
Pinwheel Flowers
Birthdays,
Over the Hill
Graduation
New Baby
Anniversary
Congratulations
Just for Fun



Pink Flamingoes
Smiley Faces
Buzzards
Graduation Scrolls
Silhouettes
Big "Ts"
Storks
Big "Xs" and "Os" (Hugs and Kisses)

A sign with a personalized message is included with the lawn decorations.
Call # (423-477-8562) to reserve your "Lawn Announcement" today!



JUNE WEEKLY OBSERVANCES

- International Clothesline Week: 2-9
- National Headache Awareness Week: 3-8
- Black Single Parents Week: 3-9
- National Sun Safety Week: 3-9 Link
- National Business Etiquette Week: 4-10
- Telemarketing Awareness Week: 4-10
- Superman Week: 7-10
- Youth Cowboy Poetry Week: 8-11
- Take A Kid Fishing Weekend: 8-10
- National Automotive Service Professionals Week: 10-16
- National Flag Week: 10-16
- Families in Business Week: 11-15

- Men's Health Week: 11-17 Link
- National History Days: 11-15 Link
- Youth Cowboy Poetry Gathering: 14-17
- Nursing Assistants Week: 14-21
- Fiddlers Week: 18-23
- International Letter Boxing Week: 18-24
- Meet A Mate Week: 18-24
- Appreciate Your Plumbing, Heating & Cooling Professionals Week: 24-30
- Carpenter Ant Awareness Week: 24-30
- Fish Are Friends, Not Food! Week: 26 - 7/2 Link
- National Prevention of Eye Injuries Awareness: 28 -7/5

JUNE MONTHLY OBSERVANCES

- Adopt A Shelter Cat Month
- Cancer From The Sun Month
- Child Vision Awareness Month
- Children's Awareness Month
- Dairy Alternative Month
- Effective Communications Month
- Entrepreneurs "Do It Yourself" Marketing Month
- Fireworks Safety Month
- International Accordion Awareness Month
- International Childhood Cancer Campaign Month
- International Men's Month
- Dairy Month
- Lane Courtesy Month
- Perennial Gardening Month
- Turkey Lovers Month

- Learn French Month
- National Aphasia Awareness Month
- National Candy Month
- National Ice Tea Month
- National Rivers Month
- National Rose Month
- National Safety Month
- National Soul Food Month
- National Steakhouse Month
- Pharmacists Declare War on Alcoholism Month
- Potty Training Awareness Month
- Professional Wellness Month
- Rebuild Your Life Month
- Sports America Kids Month
- Student Safety Month
- Vision Research Month
- World Infertility Month

SUDOKU REALLY HARD
Instructions on page 21

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

DAD DICTIONARY

- Defense: What you'd better have around de yard if you're going to let the children play outside.
- Drooling: How teething babies wash their chins.
- Dumbwaiter: One who asks if the kids would care to order dessert.
- Family planning: The art of spacing children the proper distance apart to keep you on the edge of financial disaster
- Feedback: The inevitable result when the baby doesn't appreciate the strained carrots.



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

To submit items for consideration please e-mail to editor@familypastime.com

Or mail them to:
Family Pastime Magazine
P.O. Box 3161
Johnson City, TN 37602
Thank you for your support

Family Pastime Magazine is published monthly in Tri-Cities, TN., U.S.A. Distribution of this magazine does not constitute an endorsement of information, products or services. We reserve the right to reject any advertisement or listing, which is not in keeping with the publication's standards. Although every precaution has been taken to ensure the accuracy of published material, we cannot be held responsible for opinions ex-pressed or facts applied by authors. Opinions expressed are not necessarily those of **Family Pastime Magazine**. In no event shall unsolicited material subject this publication to any claim for holding fees or other charges. Family Pastime Magazine reserves all rights. Reproduction in whole or in part without written permission is prohibited.

Basic Subscription Rate:

For a mere \$17, we will request that a uniformed government employee hand deliver the next 12 issues to a mailbox near you. Send payment to:
Family Pastime Magazine
P.O. Box 3161 Johnson City, TN
37602-3161

Investing for Kids? Keep These Dates in Mind

If you have young children or grandchildren, you may want to start investing for them — and you should. As you invest, however, you'll need to keep a couple of key dates in mind — because they can make a difference in your family's tax situation and your control of your child's or grandchild's assets.

One important date to remember is the day your child or grandchild turns 17 — because that's the last year he or she will be affected by the "kiddie tax."

The kiddie tax applies to unearned income — typically from investments held in the child's name — above an annual threshold, which in 2007 is \$1,700. Of that \$1,700, the first \$850 of earnings is tax-free, but the next \$850 will be taxed at the child's rate, which is typically 10%. Any income above that \$1,700 will be taxed at your rate, which could be as high as 35%.

However, while your child's or grandchild's tax rate may be 10%, it doesn't necessarily mean that every investment that generates \$850 in earnings will be taxed at that same rate. For example, a child will pay only a 5%

tax rate on income from most types of stock dividends. (At least, that's the case for now; Congress is considering legislation that would subject that \$850 — or whatever the future amount may be — to the 10% rate, no matter what the source of the income.)

On the other hand, if a child invests in growth stocks — those that generally don't pay dividends — he or she won't generate significant unearned income until after the shares are sold. So, if you and your

offspring follow a "buy and hold" strategy with these stocks until the child is at least 18, he or she would have to pay only the capital gains tax, which is currently just 5% for people in the 10% tax bracket. (This rate drops to zero for the years 2008 through 2010, but the proposed legislative changes would deny this rate drop to children.)

Once your child or grandchild turns 18, he or she will no longer be affected by the kiddie

tax.

The age of 18 is also important if you've been investing for your children or grandchildren through either the Uniform Gift to Minors Act (UGMA) or the Uniform Transfer to Minors Act (UTMA). Essentially, UGMA/UTMA allows you to fund an account for a child, but limit the child's access to the account until he or she reaches the age of majority — either 18 or 21 in most states. The child owns the account, but you are named as custodian, and you control the account until the child is no longer a minor. At that point, the custodial relationship ends and the child assumes control over the account.

In other words, once the child is 18 (or 21), there's no guarantee that he or she will use the money for college, as you may have intended. If you really want to put all your child's investment money into a fund designed strictly for college, you might want to consider an alternative.

In any case, if you've got investments earmarked for your children or grandchildren, be aware of the changes that will occur once they turn 17, 18 or 21. Those years can be challenging enough without any financial "surprises." **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative



Drive Your Motor Vehicle Costs Down this Summer



There's nothing like the freedom of hitting the open road during the summer. The Travel Industry Association reported that Americans will take nearly 330 million trips during June, July and August, with auto travel accounting for eight out of 10 trips. With so many people enjoying the freedom of road trips this driving season, it's important

to start thinking about and planning ahead for them. And with eighty-one percent of Americans saying that they are interested in doing anything they can to stretch their fuel budgets, according to a survey conducted on behalf of Shell Oil Products, here are some tips from Shell on how to stretch your driving dollar:

- Drive smoothly. Avoid heavy acceleration or braking. Speeding, rapid acceleration and braking can lower your gasoline mileage by 5 percent at lower

speeds around town, and by 33 percent at higher highway speeds.

- Replace dirty or clogged air filters. Replacing a dirty or clogged air filter with a clean one can improve gasoline mileage by as much as 10 percent. Your car's air filter can protect your engine from impurities.
- Keep your engine well-tuned and repair any problems immediately. If your car has failed an emissions test or is noticeably out of tune, repairing the problem could improve your gasoline mileage by 4 percent on average.
- Make sure your tires are at the

Please see "Lower Fuel costs" on page 23

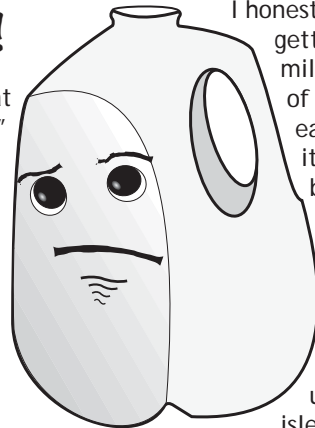


By Chris Joker

With all the emphasis on being P.C. (Politically correct) and not prejudice I am really surprised we have not heard anything about what I can only describe as "Milkists" or more to the point "Milkist Scum!" These milkists scumbags are everywhere and seem to be allowed to spread their special form of prejudice with impunity. If you have ever purchased milk at a grocery store I am certain you have run into your share of milkist scum. The thing about them is they seem to be totally unaware of their actions and I feel, since it is pretty much universal that they are actually trained that being a milkist is O.K. In fact, dare I say it, encouraged" by their managers. Here's how it works, you take your milk to the register, the checker rings it up and then the bagger (this may be the actual checker or someone working in tandem with the checker) will ask you, almost 100% of the time, "Do you want your milk in a bag?" On the surface this may seem harmless but think about it is, they only ask about the milk. They never ask if you want your Wheaties in a bag. They never ask about your corn dogs or ho-hos. Just the milk. Right off I'm intimidated because frankly, I never gave it much thought and now I am stuck having to make a decision without proper information on why I might want or not want my milk in a bag. After being put on the spot once too often I developed a strategy. This strategy takes the pressure off of me and puts it back on this milkist bagger. I simply reply, "What ever you think is best." This usually elicits a look of contempt from the milkist scum bagger. They give me that look like I really should know what is best for my own milk. I don't know. Why is the milk special? Did the other grocery items get together and decide that they should be segregated

Milkist Scum!

from the milk? Come to think of at least with me it IS always "WHITE" milk. Maybe I have this all wrong; maybe this white milk decided IT was too good to be mixed with the other groceries (*Note to self; buy chocolate milk and see what happens*). In either case I feel this is just wrong. After years of suffering milk baggage indecision I came up with a plan. I would force the baggers to accept each grocery item on its own merit. This is fun and good for our society as a whole. Try it yourself. Here's how it works. When you get to the checker be sure to put your milk on the conveyer belt first and leave enough space to force the checker to ring it up first (this is key). Now your milk will be the first item to reach the milkist bagger. He/she will then ask you "Do you want your milk in a bag?" Casually, as if with no thought at all respond, "yes" Now comes the second item, let's just say it's coffee. The milkist checker will automatically put the coffee in a bag. As he/she does this say, "I don't think I want my coffee in a bag." After the initial confusion the bagger will cooperate. Next item, cereal, let the checker put it in a bag. Next item, canned beans (4 cans) as they automatically put the first can in a bag say, "I don't want that can in a bag." "Next can, pick it up and look it over then say, "Yes, I think I will have this one in a bag." Keep this up for every item, some in a bag some not in a bag. At some point say, "you know what I would like is if you could put the potato chips in the bag for about 30 seconds and then take it out of the bag that would be great." Maybe a few items later say, "O.K. I'm thinking I want the peanut butter in the bag with the beans for about 10 seconds and then I want you to move it into the bag with the milk (ooh in the bag with the milk, this will drive them crazy)." For the past few months I have done this every time I go shopping.

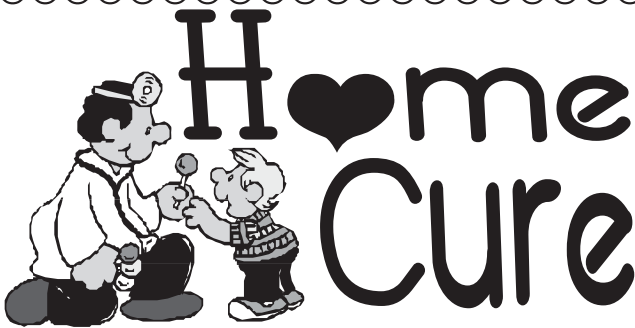


I honestly don't think I am getting through to these milkist checkers. Instead of embracing the value of each grocery product on its own merit they have been avoiding me. It's gotten to the point that I can't get anyone to bag my groceries for me. Several of the grocery stores have "suggested" that I use the self-checker

isle. I had a real issue with that until I sat down with the store manager and worked out an employee discount deal. Seriously, if I am ringing up and bagging my own groceries I am pretty much an employee and should get the standard employee discount. I got it. I'm still working on health benefits but I think they are about to cave. And don't think just because I am checking myself out I am not spreading the good word of grocery item equality. As I bag my groceries at the self-check out I loudly say, "OH, IT'S MY MILK, I THINK I WILL PUT IT IN A BAG WITH ALL MY OTHER GROCERIES." I know some less enlightened people with think I'm crazy but I am working for the greater good and, after all, many people thought the guy who invented Wedgie-proof underwear was crazy but thanks to his hard work and perseverance, High School nerds around the world can now travel the halls of their school secure in the knowledge that they will not be another senseless wedgie victim. So join me and the next time a bagger asks if you "want your milk in a bag" proudly respond, "You know, I think I would actually like my milk in a bucket, and maybe you can put the cheese and broccoli in there with it."

SEMPER BUY! FPT

www.mybusinesshasnowwebsite.com



1. Extract the stinger (Scrape it out rather than pull it out. One of the best ways to remove a stinger and avoid any additional pain is to "scrape" it out of the skin with a credit card, a knife or a long fingernail)
 2. Clean the wound
 3. Find relief
- Try these to find**



No doubt about it bee stings are very painful. No matter the species of bee, the spot it stings will feel red and swollen. But all bees are not the same, and neither is their method of stinging.

Honeybees, which have a fuzzy, golden brown body, sting only once and then die. That's because their stingers remain embedded in your skin.

Wasps and hornets can sting repeatedly because they have smooth stingers that can exit pierced skin easily. Wasps and hornets are shiny, and their thorax (middle section) is characteristically slim.

Yellow jackets resemble wasps and can also sting repeatedly. Don't smash them, because when destroyed, their venom sac releases a chemical that incites other yellow jackets to attack.

- Severe reactions are very dangerous. These are some of the severe reaction symptoms to look for:
- Difficulty in Breathing
- Dizziness
- Anxiety
- Speedy Heartbeat
- Nausea, Cramps and Vomiting
- Abdominal Cramps
- Shock
- Headaches

If you experience any of these, seek medical attention. Otherwise, Basically you have three things to do when you get a bee sting...

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

relief:

Wash the area carefully with water and soap to heal the wound.

You can use an ice pack to cover the wound to prevent any swelling and inflammation.

You can make a paste of baking soda and water to be applied on the wound. Keep it for 15 to 20 minutes.

Dabbing small amount of household ammonia on the wound can provide relief.

Rubbing granulated sugar on the affected area can help you get rid of the scar.

Apply a mixture of 1 tsp lavender essential oil and 1 TBS vegetable oil directly on wound except around the eyes.

Place a raw onion on the wound to draw the poison from the wound.

Apply the juice of jewelweed on the wound to get proper benefit to lessen itching and burning.

Rub wet aspirin on the wound it will negate the burning and inflammatory sensations.

Apaste of vinegar, baking soda and meat tenderizer on the wound helps get relief.

Dab apple cider vinegar as soon as you remove the stinger. It prevents swelling and spreading of poison.

Thyme and rosemary mixed with vinegar are also very good to relieve pain.

Aplant called the plantain. (*Plantago major* (broad leaf) and *Plantago lanceolata* (long leafed or English plantain--a common "weed"

found anywhere where soil has been disturbed. You'll recognize it growing in the cracks of your neighborhood sidewalks.

Pick a few leaves of plantain from a clean source. Try to gather it away from the side of the road. Also away from places where chemicals are sprayed. Chew the leaves up keeping the plant matter and saliva in the FRONT of your mouth. Spit it on your bee or wasp sting site.

Hold it on the sting site for a few minutes until you feel relief. Repeat if necessary.

Take an antihistamine. Benadryl or another nonprescription antihistamine will ease swelling and pain in adults. An antihistamine containing cough syrup such as Benylin works better for children.

Apply toothpaste to the wound. It's been suggested that the glycerin found in most toothpastes dries out the venom concentrated under the sting area or the alkaline toothpaste neutralizes the acid in the bee's venom.

To avoid bee stings, don't mess with bees. Also dress plain, not flashy. Bees are attracted to brightly colored clothing particularly floral prints and dark colors. Wearing white, khaki and other light colors is a good way to keep bees away. Don't smell sweet. The sweet smell of flowers isn't the only fragrance that attracts bees. Wearing perfume or aftershave may entice bees to come your way. Most experts agree that you should skip the refined scents if you know you're venturing into bee filled territory.



“Cool As a cucumber”

What it means:

Very calm and in control of your emotions. If someone is as cool as a cucumber, they don't get worried by anything. You are emphasizing that they are very calm and relaxed, especially when you would not expect them to be so.

and relaxed, especially when you would not expect them to be so.

Where it came from:



Say WHAT???

This idiom may be based on the fact that in hot weather the inside of cucumbers actually remains cooler than the air around them. It took scientists with thermometers until 1970 to discover that cucumbers are actually cool, so much so that the inside of a field of cucumbers on a warm day registers about 20 degrees cooler than the outside air.

The belief is ancient, but it was first put on paper by Francis Beaumont and John Fletcher in their play 'Cupid's Revenge' (1610), when they referred to certain women "as cold as cucumbers." The metaphor describes anyone self-possessed and unemotional. Cucumber, which derives from the Latin cucumir, was considered 'bookish' and commonly pronounced cowcumber in England in the early 19th century. Roman Emperor Tiberius is said to have enjoyed the 'fruits' so much that he ordered them served to him everyday. Which meant that they had to be grown in greenhouses out of season.

Father & Son Team Invent New String Trimmer Head

Most Americans have spent at least a few frustrating hours attempting to use a string trimmer to groom those areas of the lawn that mowers just won't get. The difficulty of winding spools and the all-to-often broken trimmer line have plagued these weekend warriors for decades. Better Heads LLC (<http://www.betterheadsllc.com>), a new player in the aftermarket trimmer head industry, has recently introduced the PIVOTRIM – the “next generation” in user-friendly string trimmer head design.



incorporates a simple yet highly effective pivot design that eliminates broken lines. The father & son team of Dave and Mike

Watts from Pearland, TX developed this product after years of frustration with current tools for trimming their lawns.

“Once we had a working prototype we knew that this technology would make people's lives better. We quit our jobs, mortgaged our houses, and began work on bringing this solution to the market,” says Dave, VP of Operations.

“We ran the PIVOTRIM head along a chain link fence and the lines would not break off. We tested every other head on the market with the same line and every one would end up breaking in just a matter of seconds.”

The difference is the pivoting attachment point for the lines. On all other trimmers the nylon string exits the head at a fixed point. During normal operation of

the trimmer the line bends back and forth thousands of times, heating and weakening the nylon and eventually causing it to break. The PIVOTRIM allows the line to pivot at the attachment point when it strikes an object such as a fence, rock, or concrete.

What's more is there is no special line to buy and the string loads in just seconds. The PIVOTRIM holds up to 4 double lines, installs quickly with no tools, and can easily run for 4-6 hours without changing lines. And it comes with a 100% Satisfaction Guarantee.

FPT

SUDOKU Medium

Instructions on page 21

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

The Day Shay Played Baseball

Every day I am inundated with bad jokes, stories and SPAM in my e-mail. Every once in a while I get a story that moves me. This is such a story and I feel compelled to share it with you:

At a fundraising dinner for a school that serves learning-disabled children, the father of one of the students delivered a speech that would never be forgotten by those attended. After extolling the school and its dedicated staff, he offered a question: "When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?"

The audience was stilled by the query. The father continued. "I believe, that when a child like Shay, physically and mentally handicapped comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child." Then he told the following story:

Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked (not expecting much) if Shay could play.

The boy looked around for guidance and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. His Father watched with a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball. However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow

ground ball right back to the pitcher.

The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game. Instead, the pitcher threw the ball right over the first baseman's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first! Run to first!" Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled. Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the ball ... the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions so he, too, intentionally threw the ball high and far over the third-baseman's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home. All were screaming, "Shay, Shay, Shay, all the Way Shay" Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, "Run to third! Shay, run to third!" As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, "Shay, run home! Run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day", said the father softly with

Please see "Shay" on page 9

How Do I start??

My name is Kim and I want to begin Homeschooling my daughter and I have no idea how to begin this exciting (and somewhat intimidating) venture! Fortunately my mother-in-law saw your article in the Family Pastime Magazine April issue and passed it on to me. I was thrilled to have a potential “link” to how I am supposed to register my child as a Homeschooler as well as someone who understands the legalities involved. I have spoken with a few people who KNOW homeschooling families; however, their information seems vague and, quite honestly, they may as well be speaking a foreign language!!

My daughter will be going into 3rd grade. After three years of some very negative experiences with her Elementary school...it is most important to us to “salvage” her self-esteem and create a new love for learning (she says every morning how much she hates school... which is a bit disturbing considering she is only 7 years old)!

If you can help point me in the right direction, offer some advice, or know where I can get in touch with local homeschool organizations I would be MOST grateful!! As her 2nd grade year comes to a close, I really feel the “push” to have all my ducks in a row.

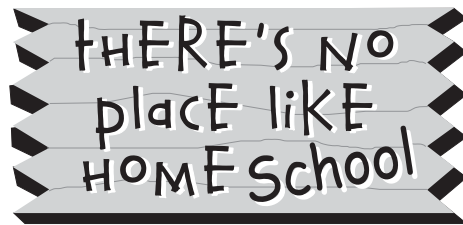
Thank you so much!

Sincerely, Kim

Dear Kim –

You have hit the nail on the head. If your children don't love to learn, what is the point of an education beyond today's test?

Creating a love for learning is what most homeschool families enjoy the



most. A love of learning is built, nurtured and grown. It takes time, experience, enthusiasm and a safe environment. When you are struggling with a child who has survived some negative experiences, you are probably wondering if you can homeschool, what the best solutions are and if you can figure it out in time.

To read up on the legalities of homeschooling, please check the Family Pastime article from Sept 2006 on page 9, where you will find basic information on local and state. Go to www.familypastime.com and then click on “past issues” and select “September 2006”.

To check up to the minute legalities for Tennessee go to the Home School Legal Defense Association (www.hsllda.org). Be sure and join HSLDA – as they are a goldmine of information.

It is an excellent option to explore education together at home and begin to rebuild your daughter's self esteem. Who knows and loves your child more than you do? Who understands their temperament better? We love the quote: “Homeschooling is not the filling of a bucket, but the lighting of a fire.” You want to light the fire, inspire, and move your children. With some good tools, you can do this. Explore the “Homeschool” section on my website www.writeinjoy.org to read a basic primer on homeschooling, with articles how to start, styles of homeschooling,

inspiring your children, math, reading, history, science and more. This is our family's story, which is not unlike yours, with a child who was struggling, and some of our favorite resources. Explore the links; get some of the books suggested from the library, and research. Begin to get those ducks in a row.

You have an entire summer to learn, read, grow and get excited about the new year. Home educating your children is a grand adventure. You can do this!

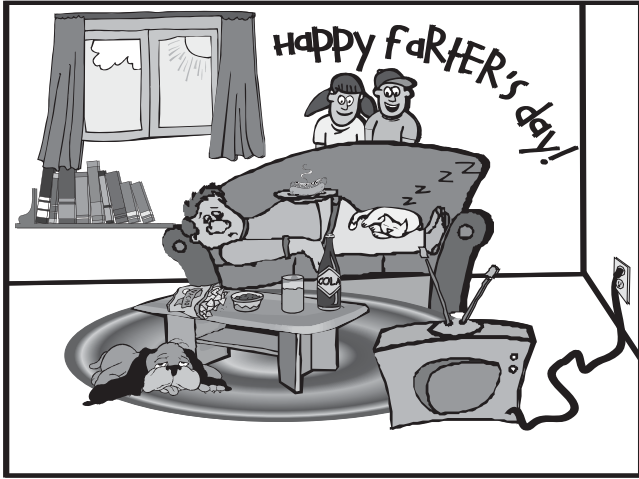
Have a burning question about homeschooling that you would like answered? Homeschool Mom, columnist and speaker Lisa Baughn will answer YOUR questions this summer in There's No Place Like Homeschool in Family Pastime. Now is your chance to ask Lisa any questions about homeschooling you may have. She will do her best to answer them. Regular features will resume in the fall. Send an email to homeschool@familypastime.com. **FPT**

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

Shay continued from page 8

tears now rolling down his face, “the boys from both teams helped bring a piece of true love and humanity into this world”.

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making his father so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day! **FPT**



SUPER SUDOKU

Instructions: Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once. Look in next month's issue for the answer to this puzzle or if you can't wait go to www.familypastime.com & click on the "answers" button.

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

Easy Answer From last month

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



Purdue Veterinarian Offers Tips on Getting Pet Into Carrier, Summer Travel

By: Maggie Morris

for transport, or place some catnip in the carrier. Or they can tip the carrier on end and put in the kitty 'butt' first."

Some pets may get so worked up about getting in a carrier or traveling that they require sedative medications, but Corriveau says it's dependent on the pet. If the pet doesn't vocalize excessively, drool or salivate, vomit, defecate or urinate while traveling in the car, a sedative may not be needed.

"Sometimes a low-dose antihistamine can be enough to take the edge off many pets if the symptoms are mild, but as with any medication, owners should check with their veterinarian for advice," Corriveau says. "A physical examination and evaluation is important to make sure your pet is healthy for travel and to help choose the proper sedative."

Other tips that will make traveling with pets more fun for everyone involve a little work ahead of time. Corriveau suggests:

- Having a federally accredited veterinarian fill out a health certificate within 10 days of travel by air.

WEST LAFAYETTE, Ind. - Pets need to be in a carrier whenever they are in a car or plane, but some pets, especially cats, run at the sight of the carrier. A Purdue University veterinarian says there are tactics owners can try to make getting a pet into a carrier a bit easier.

"The pet carrier or pet car seat ensures the safety of the animal as well as the driver," says Lorraine Corriveau, wellness veterinarian at Purdue's School of Veterinary Medicine. "Owners can help their pets get comfortable with the idea by taking the carrier out of the closet a few days before departure.

"They can put the cat's food bowl in the carrier at home so that it's not just used



- Bringing medical/vaccination records.
- Researching pet-friendly hotels and parks.
- Bringing water and food that the pet is used to.
- Keeping on the same schedule to minimize stress.
- Updating the pet's collar with an identification tag and adding a temporary tag with a telephone number of your destination and/or a cell phone number.
- Considering a microchip implant as a means of permanent identification.
- Bringing an extra leash, preferably a slip-loop leash. **FPT**

DAD DICTIONARY

- Full name: What you call your child when you're mad at him.
- Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.
- Hearsay: What toddlers do when anyone mutters a dirty word.
- Independent: How we want our children to be as long as they do everything we say.
- Look out: What it's too late for your child to do by the time you scream it.

NEW Pet Shop
Critters & Creepers
 753-0752
 105 1/2 Fox St.
 JONESBOROUGH
 Main St. Fox St.
 Court House
 Critters & Creepers

- Chinchillas
- Snakes
- Ferrets
- Spiders
- Dumbo Rats
- Betas
- Fancy Mice
- Birds
- Frogs
- Supplies
- Lizards
- Dry Goods

Good Daylilies
 A Garden Of Distinction
 Spike and Donna Good
 305 Jonesboro St.
 Bluff City, TN 37618
 423-538-4732
 Website www.gooddaylilies.net

Visit our website to view photos of more than 1440 varieties we grow.
 We are a National AHS Display Garden



Marshmallow shooter construction

next year. According to Neta Gross Project Basic Regional Coordinator, following a tradition this year was even more successful than last year. Approximately 12,000 people showed up for this free event. Activities included; Bean bag tosses, temporary

Flying Marshmallows continued from page 1

tattoos, tin punching, Hula hoop contests, ring toss, miniature golf, puppet shows, face painting, toys, teddy bear check-ups, A soccer clinic, an obstacle course, Andy the talking police car, A helicopter demonstration by WINGS, a Rescue truck tour, Rescue search dogs and more.

Prizes included; Bristol truck race tickets, bicycles, a CD player, board games, a basketball, gift cards, movie tickets, backpacks and more. Did I mention this event was free? There were also food vendors such as the Hot Dog Hut, Snow Biz and pizza. Gross said events like KidPower take part all across the state but



this one is by far the biggest and a great collaboration between parties interested in empowering kids for success. Thanks to all the vendors who see the benefit in empowering kids for success and, of course, to all of the families who attended. **FPT**

Family Pastime Magazine
www.familypastime.com

Visit Our Website at:
www.familypastime.com

- Enter Contests
- Advertise with
- Family Pastime Magazine
- Submit Content
- Take Surveys
- Read Past Issues
- Play Games
- Give Us Feedback
- And More!

THE Magazine for the WHOLE Family

"If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right."
 Bill Cosby.

What do you call someone who embarrasses you in front of your friends?
Dad!

SUDO-KID-U 1

Instructions:

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

			2
	3		
	2		4
4			



Flag Etiquette

for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.

- The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.
- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.
- The flag should never have any mark, insignia, letter, word, number, figure, or drawing of any kind placed on it, or attached to it.
- The flag should never be used for receiving, holding, carrying, or delivering anything.
- When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.
- The flag should be cleaned and mended when necessary.
- When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

When the flag is lowered, no

Please see "Flag Etiquette" on page 17

STANDARDS of RESPECT

Federal law stipulates many aspects of flag etiquette. The section of law dealing with American Flag etiquette is generally referred to as the Flag Code. Some general guidelines from the Flag Code answer many of the most common questions:

- The flag should be lighted at all times, either by sunlight or by an appropriate light source.
- The flag should be flown in fair weather, unless the flag is designed for inclement weather use.
- The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.
- The flag should not be used

YOU HAVE A CHOICE!
WHEN THE DOCTOR SAYS HOME HEALTH OR PRIVATE DUTY SERVICES CHOOSE



HOME HEALTH & PRIVATE DUTY SERVICES
A Medicare Certified Agency

434-5130 • Johnson City 9 Worth Circle Ste. 100
638-1994 • Greeneville Johnson City, TN 37601

1-800-772-1978
ASK YOUR DOCTOR TO REFER YOU TO PROCARE

BLUE MOUNTAIN I.T. SOLUTIONS

Proudly Supporting Tri Cities' Small Businesses

- Network Problem Solving
- PC Support & Repairs
- Custom - Built Computers

Friendly - Experienced Technicians


(423)791-6394 www.bmits.com
support@bmits.com

Basic Subscription Rate:

For a mere \$17, we will request that a uniformed government employee hand deliver the next 12 issues to a mailbox near you.

Send payment to:
Family Pastime Magazine
P.O. Box 3161 Johnson City, TN 37602-3161

PAT & JOHN HITECHEW
Owners



(423) 282-3761
JACK MILLER BODY SHOP, LLC
EST. 1948

YOUR 5 STAR MUFFLER DEALER

FREE ESTIMATES

200 WESLEY JOHNSON CITY, TN

Robo-Dad

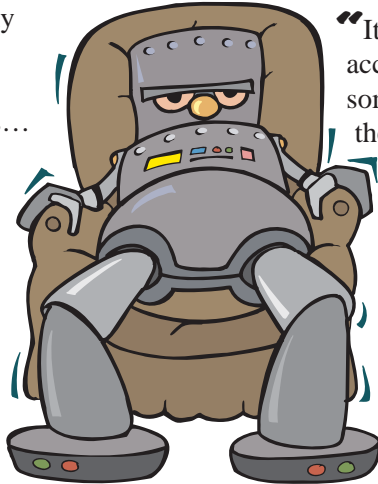
Alright, it's not really "Robo-Dad" but it is a free Fatherhood Website to help Dads... "Dad"

Interactive Dad (<http://www.InteractiveDad.com>) is a daily online parenting magazine for dads. It offers expert fatherhood advice and timely articles written for today's dad to help motivate fathers to be better parents.

"Fatherhood has changed," says Glenn Selig, publisher of Interactive Dad Magazine. "Today's father does more and wants to be an equal partner in the raising of his children but he needs a little help and advice."

Selig says when he became a dad he was frustrated by the lack of resources for fathers.

"The magazines, books and web sites were written with mothers in mind and that was upsetting to say the least," he says, "So I developed an interactive web site for fathers."



Selig is an award-winning journalist with nearly 20 years of experience.

"It's amazing what you can accomplish when you want something badly enough," says the 38-year-old Selig, father of a 3-year-old girl and 1-year-old boy. "Being a good father is that important."

What the fatherhood site offers:

The fatherhood site offers parenting tips as well as articles on family finance, saving money and college savings programs. There are new articles posted daily, written by experts in their fields or professional writers.

"I like to call this 'news you can use' for dads," says Selig. "With just a click of a mouse, the site puts valuable information at fathers' fingertips."

The online magazine also has an Ask the Expert section. Dads are invited to email questions to receive free expert parenting advice from noted Beverly Hills, Calif. psychiatrist Dr. Charles Sophy.

The site is online 24/7 at InteractiveDad.com. It attracts visitors from all over the world. **FPT**

DAD DICTIONARY

- Puddle: A small body of water that draws other small bodies wearing dry shoes into it.
- Show off: A child who is more talented than yours.
- Sterilize: What you do to your first baby's pacifier by boiling it and to your last baby's pacifier by blowing on it.
- Storeroom: The distance required between the supermarket aisles so that children in shopping carts can't quite reach anything.
- Top bunk: Where you should never put a child wearing Superman jammies.
- Two-minute warning: When the baby's face turns red and she begins to make those familiar grunting noises.
- Verbal: Able to whine in words
- Whodunit: None of the kids that live in your house.
- Whoops: An exclamation that translates roughly into "get a sponge."

Why do golfers take an extra pair of socks? In case they get a hole in one!

Edward Jones

Lindsey Wortman

Investment Representative
2020 Northpark, Ste. 1F
Johnson City, TN 37604
Bus. 423-929-2066
Toll-free 866-929-2066
Fax 423-926-0800



www.edwardjones.com

Serving Individual Investors Since 1871

GREAT Coffee GREAT Atmosphere

OASIS Coffee House

HOURS
Mon - Friday:
6:30 AM to 10 PM
Saturday:
7:30 AM to 10 PM
Closed Sunday
423.218.0316

FREE wireless internet

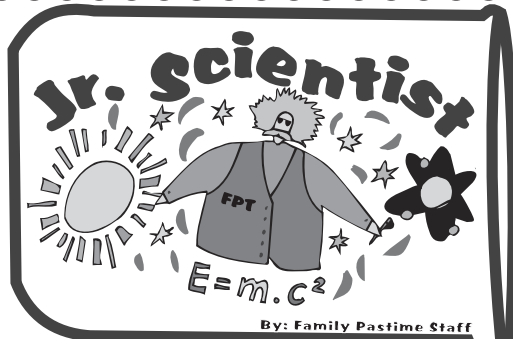
What did the father ghost say to the naughty baby ghost? Spook when you're spooked to!

www.giftswithaheart.org



(423)257-3780 or 477-3158

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!**



Ice Cream Science

then sprinkle salt on top. Again let all the air escape and seal the bag. Wrap the bag in the towel or put your gloves on, and shake and massage the bag, making sure the ice surrounds the cream mixture. Five to eight minutes is adequate time for the mixture to freeze into ice cream.

Coffee Can Ice Cream

An alternative to the baggie method is to use coffee cans. The recipe is the same, and may be doubled or tripled because the coffee can can hold more liquid than the baggies. Put the mixture in a small, 1-pound coffee can with a plastic lid and seal, then place that can inside a large, 2-pound, 7-ounce coffee can. Pack the large can with ice and salt, and seal with the lid. Roll the can back and forth on the ground (outside - the condensation will drip) until the ice cream is set. The time required to set the mixture will vary depending on the number of servings in the can.

How does it work?

What does the salt do? Just like we use salt on icy roads in the winter, salt mixed with ice in this case also causes the ice to melt. When salt comes into contact with ice, a concentrated brine (brine is water saturated with or containing large amounts of a salt, especially sodium chloride) solution forms on the ice, which has a very low freezing point, the freezing point of the ice is lowered.

The lowering of the freezing point depends on the amount of salt added. The more salt added, the lower the temperature will be before the salt-water solution freezes. For example, water will normally freeze at 32 degrees F. A 10% salt solution freezes at 20

degrees F, and a 20% solution freezes at 2 degrees F.

When salt is added to the ice, some of the ice melts because the freezing point is lowered. Always remember that heat must be absorbed by the ice for it to melt. The heat that causes the melting comes from the surroundings (the warmer cream mixture). By lowering the temperature at which ice is frozen, you were able to create an environment in which the cream mixture could freeze at a temperature below 32 degrees F into ice cream. **FPT**

There was a boy who had to use an outhouse and he hated it sooo bad. One day it started to rain really hard and it got the bank all slippery and wet so he decided to push it off. He did it and later that night his father asked him if he pushed off the outhouse.
-He said: "Yes."
His father told his son to come with him to get his whipping.
-The boy said: "George Washington didn't get in trouble when he chopped down the cherry tree because he was honest."
The boys father said: "but George Washingtons father wasn't in the cherry tree when he chopped it down."

This batch is enough for one Jr. scientist

SUPPLIES

- 1/2 cup milk
- 1/2 teaspoon vanilla
- 1 tablespoon sugar
- 4 cups crushed ice
- 4 tablespoons salt
- 2 quart size Zip-loc bags
- 1 gallon size Zip-loc freezer bag
- A hand towel or gloves to keep fingers from freezing as well!

SUPPLIES LARGER BATCH

- 1/2 cup milk
- 1/2 cup whipping cream (heavy cream)
- 1/4 cup sugar
- 1/4 teaspoon vanilla or vanilla flavoring
- 1/2 to 3/4 cup sodium chloride (NaCl) as table salt or rock salt
- 2 cups ice
- 1-quart Ziploc bag
- 1-gallon Ziploc bag
- Themometer
- Measuring cups and spoons

Mix the milk, cream, vanilla and sugar together in one of the quart size bags. Seal tightly, allowing as little air to remain in the bag as possible. Too much air left inside may force the bag open during shaking. Place this bag inside the other quart size bag, again leaving as little air inside as possible and sealing well. By double-bagging, the risk of salt and ice leaking into the ice cream is minimized. Put the two bags inside the gallon size bag and fill the bag with ice,

**Order your
Business Card
Ad--ONLINE!
It's quick and Simple.
go to familypastime.com,
click on the "Advertise"
button and
follow the simple
directions!**

Kid Friendly Recipes



Broccoli Mashed Taters

SUPPLIES:

- 1 pound peeled Yukon Gold or other yellow potatoes
- 4 C medium broccoli florets
- 1 leek, white part only, thinly sliced
- 1/2 cup low-fat (1%) milk
- Salt and freshly ground black pepper
- 4 tsp unsalted butter
- 1/2 tsp ground mace

HOW TO:

1. Place the potatoes in a deep saucepan and cover with cold water to a depth of 2". Cook uncovered over high heat until the potatoes can be easily pierced with a knife, about 20 minutes.
2. While the potatoes cook, steam the broccoli and leek until the broccoli is very soft, about 15 minutes. Drain in a colander.
3. Drain the potatoes and place them in a deep bowl. Using a sturdy fork, mash the potatoes into roughly 1" chunks. Add the broccoli and leek, mashing until only small lumps of the broccoli remain. Add the milk, 2 tablespoons at a time, mashing until the texture is pleasing to you. Season to taste with salt and pepper.
4. In a small saucepan, melt the butter over medium heat until it is golden brown, 1 to 2 minutes, taking care it does not burn. Stir in the mace.
5. To serve, spoon the smashed potatoes into a serving bowl. With the back of the spoon, smooth the top, leaving several shallow indentations. Drizzle the butter, letting it pool in the hollows. Serve immediately.

Dripless Popsicles

SUPPLIES:

- 1 pk fruit flavored jello
- 1 pk kool-aid
- 2/3 C hot water
- 2 C cold water
- 1 C sugar
- Small paper cups
- Popsicle sticks

HOW TO:

1. In a large pouring pitcher mix together : jello, koolaid, sugar and hot water, until dissolved.
2. Add cold water.
3. Fill paper cups half full.
4. Put pops in freezer.
5. When mixture is almost frozen, insert a popsicle stick.
6. When frozen, eat.

Ham Salad Rolls

SUPPLIES:

- 2 cups diced ham
- 1 rib celery, cut up
- 1 onion slice, about 1/4-inch thick
- 6 to 8 tablespoons mayonnaise
- 2 tablespoons minced sweet pickles or sweet pickle relish
- 1 to 2 teaspoons sweet pickle juice, optional
- dash pepper
- 1 hard-cooked egg, diced
- Lettuce
- Soft rolls, split
- Food Processor

HOW TO:

1. Combine ham, celery, onion, and pickles or pickle relish in food processor,.
2. Pulse until minced
3. Transfer to a bowl
4. Mix in mayonnaise until well-moistened, along with sweet pickle juice, if using.
5. Add pepper, to taste, and stir in the diced hard-cooked egg.
6. Arrange lettuce on rolls
7. Fill with the ham salad.
8. Serve.

Lemon-Garlic Chix Kabobs

SUPPLIES:

- 1 C vegetable oil
- 1/2 C soy sauce
- 1/2 C light corn syrup
- 1/4 C lemon juice
- 2 TBS sesame seeds
- 1/2 tsp garlic powder
- garlic salt to taste
- 4 skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- 1 (8 oz) package fresh chopped mushrooms
- 2 onions, quartered
- 1 green bell pepper, cut into large chunks

HOW TO:

1. In a medium bowl, blend vegetable oil, soy sauce, light corn syrup, lemon juice, sesame seeds, garlic powder, and garlic salt.
2. Place chicken in the mixture.
3. Cover, and marinate in refrigerator at least 2 hours.
4. Preheat outdoor grill for medium heat, and lightly oil grate.
5. Thread chicken onto skewers alternately with mushrooms, onions, and green bell pepper.
6. Pour marinade into a saucepan, and bring to a boil. Cook for 5 to 10 minutes.
7. Place skewers on grill. Cook 15 to 20 minutes, turning frequently, until chicken is no longer pink and juices run clear. Baste with the boiled marinade frequently during the last 10 minutes.

Yogurt Pops

SUPPLIES:

- 2 C plain yogurt
- 6 oz unsweet thawed juice concentrate
- 1 TBS liquid honey
- 2 tsp vanilla
- Small paper cups
- Popsicle sticks

HOW TO:

1. Mix yogurt, juice, honey, and vanilla.
2. Scoop mixture into paper cups. until half full.
3. Put yogurt pops in the freezer.
4. When mixture is almost frozen, insert a popsicle stick.
5. Put back in the freezer until thoroughly frozen. To eat, peel off the paper. (For an added treat add fresh or frozen fruit to mixture).

"Daddy, Daddy, can I have another glass of water please?"
 "But I've given you 10 glasses of water already!"
 "Yes, but the bedroom is still on fire!"

Flag Etiquette

continued from page 13

part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.

The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

Note: Most American Legion Posts regularly conduct a dignified flag burning ceremony, often on Flag Day, June 14th. Many Cub Scout Packs, Boy Scout Troops, and Girl Scout Troops retire flags regularly as well. Contact your local American Legion Hall or Scout Troop to inquire about the availability of this service.

Displaying the Flag Outdoors

When the flag is displayed from a staff projecting from a window, balcony, or a building, the union should be at the peak of the staff unless the flag is at half staff.

When it is displayed from the same flagpole with another flag - of a state, community, society or Scout unit - the flag of the United States must always be at the top except that the church pennant may be flown above the flag during church services for Navy personnel when conducted by a Naval chaplain on a ship at sea.

When the flag is displayed over a street, it should be hung vertically, with the union to the north or east. If the flag is suspended over a sidewalk, the flag's union should be farthest from the building.

When flown with flags of states, communities, or societies on separate flag poles which are of the same height and in a straight line, the flag of the United States is always placed in the position of honor - to its own right.

..The other flags may be smaller but none may be larger.

..No other flag ever should be placed above it.

..The flag of the United States is always the first flag raised and the last to be lowered.

When flown with the national banner of other countries, each flag must be displayed from a separate pole of the same height. Each flag should be the same size. They should be raised and lowered simultaneously. The flag of one nation may not be displayed above that of another nation.

Raising and Lowering the Flag

The flag should be raised briskly and lowered slowly and ceremoniously. Ordinarily it should be displayed only between sunrise and sunset. It should be illuminated if displayed at night. The flag of the United States of America is saluted as it is hoisted and lowered. The salute is held until the flag is unsnapped from the halyard or through the last note of music, whichever is the longest.

Displaying the Flag Indoors

When on display, the flag is accorded the place of honor, always positioned to its own right. Place it to the right of the speaker or staging area or sanctuary. Other flags should be to the left.

The flag of the United States of America should be at the center and

at the highest point of the group when a number of flags of states, localities, or societies are grouped for display.

When one flag is used with the flag of the United States of America and the staffs are crossed, the flag of the United States is placed on its own right with its staff in front of the other flag.

When displaying the flag against a wall, vertically or horizontally, the flag's union (stars) should be at the top, to the flag's own right, and to the observer's left. **FPT**

DayCare

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

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

Little Johnny wasn't getting good marks in school. One day he surprised the teacher with an announcement. He tapped her on the shoulder and said, "I don't want to scare you, but my daddy says if I don't start getting better grades, somebody is going to get a spanking!"

Bank of Tennessee

From here. For here.

David Gebhardt
FINANCIAL CENTER MANAGER
VICE PRESIDENT, MOUNTCASTLE OFFICE

P.O. Box 4980 • Johnson City, Tennessee 37602-4980
E-mail: dgebhardt@bankoftennessee.com • Toll Free: (866) 378.9500
Phone: (423) 262.4327 • Cell: (423) 202.8205 • Fax: (423) 854.5263

Member FDIC



Fun Family Events JUNE

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. Hug Your Cat Day, Leave the Office Early Day, Pen Pal Day

Johnson City Blue Plum Festival 11-11

2. National Bubba Day, Yell "Fudge" at the Cobras in North America Day

Johnson City Blue Plum Festival 11-11

JCPL Family Storytimes 6:30 pm

Hands On Participate in the spirit of the Blue Plum Festival by making a cultural craft

3. Chimborazo Day, Doughnut Day or Donut Day, Cheer Coach Day, Children's Awareness Memorial Day

Hands On Participate in the spirit of the Blue Plum Festival by making a cultural craft

4. Apple Computer Day

JCPL Family Storytimes 6:30 pm, Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am

5. World Environment Day, National Hunger Awareness Day

JCPL Two's Time *(age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Books & Beyond* (grades 1-5) 3:30 pm, Teens My Space - Computer Program* 6:30 pm

6. D-Day, National Tailors Day

Jonesborough Library 10 am Judy "Butterfly" Farlow Riding the Range with Calamity Jane!

JCPL Two's Company (age 2) 10 am

JCPL Preschool Storytimes (age 3 - 5) 11 am

7. (Daniel) Boone Day, Trial Technology Day

Gray Library 10 am Judy "Butterfly" Farlow Riding the Range with Calamity Jane!

8. Banana Split Day, Orphans' Train

Memorial Day, Upsy Daisy Day

Sycamore Shoals Colonial Kids Day Camp ages 8-12 \$15 call (423) 543-5808

9. Belmont Stakes, Croquet Day, Raggedy Ann & Andy Day, Trooping the Colours

JCPL Bilingual Storytime Spanish/English 2pm

Tri-Cities Miata Club's car show Mountain Mazda in Greeneville raising money to help fight Cystic Fibrosis

10. Children's Sunday, Automotive Service Professionals Day, Write To Your Father Day

11. Abused Women and Children's Awareness

Day, Multicultural American Child Awareness Day

JCPL Two's Company (age 2) 10 am,

Preschool Storytimes (age 3 - 5) 11 am, Family Storytimes 6:30 pm

12. Crowded Nest Awareness Day

JCPL Two's Time *(age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Books & Beyond*

(grades 1-5) 3:30 pm, Teens Our Space - Astronomy * 6:30 pm, Watauga Association of Genealogists will assist individuals with their family research 6:30 - 8:00 pm TN Room

13. Creating With Your Heart Day

Jonesborough Library 10 am Jonesborough Novelty Band

JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am

14. Flag Day, Army's Birthday, Family History Day, Pause for the Pledge

Gray Library 10 am Jonesborough Novelty Band

15. Dollars Against Diabetes (DAD's), Native American Citizenship Day, Nature Photography Day, Nursing Assistants Day, Recess at Work Day, Work@Home Father's Day

16. Bloomsday, Fudge Day, Professional Women in Drywall Day, Vinegar Day, World Juggling Day

JCPL Movie Theater @ Your Library SPIRIT 2:00 pm, Family Storytimes 6:30 pm,

Hands On Learn the art of bookmaking then.

17. Father's Day, Family Awareness Day, Husband Caregiver Day, Stewarts Root Beer Day

Hands On Learn the art of bookmaking then begin to fill your own.

Hands On Father's Day -- Celebrate all the men who influence children's lives. All men free

18. National Splurge Day

Doe River Gorge Golf Challenge at Ridges Golf & country club. 423-725-4010

JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am, Family Storytimes 6:30 pm

19. Garfield the Cat Day, World Sauntering Day, Juneteenth

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

Pals* (age 3 - 5) 11 am, Books & Beyond* (grades 1-5) 3:30 pm, Teens Our Space - Astronomy* 6:30 pm

20. Toad Hollow Day of Thank You **Jonesborough Library** 10 am Bill Harley: Storyteller "Humor is My Weapon"

JCPL Two's Company (age 2) 10 am

JCPL Preschool Storytimes (age 3 - 5) 11 am

21. Pee on Earth Day, Recess At Work Day, Solstice (aka First Day of Summer), Vegan World Day, Watermelon Seed Spitting Day, Baby Boomer's Recognition Day

Gray Library 10 am Bill Harley: Grammy Winning Storyteller "Humor is My Weapon"

22. Stupid Guy Thing Day, Take Your Dog To Work Day

23. Ann & Samantha Day, Great American Backyard Campout

Hands On 11 & 1 - a storytelling program focusing on family life in the 18th century.

24. America's Kids Day, Celebration of the Senses, Descendants Day, Log Cabin Day

25. Please Take My Children To Work Day

JCPL Family Storytimes 6:30 pm, Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am

26. National Columnists Day

JCPL Two's Time *(age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, Books & Beyond*

(grades 1-5) 3:30 pm

27. Decide To Be Married Day, "Happy Birthday To You" Day, Helen Keller Day **Jonesborough Library** 10 am Bill Harley: Grammy Winning Storyteller "Humor is My Weapon"

JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11 am

28. Hand Shake Day

Gray Library 10 am Bill Harley: Grammy Winning Storyteller "Humor is My Weapon"

29. Chicken Wings Day

30. Leap Second Time Adjustment Day

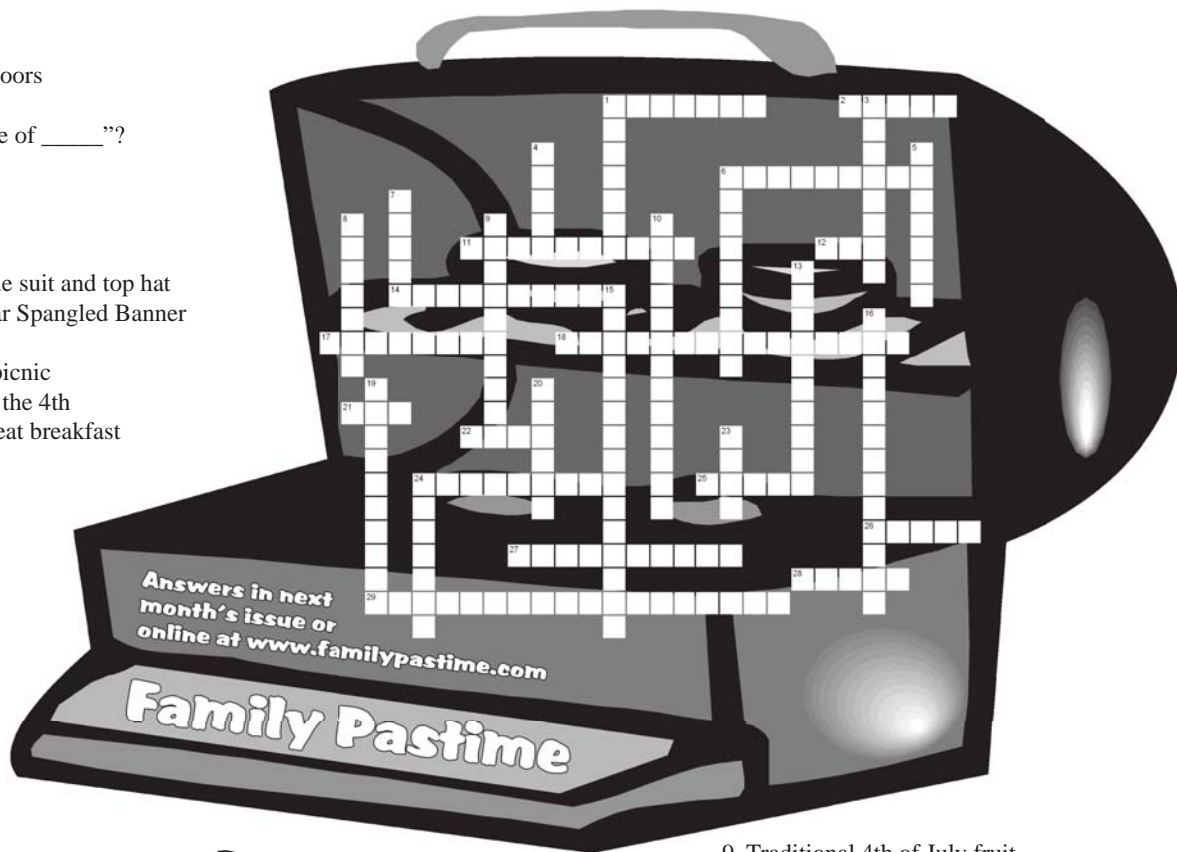
JCPL Movie Theater @ Your Library Harry Potter and the Goblet of Fire 2:00 pm

Crypto clue: x=s

*Please Register 434-4458

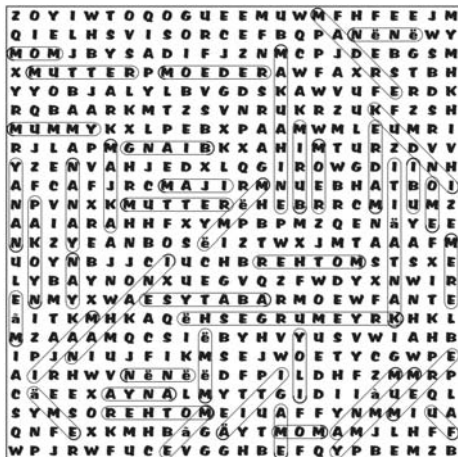
Across

1. A great place for a nap outdoors
2. "Turn out that light.
Do you think I'm made of _____"?
6. Our national bird
11. We honor dad on this day
12. Wash the _____
14. I got a ringer in this game
17. Wears a red, white and blue suit and top hat
18. Wrote the words to the Star Spangled Banner
21. My dad can _____ anything.
22. Unwanted guests at your picnic
24. They light up the night on the 4th
25. Where Dad would like to eat breakfast
on Father's day
26. Mow the _____
27. The father of our country
28. What Dad calls the
kid's music?
29. U.S. National Anthem



Catch up on all the local happenings. Read Family Pastime Magazine back issues online. www.familypastime.com

Last Month's Word search Answers



Down

1. Grill them out
3. The flag
4. You throw to me then I throw to you
5. Stereotypical Dad gift
6. Seamstress said to have sewn
he first American flag
7. _____ Potato
8. Just dad, a stick, a string and a worm
9. Traditional 4th of July fruit
10. Dad's favorite place to cook
13. Dad will always be your _____.
15. The flag of the United States
16. A person who studies flags
19. Something Dads never ask for.
20. Dad's accumulated knowledge
or erudition or enlightenment
23. The month of Father's day
24. June 14

I never got along with my dad. Kids used to come up to me and say, "My dad can beat up your dad." I'd say, "Yeah? When?"
Bill Hicks.



**Family Crypto-Time
Last month's answer**

"The phrase "working mother" GCX UCJYPX "SIJBDFK QIGCXJ" is redundant."
DP JXEAFEFYG. ~Jane Sellman

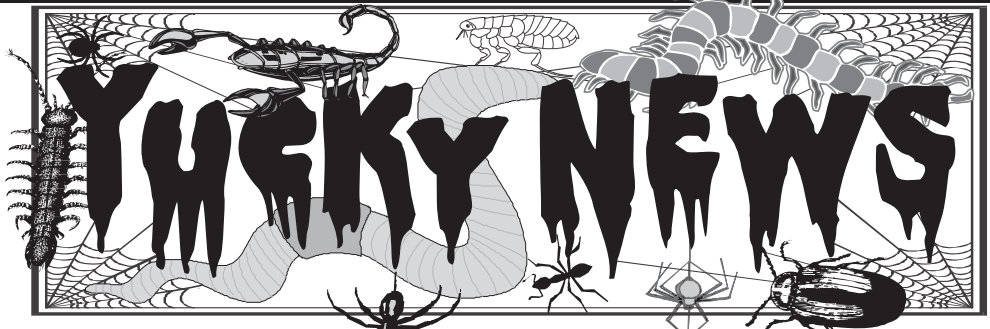
Stinky FEET

By: I.M. Yuckee

Everybody is familiar with stinky feet and most people's sister or brother has stinky feet that can clear a room. And pretty much everybody can do a decent job stinking up a pair of shoes by running a few miles in them. What's up with that? Why do your feet have a stronger odor than the rest of you does?

The main thing that feeds foot smell is sweat. With more than 250,000 sweat glands in each foot, your feet are among the sweatiest parts of your body. In one day, each foot can produce more than a pint of sweat! A pint. That's 16 ounces. A can of soda is only 12 ounces. Imagine a can of sweat—yuck.

Actually sweat is just salt and water, so it doesn't really have a distinctive odor on its own. The smell is caused by bacteria on our skin that eats the sweat and excretes waste that has a strong odor. EWWWW. It's perfectly normal to have bacteria on your skin, and it doesn't ordinarily produce a noticeable smell, but sweat attracts bacteria and



gives them a whole lot to feed on.



Of course we sweat all over -- our hands have a comparable number of sweat glands, for example -- and most of the rest of our body doesn't particularly stink (the armpits being a notable exception.) So what's different about our feet? The answer is our socks and shoes. The

sweat our feet excretes can't easily escape into the air like the sweat our hands excretes - with our feet it all collects on our skin and in our socks. The bacteria love this dark, damp feast and have a sort of feeding frenzy. When you take off your shoes, the smell that hits you is all the bacteria excretion that's collected on your feet and in your socks and shoes.

The main reason some people's feet (or more precisely, some people's socks and

shoes) smell worse than other people's is that some people sweat more than other people. This is just one of the many variable physiological qualities of human beings. This is also why sometimes your feet smell much worse than at other times -- it all has to do with how much you sweat.

So, since foot odor is caused by bacteria digesting sweat, there are two main ways to reduce the stink. You can:

- Decrease the amount of bacteria on your feet
- Decrease the amount of sweat that collects on your feet and in your shoes
- Reducing the level of bacteria is really a matter of cleanliness. To control the bacteria population on you feet, you should:
- Wash your feet with strong anti-bacterial soap
- Wear clean socks
- Don't wear the same shoes everyday - give a pair of shoes 24 hours or more to air out before wearing them again
- To reduce the amount of sweat that collects in your shoes, you should:
- Wear well-ventilated shoes instead of very constrictive shoes, such as boots
- Always wear socks, preferably made of cotton or other absorbent materials that absorb a lot of the sweat so the bacteria can't feed on it
- Change your socks a few times a day
- Buy some absorbent Odor-Eater type shoe inserts
- Apply an antiperspirant to your feet

If your foot odor is really bad and these solutions don't help much, then you should see a doctor. There are a number of prescription drugs that can treat serious foot odor, some by killing bacteria and some by reducing foot sweat. **FPT**

SUDO-KID-U 2

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

	2		3
1			
			1
2		3	

Sudoku last month's Really Hard answer

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



Daniel Boone Day

On June 7, 1769, frontiersman Daniel Boone first saw the forests and woodlands of present-day Kentucky. The Kentucky Historical Society celebrates June 7 as "Boone Day."

or resources to protect the frontier, the British continued to prohibit western migration. Boone was among the many settlers who ignored the Crown's 1763 ban against traversing the Appalachian Mountains.

In 1775, Boone worked with Richard Henderson's Transylvania Company to establish a trail through the Cumberland Gap. With twenty-eight associates, he constructed Wilderness Road--soon the primary route to the West. Just months after its completion, Boone's wife and daughter traveled the new thoroughfare, becoming the first Anglo-American women to settle Kentucky.

During the Revolutionary War, Kentucky was organized as a Virginia county and Daniel Boone served as captain in the local militia. Captured by the Shawnee in 1778, Boone escaped in time to warn Boonsborough residents of an impending British and Indian attack.

FPT

Born on November 2, 1734, in Berks County, Pennsylvania, Daniel Boone spent his youth hunting and trapping on the North Carolina frontier. By the late 1760s, Boone had ventured into the little known Cumberland Gap region. Although the location of the opening in the Appalachian Mountains had been mapped over fifteen years earlier, the French and Indian War discouraged exploration and settlement of the Kentucky wilderness. Without the manpower

SUDOKU EASY

Instructions Below

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

SUDOKU HARD

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

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

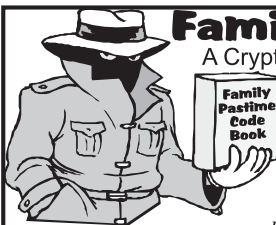
Sudoku Medium answer from last month

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

Local Day Care

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

Family Crypto-Time



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

" MBP UMB KMB QN M WMCDNY. HC
CMINX XZUNZBN XONKHMG CZ QN M JMJ."

~Author Unknown

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

Big Daddy Word Search

How to say father the world over

MCKTLFGCTE OAGDELFCBHGOMD GUHND SKS
 NJHHCSCI ZDESABBABRRPQPEUNRKCDROBW
 PVGOAIGPVI GMHXKRIRAU SYKHL EJMRLPL
 SXKCBYFJPFZZEBATOVPAIU YHKNT OJYOG
 BRFBHBFWUERJAZSACHBPEO AUDIXXTBGLG
 WYLSUKPRT OECZJKJUWIZNSSIU YAAACLZ
 IQAGAQAARRRHJBMMWLVEXRISHACIATVYR
 DROPWFSGAAIVABAROBESNERMLFARONRT
 OVCPOAFOWDQACVWGE EPPQRPPDSTETIPOP
 RAAGVMERTHITHXLI ZYX IAXB SDDYOATXR
 TWAJDCAMDRA CNNTDRYAAQJYOAEWPN OJY
 AGJAEFE EAAPTIIAG PPIIOTIPADUIGIDA
 PYBUDRTMYKZPAN YAIJROI MERABQSTUNI
 FBNHDLJAOIKOTK MCTORTBTUVVABXAAU
 AJFHFG LNRHLJPAATETAVOAXAHOACARX
 UHXMFUMOP OBCJZCASZIOSOSBIS CQPAFO
 WJDDBAFTETASMMPOU UORCZOABPXAWYMJ
 WIFBPI OERAPTINZBLHETATWJNOPKAAZP
 LPAASBPCE TBNGVAWFAOSBAPRKAIRWUNP
 RBABZQ NATATAHBEWVDIPEIIEAZAMATFN
 XPSAPSEAPYLEHXATONMIGOOTKWKGRHYN
 CHRNOAATENTPSIPBODPTUCZAAPTUJCVB
 NQSKSDGRHPNK OJLAARQA XKKPHARAADDX
 QCQEANDLLPWPE DARPBP CRL O OYT AHNAAU
 DZDTXAYXRYEWKOHAK EILJEJTKSEUADDX
 DNYIPCLDEBPOJWYDXKQHACABPEDBKDIY
 DMCFXTGUIAETNREHTAFIIOSSPOTVEYAL
 EAIHIW OISRCAIYUBDATEFXVTKSKNKTKV
 EPFEAAOHSTRCHHEL PACBOBEUQUAPQIKCI
 PAHEUCOCKIALFUSZBAPABRUTYCTYDFRMK
 DAAJXKUMP CFKPGBTFWPAJXUAONXAAU
 QJIEQLSGYATQJGATOA EAUCOLDTTLADCP

Words may be forward, backward, horizontal, vertical or diagonal

- | | | | |
|--------|---------|-----------|-------------|
| vader | itay | tevas | parinte |
| yebba | tay | protevis | taica |
| awki | heit | paapa | tama |
| ata | pai | olaiiu | janak |
| Abba | banketi | ray | babu |
| aita | Papi | missier | babbu |
| tad | ru | babbo | otec |
| patra | apa | haakoro | mzazi |
| bato | apu | kohake | Vatter |
| pattri | pabbi | chaw | ama |
| daa | bapa | chao | pare |
| da | ayah | babbas | kaka |
| otac | pak | Pee | Abbu |
| ate | athair | buwa | opa |
| pappie | otosan | far | foter |
| baba | padre | pedar | tateh |
| father | bap | pitar | pradininkas |
| dad | bav | Baabaa | |
| daddy | pere | tatah | |
| pop | pater | ojciec | |
| poppa | tevs | tayta | |
| papa | paire | tata | |
| patro | vajer | churiyaqe | |
| isa | pap | koro | |
| tatay | tata | peder | |



HEALTH MATTERS

By: Patsy Meridith

Every day over 50 million disposable diapers go into landfills across America. Creating more than 3.5 million tons of waste each year, disposable diapers take up to 500 years to biodegrade. A more environmentally-friendly,

flushable option called "g-Diapers" are now available. They are designed to keep your baby dry and comfortable without any elemental chlorine, plastics, dyes, perfumes, garbage or guilt.

"g-Diapers" consist of a colorful cotton outer pant with snap-in-liner and flushable inserts made of a breathable outer material and a natural, fluffy, plastic-free inner fabric that absorbs wetness, which reduces the likelihood of diaper rash. Pants and liners are washed and re-used and inserts are flushed down the toilet.

"g-Diapers" provide the convenience of disposable diapers and the comfort of cloth. Moms and babies both love them and the earth is happier, too. As always, we guarantee your satisfaction.



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

SUPER SUDOKU

answer from last month

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

What Dad Wants

continued from page 1

know what dads want,” says InteractiveDad.com editor Glenn Lawrence. “When it comes to being a parent, dads are not that different than moms—they cherish time with their families and want to know they’re loved.”



Lawrence says even he was surprised to see the results, since commercials

and advertising would have consumers believing that what dads want is a tie or the latest electronic gadget.

But the poll shows only 13-percent want something electronic.

Just over 8-percent want time alone to do what they want; 6-percent would prefer a gift that’s sports related.

What Dads DON’T Want

As for the necktie, the gift that dads least want to receive...

It beat out underwear for the bottom

spot in the poll.

Nearly 30-percent of dads said a tie would be their least favorite gift; 21-percent said cologne/aftershave; 16-percent said underwear; 15-percent said socks; 14-percent voted power tools as their least favorite Father’s Day gift.

“Everyone expects men to probe to find the perfect gift for Mother’s Day yet when it comes to Father’s Day most people assume sports, electronics and ties are the winning gifts,” says Lawrence. “We certainly hope that this survey gets people thinking when they’re gift buying.” **FPT**

Lower Fuel Costs

continued from page 4

correct pressure and not over or under inflated. Proper air pressure cuts down on fuel used while driving. Keeping tires at the correct pressure can improve your gasoline mileage by about 3.3 percent.

- Choose a high-quality gasoline. All gasolines are not the same. Avoid low-quality discount gasolines that may allow performance-robbing gunk to form in your engine.
- Minimize vehicle drag. Keep your trunk and back seat clear of unnecessary items that only add weight. Removing excess weight can improve your gasoline mileage.
- Use cruise control on major roads and in free-flowing traffic. Maintaining a constant speed can improve gasoline mileage.
- Avoid idling. When you are idle, you get 0 miles per gallon.
- Avoid higher speeds. Gasoline mileage usually decreases when driving at speeds over 60 mph.
- Plan your outings to avoid separate trips. Combine your errands into one outing to avoid short separate trips. This helps avoid unnecessary cold starts and keeps your car’s engine running warm and more efficiently.
- Reward yourself by using a rebate credit card. Choosing the right card can help you save money at the pump. For instance, the Shell Platinum MasterCard from Citi Cards

offers a 5 percent rebate on Shell gasoline purchases and a 1 percent rebate on all other purchases. At the national average of \$3.10 per gallon (Department of Energy, as of May 15, 2007) for regular grade gasoline, cardholders earn 15 cents per gallon back on their gasoline purchases.

“Shell wants to help drivers make the most out of every fill-up, which is why we recommend adding FuelStretch driving techniques to daily routines,” says Michael Grundy, a Shell specialist who specializes in gasoline and vehicle efficiency. “While these tips might sound like a lot to keep in mind, you’ll be surprised how quickly they become second nature. Making a few small adjustments can help you become more fuel efficient, which means fewer trips to the gasoline station.” **FPT**

Courtesy of ARAContent To find more program tips and information, visit www.shell.com/us/fuelstretch.

“By the time a man realizes that maybe his father was right, he usually has a son who thinks he’s wrong.”
Charles Wadsworth.



What did the father ghost say to the naughty baby ghost? Spook when you're spoken to!

Help support the only local publication dedicated to families. Advertise your business in Family Pastime Magazine. Call Floyd at 423.773.3064.



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

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



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

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

1.800.888.5551 • www.msha.com