

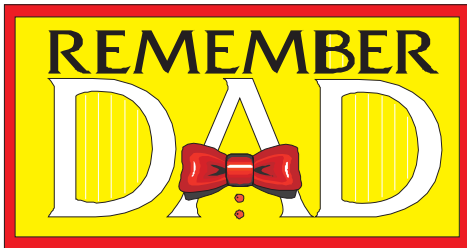
June 2006

FREE



THE magazine for the WHOLE family

Volume 2 Issue 6



Things Dads Would Never Say:

- Well, how about that? I'm lost! Looks like we'll have to stop and ask for directions!
- I noticed that all your friends have a certain "up yours" attitude -I like that.
- You know pumpkin, now that you're 13, you'll be ready for unchaperoned car dates.
- Won't that be fun?
- Here's the credit card and the keys to my new car - go crazy!
- Your mother and I are going away for the weekend. You may want to throw a party.

- No son of mine is going to live under this roof without an earring. Now quit your belly-aching and let's go the mall.
- What do you want to get a job for? I make plenty of money for you to spend.
- Father's Day? Aahh...don't worry about it...it's no big deal. FPT

" Gifts With a Heart "

By: Kathy Torgerson



Left to right: Wanda Corby, Joanna Torgerson, Laura Denney, Brenda Corby, and Shannon Eller.

challenges in their lives. Ranging in age from early to later 20's, they had finished their educations and found themselves in a world that, for the most part, does not cater socially and vocationally to young adults with special needs. It seems to be all too true that after the school years are over, these young adults tend to slip through the cracks. But that was not to be the case for these six women.

Laura Denney, Brenda Corby, Wanda Corby, Shannon Eller, Joanna Torgerson, and Karla Lewis soon grew to be a tight-knit group of friends. They celebrated birthdays together, they comforted each

other over losses in their lives, they took training classes together in their efforts to obtain jobs, they did service projects for others – in short, they became a very active group. For some, jobs did come their way. For others, jobs were hard to find. So they began to think of ways that they could create jobs for themselves.

From this brainstorming came the idea for "Gifts

Please see "Gifts With a Heart" on page 4

In early 2004, a group of six young ladies began meeting together at Gray United Methodist Church. Led by Amy Cook, a minister at the church, and organized by Pat Corby and Sandra Denney, mothers of three of the young women, the group met to have devotionals, do crafts, cook, or just have fun talking with each other. What made this group unique was that they were all differently-abled, facing various

In this Issue:

1. Gifts With a Heart
4. " Pop" Quiz
6. Auto BINGO
7. Fishing for Dad Gifts
7. Ice Cream Voting
11. Bike Helmets
13. Birthday Party Idea
14. One-Tank Trip
16. 4th of July Crafts
20. Tire \$marts
22. 10 Reasons it's Good to be Old
22. Dad Wisdom

REGULAR FEATURES:

5. Father Knows Jest
9. Parenting Tips
10. Yucky News
15. Recipes
16. Crypto-Gram
17. Jr. Scientist
18. Family Fun Calendar
19. Crossword Sudoku, Word Search, Word Scramble and more!



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JUNE MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Adopt A Shelter Cat • Cancer From The Sun • Child Vision Awareness • Children's Awareness • Dairy Alternative • Fireworks Safety • International Accordion Awareness • International Men's • Dairy National Candy | <ul style="list-style-type: none"> • National Ice Tea • National Rivers • National Rose • National Safety • National Soul Food • National Steakhouse • Potty Training Awareness • Professional Wellness • Rebuild Your Life • Sports America Kids • Vision Research |
|---|--|

" When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years. "
- Mark Twain

" A Man's children and his garden both reflect the amount of weeding done during the growing season." – Anonymous

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"POP" Quiz

Name the TV dad for these TV children:

Bart Simpson _____
 Bobby Brady _____
 Bamm Bamm _____
 Pebbles _____
 Gloria _____
 Lamont _____
 Theo _____
 Laura and Mary _____
 Meadow _____
 Darlene _____
 Kelly and Bud _____
 Richie and Joanie _____
 Ricky _____
 Lizzie and Chad _____
 Samantha _____
 Cavey Jr. _____
 Opie _____
 Beaver _____
 Ellie May and Jethro _____

 Little Ricky (_____)
 Hoss and Little Joe _____

Eddie _____
 Pugsly and Wednesday _____

 Robbie, Mike and Chip _____

 Betty and Bud _____
 Ritchie _____
 Brenda and Brandon _____
 Brad, Randy and Mark _____

 Tabitha _____
 Alex, Mallory and Jenifer _____

 Frasier and Niles _____
 John Boy, Jason, Marry Ellen, Ben, Erin,
 Jim Bob and Elizabeth _____

 Lynn and Jake _____
 Look for the answers in next month's issue
 of Family Pastime Magazine or if you
 can't wait check the website
www.familypastime.com FPT

SUDOKU

Medium

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.

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

Gifts With a Heart continued from page 1

With a Heart", a gift-basket business. Each young lady had her own talent to bring to the project, and their parents were 100% behind them, but they all knew that they needed the right person to be the catalyst to bring the idea to life. That person proved to be Elizabeth Bailey, who had several years of experience in the gift-basket business as well as a true heart for adults with disabilities. When she was approached with the idea, she threw herself into it wholeheartedly, and thus "Gifts With a Heart" was born. Working from temporary workspace at the Central Church of Christ in Johnson City, the business began making baskets last April, a few weeks before Mother's Day, and soon had a small inventory of beautiful, unique, affordably-priced baskets prepared. "Baskets" is not always the appropriate term; several of the Mother's Day gifts were comprised of wire teapots filled with goodies, and other unique containers have been used. The business's first big order was from a parent who wanted to show her

appreciation to the faculty and staff of Elizabethton High School from which her son was about to graduate. She commissioned a \$200 order, which the young ladies and Elizabeth beautifully prepared in two large orange containers, reflecting the school's colors and thoughtfully filled with a myriad of goodies for the school's staff.

Although Karla Lewis is not able to participate at this time due to the happy fact that she is very busy with her job, the other five – Laura, Brenda, Wanda, Shannon and Joanna – meet once a week to plan, shop, brainstorm, and prepare. They are beginning to take orders for Father's Day baskets, which they promise will be unique and "manly", but they will take special orders for any occasion – birthdays, anniversaries, showers, thinking of you – and they offer free delivery of orders over \$50. If you are interested in placing an order, or you would like to donate baskets or other containers for their use, you can reach them at 423-477-3158 or 423-753-8999. They hope to set up a website soon, and they are also looking for a permanent workspace for their business.

If you know any of these young ladies or if you know Elizabeth Bailey, you know that they have loving, giving hearts towards everyone around them. Why not check out their business and you'll truly see that, if they prepare the gift, it truly is a "gift with a heart". FPT



"A father is a guy who has snapshots in his wallet where his money used to be."
 – Anonymous

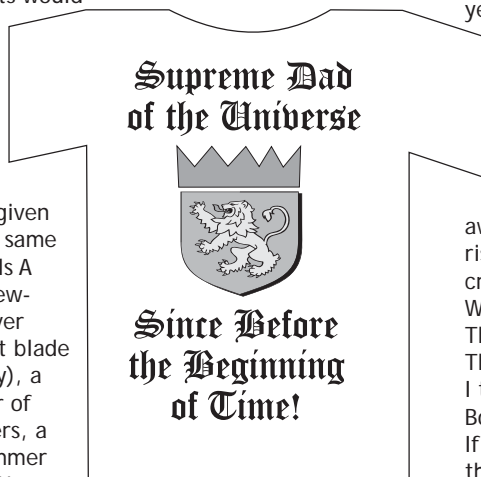


By **Chris Joker**

I am the number 1 Dad! I know because I have the T-shirt. Surely they would not let just anyone wear that T-shirt? I truly believed that until I came across another dad wearing the same T-shirt. O. K. it wasn't the same T-shirt because mine had an official looking crest with a crown and lions roaring and filigree. His shirt just had a sad looking star burst thing on it. Mine, obviously, was more official than his. Then it hit me; sure he is the number 1 dad IN THAT T-SHIRT. Likewise I was the number 1 dad in my T-shirt. So then I got one that read "World's Greatest Dad!" Ha, ha beat that you number 1 dad wannabe! I then ran into a conclave of dads at the home improvement store all wearing variations of this shirt. One had a shirt proclaiming him to be the world's BEST dad. I think greatest trumps best, don't you? I have also seen a variation proclaiming the wearer to be the best, greatest etc "Father". They can have that. I mean any fool can be a father, that's just biology. Dad, now that takes some work. I have come to the conclusion that they will let just anyone wear a greatest, best, number 1 etc T-shirt. How discouraging. There must be some way to rank us dads. I propose a Dad competition. It could include competition in things such as: Navigation where the contestants head out with a minivan full of children all drinking massive amounts of juice and eating sloppy Joes. Each contestant

would be provided a destination but no directions. The first one to arrive WITHOUT stopping to ask for directions wins. We could include a "Pull my finger" competition with points given for such things as volume, resonance, length, odor and ability to re-load on demand, How about a "Fix it" competition. All contestants would

be given the same tools A screw-driver (flat blade only), a pair of pliers, a hammer (gotta have a hammer), a roll of duct tape, tube of silicone and a can of WD40. We would be given a series of things such as toys, appliances, clogged drains and the like. The first one to fix all the items using only the supplied tools would win. Precision mowing



World's Greatest Dad Competition

competition where each contestant would be given a lawn with various obstacles such as toys in the yard, mailboxes, above ground pools etc. The Dad who mowed closest to, without hitting the objects or stopping the mower would win. Barbecuing. One match, a bag of briquettes, meat and a fork. The first Dad to feed his whole family wins. Dad Wisdom. Answer questions of children such as "Dad, can we watch TV?" Sure, as long as you don't turn it on." "Are we there yet?" "Yes, I'm just looking for a place to park." "Dad, can we have some ice cream?" "Absolutely, as long as you don't eat it." Each dad would have his own uniform something like plaid Bermuda shorts, stained T-shirt, ball cap, and black socks with sandals we could put numbers on the shirts with duct tape. We could award the winning Dads while they stand on risers made from cinder blocks and old milk crates. We would have World's Greatest Dad, World's Second Greatest Dad and World's Third Greatest Dad T-shirts for the winners. The more I think about this the more I like it. I think I will suggest it to the Family Pastime Board of Directors and see what he thinks. If you would like to participate or sponsor this event e-mail me at fatherknowsjest@familypastime.com. With enough support I'm sure I can make this happen. Until we have our official competition I am going to make my own T-shirt, which will read: "Supreme Dad of the Universe Since Before the Beginning of Time!" Let's just see some other Dad beat THAT shirt. FPT

" He didn't tell me how to live; he lived, and let me watch him do it."
- Clarence Budington Kelland

" My father used to play with my brother and me in the yard. Mother would come out and say, " You're tearing up the grass." " We're not raising grass," Dad would reply. " We're raising boys."
- Harmon Killebrew

" Fatherhood is pretending the present you love most is soap-on-a-rope."
- Bill Cosby

























" There's something like a line of gold thread running through a man's words when he talks to his daughter, and gradually over the years it gets to be long enough for you to pick up in your hands and weave into a cloth that feels like love itself." - John Gregory Brown

" Small boys become big men through the influence of big men who care about small boys."
- Anonymous

" It is not flesh and blood but the heart, which makes us fathers and sons."
- Johann Schiller



















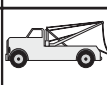





Rules: Play Family Pastime Auto Bingo by spying the items on your list. The first one to call out something he/she sees gets to claim it and mark it on their game card. Use a pen, pencil or crayon to mark through the items you have claimed. The winner is the first to spell BINGO or for added fun play "blackout" where the winner is the first to spy everything on their board. Cut or tear along dotted lines and give each player a game board.

B I N G O

 Bike	 Airplane	 Hospital	 Picnic table	 Boat
 Cow	 Jeep	 Barn	 Parking meter	 Ambulance
 Slide	 NO PARKING	free	 STOP Stop sign	 RR crossing
 Traffic cone	 School crossing	 Dog	 Camp trailer	 YIELD
 One Way	 School bus	 Inter State	 SPEED LIMIT 50	 Monster truck

























fpt-01

B I N G O

 American flag	 DETOUR Detour	 School	 FOR SALE	 Tractor
 Passenger bus	 Horse	 Swing set	 Ambulance	 NO U TURN
 Van	 RR crossing	free	 Re-cycling bin	 Convertible
 House	 Fire truck	 Train	 Drink machine	 Tow truck
 Beetle	 WRONG WAY	 Dump truck	 Church	 Street sign

fpt-02

B I N G O

 Tractor	 Handicap	 Re-cycling bin	 NO U TURN	 Cement mixer
 SPEED ZONE AHEAD	 Train	 Bird	 Beetle	 Deer crossing
 18-wheeler	 Helicopter	free	 Jeep	 American flag
 Backhoe	 EXIT	 Van	 GAS	 Crane
 STOP Stop sign	 Bridge	 NO PASSING ZONE	 Airplane	 Mail box

fpt-03

B I N G O

 Hummer	 18-wheeler	 Motorcycle	 VW mini bus	 FOR SALE
 Deer crossing	 PASS WITH CARE	 Inter State	 Taxi	 School
 Stop light	 Passenger bus	free	 Cow	 Bike
 R.V.	 Church	 DO NOT ENTER	 Bull dozer	 Gas pump
 No left turn	 Boat	 Dumpster	 Traffic cone	 Bridge

fpt-04

Fishing for Dad Gifts for Dad

Dads tend to be low-maintenance when it comes to Father's Day gifts, according to recent findings by the National Retail Federation. Where Moms are likely to appreciate luxury items like jewelry or a trip to the spa, men like leisurely goods for barbecuing, boating, fishing or watching a ballgame.

If you want to get Dad a gift for his favorite outdoor activity, here are some Father's Day suggestions for Dads of any age.

Fishing gear that floats is ideal for anglers. XTools sells a value pack with 6 1/2-inch floating bent-nose pliers, a 10-inch mini E-Z release de-hooker and a convenient holder that clips on Dad's belt. You can find these gadgets at many national boating and fishing retailers for less than \$30.

The Tube 'N Go Package is the perfect water sports package for an active Dad. West Marine has a special during the month of June and for under \$80 you get a high performance tube, foot pump, tow rope, life jacket and

Aquazooka, a water bazooka that shoots up to 60 feet. Buy Dad the gift and the entire family can enjoy a weekend of fun.

To help Dad plot the ultimate fishing trip, Garmin's new GPSMAP 498 combination fish

finder and chart plotter is ready to launch, right out of the box. Preloaded with cartography for the U.S. coastal areas and Hawaii, the unit's

split-screen viewing of map and sounder data lets you track your trip while searching for schools of Dad's favorite fish.

If you want to make Dad the envy of all his friends, get him an Igloo Audio Cooler. Featuring the official logo of different NCAA universities, audio coolers play the school's fight song whenever the lid is opened. It's ideal for the home, patio, beach and, of course, tailgating.

Or you could grab a paddle and skedaddle with Dad for the weekend in a kayak or canoe. New West Marine inflatable kayaks have unique fixed rigid forms in the bow and stern to cut through the water for performance similar to a hard shell kayak. Light weight inflatable kayaks stow

compactly in the trunk of your car for easy transport to your favorite lake or stream.

Nearly two-thirds of consumers plan on purchasing at least one gift card this Father's Day, so if you're fresh out of ideas, let him pick out something he really wants with a gift card.

Plus, gift cards are available in various amounts and are ideal for any budget.

For more details on these Father's Day gifts call (800) BOATING (262-8464), or log on to westmarine.com. FPT



Ice Cream Flavor Decision '06

By: Chris Joker

Summer is here and with it come thoughts of hot days and playing outside which leads to thoughts of cooling off with some cool refreshing ice cream. There are some bright new flavors available in the dairy case this summer. Mayfield has introduced 4 new flavors but alas there is only so much room in the case so all but one must go. You can help decide which one stays (**Peanut Butter Cookie Dough**) by going to www.mayfieldvote.com and selecting your favorite flavor (**Peanut Butter Cookie Dough**). You can vote as many times as you like to ensure your favorite flavor (**Peanut Butter Cookie Dough**) will be the one that wins and stays as a permanent Mayfield ice cream flavor. I of course would never try to influence your decision (**Peanut Butter Cookie Dough**) by telling you my favorite (**Peanut Butter Cookie Dough**), instead I would encourage you to go meet the candidates **Peanut Butter Cookie Dough**, triple brownie, blueberry cream pie, and extreme moose tracks at a free ice cream tasting. You really can't go wrong I mean it's a FREE ice cream tasting. The next ones are: June 9, 11:00 AM - 03:00 PM at Whites at 5674 E Hwy 11, Piney Flats and June 10, 11:00 AM - 03:00 PM at Ingles 4470 N Roan St, Johnson City. I'm not gonna lie to you, I have not tried all the flavors I have only tried one ((**Peanut Butter Cookie Dough**)) but I am committed (some may say I should be committed) to the success of one flavor which I will not mention (**Peanut Butter Cookie Dough**). If you cannot make one of the listed candidate meetings (ice cream tastings) check out the website for an updated list of where they will be next and while you are there be sure to cast a vote for your favorite (**Peanut Butter Cookie Dough**) flavor. FPT

www.mybusinesshasnowwebsite.com

Courtesy of ARA Content

PARENTING

Strategies to Make Anytime With Your Child Quality Time By: Penny Warner

Working and raising children is the great balancing act that an increasing number of parents perform.

As a mother of two grown children, I know first hand what a challenge it is to raise kids and work simultaneously. Parents who work outside the home face many dilemmas and oftentimes deal with a significant amount of guilt. Am I a good parent if I opt to return to work? Will my children suffer if I put them in daycare? How can I work and still raise healthy and well-adjusted kids?

According to researchers in a wide range of fields, the time young children spend with their parents is essential for their healthy development. As such, parents **should not** feel guilty about working outside the home, but they **should** enjoy and make the most of the time

they do spend with their children. In other words, make it “quality time.” Quality time is defined by development experts as meaningful time parents spend nurturing and teaching their children, and is not just reserved for stay-at-home moms or dads. Time-crunched working parents take note: You too can have quality time with your kids. It’s what you make of the time you spend with your children that makes it quality time.

There are many moments throughout the day that busy parents spend with their kids – standing in line, waiting for the doctor, driving the kids to school, getting ready for bed – that can easily be turned into quality time. All it takes is some imagination and creativity.

I’ve collected over 200 stimulating activities (in my new book “Quality Time Anytime”) that parents can use during daily rituals to

strengthen the parent-child relationship and teach skills and values that will benefit kids long into the future. Here are a few of my favorites:

Bath time: Give your child a toy boat to float in the bath tub and ask her to guess how many pennies (or paper clips) she has to put in the boat to sink it. Then, ask her to test her guess.

Bedtime: Read a story to your child, and have her try to guess the ending before you finish the book to build creativity and imagination.

Car time: Play rhyming games, make up rap songs,

and play the alphabet game, by spotting letters A through Z on passing signs.

Dinner-making time: As you prepare dinner in the evening, let your child help you cook or create a kitchen concoction while you cook. For example, fill a bowl with soapy water and let her beat with an eggbeater. Then add food coloring and have her continue to beat. See what happens!

Meal time: While the family is gathered, play word games, such as I’m thinking of a word in the kitchen that begins with “J,” or tell jokes and share funny stories to emphasize the importance of family “togetherness.”

Shopping time: Have your child play “find the food” to become more aware of what the family eats or “check the change” to become more aware of how much things cost.

All things considered, it just takes a little imagination plus love for busy, working parents to create activities that will help them raise happy, confident responsible children. By making anytime quality time, children will learn fundamental skills that will serve them well for a lifetime. FPT

Courtesy of FeatureSource. Penny Warner is a child-development expert and a leading author of parenting books. Her latest book is “Quality Time Anytime” (Meadowbrook Press, \$9.00).

Sudoku Easy Answer From May

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



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Leeches (Hirudinea)

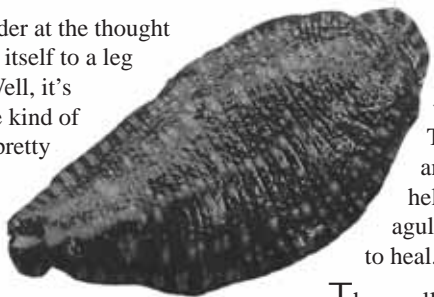
Leeches are flattened segmented worms that have a sucker on both ends (tail and mouth). Leeches move by attaching the mouth sucker to the surface they are on, then the tail sucker, then moving the mouth sucker and attaching it again then moving the tail sucker and attaching it again then repeating the whole thing. Most leeches live in the water, some burrow in the mud, some even live on the land. Most avoid light.

Most people shudder at the thought of a leech attaching itself to a leg while swimming. Well, it's true that leeches are kind of gross, but they are pretty harmless.

Leeches are commonly known for attaching themselves

to humans and other animals, and sucking their blood. Blood sucking leeches have well developed jaws. Different types of leeches feed on different animals, though there are also some that eat plants. Some of the leeches that feed on humans secrete a substance that has been found to be an anticoagulant (An anticoagulant is a substance that prevents coagulation; that is, it stops blood from clotting).

Leeches are more abundant in the summer because they reproduce in the spring so the young leeches (sounds so cute, doesn't it) are out of their cocoons weeks later. Leeches are found in lakes and ponds and provide a tasty meal for fish, ducks, turtles and some birds. They usually stay near the shallow



regions of their habitat. Fortunately leeches prefer invertebrates (animals without backbones) and other vertebrate hosts (animals with backbones) to humans.

Leeches actually do serve a good purpose. In addition to being a delicious meal for some creatures for about 2500 years leeches were the cure-all, go-to treatment for many ailments. Unfortunately they didn't really help. In modern times doctors have been known to use leeches to aid in procedures. In 1985 doctors used twenty-four leeches to help in an operation to re-attach a boy's ear, which had been bitten off by a dog. The leeches drank the boy's blood and their saliva (spit) hirudin, which helped as a natural long acting anticoagulant, which gave the boy's ear time to heal.

The small leech *Hirudo medicinalis* is particularly valuable for plastic and reconstructive surgery. This leech produces several important substances that make its bite very special, in addition to the anticoagulant (hirudin), they provide a local vasodilator (a vasodilator causes the blood vessels to become wider which will reduce blood pressure), and a local anesthetic. These substances allow continued bleeding that mimics venous circulation for up to 10 hours after the leech has detached (also the anesthetic makes the bite painless). The leech will also remove any congested blood to allow normal circulation to return to the tissues and prevent gangrene from setting in. Leeches have also been used to treat black eyes and inflammation of the middle ear. Leeches may soon be used in the treatment of heart attacks and strokes. Yucky as they seem the leech is beneficial to humans and creatures alike. FPT

Sudoku Really Hard answer from May

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

Hard answer from May

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

Three boys are in the schoolyard bragging about their fathers. The first boy says, "My Dad Scribbles a few words on a piece of paper, he calls it a poem, they give him \$50." The second boy says, "That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song, they give him \$100." The third boy says, "I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon. And it takes eight people to collect all the money!"

Q. What's geeky, dorky, and round?

A. A biker's head without a helmet.

"Helmets keep you and your brain safe", said one kid.

But a helmet only protects you if you wear it right. Don't push a helmet back on your forehead -- keep it level above

your eyebrows. And buckle the straps. The helmet should be snug.

Oh, not cool-looking enough? Okay, picture an unprotected biker's head squashed in the street. Now, that's real cool. *Courtesy of the U.S. Consumer Product Safety Commission. www.cpsc.gov*

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Mary Sheridan
 Realty Executives




WALLS THAT TALK

If your walls could talk, what would they say about you? Do they announce to your potential buyer that you have small children with sticky fingers? Or a dog or cat that enjoys their own brand of decorating? Your home's vertical surfaces end up becoming a mural of your family's activity. Fingerprints around doors and light switches or smoke from candles and indoor grills all end up creating a story of their own. If you're getting ready to sell your home, these large surfaces will require attention. Walls painted with semi-gloss paint are the easiest to clean since the surface won't absorb oils and other liquids. Semi-gloss is preferred for the kitchen and kids' rooms. You can wash latex too, but only lightly. If you scrub latex or get it wet once too often, the paint will come off the wall along with the stains and dirt. The best way to clean painted walls is with a 50-50 solution of water and white vinegar. Fill a spray bottle with this mixture and add ten drops of your favorite essential oil to pump up the grease-cutting power. Use an essential oil that's clear or light such as mint or eucalyptus. Tea tree oil is a favorite, but should only be used on white

walls. Most wallpaper today is washable.

Some are even labeled "scrubbable" but

caution is in order. Washable papers have a

thin plastic film while scrubbable papers are coated with vinyl or are impregnated with vinyl. The reality is that you really can't "scrub" either one and you shouldn't use abrasive cleaners on either as that could mar the protective coating. Start by dusting your wallpaper to cut down on streaks and stains.

Clean wallpaper with a soapy cloth or sponge, using a circular motion. Wipe away the soapy cleaner with a second damp sponge and then dry the area with a clean towel. If you need repeated cleanings, wait until the area is completely dry or you run the risk of dissolving the glue backing which will cause the paper to fall away from the wall. Stains or spots on nonwashable wallpaper can be removed by rubbing a pencil eraser over it. Grease stains in the kitchen are annoying, not only because they're tough to remove but because they'll bleed through new paint and some wallpapers as well. You can try this method: Cut a paper towel into four squares.

Put a couple of drops of eucalyptus essential oil on one square and let it dry. Set your iron on low (very important) and then press the oil-treated paper square against the grease stain for a few seconds. Repeat this process with the remaining squares of paper towel. If the grease stain is persistent, wait

a few hours and apply a thick paste of baking soda and cream of tartar with just enough water to hold it together.

Let the paste dry to absorb the stain and then brush it away.

Non-washable crayon marks can be attacked in the same way or you

can scrub gently with liquid castile soap mixed with a drop or two of orange essential oil. Food stains that have gone unnoticed usually melt away with a mixture of one cup water, a half cup of vinegar and six drops of lemon essential oil placed in a spray bottle. Those impossible stains that refuse to go away will have to be sealed with a product such as KILZ with a fresh coat of paint to follow.

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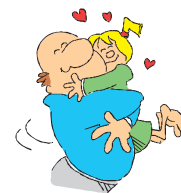


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Give Your Child a BIG Birthday Party

By: Chris Joker

It's birthday party time again. Your child wants to invite everyone he/she knows. How are you going to do that?

You could have a party at your house. Uh, 50 children running around, entertaining them, cleaning up after them and if it rains... maybe not. How about this, I recently discovered the Johnson City Family Skate



Center. My daughter just had her party there and it was great. We all had fun. You can have a private party for your child and 49 of their closest friends for an hour and a half for only

\$100.00 (add \$50.00 for an additional half hour). Everyone gets skate rental. There is a professional DJ to play tunes and lead games and there are great video games too. All you have to do is supply the friends, the



more complete package they also offer options, which include the set-ups, drinks and party favors. If this is a party you are interested in I would recommend calling early to make sure you can get the time you want. The Johnson City Family Skate Center is located at 930 West Watauga Ave. in Johnson City. Call them at 926-2726 and let you little

one have the big birthday party they always wanted. FPT
food and the paper products and utensils. After the party you pack up and go home and leave the clean up to them. What could be simpler? I couldn't believe it until I did it. If you want a

Funny Sign Lands Photographer Trip Around Globe

CAN YOU KEEP A SECRET? Pssst. There's a secret nuclear bunker on the way to Brentwood, England. You can't miss it. Just take the A128 and follow the "secret bunker" signs. Photo Credit: Phil Crane of Sacramento, Cal.



This is the snapshot captured by Phil Crane, this year's winner of the Sign Spotting contest, created by Doug Lansky.

Each year, thousands submit photos of funny signs found during their holidays for this nationally syndicated feature. The grand-prize winner gets a Round-The-World ticket on the Star Alliance airlines.

Phil has a ticket that will take him around the planet in economy class, with 700 airports and 15 airlines to choose from, for up to 29,000 miles. Anyone is welcome to submit a sign for next year's contest. Just visit www.signspotting.com for details. FPT

Courtesy of FeatureSource

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Its summer time and gas prices are ridiculous so Family Pastime Magazine is once again looking at one tank trips for families.

Recently I took a trip to Chattanooga, TN. About 208 miles or 3 and a half hours drive.

Chattanooga offers much for families to explore including the Tennessee Aquarium. Inside the aquarium you will enjoy amazing forests under glass, frolicking river otters, colossal catfish, graceful stingrays, lurking gators, stealthy sharks an indoor rain-forest with a butterfly habitat and more.

Explore a cove forest under glass where river otters play near a splashing waterfall. Feel the mist of a steamy delta swamp where alligators and giant snapping turtles lurk. From free-flying song birds and butterflies to colossal catfish and diving ducks, the Tennessee Aquarium combines both freshwater and saltwater habitats to give you experiences unlike any other.

Although more than 1,500 miles separate



the streams of the Appalachian Mountains from the Gulf of Mexico, the habitats of the South featured at the Aquarium are so awesome and realistic you actually feel like you're diving the depths of a secret reef in the Gulf of Mexico where 10-foot sharks and graceful stingrays glide through amazing coral formations. You can even touch bamboo sharks and stingrays and talk to the blue macaws in another indoor tropical forest.

For a special treat you may want to participate in a behind the scenes tour. The tour answers the questions: What is it like to fix meals for 12,000 animals every day? What does it take to clean fish "bowls" containing 1.1 million gallons of water? With the behind the scenes aquarium tour you can discover for yourself! The tour allows visitors to dive into the inner workings of the Tennessee Aquarium on a fascinating guided journey that takes you behind the scenes, below the surface and beyond the edge.

Explore a hidden maze of pipes and pumps; discover how to make seawater from scratch; see (and smell)

what's on the menu for Aquarium creatures; and even feed some of our fish as you go behind the scenes of the Tennessee Aquarium. Behind the scenes tours

start daily at 3:00. Space is limited so be sure to ask about adding this tour to your admission ticket. Tickets for the aquarium are published at \$17.95 per adult and \$9.50 per child. The Aquarium also contains an IMAX Theater. Tickets are sold separately for the Theater or may be purchased in a combo pack. Military discounts are in place as well as memberships, which may be an option for some families. All ticket information may be found at



www.tnaqua.org.

Another fun attraction in Chattanooga is the Vaudeville Café. The café is an interactive murder mystery. I went to the evening show which is entitled "Mystery of the Redneck-Italian Wedding". An Italian buffet meal is served during the performance. While you are seated and while you enjoy your meal the actors stroll around the room and interact with you to give you some clue as to "who done it". There was



also audience participation and dancing. I had never been to a murder mystery show before and found it quite entertaining and fun. The Vaudeville café offers several shows at several different times including "The Mystery of the Time Machine" a special show for children which takes the audience back in time with Pirates, Cowboys, Princesses and more. This show is offered on Saturday afternoons and offers a pizza lunch with the show. Show information and the option to buy tickets online can be found at www.funnydinner.com

If you are considering a fun one-tank trip to Chattanooga the Aquarium and the Vaudeville Café should definitely be on your list of activities. FPT



Kid Friendly Recipes



Buffalo Chicken Pizza

SUPPLIES:

1 can pizza dough (in refrigerator section)
2 medium boneless/Skinless chicken breasts
2 Cups shredded mozzarella cheese
Hot Sauce (or bbq sauce)
2 tablespoons extra virgin olive oil
Blue cheese dressing

HOW TO:

Clean and cut the chicken into cubes.

Marinate Chicken in hot sauce or bbq sauce to taste.

Pour oil into a skillet on medium heat.

When oil is hot add your chicken and cook until done.

While chicken is cooking bake pizza crust in the oven according to instructions on package (8 minutes at 400F degrees).

When chicken is cooked and pizza crust is ready top pizza with mozzarella cheese and cooked chicken, then sprinkle with additional sauce. Put pizza back in the oven for an additional 4 minutes to cook, melt the cheese, and finish browning the crust.

Serve with a small cup of blue cheese dressing on the side for dipping.

Creamy Chicken Enchiladas

SUPPLIES:

2 cans cream of chicken soup
1 package of sour cream mix
3 chicken breasts, cubed or 1 can of cooked chicken
1 small can of green chilies or 4 fresh green chilies
8 corn tortillas
1 cup of cheddar cheese

HOW TO:

Mix all the ingredients together in a medium saucepan and cook over medium heat for about 15 minutes, stirring constantly.

Pour the mixture into each tortilla and roll the tortillas.

Place tortillas in a row of a 9X13 inch casserole dish.

Pour remaining mixture over tortillas.

Shred cheese and sprinkle on top.

Bake at 350F degrees until cheese on top is melted.

Serve with a green salad or with guacamole.

Tuna soft Tacos

SUPPLIES:

1 large can of tuna
2 tablespoons cole slaw dressing
1 package cole slaw mix
12 flour tortillas

HOW TO:

In a medium bowl mix the tuna, cole slaw mix and cole slaw dressing. Spoon into flour tortillas. Serve with corn chips and salsa.

Ice Cream in a Bag

SUPPLIES:

1 tablespoon sugar
1/2 cup milk
1/4 teaspoon vanilla extract
6 tablespoons rock salt
1 pint size zip lock plastic bag
1 gallon size zip lock plastic bag

HOW TO:

1) Fill the large bag half full of ice, and add the rock salt. Seal the bag.

2) Put milk, vanilla extract, and sugar into the small bag, and seal it.

3) Place the small bag inside the large one and seal again carefully.

4) Shake well until mixture becomes ice cream, about 5 minutes.

5) Wipe off top of small bag, cut end with scissors, squeeze out the ice cream and serve.

Hot Dog Chili

SUPPLIES:

1lb. Lean ground beef
4 med onions diced
4 Tbsp yellow mustard
3 tsp sugar
2 tsp Apple cider vinegar
2 tsp chili powder
1 cup Ketchup
salt to season

HOW TO:

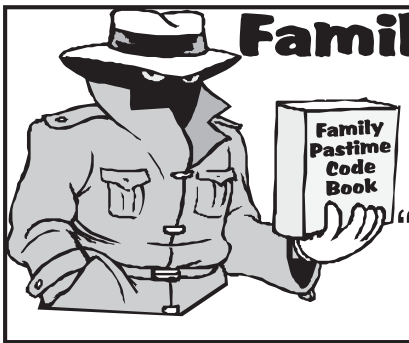
Break up ground beef and put into a 4-qt. pan.

Add enough hot water to make a thick mix.

Stir until smooth.

Add remaining ingredients.

Cook slowly for 1 hour. Use water to thin as needed.



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.

U L U J J T P T M B S U J V B B D S U H H U B
Q Z T J Z T B S D D I B S D Z T H I U Y Z O H V

Celebrate Fourth of July with Crafts

For most American families, Independence Day probably signifies a picnic, a parade and fireworks. As we all kick back for the needed respite, it is easy to forget that we are celebrating our nation's birthday.

"While very young children will not easily grasp the concept of a nation's birthday, you can do a few simple things to begin building Independence Day traditions with your family," says Trish Kuffner, author of "The Arts and Crafts Busy Book" (Meadowbrook Press).

"Craft projects are a constructive way to introduce patriotism to your children," says Kuffner. "And these projects provide an opportunity for young children to express themselves creatively."

Try these trouble-free craft projects to teach your children the meaning of Inde-

pendence Day.
Fourth of July Noisemakers

This simple craft project requires minimal adult supervision and uses supplies found around any home. Your child will enjoy bringing these colorful noisemakers along to a local parade or fireworks display.

First, collect empty frozen juice cans with lids, tissue paper, twist-ties, markers and small hard items (such as rocks, beans, popcorn kernels or pennies).

Second, place the hard items inside each can and tape on the lids.

Third, roll the cans in red, white and blue tissue paper so there are several inches of spare paper sticking out beyond the edges of the can. Fourth, have your child secure each end with a twist-tie.

Finally, have your child decorate the noisemaker with markers.

Fireworks Painting

Many families celebrate Independence Day by attending fireworks displays. The kaleidoscopic colors, loud noises and late bedtime can be exhilarating for young children. Stretch out the excitement by creating these shimmering fireworks paintings.

First, gather together a Koosh ball or plastic scouring pad, liquid tempera paint, dark-colored construction paper, glue and glitter.

Second, have your child dip the ball or pad into the paint and press it onto paper. Repeat this process with several colors and allow paint to dry.

Third, dip the ball or pad into glue and press onto the paper. Sprinkle glitter onto glue.

FPT

Courtesy of FeatureSource

MAY MOM WORDS SEARCH ANSWERS



SUDOKU

HARD

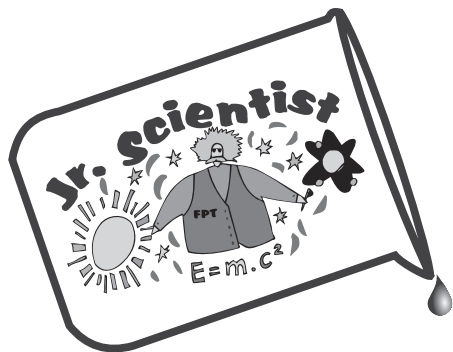
Instructions:

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.

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

ALWAYS WEAR SAFETY GOGGLES & ALWAYS HAVE ADULT SUPERVISION!

By: Family Pastime Staff



SUPPLIES:

- Scissors
- Rubber band
- Masking tape
- Blind fold (optional)
- A large shoebox with lid
- Small items found in your environment.

Consider the following when choosing items to place in the shoebox; hard, soft, cold, fluffy, rough, gooey, sticky and wet items. **BE SURE NOT TO SELECT ANY ITEMS THAT ARE SHARP OR HARMFUL IN ANY WAY.**

HOW TO:

1. Cut an opening or "door" in one end of the shoebox. Make sure the opening is big enough for a hand to reach inside, but not so big that you can see what is inside the box.
2. You may want to cover the roughness of the opening with masking tape to make it smooth. This is where little hand will be
- reaching in to have a good feel around inside.
3. Place small items inside the shoebox. You can either place several items inside at once or you may wish to do items separately and have everyone take a chance before you change to a different item. You may want everyone to write their guess down and then draw the guesses out of a hat or box. The first correct guess gets to put the next item in the box. If no one guesses correctly the same person goes again. You may wish to keep reading the guesses even if a winner is chosen to see what others thought.
4. Put the lid back on the shoebox and place the rubber band around the box to help keep the lid on.
5. If you choose to use a blindfold which actually will help the person become more aware of his/her sense of touch. Now is the time to put it on your "Victim"
6. Place the shoebox on a flat table top and help guide your "victim's" hand into the opening.
7. See how many of the items each person can identify and watch their reactions change as they feel around.

- Depending on how you are conducting your experiment;
- You may have one person at a time in the room.
- You may have the whole group in the room at the same time. Make sure that no one shouts out their guesses.
- As each person finishes, take out a few of the items and replace with different items.
- You may take notes as to what each person guessed, how many they got right or how many they got wrong.
- You may want to write down all the different reactions and expressions.
- As a group you may want to devise similar experiments to test all five senses of touch, taste, hearing, smell and sight. Or maybe break into 5 groups and let each group test one of the senses. FPT



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

What do you call two people who embarrass you in front of your friends?
 Mom and Dad!



A P R I L S H O W E R S B R I N G M A Y F L O W E R S
 W G T Y H D A Z J B T D O T Y F P K W X U H Z J B T D

Family Crypto-Time
 May Answer



Fun Family Events JUNE

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

1. Artists of America Day:

JC Cardinals Minor League Baseball 6/1-8/31
2. I Love My Dentist Day, Leave the Office Early Day, National Bubba Day

Johnson City: The Blue Plum Festival free, outdoor, downtown art & music festival

3. Doughnut Day

Johnson City: **The Blue Plum Festival** free, outdoor, downtown art & music festival

CASA of Northeast Tennessee Friends of CASA Social & Silent Auction 5:00 to 8:00 PM at the Carter at Main Restaurant, 829 E. Elk Avenue, in Elizabethton.

ETSU Bluegrass Show at the Appalachian Fairgrounds Museum Stage. Gray.

4. Apple Computer Day

5. World Environment Day

East Tennessee Soccer Federation Monday Street Soccer in the Park. All youth players welcome 6:00 - 7:30 pm, Civitan Park. Information at www.etsfsoccer.com

Hands On Museum: Dino Mania Ages 4-6 9am-12pm Learn all about dinosaurs

Lab Rat Camp! Ages 7-9 12:30pm-4:30pm Learn about microscopes and more

Tipton Haynes: Summers Past History Program - (For children age 6-12)

6. National Hunger Awareness Day

Hands On Museum: Dino Mania Ages 4-6 9am-12pm Learn all about dinosaurs

Lab Rat Camp! Ages 7-9 12:30pm-4:30pm Learn about microscopes and more

The Washington County Libraries at Jonesborough and Gray Teen Summer Reading Program Tuesdays 2:00 at the Gray Library, Thursdays 2:00 at the Jonesborough Library for 6 weeks

7. (Daniel) Boone Day

Hands On Museum: Dino Mania Ages 4-6 9am-12pm Learn all about dinosaurs

Lab Rat Camp! Ages 7-9 12:30pm-4:30pm Learn about microscopes and more

Elizabethton: **Covered Bridge Celebration** June 7-11 music, food, and fun

8. Registration **East Tennessee Soccer Federation** Summer 3v3 Thursday League. All youth players welcome. Information at www.etsfsoccer.com

Hands On Museum: Dino Mania Ages 4-6 9am-12pm Learn all about dinosaurs

Lab Rat Camp! Ages 7-9 12:30pm-4:30pm Learn about microscopes and more

FLUMPA LIVE @ JCPL @ 10:00 AM ONLY outside (weather permitting)

9. **Hands On Museum:** Dino Mania Ages 4-6 9am-12pm Learn all about dinosaurs

Lab Rat Camp! Ages 7-9 12:30pm-4:30pm Learn about microscopes and more.

Sycamore Shoals A day at the Carter Mansion with historical & natural activities ages 9 - 13.

10. **Johnson City Public Library** will kick off the 2006 Teen Summer Reading Program with a live concert featuring The Knuckledraggers 2 pm

Sycamore Shoals: The Company of Overmountain Men will garrison at Fort Watauga and present insights into life of the backwoods Militia during the Revolutionary War. Join us for drill, cooking, battle demonstrations, and much more. Starting at 10:00 am

Sycamore Shoals: Beginning Wire Wrap Jewelry 1-4

11. Abused Women and Children's Awareness Day, Write To Your Father Day

Sycamore Shoals: The Company of Overmountain Men will garrison at Fort Watauga and present insights into life of the backwoods Militia during the Revolutionary War. Join us for drill, cooking, battle demonstrations, and much more. Starting at 10:00 am

12. Crowded Nest Awareness Day

East Tennessee Soccer Federation Monday Street Soccer in the Park. All youth players

welcome 6:00 - 7:30 pm, Civitan Park. Information at www.etsfsoccer.com

Hands On Museum: Jr. Blast Off! Ages 4-5 9am-12pm Learn about the Sun, Moon, and Stars

Throwing Pottery Ages 7-9 12:30pm-4:30pm Learn how to sculpt your own pottery

Sycamore Shoals: Workshop: Step by Step Oil Painting 9 am - 4 pm

13. **JCPL** "Make & Take Crafts" program for TEENS 3:30pm

Hands On Museum: Jr. Blast Off! Ages 4-5 9am-12pm Learn about the Sun, Moon, and Stars

Throwing Pottery Ages 7-9 12:30pm-4:30pm Learn how to sculpt your own pottery

14. Flag Day

Hands On Museum: Jr. Blast Off! Ages 4-5 9am-12pm Learn about the Sun, Moon, and Stars

Throwing Pottery Ages 7-9 12:30pm-4:30pm Learn how to sculpt your own pottery

15. Native American Citizenship Day

Hands On Museum: Jr. Blast Off! Ages 4-5 9am-12pm Learn about the Sun, Moon, and Stars

Throwing Pottery Ages 7-9 12:30pm-4:30pm Learn how to sculpt your own pottery

JCPL MARTY SILVERS with Animals

16. Fudge Day

Hands On Museum: Jr. Blast Off! Ages 4-5 9am-12pm Learn about the Sun, Moon, and Stars

Throwing Pottery Ages 7-9 12:30pm-4:30pm Learn how to sculpt your own pottery

Sycamore Shoals: A day at the Carter Mansion with historical & natural activities ages 9 - 13.

Weaving on the Inkle Loom 10 am - 3 pm

17. Father's Day, Vinegar Day

Sycamore Shoals: Intermediate 18th Century Blacksmithing 10 am - 4 pm

JCPL Movie Theater @ Your Library @ 2:00 PM - JUNGLE 2 JUNGLE

18. Family Awareness Day, Husband Caregiver Day

19. Garfield the Cat Day

Hands On Museum: Jr. Mother Earth Rocks! Ages 4-6 9am-12pm. Actor Factor Ages 7-9 12:30pm-4:30pm Learn about theatre and perform your very own play!

20. **Hands On Museum:** Jr. Mother Earth Rocks! Ages 4-6 9am-12pm. Actor Factor Ages 7-9 12:30pm-4:30pm

Learn about theatre and perform your very own play! Johnson City Public Library "Name That Tune" program for TEENS 3:30 pm

21. Vegan World Day

Hands On Museum: Jr. Mother Earth Rocks! Ages 4-6 9am-12pm. Actor Factor Ages 7-9 12:30pm-4:30pm Learn about theatre and perform your very own play!

22. Stupid Guy Thing Day

Hands On Museum: Jr. Mother Earth Rocks! Ages 4-6 9am-12pm. Actor Factor Ages 7-9 12:30pm-4:30pm Learn about theatre and perform your very own play!

JCPL MARTY SILVERS with Animals

23. Take Your Dog To Work Day

Hands On Museum: Jr. Mother Earth Rocks! Ages 4-6 9am-12pm. Actor Factor Ages 7-9 12:30pm-4:30pm Learn about theatre and perform your very own play!

Sycamore Shoals A day at the Carter Mansion with historical & natural activities ages 9 - 13.

24. Celebration of the Senses

Sycamore Shoals: Mountain River Concert Series 7:00pm Featuring the Celtic sounds of Sigeon and Cloggers with the Mountain Rhythm Cloggers.

Sycamore Shoals: Workshop: Eastern Woodland Center Seam Moccasins 9 am - 4:30 pm

Introduction to Scottish Gaelic 10 am - 3 pm

JCPL Movie Theater 2PM - MADAGASCAR

25. America's Kids Day

26. Please Take My Children To Work Day

East Tennessee Soccer Federation Monday Street Soccer in the Park. All youth players welcome 6:00 - 7:30 pm, Civitan Park. Information at www.etsfsoccer.com

Hands On Museum: Jr. Yucky Does It. Ages 4-6 9am-12pm Make slime, yucky putty & more!

Art Smarts Ages 7-9 12:30pm-4:30pm Learn about artists and their techniques.

Sycamore Shoals: June 26 - 30 A Week of Weaving 9 am - 12 pm

27. Please Take My Children To Work Day

Hands On Museum: Jr. Yucky Does It. Ages 4-6 9am-12pm Make slime, yucky putty & more!

Art Smarts Ages 7-9 12:30pm-4:30pm Learn about artists and their techniques.

Johnson City Public Library Sock Hop for Teens 3:30 pm

28. Hand Shake Day

Hands On Museum: Jr. Yucky Does It. Ages 4-6 9am-12pm Make slime, yucky putty & more!

Art Smarts Ages 7-9 12:30pm-4:30pm Learn about artists and their techniques.

29. **Hands On Museum:** Jr. Yucky Does It. Ages 4-6 9am-12pm Make slime, yucky putty & more!

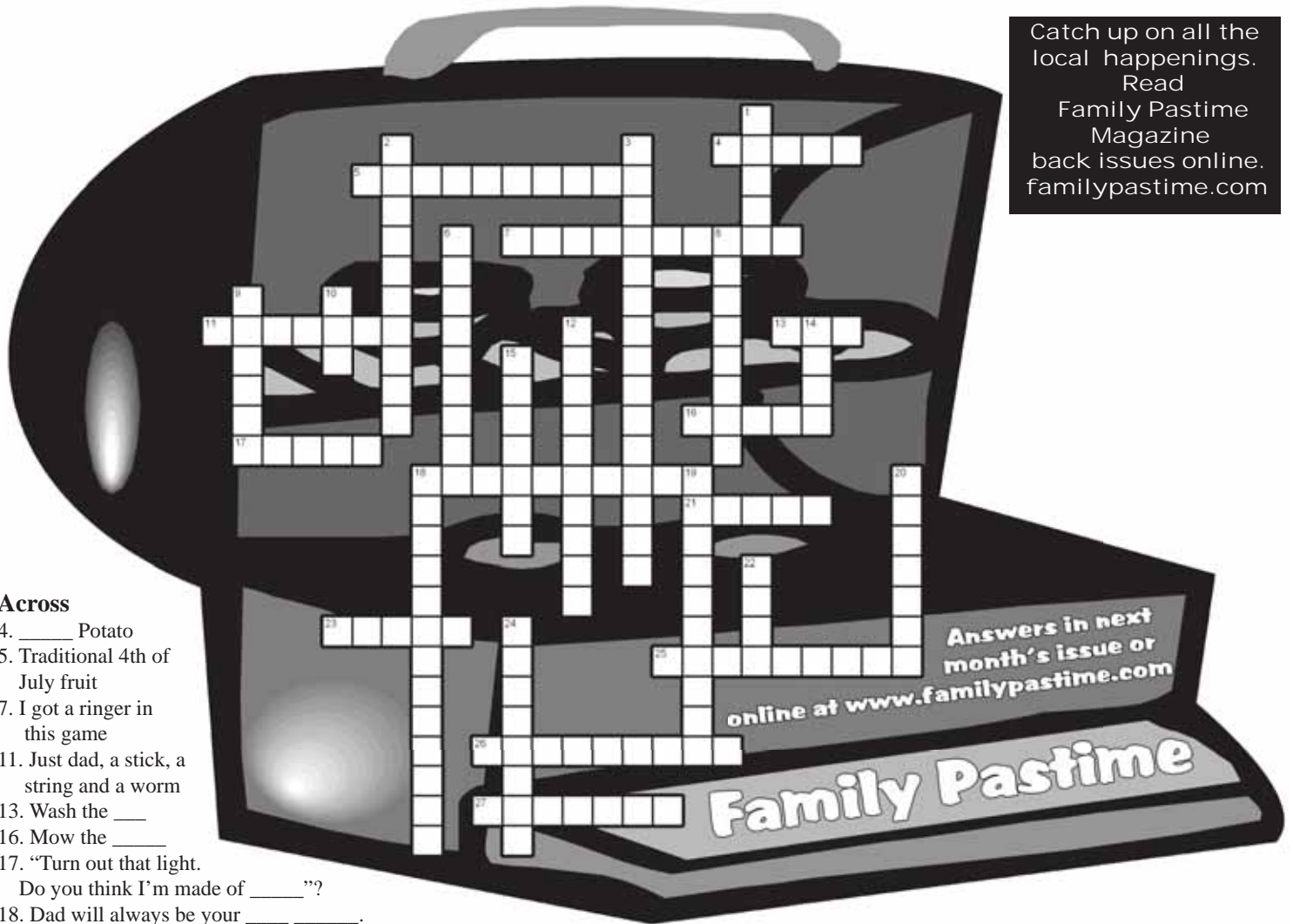
Art Smarts Ages 7-9 12:30pm-4:30pm Learn about artists and their techniques.

JCPL MARTY SILVERS with Animals

30. Leap Second Time Adjustment Day

Hands On Museum: Jr. Yucky Does It. Ages 4-6 9am-12pm Make slime, yucky putty & more!

Art Smarts Ages 7-9 12:30pm-4:30pm Learn about artists and their techniques.



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

Across

- 4. _____ Potato
- 5. Traditional 4th of July fruit
- 7. I got a ringer in this game
- 11. Just dad, a stick, a string and a worm
- 13. Wash the _____
- 16. Mow the _____
- 17. "Turn out that light. Do you think I'm made of _____?"
- 18. Dad will always be your _____.
- 21. Where Dad would like to eat breakfast on Father's day
- 23. You throw to me then I throw to you
- 25. They light up the night on the 4th
- 26. Sewed the first flag
- 27. A great place for a nap outdoors

Down

- 1. What Dad calls the kid's music.
- 2. The father of our country
- 3. 4th of July
- 6. Our national bird
- 8. The flag
- 9. Dad's accumulated knowledge or erudition or enlightenment
- 10. My dad can _____ anything.

- 12. We honor dad on this day
- 14. Unwanted guests at your picnic
- 15. Stereotypical Dad gift
- 18. Dad's favorite place to cook
- 19. Something Dads never ask for.
- 20. Grill them out
- 22. The month of Father's day
- 24. Wears a red, white and blue suit and top hat

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How to Be Tire \$mart

With nearly 200 million drivers in the United States, it's no secret that Americans love to move on the open road. But stubbornly high gas prices are forcing motorists to put extra care into their vehicles.

One important part of car maintenance that too many Americans take for granted is tire care. In a 2006 Rubber Manufacturers Association (RMA) survey conducted by FrederickPolls, only 19 percent of drivers said they knew how to properly check their tire pressure.

This common oversight not only puts a strain on motorists' tires, but also their wallets. Properly inflated tires could save motorists up to 9 cents per gallon, according to the U.S. Energy Department.

The RMA recommends four easy tire care tips that can keep you and your car safe on the road and save you money at the pump.



1) Keep a pulse on tire pressure. Use a tire gauge to check your tire pressure at least once a month.

Under-inflated tires lower gas mileage and shorten tire life. Worse, it can cause tire damage that may lead to failure. Remember to check the vehicle owner's manual or tire information

sticker on the driver's door for the right pressure - don't use the pressure on the tire sidewall.

2) Pesky Potholes. Hit a pothole and you

might notice your car pulling to one side. It could be a sign that your vehicle needs a wheel alignment, which can safeguard your tire against irregular wear and tear.

3) Rotate tires every 6,000 miles. Treat your tires as a team and rotate them every 6,000 to 8,000 miles to help your tires wear evenly and optimize their longevity.

4) Bald Ain't Beautiful. Bald tires are dangerous! To avoid skidding and hydroplaning be sure to change your tires when the tread is worn down to 1/16 of an inch. Put a penny to the test - place one in a tire tread groove upside down. If you can see all of Lincoln's head, it's time for a new tire. "Basic tire care is simple and only takes a few minutes each month," said Donald B. Shea, RMA president and CEO. "Properly maintained tires will help maximize safety, fuel efficiency and tire life."

Being tire smart makes "cents." For more information about tire care and maintenance, visit www.betiresmart.org. FPT

Courtesy of ARA Content

SUDOKU REALLY HARD

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

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.

One evening a little girl and her parents were sitting around the table eating supper. The little girl said, "Daddy, you're the boss, aren't you?" Her Daddy smiled, pleased, and said yes. The little girl continued "That's because Mummy put you in charge, right?"

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"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!"

Do fathers always snore?
No - only when they are asleep!



Family Specials at Local Restaurants

El Chico –
2929 Roan St. Johnson City, TN
Thursdays 5 pm- close Children eat
for 99 cents off the children's menu

Fuddruckers –
2519 Knob Creek Road,
Johnson City Monday – Wednesday
Kids Eat Free After 4:00 pm
(1 child with each adult)

O'Charley's –
112 Broyles Drive, Johnson City
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 –
2100 N. Roan Street, Johnson City
Wednesday - \$.99 Kid's Meal
(12 and under)

SAHIB Fine Indian Cuisine
2312½ Browns Mill Road, next to Days Inn,
Johnson City, Tennessee
Kids eat free 7 days a week.

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

"I've had a hard life, but my hardships are nothing against the hardships that my father went through in order to get me to where I started." - Bartrand Hubbard.

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

"The older I get, the smarter my father seems to get."
- Tim Russert.

"Sometimes the poorest man leaves his children the richest inheritance."
- Ruth E. Renkel

"To be a successful father . . . there's one absolute rule: when you have a kid, don't look at it for the first two years."
- Ernest Hemingway.

"It is a wise father that knows his own child."
- William Shakespeare.



HEALTH MATTERS

By: Patsy Meridith

If you're someone who's often outdoors in the summer, you know how important it is to have a safe, effective and convenient insect repellent. A report from Duke University cautions that insect repellents with D.E.E.T. can have damaging effects on brain cells, especially those of children, who are typically more susceptible to such toxic chemicals. I recommend Buzz Away, Herbal Armor, SunSWAT and Wipe-eeze Mosquito & Flying Insect WIPES, which are natural insect repellents that contain no potentially harmful chemicals - only natural ingredients like essential oils, healing extracts and emollients to help soothe irritated skin. Long-lasting, with no unpleasant odors, our natural insect repellents protect against mosquitoes, bees, wasps, fleas and flies. Environmentally friendly, they can be used safely on children, infants and pets.



Father Frivolity

A clergyman walking down a country lane sees a young farmer struggling to load hay back onto a cart after it had fallen off.

"You look hot, my son," said the cleric. "Why don't you rest a moment, and I'll give you a hand."

"No thanks," said the young man.

"My father wouldn't like it."

"Don't be silly," the minister said.

"Everyone is entitled to a break. Come and have a drink of water."

Again the young man protested that his father would be upset.

Losing his patience, the clergyman said, "Your father must be a real slave driver. Tell me where I can find him and I'll give him a piece of my mind!"

"Well," replied the young farmer, "he's under the load of hay."

Top 10 Reasons It's Great to Be Old

By: Kelsey Anderson

Every 7.5 seconds, a horrified Baby Boomer turns 50. True, the generation that grew up with the Berlin Wall, transistor radios, hula hoops and "The Mickey Mouse Club" is facing middle age. "Fear not," says humorist Jim Dale, author of "It's Great to Be Old" (Meadowbrook Press). Dale contends there are lots of advantages to old age. "It took a long time to get here, but it was worth the wait," he says. Here are Dale's top ten reasons "it's great to be old."

1. You're smart. By now, you know everything. And what you don't know, you can make up.
2. You don't have an irrational fear of aging. It's a rational fear.

3. Young people give up their seats for you. They feel guilty about sitting in a comfortable seat while you're standing, especially if you're moaning.

4. It's too late to get in shape. Being out of shape is part of your personality.

5. You get discounts for being old. You get into movies for the same price as little kids, except you get to see the R-rated shows.

6. It takes less to make you full. Half a sandwich, half a banana, half a piece of pie. This explains why there's always half a sandwich, half a banana and half a piece of pie in your refrigerator.

7. You don't have to lift heavy things any-

more. Young people like to show how strong they are. So you let them.

8. It's too late to get rich, so you can relax about it. Why invest for old age when you're already old?

9. You have hobbies now. Instead of dealing with jobs, responsibilities and errands, you can putter, play, tinker, assemble, construct, collect and display.

10. They play your music in elevators, such as The Beatles performed by the Cleveland Chamber Society or the Rolling Stones by the Big Ten marching bands. FPT

Courtesy of Featuresource. "It's Great to Be Old: 401 Reasons to Stop Lying About Your Age!" (Meadowbrook Press, \$8.00) is the perfect antidote to disparaging over-the-hill humor at birthdays. From senior-citizen discounts to the benefits of hearing loss, Dale shows the grass is greener on the other side of "the hill."

Dad's Words of Wisdom

Don't ask me, ask your mother. Were you raised in a barn? Close the door. You didn't beat me. I let you win. Big boys don't cry. Don't worry. It's only blood. Don't you know any normal boys? Now you listen to ME, Buster! I'll play catch after I read the paper. Coffee will stunt your growth. A little dirt never hurt anyone, just wipe it off. Get your elbows off the table. I told you, keep your eye on the ball. Who said life was supposed to be fair. Always say please and thank you. That way, you get more. If you forget, you'll be grounded till the end of the world. You call that a haircut? "Hey" is for horses. This will hurt me a lot more than it hurts you. Turn off those lights. Do you think I am made of money? Don't give me any of your lip, young lady. You call that noise "music"? We're not lost. I'm just not sure where we are. No, we're not there yet. Shake it off. It's only pain. When I was your age, I treated MY father with respect.

WHAT KEEPS THOSE JEANS OF YOURS FROM FALLING OFF?



As long as you live under my roof, you'll live by my rules. I'll tell you why. Because I said so. That's why. Do what I say, not what I do. Sit up straight, knucklehead! So you think you're smart, do you? What's so funny? Wipe that smile off your face. Young ladies perspire, they do not sweat. If I've told you once, I've told you a thousand times. You want something to do? I'll give you something to do. You should visit more often. Your mother worries. This is your last warning. Your mother worries. I'm not sleeping, I was watching that channel. What keeps those jeans of yours from falling off? I'm not just talking to hear my own voice! Don't believe anything you hear and only half of what you see. What do you think I am, a bank? What part of NO don't you understand? I don't care what other people are doing! I'm not everybody else's father! You're not leaving my house dressed like that! What will other parents think? Could those sleeves be any longer? You look like a bag lady! Headache remedy: Put your head through the window and the pain will be gone. Worrying

about things you can't change is like a rocking chair... it gives you something to do, but it doesn't get you anywhere. Hurt much? I didn't feel a thing. I feel for you, but I can't reach you from here. If you're gonna be dumb, you've gotta be tough. Didn't your teacher learn you anything? You can marry a rich guy just as easily as you can a poor guy. It's hard to be good, and easy to be bad. If you're going to steal a car, at least make it a Cadillac (but don't call me asking for bail.) I got my tongue wrapped around my eye-tooth and couldn't see what I was saying. Men are like buses. Just wait on the corner and another one will come along. Don't tell on anybody unless you tell on yourself first. Hey, did you hear me talking to you? You know you're always gonna be Daddy's little girl. I'm not watching sleeping, I'm resting my eyes. Don't use that tone with me! Am I talking to a brick wall? If I catch you doing that one more time, I'll... Act your age. Two wrongs do not make a right. Wipe your feet! Enough is enough! Don't make me stop the car! What did I just get finished telling you? FPT

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- Home Tweet Home Thurs., 6/15 11am/12pm \$10.00
- Mega Volcano Tues., 6/20 11am/12pm \$10.00
- Playfoam Thurs., 6/22 11am/12pm \$10.00
- Giant Paper Flowers Tues., 6/27 11am/12pm \$10.00
- Klutz Hatching Party Thurs., 6/29 11am/12pm NO CHARGE
- Test Tube Wonders Thurs., 7/6 11am/12pm \$10.00
- Monster Trucks & Race Cars Tues., 7/11 11am/12pm \$10.00
- Jumbo Piggy Bank Thurs., 7/13 11am/12pm \$10.00
- Color & Cuddle Pony Tues., 7/18 11am/12pm \$10.00
- Belt Loops Thurs., 7/20 11am/12pm \$10.00



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