

March 2007

FREE



THE magazine for the WHOLE family Volume 3 Issue 3

How to Decide if a Movie is Appropriate

By: Chris Joker

It's not that bad. That's often what I hear when an acquaintance suggests a movie for my children and I say, "But isn't that rated PG-13". "I took my kids and it really wasn't that bad." "Really?" How wasn't it that bad? Were there only a few bad words? Only a little violence? Maybe just a severed arm? Maybe no one was killed when they were shot just wounded.

Shouldn't we turn this around and say, "Is it really that GOOD?" That good of a story

or experience that it's worth exposing my child to adult situations that they really don't need to be exposed to? How many times have we heard people complaining about what younger children are doing or getting into these days? WHERE do you think they get these ideas? Could it maybe be from a movie that "wasn't that bad?" A couple of years ago my daughter went to a sleepover birthday party. She was probably 8-years-old at the time. The

Please see "Appropriate Movies" page 6

IN THIS ISSUE:

1. Appropriate Movies
1. My Little Sister
4. Tips to Better Connect
5. Sandwiched Between Two Generations
8. Teen's Room
10. Travel With Kids
12. Best Burger Winner
14. Kid Power
17. Dinosaur Dirt

REGULAR FEATURES:

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

MY LITTLE SISTER

BY: Jared A.W. Sebastian

March 2006 I remember seven years ago, on April 13, 1999, my little sister and the youngest Sebastian was born. My mom named her Jordan because all our names began with the letter "J". The moment my dad brought her out for us to see her, I wanted to hold her. She looked as small as my head and I was only four. Of course, I wasn't the first one to hold her. My older sister, the oldest



Sebastian, Jessica, got to hold her first. Jessica was crying as she looked into Jordan's tiny face. She then handed Jordan to my older brother, Josh. He didn't cry but just by the expression on his face you could tell he was very happy.

And finally, I thought it was my turn, but unfortunately it wasn't. I lifted my arms up but my dad said, "I'm sorry Jared. Not today, alright, buddy?" "What? Not hold my newborn baby sister! How could I wait?" My mom and Jordan stayed at the hospital a few days. When they came back home, it was a bright, sunny afternoon. I ran up to our glass door and stared out as my dad

Please see "Little Sister" page 7



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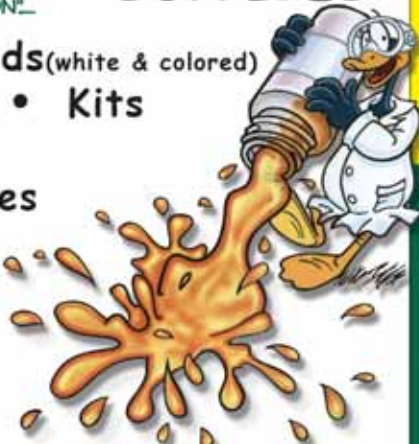


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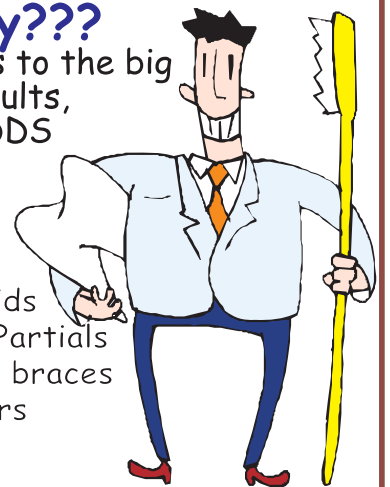
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MARCH WEEKLY OBSERVANCES

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| <ul style="list-style-type: none"> • National Ghostwriters Week: 1-7 • National Write A Letter of Appreciation 1-7 • Return The Borrowed Books Week: 1-7 • Universal Human Beings Week: 1-7 • Iditarod Race: 3-18 • Celebrate Your Name Week: 4-10 • National Professional Pet Sitters Week: 4-10 • Read an E-Book Week: 4-10 • Save Your Vision Week: 4-10 • National Cheerleading Week: 5-11 • National School Breakfast Week: 5-9 • National Sleep Awareness Week: 5-11 • National Procrastination Week: 5-11 • Newspaper in Education Week: 5-9 • World Folk Tales & Fables Week: 5-11 • Great American Meat Out: 10-25 | <ul style="list-style-type: none"> • World Clown Week: 11-15 • Girl Scout Week: 11-17 • International Internet Moms Week: 11-17 • Campfire USA Birthday Week: 12-16 • International Brain Awareness Week: 12-18 • National Toad Hollow Week: 14-21 • American Chocolate Week: 3rd Week • National Agriculture Week: 18-24 • National Animal Poison Prevention Week: 18-24 • National Inhalant and Poisons Awareness 18-24 • National Poison Prevention Week: 18-24 • National Bubble (blowers) Week: 20-26 • National Spring Fever Week: 19-25 • Consider Christianity Week: 25-31 • Doctor-Patient Trust Week: 25-31 • National Cleaning Week: 25-31 |
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MARCH MONTHLY OBSERVANCES

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| <ul style="list-style-type: none"> • American Red Cross Month • Deaf History Month (3/13 to 4/15) • Honor Society Awareness Month • Humorists Are Artists Month • International Ideas Month • International Listening Awareness Month • International Mirth Month • Irish-American Heritage Month • Learn Russian Month • March to College Days (1-31) • Music In Our Schools Month • National Athletic Training Month • National Caffeine Awareness Month • National Clean Up Your IRS Act Month • Colorectal Cancer Awareness Month • National Collision Awareness Month • National Craft Month • National Ethics Awareness Month • National Eye Donor Month | <ul style="list-style-type: none"> • National Frozen Food Month • National Multiple Sclerosis Education & Awareness Month • National Kidney Month • National Nutrition • National On-Hold Month • National Social Work Month Link • National Talk to Your Teen About Sex Month • National Umbrella Month • National Women's History Month • Optimism Month • Play The Recorder Month • Poison Prevention Awareness Month • Save Your Vision Month • Small Press Month • Spiritual Wellness Month • Steroid Abuse Prevention Month • Workplace Eye Health and Safety Month • Youth Art Month |
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Publishers and Editors
Chris Joker and Floyd Bailey

Advertising Sales:
Floyd Bailey 423.773.3064
Chris Joker 423.676.4323

How to contact us
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If you're like most people, you have a variety of financial goals: college for your children, a comfortable retirement, a vacation home and so on. You might be able to achieve all these goals on your own — but you will likely find it a lot easier if you get a little help from a financial advisor.

But how do you choose the right one? For starters, ask your friends, relatives and co-workers whom they use. Then interview some of the people they recommend. What questions should you ask at such an interview? Consider these:

- What are your qualifications? Make sure you are talking to someone who, at a minimum, has all the required licenses for selling securities.
- What type of experience do you have? Find out how long someone has been a

How to Choose a Financial Advisor

financial advisor, but don't rule out a person with only a limited amount of experience — a new financial advisor frequently brings a great deal of enthusiasm to his or her work. A financial advisor's longevity is less important than whether he or she has had experience working with someone like you — someone in your financial situation, with your goals and your investment preferences.

- What is your investment philosophy? Try to learn if someone favors a specific style of investing or a particular class of investments. These styles or classes may be well suited for some investors but inappropriate for others. If you believe the person you're talking to has a "one size fits all" mentality, you might want to look elsewhere.
- How will you communicate with me? Financial advisors run their business in different ways, so there's no one "right" way of communicating with clients. However, you need to feel comfortable that someone will always be available to answer your questions, review your accounts, evaluate your situation and make appropriate recommendations. If you are interviewing someone who has a partner or an assistant, find out whom you are likely to be communicating with,

should you decide to become a client.

- What services do you provide? Find out just how a prospective financial advisor can help you. For example, some people sell investments only, while others offer investments and insurance. Keep in mind, though, that you don't need to be a "one-stop" shopper when it comes to obtaining a wide range of services. In fact, you might want to ask a prospective financial advisor if he or she has developed working relationships with legal and tax advisors. This "team" approach can be quite beneficial to you, especially when you get into the area of estate planning.
- How are you paid? Financial advisors get paid in several different ways: fees, commissions, salary or some combination of these methods. One way isn't necessarily any "better" than another, from your point of view, but you should have a clear understanding of what type of compensation is being used.

Your association with a financial advisor is one of the most important business relationships you'll ever have, so make sure it's a good one — right from the start.

FPT

Provided By: Lyndsey Wortman Edward Jones Investment Representative

SUDOKU REALLY HARD

Instructions on page 21

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Tips to Better Connect With Family and Friends

By: Lee Franklin

(NewsUSA) - We all want to connect with those we love. But with our busy lives, it seems hard to find the time and energy to create meaningful and memorable ways to stay close. Often, we plan for major events - festive holiday dinners, class reunions, long-awaited vacations - and hope that these times will make lasting memories. Planning major events can be stressful, as anyone who's tried to speed-defrost a frozen-as-a-glacier turkey knows. And often, travel, budget and time constraints keep

loved ones from coming together.

Fortunately, there are ways to stay close that don't involve ironing the tablecloth, losing the pre-class-reunion pounds, or going through security checks. People don't need an elaborate event to feel connected. They want to feel valued for who they are and for what they bring to your relationship.

Birthdays and holidays are natural times to give expressions of affection. But at those times, gift-giving can seem obligatory. "Another gift card from a

Please see "Tips" on Page 20

Sandwiched Between Two Generations?

It's not corned beef on rye or ham and cheese. The "sandwich" generation is the 40-something Americans, sandwiched between two generations: their parents and their children. And today, many are being squeezed by the responsibilities of caring for both -- often all in the same household.

But how do you prepare a household to meet the diverse needs that may range from infant to elderly? Luckily, recent innovations can help this generation make their home safer and more accessible for both their children and their parents while remaining functional and stylish.

Avoid the Bathroom Blues

About 30 percent of all accidents in the home are caused by falls, and the majority of them take place in the bathroom. This confined space with hard, wet surfaces can be treacherous at any age, but children under five and adults over 70 have the highest rates of unintentional falls. Fortunately, it's easy



to make this room safer for your children, parents and yourself:

- Install a night light to make nighttime trips to the bathroom easier and safer to navigate.
- Use adhesive-backed, non-slip tread

strips on tub/shower floors to reduce the chance of falls.

- Mount grab bars to provide assistance when getting in and out of the tub. New products, such as Home Care by Moen's SecureMount Grab Bars are easy to install and can be mounted vertically, horizontally or even diagonally. Now with the SecureMount anchor system, the grab bars can be securely installed into any type of wall surface including dry wall, tile and tub surround, without a wood stud. Plus, they are available in a variety of designs and finishes to maintain a stylish bathroom appearance.
- Add an elevated toilet seat to help relieve stress on mom and dad's knees, legs and back. Home Care by Moen offers a Locking Elevated Toilet Seat that sits securely on the toilet rim and locks into place for added safety.

Deter Dangers in the Den

The family room, or den, is often the social gathering point in the house. But it can quickly become cluttered with cords from lamps, appliances and video game controllers. Consider a few minor changes to eliminate some of the dangers in the den:

- Remove area rugs or carpets that can create tripping hazards.
- Use wireless controllers for video games and computer appliances to eliminate the chance of falls, as well as an unsightly mess of cords.
- Space furniture so there is a clear walkway for both active kids and parents with walkers or wheel chairs.

Keep Kitchens Clean and Clear

When not in the den, families spend the majority of their time in the kitchen.

However, from sharp knives to hot



temperatures, the kitchen can be a recipe for disaster. These few hints can make the heart of your home less hazardous:

- Bind long cords from coffee makers, toasters and other kitchen appliances and be sure they do not hang from the counter.
- To prevent unintentional burns, never leave the stove unattended with

children in the room. Consider purchasing protective knob covers to prevent children from turning on the stove.

- Store sharp cutlery in a wood block or purchase shields to protect fingers from sharp cuts.

Safer, Happier, Homier

With a few minor updates, the sandwich generation can breathe easier knowing their homes are safer for their loved ones -- both young and old.

For more information on the Home Care by Moen line of bath safety products, visit www.homecare.moen.com or call toll-free (800) 882-0116.

All items from the Home Care by Moen line of bath safety products are available nationwide at Lowe's, Menards and at select home health and medical suppliers. FPT

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Home Cure

Sore Throat Cures

A sore throat is an infection that can be either viral or bacterial. It is most commonly caused by a contagious viral infection (such as the flu, cold or mononucleosis), although more serious throat infections can be caused by a bacterial infection (such as strep, mycoplasma or hemophilus). For a viral sore throat try the following remedy. If

you do not see some improvement overnight please visit your doctor, especially if you suspect strep throat.

Cayenne Pepper

Yes, Cayenne pepper. Gargle cayenne in water at whatever strength I like and do it as much as I can until I tire of it, and then repeat every fifteen minutes, each time swallowing a tiny bit real slowly which will help dislodge mucous from the lining of your throat. FPT

"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

Appropriate Movies continued from page 1

next day I learned the mother had let the girls watch several PG-13 movies. It was really not her decision whether it was O.K. for MY daughter to watch those movies. Am I a prude? You may think so but you know you can't put the toothpaste back in the tube. As parents we must decide what is appropriate for our own family and we must ask parents when we have their children in our care what is appropriate for their children.

The rating PG-13 states "PARENTS STRONGLY CAUTIONED, Some Material May Be Inappropriate for Children Under 13". What this does is actually put responsibilities on the parent. What it means is as parents we should take a PROACTIVE role and actually SEE or research the movie before we decide if it is o.k. for our children. Each one of us must make that decision based on the beliefs and values we set for our family. A quick and easy way to research what our children will be exposed in to in films is a website "kids-in-mind.com" Their mission statement says: "The purpose of kids-in-mind.com is to provide parents and other adults with objective and complete information about a film's

content so that they can decide, based on their own value system, whether they should watch a movie with or without their kids.

It's like a food labeling system, which tells you what a food item contains. That's it. We make no judgments about what is good or bad or anything else. Indeed, we do not "condemn," "critique" or "criticize" movies. And we don't "praise" or "recommend" movies either. We advance no "beliefs" and we do not "preach" anything. We are not affiliated with any political party, any cultural or religious group, or any ideology. The only thing we advocate is responsible, engaged parenting". The site supplies information on current releases and older films. There is a search function that allows one to search by movie title or by ratings. This function is not only beneficial for movies in theaters but also for deciding what to rent at the video store. I checked to see what kids-in-mind had to say about several movies with several different ratings with which I am familiar and found their descriptions to be accurate and helpful. I also checked on the film my acquaintance said is "not that bad"... for my family it is. FPT

FREE Health Analysis

Back to Health Chiropractic and Wellness, located at 1904 Lark Street in Johnson City, will be holding it's 9th annual FREE Health Analysis Event on March 17th from 10 a. m. until 2 p.m. Guests will be receiving blood pressure checks, body composition analysis, urinalysis, body oxygen analysis, and a full spine analysis on the Pro-Adjuster. Only a small donation will be requested in exchange for all of this health information. All donations will be given to Small Miracles Therapeutic Horseback Riding Center, Inc. The event will coincide with Back to Health's annual Charity Patient Appreciation Day. Current patients will receive chiropractic treatments in exchange for a monetary donation. With a contribution, perspective new patients may receive a personal consultation and comprehensive evaluation.

As their contributions to Small Miracles Therapeutic Horseback Riding Center, Inc., the doctors and staff at Back to Health Chiropractic and Wellness will all be donating their time and compensation for the day. They stress the importance of giving back to the community.

Since this event will fall on St. Patrick's Day, the theme of the event will be GREEN. Healthy refreshments will be served. Come see what's healthy, green, and good! Back to Health Chiropractic and Wellness is located at 1904 Lark Street, next to Johnson City Pediatrics, just off State of Franklin Road.

You can call (423)-975-0099 for more information.



Say WHAT???

What does that mean?

Meaning: A fruitless search (usually one where a person has been purposely given bad directions or information) or A pursuit of something that is unlikely to be caught

Where did it come from?

“ Englishmen in the late 16th century invented a new kind of horse race called the wild-goose chase in which the lead horse could go off in any direction and the succeeding horses had to follow accurately the course of the leader at precise intervals, like wild geese following the leader in formation. At

“ ...A Wild Goose Chase.”

first the phrase ‘wild-goose chase’ figuratively meant an erratic course taken by one person and followed by another; Shakespeare used it in this sense. This Saying appears to have first appeared in 1592 by William Shakespeare in Romeo and Juliet:

“ Nay, if our wits run the Wild-Goose chase, I am done: For thou hast more of the Wild-Goose in one of thy wits, then I am sure I have in my whole five.”

The insinuation in our present understanding of this is of something that is probably futile, that is to say as difficult to catch as a wild goose. Shakespeare may well not have meant what we currently understand by the term though. The earlier meaning related to a horse race, in which

horses followed a lead horse at a set distance - like geese flying in formation. So, a ‘wild goose chase’ was a chase that mimicked wild geese. The horse connection was referred to in another early citation, just ten years after Shakespeare - Nicholas Breton’s The Mother’s Blessing, 1602:

“ Esteeme a horse, according to his pace, But loose no wagers on a wilde goose chase.”

The 1978 film ‘The Wild Geese’ alluded to the phrase in its title. The plot of the film involved a group of mercenaries embarking on a near-impossible mission. But later the common term’s origins were forgotten and a ‘wild-goose chase’ came to mean ‘a pursuit of anything as unlikely to be caught as a wild goose,’ any foolish, fruitless, or hopeless quest.” FPT

Little Sister continued from page 1

helped my mom out of our green van. In my mom’s arms was Jordan. I jumped all around and screamed, “Jordan! Jordan! Jordan!” Jessica and Josh came to the door when they heard me screaming with excitement. I stopped jumping as my mom and dad came to the door. We cleared a path to the stairs. “Hi guys, Mom needs to rest so she is going to her room,” my dad said. My mom didn’t say a word and by the look on her face you could tell she was very tired but very happy to be home with all of us. I got on my tiptoes to try and get a look at Jordan’s little face, but I was too small. It seemed that I would never even get to see her face! Later that night, after we had dinner, Jessica, Joshua, Dad and I were all

relaxing and watching TV. My dad went upstairs to check on mom and Jordan. After a while he came down stairs holding Jordan and a camera. I was confused as to what he planned to do, until he spoke. He looked me straight in the eyes and smiled. He said, “Hey Jared. You get to hold Jordan now”.

Finally, I thought. My dad lifted me up into his big, blue recliner chair he always sat in. He put Jordan in my arms and helped me hold her. I felt so happy and proud as I looked into her face. Her beautiful, blue eyes looked right at me and she smiled. I smiled back. I knew right then, Jordan and I would be close forever.

I then realized that some of the smallest things in life are the greatest. FPT

Q. Why did St. Patrick drive the snakes out of Ireland?
A. He couldn't afford plane fare.

SUDOKU Medium Instructions on page 21

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Redoing Your Teen's Room? Tips for Making Them Happy and Keeping You Sane

Parents of teens know that kids need a place to call their own, a place they can have their privacy and entertain friends. And there comes a day when the carousel theme or the dinosaur wallpaper just has to go.

Grown-ups and kids don't always agree on what's cool, and decorating is no exception. "Since your child's bedroom is the one room in the house where they get to express themselves, personalization will help them create a sense of identity for themselves," says Kay Lee, Academic Director for Interior Design at The Art Institute of California - San Francisco. But there are ways to compromise to keep everyone happy.

- Talk to your child about their vision for the room, then select a color palette and theme together.
- Do they want overpowering or bright colors? "Compromise by using a neutral wall color in the room and adding punch and color with accessories and accents like bedding, lamps, wall art and other decorations," Lee suggests.
- Likewise, keep window shades neutral, but add a fun, colorful valance. The neutral base will make it easy for you to change the room when your teen's tastes change again in a year or two.

Both furniture manufacturers and

home decor companies have discovered the teen market, so there is plenty to choose from. You'll notice color trends as you start to shop - most major retailers will stock similar colors in any given season, making it easy to mix and match products from different stores. Here's a look at some of the hottest trends in teen rooms, for girls and boys. Use these ideas to start thinking about what might work for your child's room.



For Girls

It's all about bright color for girls, from purple to lime green to the ever-popular pink. Retro patterns are making a comeback, and they may look familiar to moms who had something similar when they were teens. But make no mistake, these patterns are updated with a twist for today's teens.

For example, Montgomery Ward (wards.com), features a comforter in a pattern called "Disco Daisy," with bright colored '70s era flowers on a pink background. Matching sheets, pillow shams and other accessories are also available to complete the look. Retro table lamps from HomeVisions.com are the perfect accessory for this room: funky fabric shades find their spot to shine on top of a brushed metal base. Finish the look with Daisy Squares and Stripes art from

HomeVisions.com, for a splash of color. There are four different prints, so you can make a statement with all four or add a subtle touch of color with one.

Animal prints in bold colors are popular with teen girls as well. Montgomery Ward also offers this motif in purple or pink, complete with coordinating sheets, comforters, window treatments and other accessories for a total look. The Gatsby collection, found online at wards.com, showcases another hot trend -- a fresh take on shag. Coordinated bedding and window dressing feature a furry, three-dimensional shag-style fabric in bright, cheerful colors.

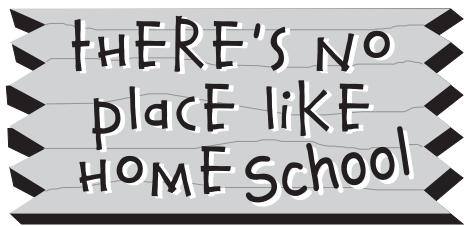
For Boys

From camouflage cool to sports style, boys have many options as well.

No matter what his sport or favorite team, you can incorporate that into the bedroom. Montgomery Ward Kids (wardskids.com) stocks bedding sets featuring the embroidered logos of NFL, MLB and NPB sports teams on blue or black denim comforters. You'll find matching sheets, shams and plush team pillows to help finish the room.

Make them feel like a sports super star with a painted custom sports canvas from HomeVisions.com. Choose from a personalized soccer, basketball or football watercolor highlighting a jersey with your child's name on it.

If your son loves to hunt, or just likes camouflage, Montgomery Wards has everything from comforters to curtains. There's even a matching beanbag chair for relaxing or playing video games. FPT



Life is going along grand in the wonderful world of homeschool until Mom realizes that bright little Johnny just outgrew Moms rather limited, rather fuzzy math brain. Yikes! Panic sets in! Teaching math, let alone algebra and calculus, can strike terror in the bravest parent's heart. Or maybe Mom is a math whiz and Suzy struggles, toils and troubles and still cannot get it – not matter what! Perhaps all Mom and Dad got was the “new math” and traditional arithmetic was tossed aside, and this math thing seems really difficult. Relax! We have all been there, filled with doubts and terrors about “holes and gaps in education.” Remember, we are lighting a fire, not filling a bucket! Don't worry, make a cup of tea and begin to explore resources for teaching math. There is a solution to your situation, you CAN do this!! We are truly in the golden age of homeschooling and choices abound, from textbooks to interactive programs to DVD's that allow you to master math along with your student.

Once upon a time, there were only a few tried and true traditional math textbooks for home educators. Saxon (<http://saxonpublishers.harcourtachieve.com>), Bob Jones www.bjupress.com, and Abeka www.abeka.com are all good, solid texts, similar to what we used in school.

Then, more creative approaches to math began to sprout up like the phenomenal Math-U-See www.mathusee.com with DVDs, books and manipulatives that

Family Pastime Math – The Mystery – The Mastery

encourage students to “Build, Write, Say” which locks math into their mind by using most of the senses! Making Math Meaningful www.cornerstonecurriculum.com added to the choices and parents were successfully teaching math! The formerly “unthinkable” was suddenly possible.

Math education evolved interactively, as home education surged in popularity and more children needed a great algebra or trig curriculum. Video Text www.videotext.com is a popular line for upper math. Thinkwell www.thinkwell.com bridges the Web 2.0 gap with comprehensive videos and interactive exercises. Both offer parents an easy alternative to sweating through a traditional higher level textbook with their children.

Right Start Mathematics www.alabacus.com uses an abacus system and lots of manipulatives and works well for hands on learners, and for learning challenges. Children find the abacus lots of fun!

The Math Worksheet Site <http://TheMathWorksheetSite.com> is the creative genius of a homeschool family who wanted to create an on-line math worksheet generator. Zero in on areas your students need extra practice, as often as you need it.

When you close the math program for the day, be sure to savor some fun, wildly colorful, illustrated math story books with your children. Teach them great math concepts with the “Sir Cumference and the Dragon of Pi” series by Cindy Neuschwander.

Explode the fascinating world of math open with the witty Mathematicians Are People, Too (Vol 1 & 2) by Luetta and Wilmer Reimer. Learning about the brilliant minds who created these math concepts and theories blow open a world of fascination for what can seem like a dull subject, helping to ground children and makes them more willing to learn.

Good old fashioned math tutoring is always an option!

Time and space do not permit me to list all the wonderful revolutionary new ways to teach math, algebra and the like. Enjoy the journey with your children. Be flexible. Try new things. You can teach math!

Mark the Date –Saturday, March 17, 2007. Join us for an Inspirational Homeschool Seminar on St. Patrick's Day '07! For more information, check www.WriteInJoy.org or write me at Lisa@WriteInJoy.org 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

What does Er in go Br agh mean?

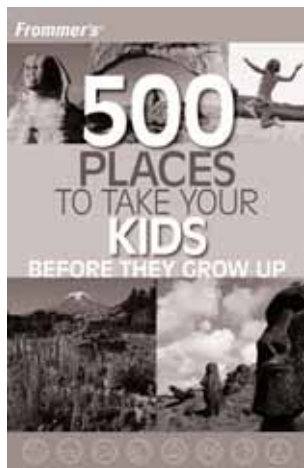
The popular phr ases “Er in go Br agh” or “Er in go Br augh” mean Ir eland for ever . It's the anglicised ver sion of the Gaelic phr ase which would be known to some Ir ish Amer icans (although its English spelling is quite meaningless). The cor r ect spelling is “Eir inn go Br ach”.

www.mybusinesshasnowebsite.com

Where to Travel With Kids

(NewsUSA) Looking to take your children on a vacation they will remember for years? A new book provides 500 suggestions, taking readers across the globe to some of the most exciting and memorable kid-friendly destinations on Earth.

Frommer's 500 Places to Take Your Kids Before They Grow Up (Wiley; \$19.99) by Holly



Hughes reveals how traveling with children can be as exciting as scaling

Mount Kilimanjaro. In fact, exploring "Africa's Great White Mountain" is one trip this book shows you how to do with your kids in tow.

The other 499 vacation ideas include journeys to equally exotic destinations, some that are as American as apple pie (think Wrigley Field) and some that are as adventuresome as visiting French volcanoes or Canada's Columbia Icefields.

Listings are accompanied by family-friendly lodging

recommendations, contact information and other suggestions to guard you from travel weariness. A podcast featuring the author is available for download on www.frommers.com/podcast or on iTunes.com. FPT

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go to familypastime.com,
click on the " Advertise " button and follow the simple directions!

Hard answer from last month

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

Easy Answer From last month

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

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 and click on the "answers" button.

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

PET RULES

To be posted VERY LOW on the refrigerator door - nose height.

Dear Dogs and Cats,

1. The dishes with the paw print are yours and contain your food. The other dishes are mine and contain my food. Please note, placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest.

2. The stairway was not designed by NASCAR and is not a racetrack. Beating me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

3. I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort. Dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out the other end to maximize space is nothing but sarcasm.

4. For the last time, there is not a secret exit from the bathroom. If by some miracle I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, try to turn the knob or get your paw under the edge and try to pull the door open. I must exit through the same door I entered. Also, I have been using the bathroom for years -- canine or feline attendance is not required.

Q. What's Irish and stays out all night?

A. Patty O'furniture!

Protect Your Pets From Fleas and Ticks

(NewsUSA) - Ask pet owners what they consider to be the most frustrating part of having a dog or cat, and fleas and ticks will likely be high on the list.

From powders and sprays to dips and pills, the array of products available to combat these annoying insects can be a difficult road to navigate for even the most dedicated pet owner. But choosing the wrong product or applying it incorrectly can be dangerous.

"Dogs and cats have different needs, especially when it comes to flea and tick control, and applying the wrong product can be harmful to a pet," said Dr. Jordan Siegel, technical services veterinarian for Wellmark International. "Some people are too busy to read the labels or they simply get products confused, particularly if they have more than one dog or cat."

Wellmark International, located in Schaumburg, Ill., has created topical applicators designed to eliminate that confusion and make applying flea and tick treatment easier.

Zodiac Spot On is the company's easy-to-apply monthly treatment that controls flea and tick infestations. Its Pet Specifix applicators feature cat-head shapes for felines and dog-bone shapes for canines to help pet owners keep track of the treatment they need for each pet. In addition, the applicators are color-coded to match



pet weight ranges to help avoid accidental misapplication.

Because just one adult flea on a pet can lay up to 50 eggs a day, which can end up in a home's carpet and furniture, it's important to break the flea life cycle. Ticks can be more harmful than fleas because of their ability to spread Lyme disease, Rocky Mountain spotted fever and other infections to humans.

Here are some tips on applying flea and tick treatment:

- Don't use a product on a species other than the one for which it is registered.
- Select products that contain both an adulticide and an insect growth regulator. This one-two punch will kill adult fleas and ticks while preventing flea eggs from maturing into breeding, biting adults.
- Read and follow all product label instructions.
- Treat all pets in the household, not just those with the flea problem.
- Institute an ongoing treatment and prevention program to avoid re-infestations. FPT

For more information, visit www.zodiacpet.com or call (800) 950-4783.



May the luck of the Irish Setter be with you!

Clip and bring in this coupon for a FREE pet treat!

"Better food, better health!"



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www.naturalpetsupplyonline.com

Who Serves the BEST Burger in the Tri-Cities???



Over the past 2 months Family Pastime Magazine has been searching for the best burger in the Tri-cities. We got a great response and it's obvious that there are many opinions on the subject. However there could only be one winner and the readers

to win the title of **Best Burger in the**

of Family Pastime Magazine voted: (Add mental drum roll here)... **Fuddruckers**. While different people liked different burgers (1/3, 1/2, #11, Lunch Special, Cheese, no Cheese etc) **Fuddruckers** garnered more votes than any other restaurant

Tri-Cities for 2007. As luck would have it **Fuddruckers** also scored high on their French Fries. We will be delivering the framed official "Family Pastime Magazine Best burger in the Tri-Cities 2007" certificate to them soon. This contest has **two winners**, In addition to the winning restaurant, we are also giving away dinner for the family (burgers, fries and drinks for up to 4) at the winning restaurant to a randomly drawn name chosen from everyone who voted. The winner is: (Add mental drum roll here) **Sheila Ramey of Gray Tennessee**. Congratulations Sheila and thanks to everyone who participated. Soon we will have another "Best of" election. Keep looking for more details. FPT

Q. How did the Irish Jig get started?
A. Too much to drink and not enough restrooms!

Q. What kind of bow cannot be tied?
A. A rainbow!

Q. What do you get when you cross a pillow cover with a rock?
A. A sham-rock!

Q. Which leprechaun wears the biggest shoes?
A. The one with the biggest feet!

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“Braggin rights” is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things “above and beyond”. Its not for money or fame, they do them because, “That’s what you do”. Well we at Family Pastime Magazine would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights** at Family Pastime P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to bragginrights@familypastime.com Please send us information about someone you know we should include in “braggin rights!”

Cherokee Scouts Pack 237 Annual Blue and Gold Banquet

February 15. Food was great and excitement was high as scouts received the many awards they have worked so hard to earn.



Front row: Jess Arnold, Tate Wheeler, Matthew Adkins, Judah Smith, Isaac Luzadder,
Back row: Lance Welch, Duncan Arnfield, Jarrett Bolton, Jonah Augustine, Milo Joker, William Rochelle, Taylor Davidson, Garrett Dyer

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THE Magazine for the WHOLE Family

Have it all. A career AND a family.

 A collage of four photographs showing a woman interacting with her children in various settings: one child waving, one child being held up, and two children smiling.

For me, the schedules are so convenient. I can't tell you the money I save on child care because I can get my daughter when she gets out of school.

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Kid Power set for Saturday, May 12

The 4th Annual Kid Power:
Empowering Kids for Success

is set for 10 a.m.-3 p.m. on Saturday, May 12, 2007, at the Appalachian Fairgrounds in Gray. The expected attendance is 7,000. The event is free of charge and features more than 70 exhibitors

(Including Family Pastime Magazine), outdoor activities

and entertainment.

Additions to last year's event include a soccer clinic with Chuckey Doak High School, the Tennessee Trucking Association's Drive Safely Demonstration semi truck, the Kingsport Lifesaving Crew Heavy



Activity at Kid Power 2006



Empowering Kids for Success

Rescue Truck, K-9 Search Dog, and 4-Wheel Drive pickup truck; and Wellmont Health System's Trauma Nurses Talk Tough. Returning favorites are tin-punch with The Doak House Museum, storytelling with Telamon Head Start, a puppet show with Child Care Resource & Referral, Teddy Bear Check-

Please see "Kid Power" on page 23

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Q. What do you get when you cross poison Ivy with a four-leaf clover?
 A. A rash of good luck!

Q. Why should you never iron a 4-leaf clover?
 A. You never want to press your luck!



Dr. Seuss and Pajama Day in Mrs. Mayberry's 2nd grade class Cherokee Elementary School. Parents were invited to come in and read Dr. Seuss stories to the class

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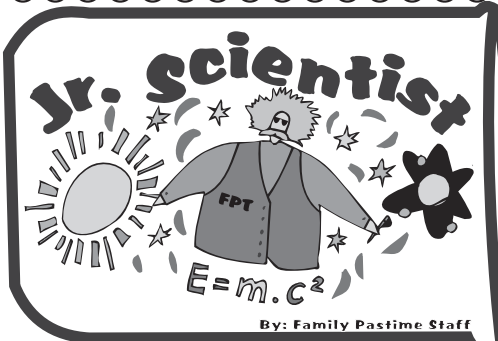
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ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!



Make Your Own Thermometer

WHY?

Just like any thermometer, the mixture expanded when it was warmed. This made the liquid no longer fit in the bottom of the bottle. As the alcohol expanded the colored mixture moved up through the straw. If the bottle were to get REALLY hot, the liquid would have come through the top of the straw.

Our experiment won't give you an accurate read on the temperature because it is not calibrated to do that like a store-bought version. Your home made thermometer is purely for a demonstration of how a thermometer works.

After you're done with your thermometer, dispose of the liquid properly and rinse the bottle well and put it in the recycling bin. Do not reuse it to drink out of.

Temperature Scales
In the U.S. we mostly use the Fahrenheit scale which was named after Gabriel D. Fahrenheit who lived from

1686 to 1736. He devised a way of measuring temperature. The Celsius scale was named after Anders Celsius, who lived from 1701-1744. Celsius sometimes referred to as Centigrade. The Centi in centigrade means 1/100 (one one-hundredth) for the 100 equal divisions on

the scale. Celsius is used by scientists and most people in the world. The difference between the temperature where water freezes and boils is 100 degrees. In Fahrenheit, the difference between freezing (32° F) and boiling (212° F) is 180.

You can change the temperature in Fahrenheit into Celsius using math.

Take your number; subtract 32° from it; and divide the remainder by 1.8.

Example

Change 75 degrees Fahrenheit into Celsius.

$$75 - 32 = 43$$

$$43 / 1.8 = 23.88^\circ C$$

So, 75° F is equal to 23.88° C

To change the temperature in Celsius to Fahrenheit using math.

Multiply your number by 1.8 and add 32°

Example

Change 12 degrees Celsius into Fahrenheit.

$$12 \times 1.8 = 21.6$$

$$21.6 + 32 = 53.6^\circ F$$

So, 12° C is equal to 53.6° F

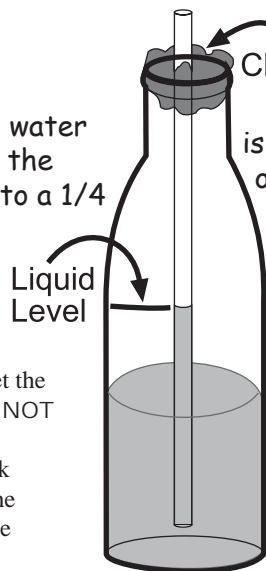
SUPPLIES:

- Tap water
- Rubbing alcohol (do not drink this)
- Clear, narrow-necked plastic bottle
- Food coloring
- Clear plastic drinking straw
- Modeling clay
- Bowl of ice
- Marker

HOW TO:

Pour equal parts of tap water and rubbing alcohol into the bottle, filling about 1/8 to a 1/4 of the bottle.

- Add a couple of drops of food coloring and mix.
- Put the straw in the bottle, so that the straw sticks straight up but don't let the straw touch the bottom (DO NOT DRINK THE MIXTURE).
- Use the marker to put a mark on the bottle at the level in the straw so that you know where it was when you started.
- Try putting your hands around the bottom of the bottle and see what happens to the level of the water in the straw. Now stick the bottle in the bowl of ice and see what happens to the level in the straw. Watch your thermometer and see how the liquid changes throughout the day.
- What happens if your thermometer is in shadow or in sunlight?
- What happens when it gets colder?
- How does wind affect the thermometer?



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Traditional Collcannon Recipe

SUPPLIES:

- 7-8 large russet potatoes
- 1 green cabbage or Kale
- 1 cup milk (or cream)
- 1 stick butter, divided into three parts
- 4-5 scallions, chopped
- Salt and Pepper
- Fresh Parsley or chives

HOW TO:

1. Peel and boil the potatoes.
2. Remove the core from the cabbage, slice it thinly, put in large saucepan.
3. Cover with boiling water f keep at a slow rolling boil until the cabbage is just wilted and has turned a darker green. 3-5 minutes depending on the cabbage. Test it and don't let it overcook, if anything it should be slightly under cooked.
4. When the cabbage is cooked, drain it well, squeeze out excess moisture then return to the saucepan.
5. Add one third of the butter and cover.
6. Leave it covered and in a warm place, but not on a burner, with the butter melting gently into as you continue.
7. When potatoes are soft, drain and return saucepan, on a low burner, leave the lid off so that any excess

Kid Friendly Recipes



Green Milk Recipe

Milk and green Jell-O mix may seem like an odd combination, but it paid off with a \$10,000 scholarship for a 10-year-old Molli Harris of Froston, Ga. in a National Dairy Council Mix It With Milk 'n Jell-o Contest.

SUPPLIES:

- 1 cup fat-free milk
- 2 tablespoons lime-flavored gelatin
- 2 tablespoons graham-cracker crumbs

HOW TO:

1. Pour 1 cup fat-free milk into a container with a tight-fitting lid.
2. Add 2 TBS lime-flavored gelatin
3. Cover
4. Shake until blended.

Irish Soda Bread

SUPPLIES:

- 3 cups all-purpose flour
- 1/2 teaspoon baking soda
- 2 tablespoons white sugar
- 1/2 cup raisins
- 1 egg, beaten
- 1 cup buttermilk
- 2 TBS margarine, melted

HOW TO:

1. Preheat oven to 350
2. Grease a cast iron skillet.
3. In bowl, mix flour, baking soda & sugar.
4. Toss raisins with flour mixture until coated. Make a well in the center and add the egg, buttermilk, and melted margarine.
5. Stir until all dry ingredients are absorbed.
6. Turn dough out onto a floured surface and knead for a few quick turns just to even out the dough. Handle the dough as little as possible.

Irish Chicken Stew with Dumplings

SUPPLIES:

- 2 (10.75 oz.) cans condensed cream of chicken soup
- 3 cups water
- 1 cup chopped celery
- 2 onions, quartered
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves
- 5 carrots, sliced
- 1 (10 oz.) package frozen green peas
- 4 potatoes, quartered
- 3 cups baking mix
- 1 1/3 cups milk

HOW TO:

1. In large, heavy pot, combine soup, water, chicken, celery, onion, salt, poultry seasoning, and pepper.
2. Cover and cook low heat 1 1/2 hours.
3. Add potatoes and carrots; cover and cook another 30 minutes.
4. Remove chicken from pot, shred, and return to pot.
5. Add peas and cook 5

Irish Potato Candy

Not made with potatoes but looks like potatoes

SUPPLIES:

- 1/4 cup butter, softened
- 1/2 (8 oz.) package cream cheese
- 1 teaspoon vanilla extract
- 4 cups confectioners' sugar
- 2 1/2 cups flaked coconut
- 1 tablespoon ground cinnamon

HOW TO:

1. In a medium bowl, beat the butter and cream cheese together until smooth.
2. Add vanilla & sugar; beat til smooth.
3. Mix in the coconut.
4. Roll into balls or potato shapes

Q. Why do so many people live in Ireland?

A. Because the capital is always Dublin!

Dinosaur Dirt for Your Garden?

Believe it or not, you may be able to forget about all those half-full containers of last year's chemical fertilizers sitting in your garage. A new natural product called Rich Earth composed of ancient composted material (dinosaur droppings perhaps?) and prehistoric plant matter that's thousands of years old has arrived on the gardening scene.

Rich Earth is mined in an earth-friendly way just below the surface in a desert near a famous dinosaur park where the remains of dinosaurs have been found. "Rich Earth is the best mineral soil conditioner we've ever seen," as said by national distributor St. Gabriel

Laboratories of Orange, Va. "It produces huge, healthy vegetables, fruits and flowers." Officially called 100% Natural Prehistoric Humate, Rich Earth is all organic and meets



Oregon's Organic Material Review Institute's (OMRI) standards, for pure ingredients untainted by chemical pesticides or chemical fertilizers.

Tested by Virginia's Norfolk Botanical Garden, director of horticulture Mark Weatherington says, "It is a product we can no longer do without." Appalachian Tree Care company says Rich Earth helped us save over 5,000 hemlock trees in the last three years. Whitner Farms in Suffolk, Va., grows larger, sweeter tomatoes than ever before with a small amount of Rich Earth in each row of tomato plants. Vineyards in California hail Rich Earth as a miracle find against Pierce's Disease.

Rich Earth is so nutritious some farmers feed it to livestock to improve health and growth performance. Rich Earth contains humic and fulvic acid along with iron, manganese, copper and zinc. These ingredients appear to inhibit the growth of bacteria and fungus when added to animal feed. Animals will eat Rich Earth right off the ground. There's something about it they seem to crave.

Dr. J. Senn, retired from the department of horticulture at Clemson University says the ancient ingredients in Rich Earth improve

cellular stamina by adding beneficial microorganisms. It also increases the ability of plant membranes to take in water and nutrients. Rich Earth improves germination and absorption and provides produce with longer shelf life and storage time. Senn calls it an organic catalyst that boosts plant growing activities, increases root mass and reduces plant stress.

The most important features of Rich Earth are the fact that it contains 70 plant-derived trace minerals, 45 percent humic acid (regular compost only has between 5 percent and 15 percent humic acid) and the key to what makes Rich Earth so unique is the 14 percent fulvic acid. The fulvic acid is still intact because the humate is located in a desert; nutrients "piggy back" onto the humic acid and get easily absorbed by the plants -- even phosphorus that's been tied up in clay.

It takes 1500 pounds of regular compost to equal just one 50-pound bag of Rich Earth in soil conditioning properties alone.

Started in 1985 by cowboys on a vast stretch of desert, it took time to determine that it could be used to grow things; big things! Left by a quirk of nature and undisturbed for millions of years, Rich Earth is said to enhance the landscape wherever it is applied, even in clay. For more information about Rich Earth, send for a free booklet by calling (800) 801-0061. FPT

Courtesy of ARA content

DOUBLE TAKE

Find at least 12 differences in the two pictures (answers below...no peeking!!!)



ANSWERS

- Missing buttons,
- Missing 4-leaf
- clover on pot,
- Missing clover
- from hat,
- Missing buckle
- from hat,
- Rainbow
- different,
- Less gold in pot
- Flower bigger,
- Belt loop missing,
- Extra gold brick,
- Bow tie different,
- Handle moved,
- Coin higher.



Fun Family Events march

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 Peace Corp. Birthday, Pig Day, Plan a Solo Vacation Day

JCPL 10 AM 2's Company 11AM Preschool Storytime 12:30-4:30 PM Income Tax Assistance

2 NEA's Read Across America Day, World Day of Prayer, Sherlock Holmes Day: 2-4

Hands On FREE Movie Night 6:30, CARS Limited to the first 250 attendees. Rated G.

3 I Want You To Be Happy Day, National Anthem Day, What If Cats and Dogs Had Opposable Thumbs? Day

Hands On Arts & Crafts Construct a human figure using "found" objects.

Hands On, Johnson's Journey Exhibit Opens Celebrate 150 years of Johnson City history with an exciting, interactive look at its past, present, and future!

JCPL 2:00 PM Family Storytime

4 Benjamin Harrison Day, Courageous Follower Day, Healing From the Inside Out Day

Hands On Arts & Crafts Construct a human figure using "found" objects.

5 Fun Facts About Names Day

JCPL 6:30 PM Family Storytime

6 Peace Corps Day, Unique Names Day

JCPL *9:30 AM Mother Goose Time *10 AM 2's Time *11AM Preschool Pals *4 PM

K-1 Story Stretchers

7 Learn What Your Name Means Day

JCPL 9:30 AM Mother Goose Time 10 AM 2's

Company 11 AM Preschool Storytime

8 Day for Women's Rights & International Peace, International Working Women's Day

JCPL 9:30 AM Mother Goose Time 10:00 AM

2's Company 11:00 AM Preschool Storytime

9 Nametag, Panic, Middle Name Pride Day

10 Genealogy Day, Mario Day, Salvation

Army Day

Hands On Inventors Day. Learn about inventors and their inventions.

JCPL 2 PM Bilingual (Spanish/English)

Storytime with Señor Fernando De Sousa

11 Daylight Savings Time Begins, Check Your Batteries Day, Johnny Appleseed Day

12 Girl Scout Day, National Workplace Napping Day

JCPL 6:30 PM Family Storytime

13 Good Samaritan Involvement Day, National Open An Umbrella Indoors Day

JCPL *9:30 AM Mother Goose Time *10AM

- 2's Time *11 AM Preschool Pals *4 PM B

& C 2nd - 5th Grade 4 PM Library Board

Meeting *6:30 PM TEEN Game Night WAGS

6:30 - 8:00 PM Family Research Help

14 International Ask A Question Day

JCPL *9:30 AM Mother Goose Time 10 AM 2's

Company 11AM Preschool Storytime

14 National Children's Craft Day, Organize Your Home Office Day, Pi Day (as in the math pie = 3.14159265 etc.)

15 Absolutely Incredible Kid Day, Brutus

Day, Companies That Care Day, Ides of

March, True Confessions Day

JCPL *9:30 AM Mother Goose Time 10 AM

- 2's Company 10:30 AM TALES & TALK

Adult Book Group 11:00 AM Preschool

Storytime 12:30-4:30 PM Income Tax

Assistance *4 PM - B & C 2nd - 5th Grade

16 Curlew Day, Lips Appreciation Day

17 st. patrick's Day, Maple Syrup Day,

National Quilting Day

Hands On Arts & Crafts look at the work of a local artist then create a piece of our own.

JCPL 2PM Family Storytime

18 Awkward Moments Day, Forgive Mom and

Dad Day, National Biodiesel Day

Hands On Arts & Crafts look at the work of a

local artist then create a piece of our own.

19 Act Happy Day, National Chocolate

Caramel Day,

Mom's club of JC, Tupperware Party to

buy Shape-O-Toys for the Children's

Hospital, Ronald McDonald House, and

other organizations 10:00 am - 11:30

am. Munsey Methodist. More info www.momsclubjohnsoncity.com

20 Great American Meat Out Day

21 First Day of Spring, Memory, National

Agriculture, International Day for the Elimination of Racial Discrimination, National

Common Courtesy, World Down Syndrome Day

JCPL *9:30 AM - 2:30 PM Grant Workshop

JCPL Dr. Elwood Watson, author of The Oprah Phenomenon @ 6:00 PM

22 As Young As You Feel Day, International Goof-off Day,

JCPL NOON TALES & TALK Adult Book Group

12:30-4:30 PM Income Tax Assistance

6:00 PM Dr. Elwood Watson

23 National Puppy Day

Jonesborough Visitors' Center, 7:30 pm, Norman and Nancy Blake, traditional country old-time musings and music

24 National Chocolate Covered Raisins Day

Hands On Arts & Crafts Build a mobile or a stabile in the manner of Alexander Calder.

25 National Day of Celebration of Greek &

American Democracy, Old New Years Day,

Pecan Day

Hands On Arts & Crafts Build a mobile or a stabile in the manner of Alexander Calder.

JCPL Movie 2 PM To Sir With Love

26 Make Up Your Own Holiday Day

27 Education and Sharing Day, Kite Flying

Day, Quirky Country Music Song Titles Day,

American Diabetes Association Alert Day

JCPL *6:30 PM TEENS NASCAR Night with

Bristol Motor Speedway's Jeff Byrd

28 Kick Butts Day

29 Knights of Columbus Founders Day,

National Mom & Pop Business Owner's Day,

Texas Loves The Children Day

JCPL 12:30-4:30 PM Income Tax Assistance

*4 PM EXPLORERS (K - 5) Bristol Caverns

30 Doctors Day, Grass Is Always Browner On

The Other Side Of The Fence Day, Pencil Day,

Take Your Parents To The Playground Day

31 Bunsen Burner Day, National

Hands On Arts & Crafts Learn the ancient craft of

weaving. Take home your portable loom.

Sycamore Shoals Mountain River Concert

featuring The Booher Family 7 pm in the Visitors

Center \$5.00 for Adults & \$2.00 for Children

*Please pre-register 434-4458

Crypto clue: s=e=a

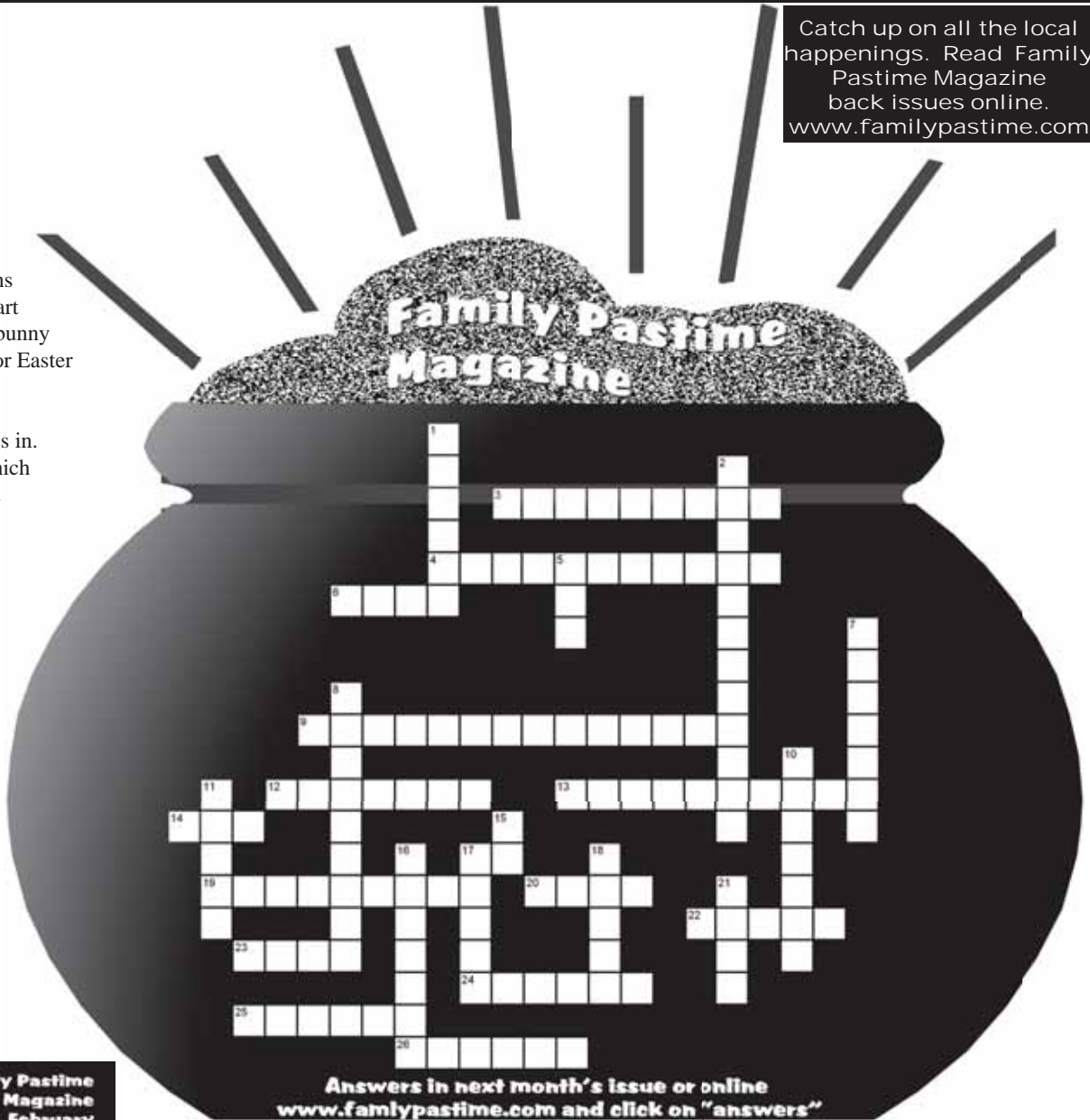
Across

- 3. Colorful candy legume
- 4. Candy delivering hare
- 6. How you find your eggs
- 9. Good luck charm
- 12. Daisies and Tulips
- 13. A cobbler elf
- 14. Traditional main dish
- 17. Post Meridiem
- 19. Candy made from beans
- 20. Where many people start on their chocolate bunny
- 22. What you do to eggs for Easter
- 23. 24 caret
- 24. _____ forward
- 25. What you put your eggs in.
- 26. Day of the week on which Easter always falls.

Down

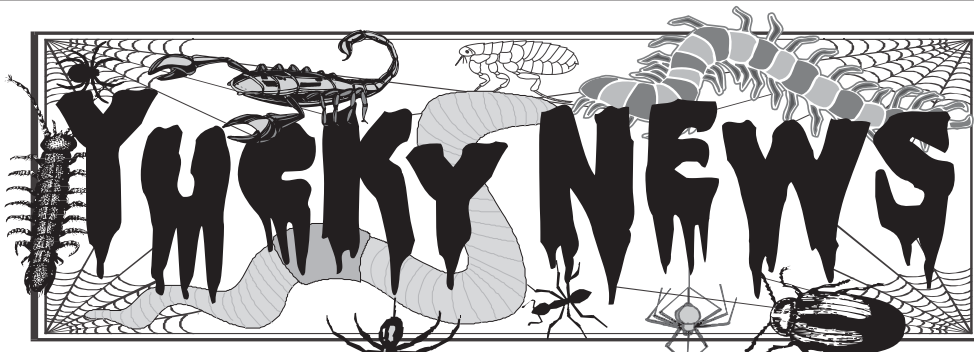
- 1. Easter hat
- 2. Saved Ireland
- 5. Oval breakfast
- 7. A British Isle
- 8. Found at the end of a rainbow
- 10. Noah's symbol
- 11. Month of Cherry Blossoms
- 15. Ante Meridiem
- 16. Bunny food
- 17. Marshmallow poultry
- 18. Color of the Irish
- 21. How a bunny moves

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

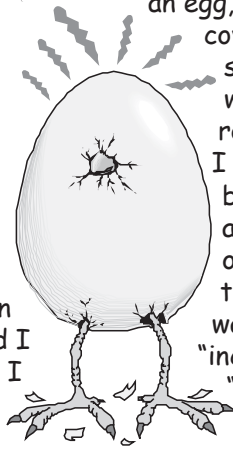
“ **TYQ'FJ AYZ ZY RY TYQT YMO**
AIYMXOA, OY CSZZJI WYM ZSEE TYQT
AISORNSZWJI MSP ~Popular Irish Saying
 If you need a clue look on page 18. Look for the answer next month or online if you just can't wait.



Rotten Eggs

By: M. Bailey

Who hasn't heard of how bad a rotten egg can smell? I have smelled a few bad odors in my life but every time I come across an odor that makes me gag, the first thing I say is, "Whew that smells like rotten eggs!" To be honest I really do not recall smelling a real rotten egg. I have smelled sulphur and I might add that it is really bad. I have also smelled some other really nasty things in my life but a rotten egg is not one of them.



I suppose that if you were to take an egg, put it in a bowl with a cover and leave it out in the sun for a week or two you would find out how bad a rotten egg can be. In fact I have heard of Easter eggs being lost in back yards across our great nation only to be discovered by the proliferating odor that wafts forth (Proliferating = "increasing greatly", Waft = "to float gently").

Since the season of eggs is rapidly approaching it

might be important to include some information on how to determine if your eggs are good or rotten.

There is a small air pocket in the large end of every egg. When the egg is fresh, the pocket is only about 1/8th of an inch deep and as large around as a dime. As the egg ages, however, it loses both moisture and carbon dioxide — shrinking — so that the size of the air space increases. And the size of the air space determines the buoyancy of the egg.

So if you submerge a very fresh egg in water, it will lie on the bottom. An egg that is a week or so old will lie on the bottom but bob slightly. An egg that is three weeks or so old will balance on its small end, with the large end reaching for the sky. And a bad egg will float.

Kids, ask your parents before you start playing with all of the eggs in the refrigerator. If you find a rotten one, let me know what it smells like. I would really like to know! FPT

Tips continued from page 4

major chain store - I feel so loved and affirmed for who I am!"

An even more meaningful way to connect is to surprise someone for no reason at all. Give a little something that shows your loved one you see and appreciate the qualities that make her unlike anyone else. Fun, relevant, lasting ways to say "I know what you're going through, and I'm here for you" are as close as your local Hallmark Gold Crown Store.

- When your kids are going to your mom's for the weekend, send them with a "What Happens at Grandma's Stays at Grandma's" pillow. Show your mom you value the unique and fun

relationship she has with your kids.

- To encourage your over-committed, triple-espreso-shot-latte-addicted friend to unwind, give her the "Note to Self: Stop Volunteering for Stuff" mug along with a tin of delicious decaf.
- When your neighbor is suffering from the Trying-to-Be-Perfect syndrome, give her the "What if success is just getting the laundry in the dryer before mildew sets in?" shadowbox along with some luxurious bath salts.
- When your son aces his spelling test, give him a shiny, plush guitar that says "You Rock!" along with a favorite new CD. FPT

Lee Franklin is a mom, a sister, a daughter, a friend -; and a 20-year Hallmark Cards veteran. She specializes in writing real words for the real world. Read more tips from Lee at www.hallmark.com/experts.

Q. Why can't you borrow money from a leprechaun?
A. Because they're always a little short.

Sudoku last month's Really Hard answer

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

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

Words may be forwards, backwards horizontal, vertical or diagonal.

- | | | | |
|------------|------------|-------------|---------------|
| Clover | Patrick | Celtic | Bangers |
| Luck | Rainbow | Dublin | Potatoes |
| Green | Gold | Limerick | Blarney stone |
| Leprechaun | Pot | Snakes | Emerald |
| Shamrock | March | Corned beef | Parade |
| Ireland | shillealeh | Cabbage | Collcannon |
| Saint | | | |

SUDOKU EASY

Instructions Below

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

Sudoku Medium answer from last month

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

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.

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



Family Crypto-Time

Last month's answer

"You can't put a price tag on love, but you can on all its accessories."
 DJH TXU'W MHW X MYSTP WXN JU
 RJB P, VHW DJH TXU JU XRR
 SWI XTTPIIJYSPI. ~Melanie Clark

I Am My Dad

As children we are convinced that when we are parents we will do things differently. Our parents did not understand but by all that is sacred and good, we will. When WE are parents WE will know what it's like because we went through it, not like those old people who are OUR parents. Then comes the day when we are parents, everything is good. We are living up to our vow. Then they learn how to walk and talk and, God, forbid, think for themselves. You really don't see it coming, you don't hear it or sense it. I now believe you have no control over it. You open your mouth and out it comes, "Because I'm the Daddy, that's why!" I actually looked around to see who had said it, certainly it could not have come out of my mouth. Nope. My Dad was not in the room. Surely the kids didn't say it. It's happened, I am officially my Dad. I have no recollection of what brilliant, patriarchal decision I was referring to when I made that accursed remark, but I am sure it was wise. If for no other reason than, "Because I'm the Daddy!"



By Chris Joker

Now that I have opened that can of worms, what is with all the piercings? When I was young (er) I got an ear pierced. ONE. That's it. It drove my dad crazy. But come on, ONE ear? That's proper for a boy. That's the way God meant it to be. I don't know from these kids today with their multi-piercings? What is that all about? They have multi-piercings in both ears, eyebrows, nose and tongues (and those are just the ones we can see). The other thing I'm seeing now is boys with huge button looking things in each ear. These things are like the size of a quarter. Don't tell the boys but these are the same type earrings my grandmother wore. They didn't look as bad on her. Come to think of it they don't look AS bad on the boys with the blue hair either. Maybe that's the key. Going through airport security must be impossible. Do they make them remove all of them? Even the ones we can't see? Maybe they let them pass because

they are just jewelry. I think homeland security might

Q. Why do leprechauns have pots o'gold?

A. They like to "go" first class!

Q. How can you tell if an Irishman is having a good time?

A. He's Dublin over with laughter!

want to look into this. I think just maybe this piercing craze is a terrorist plot. Step 1: you get young people to get a lot of piercings. Step 2: Using this new trend you can now hide various weapons in your piercings and sneak them onto airplanes. You may laugh but I remember when you could bring your own bottled water onto airplanes.

Lets talk about pants. I think they are pants. They really look like a black tarp displaying goods at a hardware store. Have you seen these???? It's like the bigger they are the better and, of course, if they are bigger you can have more zippers and hang more chains and bells and whistles and satellite dishes and stuff on them. Honestly, they look ridiculous. In my day we had cool parachute pants. I am soooo my Dad. Come to think of it, I do remember him saying: "Just you wait. Someday you are going to have children, then you will understand!" But he was wrong. I don't understand, I mean these fads today are just silly. They aren't cool like back in the day. Who would ever say Acid-washed flair Jeans, Parachute and AJ pants, Izod and O.P. Shirts, Members only jackets, ADDIDAS shoes, Ray-Ban sunglasses and mullet hair cuts are not cool? FPT

SUPER SUDOKU

answer from last month

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



HEALTH MATTERS

By: Patsy Meridith

A popular misconception that eggs should be limited due to their high cholesterol content has now been refuted with substantial scientific evidence that there is little, if any, valid connection between dietary cholesterol and

blood cholesterol levels. Eggs are one of nature's most complete foods, being an excellent source of protein, as well as many other nutrients. Studies demonstrate that the yolk of an egg contains lecithin, a beneficial emulsifier of fat and choline, an essential nutrient for the brain and nervous system. Researchers at Tufts University have found eggs to be an excellent source of a carotenoid (antioxidant) called lutein, which has been shown to protect the retina and lens of the eye. The eggs we offer are from locally-raised, healthy free-range chickens free of hormones and antibiotics... and they taste absolutely delicious in omelets, quiche and baked goods! As always, we guarantee your satisfaction.

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PARENTING

Tips to Build Reading Success

(NewsUSA) - Children have limitless imaginations. They may dream of time travel and seeing prehistoric creatures up close. Perhaps they want to become mysterious sorcerers who cast binding spells.

Parents can easily accommodate these whimsical wishes by encouraging their children to read.

When students turn the pages of a book, they unlock the door to a reading wonderland. Indeed, fostering a love of reading can mean more than succeeding on a school assignment; cherishing the power of words on the written page can be the catalyst that leads to success in school and life.

But for some parents, it is difficult to get their kids excited about reading. "Reading should be a daily occurrence,

just like brushing your teeth," said Reg Weaver, president of the National Education Association. "If you work with your children to make the activity fun, the rest will fall into place."



Resources for parents are available through NEA's Read Across America program, now in its 10th year. This year-round literacy campaign stresses the importance of motivating children to read and helping them master basic reading skills. The organization offers these tips to parents:

- Have materials available. Stock the house with newspapers, magazines and books to persuade children to read instead of turning on the television or playing a video game.
- Make reading a daily exercise. Statistics show that children who are encouraged by their parents to read are more likely to read a higher number of books.
- Set and reward reading goals. Build enthusiasm by providing a special treat when a reading target is reached. Positive reinforcement can help boost motivation.

"A good book can ignite the imagination of youngsters, and parents are the best coaches to rev up reading fun," Weaver said.

For more tips or information about Read Across America, visit www.nea.org/readacross. FPT

Q. Why do people wear shamrocks on St. Patrick's Day?
A. Regular rocks are too heavy.

Kid Power

continued from page 14



Activity at Kid Power 2006

up with the Johnson City Children's Hospital, and hula hoop with Health Resources Center.

You must be present to win one of the dozens of giveaways. Drawings will be held every

hour from the Kid Power booth, and must be picked up prior to the next hour's drawing. This year's prizes include tickets to the Bristol Motor Speedway O'Reilly Truck Race. It's free to park, free to get in and register for dozens of FREE prizes. Food vendors include Hot

Dog Hut, Sno Biz and Calvary Fellowship. FPT

Knock, knock!
 Who's there?
 Irish!
 Irish who?
 Irish you a Happy St. Patrick's Day!

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 (Across from Chick-fil-A next to Barberitos)
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www.naturalpetsupplyonline.com

May the luck of the Irish Setter be with you!
 Clip and bring in this coupon for a **FREE** pet treat!
 "Better food, better health!"

YOU'RE NEVER TOO OLD TO START BEATING HEART DISEASE.

You're never too old to live healthy.

You're never too old to be a better example to your kids.



You're never too old to start exercising, or to stop smoking, or watch what you eat.



But, if you're one of the stubborn ones who thinks you're too old to try something new, then don't be surprised if you have a heart attack like me.

Thanks to Mountain States Health Alliance, I got a second chance to prove that you're never too old to learn new things, especially when it comes to your health.

*Mark
Johnson City*

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