



THE magazine for the WHOLE family

Volume 3 Issue 8



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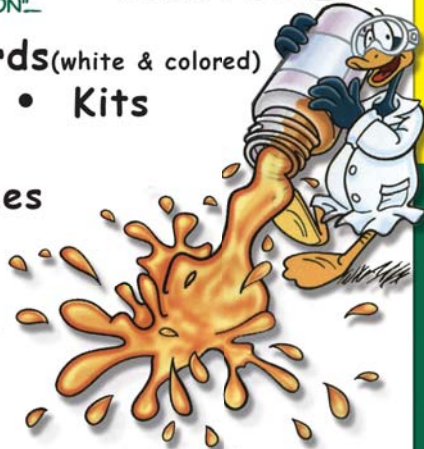
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THE Magazine for the WHOLE Family



Lishia Webb of Kingsport, **Family Pastime Magazine**
Valentine's Day Cupcake winner!

MARCH WEEKLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • National Ghostwriters Week: 1-7 • National Write A Letter of Appreciation Week: 1-7 • Return The Borrowed Books Week: 1-7 • National Week of The Ocean Festival Sea-son: 1-7 • Universal Human Beings Week: 1-7 Link • Iditarod Race: 1-16 • World Folk Tales & Fables Week: 2-8 • Celebrate Your Name Week: 2-8 • National Professional Pet Sitters Week: 2-8 • Read an E-Book Week: 2-8 Link • Save Your Vision Week: 2-8 • Teen Tech Week: 2-8 • Telecommuter Appreciation Week: 2-8 • National Cheerleading Week: 3-9 • School Breakfast Week: 3-9 • Sleep Awareness Week: 3-9 • National Procrastination Week: 3-9 | <ul style="list-style-type: none"> • Newspaper in Education Week: 3-7 • Universal Women's Week: 8-14 • Consider Christianity Week: 9-15 • Girl Scout Week: 9-15 • Brain Awareness Week: 10-16 • MS Awareness Week: 10-17 • National Toad Hollow Week: 14-21 • National Agriculture Week: 16-22 • Animal Poison Prevention Week: 16-22 • National Poison Prevention Week: 16-22 • Act Happy Week: 17-22 • American Chocolate Week: 17-22 • Campfire USA Birthday Week: 17-23 • Wellderly Week: 17-22 • National Spring Fever Week: 17-25 • Bubble (blowers) Week: 20-26 • Doctor-Patient Trust Week: 23-29 • Egg Salad Week: 24-30 • National Cleaning Week: 23-29 • Worldwide Weekend Prayer: 29-30 • Root Canal Awareness Week: 30-4/5 |
|---|--|

MARCH MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Adopt A Rescued Guinea Pig Month Link • American Red Cross Month • Deaf History Month (3/13 to 4/15) • Employee Spirit Month • Expanding Girls' Horizons in Science & Engineering Month • Honor Society Awareness Month • Humorists Are Artists Month • International Expect Success Month • International Ideas Month • International Listening Awareness Month • International Mirth Month • Irish-American Heritage Month • Music In Our Schools Month • National Athletic Training Month • National Caffeine Awareness Month • National Cheerleading Safety Month • National Clean Up Your IRS Act Month • National Craft Month • National Ethics Awareness Month • National Eye Donor Month | <ul style="list-style-type: none"> • National Frozen Food Month • National MS Education Month • National Kidney Month • National Nutrition Month • National On-Hold Month • National Social Work Month Link • 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 • Supply Management Month Link • Women's History Month • Workplace Eye Health and Safety Month • Youth Art Month • Holy Humor Month • Alternative Fuel Autos Month |
|---|--|

Good Idea: Finding Easter eggs on Easter.
 Bad Idea: Finding Easter eggs on Xmas.

Q. What do Easter Bunny helpers get for making a basket?
 A. Two points, just like anyone else.

Q. What's invisible and smells like carrots?
 A. The Ether Bunny

Q. What do you call rabbits that marched in a long sweltering Easter parade?
 A: Hot, cross bunnies.



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Family Pastime Magazine

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Family Pastime Magazine
 P.O. Box 3161 Johnson City, TN
 37602-3161

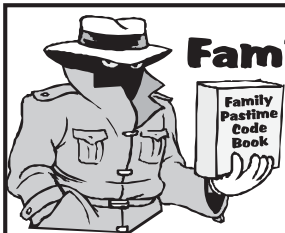


If you own a small business, you've got a lot to think about: attracting customers, holding down expenses, keeping up with trends and competitors — the list goes on and on. In short, you do everything possible to make sure your business can support your family. But if you want to keep the business in the family after you're gone, you'll need to prepare a strategy — and the sooner you start, the better.

Of course, you could simply transfer your business to family members through the use of a will. However, the value of your business could contribute to a considerable estate tax burden for your heirs. (The future of estate taxes is unclear. In 2010, the estate tax is scheduled to disappear — for one year only. Unless Congress changes the laws before then, in 2011 the exemption amount — the amount you can pass to your heirs, free of estate taxes — will revert to \$1 million, with a maximum estate tax rate of 55 percent.)

Other than bequeathing your business to family members, how else might you transfer it? You can choose any of several alternatives. Let's look at two of them:

As with any financial advice always consult with a competent tax or legal advisor concerning your particular situation.



Family Crypto-Time Last month's answer

**"To shorten winter, borrow some
money due in spring"**
Kc DQcSKWU RxUKWS, OeSScR DcTW
TcUWE ZBW XU DAsXUF

~W.J. Vogel

Keep Business "All in the Family"

Buy-sell Agreements

Suppose you have a daughter who has shown a great aptitude for your business. You'd be delighted if she took it over when you were gone, but there's one problem: She can't afford to buy you out.

To help her purchase the company, you might want to establish a buy-sell agreement — a legally binding contract stipulating that, upon your death, the business will be sold to your daughter at an established price. To fund the sale of the business, you take out an insurance policy on your life, with your daughter as a beneficiary. You could choose term insurance, which will be fairly inexpensive, but you also might want to consider "whole life," which has higher premiums but offers the potential to build increasing cash value.

Family Limited Partnerships

You could also transfer ownership of your business through a family limited partnership. Here's how it works: Well before you retire, you decide to transfer interests in your business to a family limited partnership, creating general partnership shares and limited partnership shares. You hold on to the general partnership shares and give the limited shares to your daughter. At this point, you are still responsible for

managing the company. At the same time, you are reducing your family's estate tax liability because you are removing assets (the limited partnership shares) from your estate. Furthermore, for gift tax purposes, you'll get a "discount" on the value of the limited partnership shares because, as "non controlling" interests, they are theoretically worth less to the recipients.

When you die, only the value of your ownership interest will be included in your taxable estate. And your daughter can then take formal responsibility for running the business.

Get Professional Help

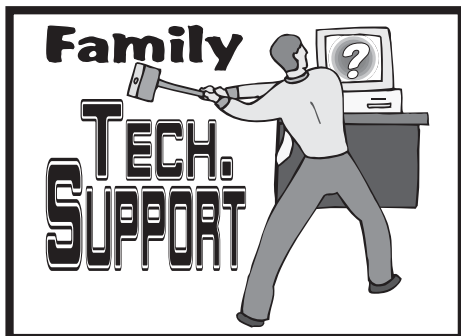
A buy-sell agreement and a family limited partnership are considerably more complex than described here, so you will need to work with an estate-planning attorney before you launch either of these arrangements. Your attorney can also advise you on other business-succession alternatives. Start your preparations soon. Even if you are many years from retirement, it's nice to know you — and your family — will be ready. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Q: What do you call a duck that just doesn't fit in?
A: Mallardjusted.

Q: What do you call a duck who plays basketball?
A: A slam duck.

Q: How do bunnies stay healthy?
A: Eggercise



Phishing For Your Personal Information

By: Chris Joker

1. Click on the link below. If nothing happens when you click on the link (or if you use AOL), copy and paste the link into the address bar of your web browser.

<http://www.yaddayadda.com/> (I changed the link so no one would try it when they read this column)

The link will take you to our Verify Your Identity page.

2. On the Verify Your Identity page, please choose ONE category and fill in the correct information to verify your identity.

3. On the next page you must reset your password, answer your Security Questions and click Submit. You will then be able to access your account.

Thank you for using PayPal!

The PayPal Team

They then added the line below to help make you think its real:

PROTECT YOUR PASSWORD NEVER give your password to anyone, including PayPal employees. Protect yourself against fraudulent websites by opening a new web browser (e.g. Internet Explorer or Netscape) and typing in the PayPal URL every time you log in to your account."

This is totally bogus. How am I sure? I went to paypal.com and clicked on "Help protect

your identity
 "on that page
 I clicked on "Report fake (phishing) e-mail"
 That page told me "If you think you've received a phishing e-mail:
 Forward the e-mail to spoof@paypal.com
 Delete the e-mail"



Let's talk about phishing. Phishing is when some nefarious individual sends you an e-mail often mocking a well-known company such as your bank, Credit Card Company, Ebay or PayPal and tries to get you to go to a website and enter personal information such as your user name and password or your credit card number. To the untrained eye the e-mail often looks like it comes from the actual business and then links to a website that looks exactly like the actual bank (or other businesses) website. It isn't. Often times they will say something like "we need you to update your account information" or "we are afraid someone may has gotten your logon information so we need you to log on and update it" then when you click on the link provided in the e-mail it takes you to a bogus website so if you enter your information you are actually just giving it to the bad guys (or girls). Here is a copy of a Phishing e-mail I recently received:

"Dear customer,
 This e-mail was sent automatically by the PayPal server in response to your request to change your password. This is done for your protection
 --- only you, the recipient of this e-mail can take the next step for the change to be permanent.
 If you didn't authorize this please, follow these steps:

PayPal then sent a response, which read: "Thanks for taking an active role by reporting suspicious-looking e-mails. **The e-mail you forwarded to us is a phishing e-mail, and our security team is working to disable it.**"

So the lesson for this month is **NEVER** click on a link in an e-mail to a site where you have to enter sensitive information. Instead type the web address directly into your browser (such as www.paypal.com) and then enter your information there. Also if you are entering sensitive information ALWAYS be sure the address in the address bar starts with **https://**. The "S" stands for SECURE Socket Layer (SSL). The SSL will encrypt your data (credit card number, etc.) so that it cannot be high jacked by someone else. If it's just http:// (without the "S") it is not secure so you should not enter sensitive data. **FPT**

Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

Iditarod Sled Dog Race

By: Georgia Teich

The Iditarod race is run on a trail that was originally a mail supply route. Musher's have been running the race annually since 1973. Someone who drives, or "mushes", a dog team is known as a musher. The word probably comes from the French word "marcher", which means "to walk". Long distance competitive mushing takes great endurance and training for both the human and the dogs in the team. Thirty-five Musher's attempted the first race but only Twenty-two finished. The first winner took 20 days to complete the race. Last year the winner completed the race in a little less than 10 days.

The Iditarod is referred to as "The Last Great Race

on Earth". The course runs from Anchorage to Nome Alaska. The race traditionally takes place the first weekend of March. Anchorage on average

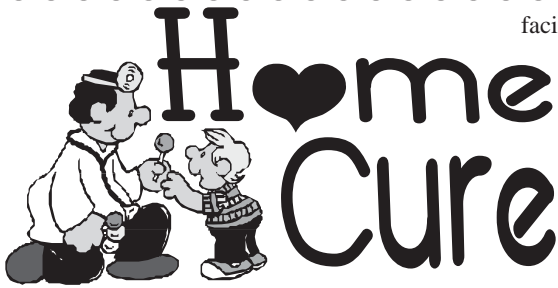


receives 75 inches of snow every year. Each team of 12 to 16 covers the distance of 1150 miles in approximately 9 to 17 days. The area between those cities is the roughest, most beautiful terrain Mother Nature has to offer. It has jagged mountain ranges, frozen rivers,

dense forest, desolate tundra and miles of windswept coastline with temperatures far below zero and long hours of darkness.

Alaskan huskies are the breed of dog used by most musher's in the Iditarod. They are very hardy, driven and good athletes. Musher families often have many dogs. They think of them as trained athletes, family pets and friends. A good sled dog is a lot like a person: honest, hardworking, friendly with a positive attitude and curious. They must have a good appetite, good feet and ability to run fast for a very long way. Lead dogs generally show signs of being leaders from puppy hood.

Dogs have more senses than humans do; they know things they couldn't know with just five senses. This is a race of Musher and Dogs against the elements provided by in the great state of Alaska. **FPT**



Acne Cures

- Take garlic capsules, they boost the immune system and kill the bacteria found in acne.
- Lavender oil applied directly on the acne area.
- Put Tea tree oil on the acne affected skin. This is a natural antibiotic.
- Eat Shellfish, soybeans, sunflower seeds, and nuts, these are all rich in zinc which is an antibacterial.
- Drink lots of water. This will help clean the body by carrying out waste.
- Increase intake of foods naturally high in vitamin A (dark colored fruits & vegetables, lean protein) and zinc (nuts & legumes) as both are important to skin health.
- Avoid refined and/or concentrated simple sugars and iodine.
- Eat four red delicious apples a day for five days straight.
- Mix equal parts of fresh grape and pineapple juice and apply it to the acne affected area three times daily.
- Mix one tablespoon of apple cider vinegar and 10 tablespoons of mineral water apply the mixture to the acne-affected skin using cotton balls.
- Eat low fat yogurt, a healthy bacteria contained in this type of yogurt helps the body to excrete toxins from the digestive system.
- Change your pillowcase three times a week; the constant rubbing of expelled skin and oil while sleeping will contribute to spreading and exacerbation of acne.
- Mix of lemon juice and rosewater: this

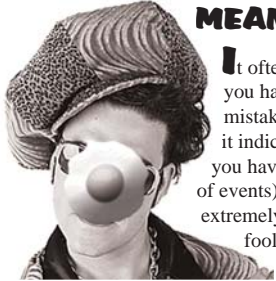
facial mask can do wonders for your skin and has a wonderful smell as well.

Mix fresh lemon juice and rosewater, apply it on your face using a cotton pad and wash it off after half an hour.

- Egg white: this mask can tighten your skin and make large pores appear smaller. Apply egg white on the acne-affected areas and rinse it off after 20 minutes with cool water.
- Toothpaste: apply it on the affected area. Toothpaste can greatly reduce the swelling and redness of pimples.
- Ice: place an ice cube on the pimple for a few minutes to reduce the swelling.
- Raw potato: it can nourish your skin and reduce the swelling.
- Cucumber: make a cucumber paste and leave it on your face for 30 minutes. This mask can nourish your skin and help it to calm down.
- Almond oil: this amazing oil can prevent and even cure acne scars.
- Make a paste by mixing honey and cinnamon powder. Apply this paste on the pimples before sleeping and wash it next morning with warm water. Repeat for two weeks, pimples will disappear forever.
- Apply a mixture of 1 teaspoon lemon juice and 1 teaspoon cinnamon powder. Note that this remedy is not for sensitive skin.
- Make orange peel paste by grinding it in some water. Apply on and around pimples.
- Rub fresh garlic on and around pimples. Pimples will disappear without a mark with regular applications.
- Mix 1 tablespoon ground nut oil with 1 tablespoon fresh lime juice to prevent formation of blackheads and acne .
- Apply fresh mint juice over the face every night for the treatment of pimples, insect stings, eczema, scabies, & other skin infections.
- Apply a paste of fresh fenugreek leaves over the face every night for 10-15 minutes and washed with warm water. This will prevent pimples, blackheads, and wrinkles.
- Apply juice of raw papaya (including the skin and seed) on swelling pimples or acne.
- Apply fresh lime juice mixed to a glass of boiled milk as a face wash for pimples, blackheads, and cracked skin.
- Mix lime juice and rosewater in equal portions. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Apply ripe tomatoes pulp on acne pimples and keep up to 1 hour, then wash.
- Make a paste of roasted & powdered pomegranate skin with fresh lime juice and apply to affected areas.
- Apply grated potatoes as poultice.
- Make a paste of sandalwood with rose water. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Make a paste of ground radish seeds with water, apply on face.
- Apply a paste of ground sesame seeds with water as poultice.
- Make a paste of salt in vinegar. Rub it on the pimples. Wash it off after 20-30 minutes with lukewarm water.
- Make a paste of turmeric powder in mint juice. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Make a paste of neem leaves with turmeric powder. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water.
- Apply fresh mint juice over face every night for pimples or acne prevention.
- Drinking of wheat grass juice may remove acne.
- Cook oatmeal and apply on face for fifteen minutes, then wash.
- Make a warm bath with blanch of nettle and rosemary to reduce the acne.
- Eat a medium grated radish with every meal.
- Drink 2 cups of rosemary tea.
- Drink 3 glasses of water with squeezed lemon and honey.
- Mix 1 tablespoon of dried or fresh yeast with 2 tablespoons of lemon juice; apply on face, wait until it gets hard (try not to move), peel or wash with warm water.

NOTICE: "Home Cures" are meant as information *only* these are merely a record of ways someone may have dealt with common health issues. We make no guarantee that they work or that they are without side effects. *Never* attempt any of the ideas reported in this column without consulting your physician first. Send a "Home Cure" that works for your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

Egg On Your Face



MEANING:

It often implies that you have made a serious mistake, but more strictly it indicates that something you have done (or some turn of events) has left you looking extremely embarrassed or foolish. It means to be embarrassed or chagrined at

something one has done or the way one did it; to do something ineptly. To be extremely embarrassed. Usually the embarrassment is the result of one's own actions.

ORIGIN:

It seems as though it is one of those expressions that has been around for ever, but evidence suggests that it is an American expression from the middle of the last century — one source puts its first known appearance in the American television series 'Front Page Detective starring



Say WHAT???

By: Family Pastime Staff

Edmund Lowe about 1951

Another suggestion claims the origin is from the embarrassment suffered if the yellow yoke is on ones lips or beard after eating a soft boiled egg in one of those egg cups, a favorite breakfast of the upper crust... Yellow egg shows up especially well on a beard or mustache.

Yet another source claims it may have come from audiences throwing raw eggs at a performer that they didn't like on the stage this, of course would cause the

performer to get very embarrassed. A similar origin suggestion is that it may come from when clowns are at a circus and they have eggs thrown at them because of their goofy acts

Finally it has been suggested that the idiom "egg on your face" may derive from "egg-sucking dogs" "Occasionally, a trusted, working farm dog would develop the bad habit of taking eggs from nests and eating them, turning himself from an asset into a liability." There are several examples of the term, including this from Glengarry School Days by Ralph Connor, dated 1902: "His chief business was the doing away with dogs of ill-repute in the country; vicious dogs, sheep-killing dogs, egg-sucking dogs, were committed to Alan's dread custody, and often he would be seen leading off his wretched victims to his den in the woods, whence they never returned." And in Nan Sherwood at Pine Camp, by Annie Roe Carr (of about 1919): "He's a miserable, fox-faced scoundrel, and I've no more use for him than I have for an egg-sucking dog." So it is just possible that the expression might be a figurative extension from that of a dog found with egg around its muzzle. **FPT**

In honor of March 27th's Quirky Country Music Song Titles Day we offer the following:

Quirky Country Music Song Titles

- All I Want From You (Is Away)
- Am I Double Parked by the Curbstone of Your Heart?
- At the Gas Station of Love, I Got the Self Service Pump
- Billy Broke My Heart at Walgreens and I Cried All the Way to Sears
- Don't Squeeze My Sharmon.
- Don't Strike A Match (To The Book Of Love)
- Her Only Bad Habit Is Me
- Her Teeth Was Stained, But Her Heart Was Pure.
- How Can I Miss You If You Won't Go Away?
- How Can You Believe Me When I Say I Love You When You Know I've Been A Liar All My Life?
- How Come Your Dog Don't Bite Nobody But Me?
- I Changed Her Oil, She Changed My Life.
- I Don't Want Your Body If Your Heart's Not In It.
- I Fell In A Pile Of You And Got Love All Over Me.
- I Flushed You From The Toilets Of My Heart.
- I Gave Her My Heart And A Diamond
- And She Clubbed Me With A Spade
- I Got Through Everything But The Door
- I Guess I Had Your Leavin' Coming
- I Just Bought A Car From The Guy That Stole My Girl, But The Car Don't Run So I Figure We Got An Even Deal.
- I Keep Forgettin' I Forgot About You.
- I Liked You Better Before I Knew You So Well.
- I Only Miss You On The Days That End In " Y "
- I Sent Her Artificial Flowers For Her Artificial Love
- I Still Miss You, Baby, But My Aim's Gettin' Better.
- I Went Back to My Fourth Wife for the Third Time and Gave Her a Second Chance to Make a First Class Fool Out of Me
- I Wish I Were A Woman (So I Could Go Out With A Guy Like Me)
- I Would Kiss You Through the Screendoor but It'd Strain Our Love
- I'd Rather Pass a Kidney Stone than Another Night With You
- If I Ain't Got It, You Don't Need It.
- If I Had My Life to Live Over, I'd Live Over a Delicatessen
- If I Were In Your Shoes, I'd Walk Right Back To Me
- If Love Were Oil, I'd Be A Quart Low.
- If My Nose Was Running Money, Honey, I'd Blow It All On You
- If She Hadn't Been So Good Lookin' I Might Have Seen the Train
- If The Phone Don't Ring, Baby, You'll Know It's Me
- The Last Word In Lonesome Is "Me".
- If You Can't Bite, Don't Growl.
- If You Can't Live Without Me, Why Aren't You Dead?
- If You Don't Leave Me Alone, I'll Go And Find Someone Else Who Will
- If You Leave Me, Can I Come Too?
- I'm Gettin' Gray From Being Blue.
- I'm In Love With A Capital U
- I'm So Miserable Without You, It's Like Having You Here.
- Is It Cold in Here, or Is it Just You?
- Mama Get The Hammer (There's A Fly On Papa's Head).
- Meet Me In the Gravel Pit, Honey, Cuz I'm a Little Boulder There
- My Every Day Silver Is Plastic.
- My Phone Ain't Been Ringing, so I Guess it Wasn't You
- Redneck Martians Stole My Baby



Tax Season Stress? How to Prepare for Potential Bills

As the April 15 tax deadline creeps closer many people may still be wondering: will I owe? It may be time to take proactive steps to set aside money that can be used to cover the extra expense you may soon face.

Whether you underestimated your withholdings or experienced an unanticipated bump in income, you wouldn't be alone if you found that you owe money on your taxes. Owing a lot -- or even just a little -- can be stressful and burdensome, especially as the bill arrives while many are still paying off debts incurred during the holidays.



The good news is, preparing to pay for a tax bill may be easier than you think," says Stephen Semprevivo, president of LowerMyBills.com. "Many people can find simple ways to save some money that can then be used to pay off any taxes they might owe. Even if you ultimately find that you don't owe anything, you can use the money you saved to buy yourself a treat or, better yet, to put away in savings."

Here are five simple savings techniques:

1. Evaluate your entertainment expenses. Americans spend more on entertainment than they do on other vital expenses such as gas, furniture and clothing, according to the Bureau of Labor

Statistics. Entertainment is one of the easiest areas in which to find savings. How much do you spend in a month on movies, restaurants and other outings? Simply staying home and watching TV, or eating your own home-cooked meal, can create substantial savings.

2. Reduce your rates - on everything from phone bills to credit cards. You may be paying more than you need to for simple monthly expenses such as insurance, cell phones or Internet service. Sites like LowerMyBills.com can help you search across multiple service providers to find low rates on these and other monthly bills.

3. Spend to save - really. Unless you're willing to alienate everyone in your life, holiday gifts will always be an expense. Since you have to spend on holiday gifts anyway, do so wisely by taking advantage of seasonal sales. From post-holiday sales to Presidents' Day to Easter, the months before tax season are full of opportunities to purchase - and save on - holiday gifts for next year. Next November, when everyone else is scrambling and spending, you will have the satisfaction of knowing your holiday shopping is done and that you saved money doing it. You can earmark those savings for paying next year's taxes.

4. Minimize your mortgage payment. Right now there's a lot in the news about adjustable rate mortgages that are resetting to higher rates - with bigger monthly payments. If you have an ARM that's about to reset, or if you just want to get better terms on your fixed-rate loan, it may be a good time to consider refinancing. Sites like LowerMyBills.com can help you investigate your refinance options. Just be sure to read all the terms of your loan carefully, and if possible, consult a financial advisor or other professional.

5. Consider seeking professional help. If you even

suspect you're going to be facing a big tax bill, consider consulting a tax consultant or other financial advisor. These professionals may be able to help you find ways to trim your budget and set more money aside to pay your taxes. They may also be able to help reduce the amount you owe, or set up a payment plan with the government.

"It's never too late, or too early, to start saving and preparing for tax season," says Semprevivo. "With a few money-saving techniques, you may be able to save enough to cover your tax payments this year and put a little away to take care of next year as well."

For more information on how to save money on your monthly bills, visit www.LowerMyBills.com. **FPT**

Courtesy of ARAcotent

Sudoku Medium answer from last month

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

SUDOKU Medium

Instructions on page 21

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

Easy Answer From last month

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

Last month's HARD answer

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

THERE'S NO PLACE LIKE HOMESCHOOL

Lighting A Fire – Exploring The Many Styles Of Homeschooling

By: Lisa Baughn

There is no such thing as a “cookie cutter” or “one size fits all” education in today’s homeschool. Styles are as individual as the children and families they represent, with no two alike. The delightful thing about educating at home is that parents can easily evaluate their children’s strengths, weaknesses, interests, talents, and learning styles. No one knows the bent of their children like parents do, and they can tailor a custom education to inspire their future entrepreneur, astronaut, farmer, ballerina, computer genius, etc.

Formal Curriculum

Formal Curriculum is a traditional approach, similar to most public and private schools that focuses on textbooks for learning most subjects. A Beke, A.C.E., Alpha Omega, Bob Jones and Calvert are popular choices. Most families take a curricular approach to Math with Math-U-See and Saxon being popular choices. For science, the top choice for many families is the Apologia line, by Dr. Jay Wile, who is spurring home school kids into careers in the field with his phenomenal textbooks.

Unschooling

Unschooling is the polar opposite approach, unstructured, informal and child directed. The theory is that kids are naturally curious and will learn on their own, which worked well for the Colfax family in No Cal. They sent 3 sons to Harvard, who became attorneys and physicians.

The Classical Approach

The Classical Approach has the goal of “teaching children to think” by entering the Great Conversation with the minds of the past. Children go through different

stages, and are taught according to the abilities of each stage. The Trivium, as it is called, has a Grammar Stage/Mastery of the Facts ages 6-10, Dialectic Stage/Study of Logic ages 10-14, and a Rhetoric Stage/Use of Language from 14+. Children study Latin, logic, and the regular subjects, with classic literature as a backbone. Some study Greek and Hebrew, and try to read the Bible in the original languages.

The Charlotte Mason Method

The Charlotte Mason Method relies on whole, living books that make history, literature, geography and science come alive. Charlotte Mason was a British educator in the 19th century and found that textbooks distilled a fascinating world into dry, dreary snippets of information and deemed them twaddle. She thought that great books expand the mind of children and encouraged them to focus on ideas rather than merely learning facts by rote. Observation is important, nature notebooks, history timelines, narration, copy work, fine arts, music and self-motivated learning. The CM method works very well with many children with non-traditional learning styles.

Unit Studies

Unit Studies are a fun way for kids to learn, wrapped around a passion. A single topic can be studied and cover language arts, math, science, etc. Horses are a terrific example, as you can study horse literature, science, art, and then pull the horse theme into math lessons. Unit Studies can form a whole curriculum or subjects can be studied individually, like the human body.

The Thomas Jefferson Education approach

The Thomas Jefferson Education approach has taken the country by storm the past few years with the goal of “teaching a generation of leaders.”

Through a mentoring approach, reading great books, and discussing them with mentors, it encourages students to become statesman, entrepreneurs and the great thinkers of the future. As Sir Walter Scott said, “All men who have turned out worth anything have had the chief hand in their own education.”

The challenge of choosing a style is to find one that appeals to the parents, since they must teach it, yet takes into account the child’s learning styles, interests and ability levels. Most families find they start off with one style, but different years or children may do better with other styles. Home educators have the flexibility to change and do what works best. The goal is always to light the lifelong fire of self-directed learning, and keep it burning brightly. **FPT**

Q. What is out on the lawn all summer and is Irish?
A. Paddy O'Furniture

Q. What do you call a fake stone in Ireland?
A. A sham rock

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Lisa and her husband Dave Baughn moved to Gray, TN, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 8 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. Lisa is launching a new website soon with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

Family Crypto-Time In the encrypted phrase below each letter represents another letter (such as Q actually is A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.

“ ETZQZ'G KXETMKB PZEEZQ ETNK N BXXJ
UQMZKJ, ZSRZCE N BXXJ UQMZKJ YMET
RTXRNVNEZ.”

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



Family Helpful hints are tips and ideas to help make families lives easier. If you have some to add please send them to: "Family Helpful Hints" **Family Pastime Magazine** P.O. Box 3161, Johnson City, TN 37602-3161 or e-mail them to hints@familypastime.com

- Peel a banana from the bottom and you won't have to pick the little "stringy things" off of it. That's how the primates do it.
- Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
- Peppers with 3 bumps on the bottom

are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
- Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.
- Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat 'til warm. This keeps the crust crispy. No soggy micro pizza.

- Easy Deviled Eggs: Put cooked egg yolks in a zip lock bag. Seal, mash until they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly; cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done making for easy clean up.
- When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.
- Reheating Refrigerated Bread: To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster. **FPT**

SUPER SUDOKU

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

SUDOKU EASY

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

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

Q. What did one colored egg say to the other?
A. Heard any good yolks lately?

Q. How did the soggy Easter Bunny dry himself?
A. With a hare dryer!

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



Feel-Safe Emergency Room Tips

By: Marinda McConnell MS, CCLS, CIMI

Pediatric Emergency Departments/Centers are specifically designed to address both the physical and psychosocial emergency medical needs of children. Having a child become very sick or injured is extremely stressful for parents as well as for the child. A visit to the emergency room can be scary and overwhelming for



children because it is an unfamiliar environment filled with strange equipment, noises, and people that they have never seen before. In addition, a child that is sick or injured is even more vulnerable to anxiety and fear, which can make medical treatments challenging. Children have more than just physical needs to be met during an acute illness or traumatic injury. "A child's age, size, and intellectual development play a major role in their responses to every experience, especially a crisis" (NWH Health Articles).

Many hospitals with Pediatric Emergency Departments/

Centers incorporate the skills of a Child Life Specialist. These trained professionals aim to reduce the impact of stressful or traumatic events for children and families. Child Life Specialists use medical play, preparation, procedural support, and distraction to decrease the anxiety of pediatric patients as well as their parents. Having someone there completely focused on helping a child feel safe helps make a visit to the hospital comfortable and non-threatening.

The Emergency Room:

A visit to the Emergency Room (ER) is almost always sudden and unexpected. It is a good idea to put together an "ER visit kit" now and have it ready for any ER visits you may have to make in the future. Emergency rooms are often busy places, so expect to spend some time in the waiting room or in an exam room.

Here are some suggested items for your "ER visit kit":

1. Story or picture books. Slowly reading a story aloud to your child is a comforting and diversional tactic that may help calm the child as well as yourself. Books about a doctor visit or hospital may be especially helpful for your child.
2. Bubbles, kaleidoscopes, glitter wands, Seek-and-Find Books, etc. These items help draw the attention of a child away

from unpleasant or painful procedures.

3. Coloring book & crayons, small toys, etc. Some children may use art or play to work out anxieties, fears, and other emotions, while others may use the play as a way to cope by keeping their attention on pleasant, non-threatening activities. Either way, play is always important for children.
4. A favorite stuffed animal or blanket. You may want to put a note in your kit reminding yourself to grab your child's



comfort bear or blanket as you go out the door. This can be a very important item, especially if you are unable to be at your child's side during part of the ER visit. The

stuffed animal/blanket will be your child's familiar "companion" during that time.

FPT

References:

Nees, K. Preparing your child for a doctor or hospital visit. The Children's Hospital at Johnson City Medical Center.
NWH Health Articles. Subduing children's fears in the emergency room. Newton-Wellesley Hospital.
www.nwh.org.
Child Life Council. www.childlife.org

Marinda McConnell, MS, CCLS, CIMI is the Child Life Program Manager for The Children's Hospital Mountain States Health Alliance Office (423) 431-6872

3 Secrets To Better Dog Training



There are virtually as many approaches to training a dog, as there are dogs to train! It seems as if every day new systems and techniques are announced or older methods are resurrected. Check bookstore shelves or do a quick internet search and you will be overwhelmed with the number of ways people may advocate training a dog.

Despite the tremendous diversity of methods, almost every successful dog training system is premised on positive reinforcement techniques. The once frequent techniques involving intimidation, humiliation and punishment have long been abandoned in the face of growing proof of their relative ineffectiveness.

All of the new, more effective, recommended means of dog training share something else in common: their effectiveness can be enhanced significantly by remembering **three simple secrets.**

1. Start Young

We've all been told a thousand times "you can't teach an old dog new tricks." That popular old saying, of course, is not entirely true. Any dog, regardless of age, can learn new things. However, like most old adages, it has been remembered because it contains a kernel of truth. Dogs, like humans, are much more receptive to learning new behaviors when young. The earlier you are able to start training your dog, the more effective the training will be.

Puppies will learn at a much faster clip and do not have ingrained behaviors that must be un-learned. Thus, any training regimen is sure to be more successful when conducted with a puppy rather than an older dog.

If you weren't able to start training a particular dog when he or she was younger, don't fret. Training is still effective for older animals. However, if you do have

the chance, start training early and you'll reap the benefits of increased effectiveness.

2. Remain Gentle

Dogs are social animals and develop a real attachment to their owners. That attachment, in large measure, is at the heart of successful dog training. A dog who trusts his owner and who sincerely wants to please his companion is far more likely to remain attentive and compliant during the training process.

A failure to act gently jeopardizes the training program by undermining the quality of the dog/owner relationship.

A gentle dog owner will find himself with an ally for a

trainee rather than a rival. Instead of a battle of the wills, training can become a cooperative exercise. Under those conditions, training tends to take less time and be far more effective.

3. Emphasize Prevention

Too often, training a dog devolves into a series of constant corrections for behaviors the owner finds unsuitable. This reduces the pleasure found in dog training as well as its overall



effectiveness. A strong emphasis on preventing inappropriate behavior reduces the need for correction efforts and can help spur quick progress.

The basic goal of prevention is to intervene before a problem is created instead of simply responding to the problem. Instead of waiting for the dog to make a mistake to correct, the prevention-minded owner will keep close watch to see imminent difficulties and will intervene early to prevent them from arising in the first place.

This technique allows one to avoid spending undue time on correction and to emphasize real positively reinforced training methods, keeping a program on track and accelerating its successes. It also decreases frustration throughout the training process making it more enjoyable for both the dog and the owner.

These three secrets, if always operating in the background, serve to push the effectiveness of any training technique. **FPT**

Dog Article courtesy of I-Love-Dogs.com

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FATHER KNOWS BEST

By Chris Joker

Hard to believe but baseball season is almost here. I know this because I just signed my children up to play Little League. When I say "just signed my children up" I really mean just FINISHED signing my children up, I actually started like eight hours ago. I don't know if you have ever signed your children up for Little League but let me tell you, it ain't easy. To do so the parent must have not one, not two, but THREE forms of identification. The list of acceptable forms of identification includes: Driver's License, Voter's Registration, School records, Welfare/child care records, Federal records, State records, Local (municipal) records, Support payment records, Homeowner or tenant records, Financial (loan, credit, investments, etc.) records, Insurance documents, Medical records, Military records, Internet, cable or satellite records, Vehicle records or Utility bills (i.e., gas, electric, water/sewer, phone, mobile phone, heating, waste disposal). If you choose to use a utility bill apparently you must have not just one utility bill, not two utility bills but three utility bills, which count as ONE form of identification. Understand this is not just a local regulation; this is an official Little League requirement. It was actually easier to refinance my HOUSE than sign my children up for Little League. Granted that may be why we don't see more sub-prime Little League problems than we do. In addition to the parent needing identification you must also supply a certified copy of your child's birth certificate, not a photocopy but an ORIGINAL CERTIFIED COPY. Don't quote me on this but I'm pretty sure it is to keep the terrorists from infiltrating our Little League teams, I mean think about it, what is more American than baseball? After you meet these requirements you then qualify to pay money to allow your child to try out to play Little League. Parents are also required to

Play Ball!

sign a "code of Conduct". I kid you not. The players are not, but the parents ARE. The "code of Conduct" includes things like: "I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures" (I guess Granddaddy won't be attending any games). If that one is not hard enough to agree to you must also agree; "I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team. If you have ever attended a game you know they are a little lax on this one. It seems like every Dad in the stands knows exactly how their child should hold the bat, when they should swing or run to the next base and how their child should be watching the ball instead of watching that bug crawl around in the grass or looking for shapes in the passing clouds.

Last year our team had what we referred to as the "designated bad sport" (DBS). One of the father's slipped by without signing the code of conduct so when the parent of one of our team members (one who HAD signed the code of conduct) was really ripping mad about something, we let that guy yell it out. This worked fine until it was a complaint about his kid then he did not cooperate. Don't get any ideas though; I think amendment # 356 of the Little League constitution has closed that loophole. You think I am kidding? There is actually an 11-page, twelve-

article, fifty-six section, Johnson City Little League Constitution.

Just as a matter of comparison there are only 7 articles in the U.S. Constitution.



Try outs are next week.

So in order to practice we purchased 10 white plastic baseballs so that we could hit them around the backyard without breaking any windows. It turns out it also proved beneficial in not breaking my jaw when my daughter hit a line drive right into my face. This week is also the only week we have had any snow to speak of in Johnson

Please see "FKJ" on page 17

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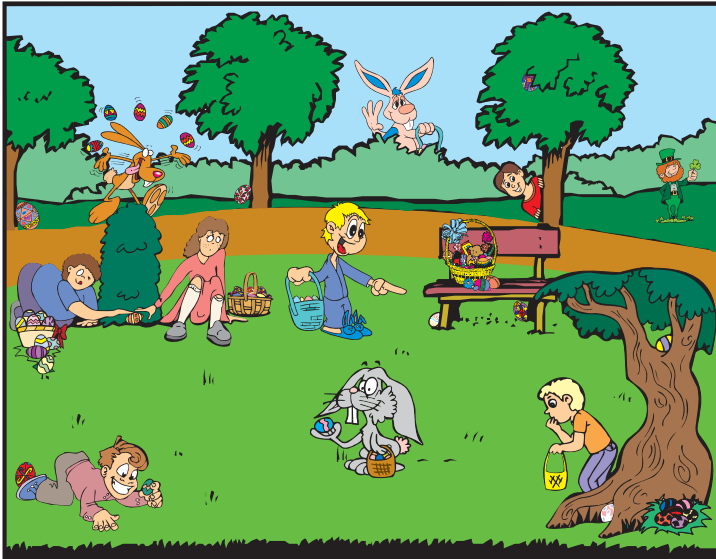
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DOUBLE TAKE

Find at least 24 differences in the two pictures (answers are on the bottom...no peeking!!!)



Juggled eggs, Girl's sock, Boy's eye, Egg by bush basket, Egg in tree, Boy's basket, Longer ear, Bunny ear, Bunny behind bushes, Leprechann, Basket on bench, Egg in tree, Boy eyes, Bench, Waving bunny fingers, Girl hair, Tree, Boy's shirt, Bunny nose, Bunny nose, Sleeve, Boy nose, Bush eggs

Ham: An Easter (And Everyday) Family Favorite

(NAPS)—When you sit down to Easter dinner, hopefully you haven't forgotten the essential dish—ham! Ham is a classic (and lean!) Easter dish as well as the perfect year-round dinnertime meal choice. That's because ham is so simple to prepare that it practically prepares itself; and it's so versatile that it pairs well with nearly any side dish.

This year, honor the Easter tradition with an easy meal for your whole family to enjoy. The National Pork Board is pleased to share a delicious recipe for Baked Ham with Honey-Apricot Glaze that is sure to make your Easter meal memorable.

Ham Facts

- Seventy-seven percent of Americans eat at least one ham entrée every two weeks, according to the NPD Group.
- According to a recent National Pork Board survey, 67 percent of Americans

serve ham at their Easter dinners.

- According to data collected by the NPD Group, ham is the No. 1 sandwich nationwide. A perfect use for holiday leftovers!



For more than 100 ham recipes, information about ham selection, preparation and carving tips to make your Easter meal easy, visit www.TheOtherWhiteMeat.com.

Baked Ham with Honey-Apricot Glaze

SUPPLIES:

- 10-14-pound spiral-sliced, fully cooked smoked ham
- 1 C honey
- 1 six-oz orange juice concentrate, thawed
- ½ C soy sauce
- ½ C apricot jam
- ½ tsp ground nutmeg
- ¼ tsp ground cloves

HOW TO:

- Preheat oven to 325.
- Place ham on rack in shallow roasting pan.
- Stir together remaining ingredients in

medium bowl; set aside.

- Bake ham for 30 minutes; pour glaze over ham and continue to bake until ham is heated through to 140 degrees F, about a total of 2½ hours (about 15-18 minutes per pound).--Serves 20-25

Nutrition Information per Serving:

Calories, 407; Protein, 30 grams; Fat, 23 grams; Sodium, 1,881 milligrams; Cholesterol, 86 milligrams; Saturated Fat, 8 grams; Carbohydrates, 19 grams; Fiber, 0 grams.

Many may be surprised at how easily a spiral-cut ham can wind up as the centerpiece of a great meal. **FPT**

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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!**

By: Family Pastime Staff



Build Beakman's Simple Electric Motor

Electric motors are everywhere! In your house, almost every mechanical movement that you see around you is caused by an AC (alternating current—house current) or DC (direct current—battery) electric motor. Electric motors are all about magnets and magnetism: Motors uses magnets to create movement. As you probably know with

magnets opposites attract and likes repel. So if you have two bar magnets with their ends marked "north" and "south," then the north end of one magnet will attract the south end of the other. Conversely, the like ends will repel each other. Inside an electric motor, these attracting and repelling forces create rotational motion.

SUPPLIES:

- One 'D' Cell Alkaline Battery
- One Wide Rubber Band or tape
- Two Large Paper Clips
- One Rectangular Ceramic Magnet
- Double sided tape
- Heavy Gauge Magnet Wire (the kind with enamel insulation, NOT plastic coated)
- Fine Sandpaper
- Optional: Glue, Small Block of Wood for Base

HOW TO:

1. **S**tarting about 3 inches from the end of the wire, wrap it 7 times around the 'D' Cell Battery.

2. **R**emove the battery. (IMG 1)

3. **C**ut the wire, leaving a 3-inch tail opposite the original starting point. Wrap the two tails around the coil so that the coil is held together and the two tails extend perpendicular to the coil. (IMG1) Be sure to center the two tails on either side of the coil. Balance is important.

4. **O**n one tail, use fine sandpaper to completely remove the insulation from the wire. Leave about 1/4" of insulation on the end and where the wire meets to coil. On the other tail, lay the coil down flat and lightly sand off the insulation from the TOP HALF of the wire ONLY. Again, leave 1/4" of full insulation on the end and where the wire meets the coil. (IMG 2)

5. **S**lightly bend the ends of the "tails" to keep the loop in the correct position. (IMG2a) (IMG 2a)

(IMG 3) 6. **B**end the two paper clips into the

(IMG 4) 7. **U**se the rubber band (or tape) to hold the loop

8. **U**se the double-sided tape to stick the ceramic magnet on the side of the battery (IMG5). (IMG 5)

9. **P**lace the coil in the cradle formed by the right ends of the paper clips. You may have to give it a gentle push to get it started, but it should begin to spin rapidly. If it doesn't spin, check to make sure that the insulation has been removed from the wire ends. If it spins erratically, make sure that the tails on the coil are centered on the sides of the coil. (Finished Motor)

How It Works

When the un-insulated parts of the coil make contact with the paper clips, current flows through the coil, making it into an electromagnet. Since magnets

attract, the coil attempts to align itself with the ceramic magnet. However, when the coil turns to face the magnet, contact is broken (because the insulation on one tail is now preventing current flow). Inertia causes the coil to continue around. When the coil makes are nearly complete spin, contact is re-established and the process repeats.

Technically this motor is a single-pole pulse motor. More complex motors are created by using more than one coil and more complex set of brushes (the things that connect the coils to the current) so that no matter where the coil is in the spin pattern, at least one coil is always energized and trying to turn the coil assembly to align with the next magnet.

Troubleshooting Guide

The wire should be enamel coated magnet wire. This is solid copper wire with a baked on insulation. Uninsulated wire will not work. Wire with rubber or plastic insulation will not work without some extra work.

Make sure your paper clips are good quality metal and are not covered with plastic or rubber. Sand them lightly on the surfaces that contact the battery and on the surfaces that the coil lays.

If all else fails, make sure you have a fresh battery -- previous errors in sanding the coils may have created a short circuit that drained your battery. **FPT**

Kid Friendly Recipes



Baked Onion Rings

SUPPLIES:

- Olive oil cooking spray
- 1/4 C All-purpose flour
- 1/4 tsp Garlic powder
- 1/8 tsp Dry mustard
- 1/4 tsp Table salt
- 2 Large onions, Spanish, sliced into 1/4-inch-thick rounds and separated into rings
- 1/2 C Buttermilk (Keep dried buttermilk on hand for such needs)
- 1 C Seasoned bread crumbs

HOW TO:

1. Preheat oven to 400°F.
2. Coat baking sheet with cooking spray.
3. In a large bowl, combine flour, garlic powder, dry mustard and salt.
4. Add onions and toss to coat.
5. Pour buttermilk into another large bowl, add onions and toss to coat.
6. Place bread crumbs in another large bowl, add onions and toss to coat.
7. Transfer onions to prepared baking sheet and spray with cooking spray.
8. Bake until golden brown, about 35 minutes. Serve hot.

Egg In A Nest

SUPPLIES:

- 1 egg
- 1 slice of bread
- 1 TBS butter

HOW TO:

1. Crack egg into a bowl, set aside.
2. Use a 3-inch cookie cutter (any shape) to cut a shape out of the piece of bread.
3. Melt butter in a frying pan medium heat.
4. Place bread in pan and fry lightly on one side (you can also fry the cutout shape).
5. Flip the bread over. Reduce heat to low.
6. Carefully pour the egg into the cutout hole in the middle of the bread.
7. Cover pan and cook 2-3 minutes or until egg has set in the bread "nest." For over-easy egg, flip the egg and bread and cook it on the other side.

Chicken Wraps

SUPPLIES:

- 2 TBS olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1/2 (16 ounce) package broccoli coleslaw mix
- 1 cup shredded cabbage
- 3/4 C cooked chicken breast, cut into bite-sized pieces
- Salt and pepper to taste
- 1 (15 ounce) can garbanzo beans
- 3 TBS mayonnaise
- 2 TBS Dijon mustard
- 1 tsp ground cumin
- 4 cloves garlic, minced
- 1/2 tsp onion powder
- 1/2 tsp lemon pepper
- Salt and pepper to taste
- 4 (10 inch) flour tortillas

HOW TO:

1. Heat oil in a large heavy skillet over medium high heat.
2. Sauté onion and 2 cloves crushed garlic until onions are soft and translucent, about 3 minutes.
3. Stir in broccoli mix, cook until tender.
4. Add cabbage and chicken, toss for a minute or two.
5. Remove from heat, add salt and pepper
6. In a blender, combine garbanzo beans, mayonnaise, mustard, cumin, garlic, onion powder, lemon pepper, salt and pepper. Blend until smooth and creamy.
7. Heat tortillas for a few seconds in the microwave for easier folding.
8. Spread each tortilla with sauce
9. Put a large heap of the slaw mixture on top. Wrap like you would a burrito

Pork Roast

SUPPLIES:

- Boneless pork roast
- 1/4 C apple cider vinegar
- 1/4 C water
- Salt and pepper to taste
- 1 C or more BBQ sauce to taste
- 1/2 C ketchup

HOW TO:

1. Place pork, vinegar, and water in crock pot on low for 8 hours.
2. Drain out water and vinegar.
3. Add BBQ sauce and ketchup. Shred pork into sauces with fork.
4. Keep warm in crock pot until ready to serve on buns.

Shepherd's Pie

SUPPLIES:

- 2 TBS oil
- 1 small onion, chopped
- 1 large potato, chopped
- 3 TBS flour
- 1 C frozen peas
- 1 can beef broth
- 1 pound beef round steak, cubed
- Salt and pepper to taste
- 2 sheets ready rolled pastry
- 1 egg yolk mixed with 2 TBS milk for glazing

HOW TO:

1. Pour oil in saucepan, add onions and potato.
2. Cook about 5 minutes, stirring constantly.
3. Add flour and a little salt and pepper. Then add the peas and stir.
4. Pour in the beef broth and stir until it is nice and thick and bubbly.
5. Add the chopped beef and stir.
6. Grease a deep 9 inch pie plate and line the bottom with one ready rolled pastry. Make sure there's a little bit of pastry overlapping.
7. Pour the filling into the pie plate. Brush the edges of the pastry with the milk and egg yolk glaze.
8. Place the other ready rolled pastry on top.
9. Press edges of the pastries together to seal.
10. Trim any extra pastry, press around the pie with a fork.
11. Cut 4 steam holes on the top and brush the top of the pastry with the rest of the glaze.
12. Bake in a 425 oven for 30 minutes.

Pita Pizza

SUPPLIES:

- 1 pita bread round
- 1 tsp olive oil
- 3 TBS pizza sauce
- 1/2 C shredded mozzarella cheese
- Various pizza toppings
- 1/8 tsp garlic salt

HOW TO:

1. Preheat grill for medium-high heat.
2. Spread one side of pita with oil & sauce.
3. Top with cheese and toppings,
4. Season with garlic salt.
5. Lightly oil grill grate.
6. Place pita pizza on grill, cover, and cook until cheese completely melts, about 5 minutes.



BUNNIES

Bunnies or Rabbits are small mammals



are hidden behind the front set. The rest of the teeth are used for grinding food, all of the

teeth grow continuously throughout the rabbits life and are kept from growing too long by chewing and grinding of tooth against tooth. Rabbits are herbivores and feed by grazing on grass and leafy weeds, they also enjoy eating the flowers in your garden.

Rabbits are active throughout the year no species are known to hibernate. They are usually nocturnal (active at night) and very

silent. Other than loud screams when frightened the only auditory sound is a loud foot thump made to indicate alarm or aggression. THUMPER is a rabbit in the Disney movies BAMBIE. He is known and named for his habit

of thumping his right hind foot. Scent plays a predominant role in communication. Most rabbits produce many offspring (kittens) each year. Newborn rabbits are furless, blind and helpless. The young grow rapidly and most are weaned in about a month. Males (bucks) do not assist in rearing the kittens.

Bunny fun facts

- The world record for the rabbit high jump is 1 meter.
- The world record for the record long jump is 3 meters (almost 10 feet).
- The largest litter of baby rabbits is 24.
- The longest ears are 31.125 inches
- Biggest bunny: 26 lbs.!
- A rabbit has 18 toenails: 4 on each of the back feet, and 5 on each of the front.
- President Lincoln allowed his sons to keep many pets in the White House, including pet rabbits.
- Rabbits are lagomorphs, not rodents. They are related to hares and pikas.
- Rabbits can see behind them without turning their heads. **FPT**

- found in several parts of the world.
- They usually live between 4 and 20 years. They are ground dwellers and live in environments from desert to tropical forest to wetlands. All rabbits (except the cottontail) live underground in burrows. Their ears can be more than 2 feet long; they use them for detecting predators. Rabbits also have long powerful hind legs and short puffy tails. Their fur is long and soft and ranges in colors from brown, gray and buff, white and some have black spots.
- Rabbits have incisors, or front teeth, four on top and two on the bottom.
- Second sets of teeth called peg teeth

FKJ continued from page 13

City. Because the balls are white we managed to get in exactly 11 batting practice hits before we couldn't find any of the balls in the snow. I say 11 because once I regained consciousness and my vision cleared up, we were able to recover the one that hit me in the face and pitch it again. The girl's got some heat. I hope we and when I say we, I mean my children, make the team but if not I figure at least the next time I go to renew my children's passports it will be a whole lot easier since I can say, Hey, they were able to sign up for Little League! Play Ball!

FPT



Sudoku last month's Really Hard answer

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

Q: Why did the Easter egg hide?
A: He was a little chicken!

Q: What did the rabbit say to the carrot?
A: It's been nice gnawing at you.

Q: Why did the magician have to cancel his show?
A: He'd just washed his hare and couldn't do a thing with it.



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.** Pig Day, Plan a Solo Vacation Day
2. Namesake Day, Sherlock Holmes Day: 2-4
3. What If Cats and Dogs Had Opposable Thumbs? Day
4. Milo's Birthday, Unique Names Day
JCPL, TEENS Magazine Collage Night* 6:30
5. Learn What Your Name Means Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
6. Nametag Day
7. Middle Name Pride Day
Hands On, FREE Movie Night, 6:30, **Charlotte's Web**, Rated G.
8. Eggsibit (Decorating Egg Shells) Day (8-9), Genealogy Day, Girls Write Now Day
Sycamore Shoals 10:00 am Raising of the Colours Games all day, 2:00 pm Ladies' Tea, 5pm Company Meet, Watercolor 10am-1pm \$12 (+) or \$20 (w/supplies), Cherokee Honeysuckle Basket 1pm-4pm Cost: \$25 (w/supplies)
JCPL, Bilingual Storytime Span/Eng. 2 pm
Hands On, Girl Scout Badge Bash! 10:30-11:30, arts studio, Draw a picture in the style of Grandma Moses.
9. Check Your Batteries Day, Daylight Saving Time Begins, Get Over It Day, Panic Day
Sycamore Shoals, 10 am Raising of the Colours 10:15 am, Divine Services 11 am Games all day, 1 pm Skirmish or Firing Demonstration
Hands On, arts studio, Draw a picture in the style of Grandma Moses.
10. Napping Day, Salvation Army Day
Sycamore Shoals, Sweater Knitting 9am \$25/1 or \$80/4, Materials available from the instructor for \$8 to \$12.
JCPL, Family Storytimes 6:30 pm
11. Organize Your Home Office Day
JCPL Two's Time (age 2) 10 am, Preschool Pals (age 3-5) 11am, Books & Beyond* (grade 2-5) 4 pm
Hands On, Storytime, 2pm, Dr. Suess
12. Girl Scout Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
13. Open An Umbrella Indoors Day,
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, AARP Tax assistance, 12:30-4:30 pm Jones Meeting Room, Books & Beyond* (grade 2-5) 4 pm, Adult Book Group, What's Eating Gilbert Grape 7:00 pm
Hands On, Storytime, 2pm, Dr. Suess
14. International Ask A Question Day, Pi Day (as in the math pie = 3.14159265..) **Kingsport Arts4Kids** program "Charades and Improv" club workshop, VO Dobbins 4:15-5:45 PM.
15. Ides of March, Maple Syrup Day, **Kingsport Arts4Kids** program "Charades and Improv" club workshop 1-2:30 PM Renaissance Center in the Theatre
JCPL, Family Storytimes 2 pm Jonesborough, Easter Eggstravaganza, Persimmon Ridge Park, 1 pm- 3 pm, FREE, 753-1010 or www.jonesboroughtn.org
Hands On, arts studio, St. Patrick's Day mobile.
16. Lips Appreciation Day
Hands On, FREE admission, 1-4, arts studio, Make a St. Patrick's Day mobile.
17. ST. PATRICK'S DAY Campfire Girls Day
JCPL, Family Storytimes 6:30 pm
18. Forgive Mom and Dad Day
JCPL Two's Time (age 2) 10 am, Preschool Pals (age 3-5) 11 am
Hands On, Storytime, 2pm, Dr. Suess
19. Act Happy Day, National Chocolate Caramel Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
20. Absolutely Incredible Kid Day, Snowman Burning Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, AARP Tax assistance, 12:30-4:30 pm Jones Meeting Room, Adult Book Group, What's Eating Gilbert Grape 7:00 pm
Hands On, Storytime, 2pm, Dr. Suess
21. Good Friday, Common Courtesy Day,
22. As Young As You Feel Day, International Goof-off Day, World Day for Water
Hands On, arts studio, Swirly Paper
23. Easter, National Puppy Day, Near Miss Day
Hands On, arts studio, Swirly Paper
24. National Chocolate Covered Raisins Day
JCPL, Family Storytimes 6:30 pm
Hands On, 2:30-3:30 - Wonderful Night Sky
25. Pecan Day
JCPL, Two's Time (age 2) 10 am, Preschool Pals (age 3-5) 11am Bake & Take* 6:30 pm
Hands On, Storytime, 2pm, Dr. Suess
26. Make Up Your Own Holiday Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
27. Quirky Country Music Song Titles Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, AARP Tax assistance, 12:30-4:30 pm, Explorers* (K-5) Rocky Mount @ the Library 4 pm, Adult Book Group*, What's Eating Gilbert Grape 7:00 pm
Hands On, Storytime, 2pm, Dr. Suess
28. **Sycamore Shoals,** Watercolor Paint, 28 & 29 (2-day class) 10am-1pm, 1-day \$12 + supplies) or \$20 (w/supplies) 2-day classes: \$20 (+ supplies) or \$35 (w/ supplies)
29. National Mom & Pop Business Owner's Day, Texas Loves The Children Day
Sycamore Shoals, Watercolor Paint, 28 & 29 10am-1pm 1-day \$12 +) or \$20 (w/supplies) 2-day \$20 (+) or \$35 (w/supplies), Beginning Chair Bottoming, 9am-4pm \$30. Eastern Woodland Moccasins 10am-4pm \$65 (w/supplies).
BARTER THEATRE @ JCPL, "Where The Red Fern Grows", FREE, 11 am & 2 pm
Hands On, arts studio, Swirly Paper
Hands On, Physics of Flight
30. Doctors Day, Pencil Day
Hands On, Physics of Flight arts studio, Swirly Paper
31. Bunsen Burner Day, National "She's Funny That Way" Day
JCPL, Family Storytimes 6:30 pm

*Please Register **JCPL:** 434-4458 **Hands On:** 434-HAND

Crypto clue: k=n

www.mybusinesshasnowebsite.com

Across

- 2. The season of Easter
- 5. Please don't rain on this.
- 9. You dance this
- 10. Black jellybeans
- 11. Color of Saint Patrick's Day.
- 13. 3.14159265
- 17. The first day of spring
- 18. Might also be a cow that tells lame jokes.
- 24. Traditional Easter flower
- 25. What you do to find eggs
- 26. Hollow ones are good but solid ones are better
- 27. A way to color eggs
- 28. The first day of the Roman New Year.
- 29. Theodor Geisel
- 32. He brings treats for children on Easter
- 33. Boston basketball team
- 37. There is a pot of it at the end of the rainbow
- 38. Capital of Ireland
- 39. When someone gets you angry it is said they get your _____ up.
- 40. Yellow candy only available at Easter

Down

- 1. Legend has it that St. Patrick drove them from Ireland. (In a Punch buggy I think...no punch backs).
- 2. Much needed break for students AND teachers
- 3. The Easter Bunny carries eggs in this.
- 4. Capture him and get his gold
- 6. A box without hinges, key, or lid. Yet golden treasure inside is hid.
- 7. A five-line poem. The first, second, and fifth lines rhyme and so do the third and fourth. The first, third, and fifth have the same verbal rhythm (meter) and length, and so do the second and fourth.
- 8. Everybody gets a pair
- 12. We celebrate him on March 17

- 13. Goober Pea margarine
- 14. "Here he comes _____ hopping down the bunny trail."
- 15. This is a kite day
- 16. Find this for luck.
- 19. Candy Legumes
- 20. Ireland

- 28. No snakes here.
- 30. Find your pot of gold at the end of this.
- 31. Legend is that St. Patrick once plucked a leaf of it for use in illustrating the doctrine of the trinity.
- 33. Flower associated with the shamrock.

- 34. On what day of the week does Easter always fall?
- 35. Special Easter hat
- 36. You find this in the bottom of your basket

Family Pastime

Answers in the
May issue or online now
www.familypastime.com

- Forever
- 21. Smooth or sweet talk
- 22. Kiss this to master the art of sweet talk.
- 23. How are eggs cooked before hiding?



Technically these eggs aren't "rotten" they are "preserved" but from all accounts they SMELL rotten. I'm talking about the Century egg a Chinese cuisine ingredient made by preserving duck, chicken or other bird eggs in mixture of clay, ash, salt, lime, and rice straw. While the century egg is not actually a hundred years old it is several months to several years old. After the process is completed, the yolk becomes a dark green, cream-like substance with a strong odor of sulfur and ammonia and the white becomes a dark brown, transparent jelly with little flavor or taste. Is your moth watering yet? The transforming agent in century egg is its alkaline material, which gradually raises the pH of egg from around 9 to 12 or more. This chemical process causes an "inorganic version" of fermentation, which breaks down some of the complex, flavorless proteins and fats into simpler, flavorful ones.

So how would someone come up with the idea to do this with an egg and then actually eat this

horrible smelling thing? The primitive method likely came about through placing eggs in mud made from alkaline clay and water in order to preserve eggs in times of plenty for consumption in times of need. The clay hardened around the egg and likely resulted in the curing and creation of century eggs instead of spoiled



Century Egg Image by:
Lee LeFever - TwinF.com

The more modern "traditional" method instead of just using clay mixes wood ash, quicklime, and salt to increase the pH and sodium content of the clay mixture. This addition of natural alkaline compounds improved the odds of creating century eggs instead of rotten eggs and also increased the speed of the process. A recipe for creating century eggs through this process starts with the infusion of three pounds of tea in boiling water. Added to the tea is three pounds of quicklime, nine pounds of sea-salt, and seven

How To Eat Rotten Eggs

By: I.M. Yucky

horrible smelling thing? The primitive method likely came about

through placing eggs in mud made from alkaline clay and water in order to preserve eggs in times of plenty for consumption in times of need. The clay hardened around the egg and likely resulted in the curing and creation of century eggs instead of spoiled eggs. We are not sure how someone got past the smell and decided the egg was "preserved" and not spoiled.

"O. K. now YOU eat it."

pounds of wood ash from burning oak. This is then mixed together into a smooth paste. While wearing gloves to prevent corrosion of the skin, each egg is individually covered by hand. Each egg is then rolled in a mass of rice chaff to keep the eggs from adhering to one another before they are placed in cloth-covered jars or tightly woven baskets. In about three months, the mud slowly dries and hardens into a crust, and then the eggs are ready for consumption (you go first). The recipe makes around 100 to 150 century eggs.

According to a persistent myth, century eggs are or once were prepared by soaking eggs in horse urine. However, this is not likely since urine is usually acidic or very weakly alkaline, and the myth may arise from the ammonia smell created during some production processes

Eggs are eaten without further preparation, on their own or as a side dish. A recipe common in northern China is to slice century eggs over chilled silken tofu, adding liberal quantities of shredded young ginger and chopped spring onions as a topping, and then drizzling light soy sauce and sesame oil over the dish, to taste. They are also used in a dish called old-and-fresh eggs, where chopped century eggs are combined with (or used to top) an omelet made with fresh eggs.... YUM! **FPT**

Your Winning Smile Could...WIN!

There's something about an orange wedge that makes people smile—and when people smile, it's time to break out your camera.

In fact, people around the world are being asked to start slicing oranges or other citrus fruits for the biggest citrus-themed photo competition of its kind. The festivities are expected to draw thousands of international participants and headline the global celebration commemorating "100 Years of Sunkist."

Citrus lovers from around the world will be invited to submit original photos of themselves with a creative smile (orange wedge in the mouth) for a chance to win one of many grand-prize packages featuring international travel plus the bragging rights of having their winning "smile" flashed at the world-famous Times Square in New York City. Adding to the excitement, each time an eligible submission is received, Sunkist will make a donation from 100 cents to 100 yen to Special Olympics, up to \$50,000.



You can submit a photograph and brief caption through May 15, 2008 to www.sunkist.com.

On-screen instructions will direct participants to the appropriate in-language microsite for their country. Judging criteria are based on Creativity (40 percent), Fun Factor (30 percent) and Quality of Image (30 percent). One grand-prize winner and multiple first-place winners will be selected from each of the participating countries.

Over the last 100 years, Sunkist has become one of the most recognized food brands in the world and has built consumer trust by consistently delivering superior-quality, delicious-tasting fresh fruit.

Each year, millions of crates of citrus spanning more than 20 different varieties are harvested in California and Arizona and then shipped throughout the U.S. and abroad.

Special Olympics is an international nonprofit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. To learn more, visit www.specialolympics.org.

For more information about Sunkist and official contest rules, visit www.sunkist.com.

Citrus lovers have long known that their favorite fruit is capable of creating smiles—and great pictures. **FPT**

Q. Why did St. Patrick drive all the snakes out of Ireland?

A. He couldn't afford plane fare

Q. What happens when a leprechaun falls into a river?

A. He gets wet!

Instructions:

SUDO-KID-U 1

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

3			
			4
	1		
		4	

Instructions:

SUDO-KID-U 2

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

	3		
			1
			4
4			



HEALTH MATTERS

By: Patsy Meridith

Researchers have been giving considerable attention recently to vitamin D for its many health benefits. There is mounting evidence that clearly suggests deficiencies of vitamin D are associated with not only osteoporosis, but

also fatigue, altered immunity, diabetes and depression. In his recent book, *The Vitamin D Cure*, Dr. James Dowd, a researcher at Michigan State University, cites numerous patients who showed striking improvements in their energy levels, muscle tenderness and ability to lose weight by increasing intake of vitamin D. In his research, he discovered that 85% of his overweight patients had a marked vitamin D deficiency. Dr. Dowd explains that our widespread deficit is due to not getting enough sunshine or exercise and eating processed foods that interfere with its absorption. He suggests supplementing with 2000 to 3000 IU of vitamin D3 per day. As always, we guarantee your satisfaction.



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

**S
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**Answer
from last
month**

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

Fun Ways To Dye Your Easter Eggs!

Natural Easter Eggs Dying!

With the following ingredients and instructions you can dye Easter eggs with natural colors found around the kitchen.

SUPPLIES:

- Pale Red: Fresh beets or cranberries, frozen raspberries
- Orange: Yellow onion skins
- Light yellow: Orange or lemon peels, carrot tops, celery seed or ground cumin
- Yellow: Ground turmeric
- Pale green: Spinach leaves
- Green-gold: Yellow Delicious apple peels
- Blue: Canned blueberries or red cabbage leaves
- Beige to brown: Strong brewed coffee

HOW TO:

1. Put eggs in a single layer in a pan. Pour water in pan until the eggs are covered.
2. Add about a teaspoon of vinegar.
3. Add the natural dye appropriate to the color you want your eggs to be. (The more eggs you are dying at a time, the more dye you will need to use.)
4. Bring water to a boil, then reduce heat and simmer for 15 minutes.
5. Remove the substance you used to color the eggs. Put eggs in a bowl. If you want your eggs to be a darker shade, cover them with the dye and let them stand overnight in the refrigerator.

Crepe Paper Dye

SUPPLIES:

- Different color crepe paper
- Hot water

- Small bowls or cups
- Slotted spoon
- Cooking oil
- Soft cloth

HOW TO:

6. Soak crepe paper in hot water in individual bowls or cups for each color.
7. Add eggs and allow to sit in water until the desired color is achieved.
8. Remove with slotted spoon and allow to dry.
9. Polish with small amount of cooking oil and soft cloth.

Spotted or Stripped Eggs

Spotted Eggs: Put about 2 tsp. of cooking oil (Canola works well) in your dye. (You might want to make two containers of your dye, so you don't mess up all of your regular dye.) When you dip in your egg, it makes the dye not stick to the places where the oil is, thus making mysterious spots on your egg.

Stripped Eggs: Wrapping electric tape around an egg won't make a clear stripe, but it can make a really cool design! Take one or two pieces and wrap them around or stick them in various places. Then dye your egg. The dye will seem in along the edges of the tape and make great patterns.

Marble Eggs

SUPPLIES:

- Large glass jar
- Crayon stubs
- Vegetable grater

- Hot water
- Waxed paper or newspaper
- Empty egg carton

HOW TO:

10. Grate peeled crayons over waxed paper.
11. Fill jar with very hot water.
12. Drop bits of grated crayon into water.
13. Add hard boiled as soon as crayon begins to melt.
14. Twirl egg in water with spoon. the wax should make a design on the egg.
15. Carefully remove egg and set upside-down in egg carton to dry.

Q. Why was the Easter Bunny so upset?

A. He was having a bad hare day!

Q. Why shouldn't you tell an Easter egg a good joke? A. It might crack up!

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.

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

Q: How did the Irish Jig get started?

A: Too much to water to drink and not enough restrooms!

SUDO-KID-U answers from last month

2	3	1	4	01 ←	1	3	4	2
1	4	2	3		4	2	3	1
4	2	3	1	02 →	3	1	2	4
3	1	4	2		2	4	1	3



THE magazine for the WHOLE family

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- 4) Follow the directions
- 5) See your ad in next month's issue.

Family Pastime Magazine

is a great way to put your message in front of Families, Parents, Grandparents and Children.



Top Ten Things To Consider When Choosing Home Health Care

(NAPS) Whatever your age, here's something you may find intriguing: Today, baby boomers comprise about 30 percent of the U.S. population and more than one-third of them are caring for an older parent, according to AARP.

In addition, a recent survey showed that two-thirds of boomers have children under the age of 18 living in their households. As this so-called "sandwich" generation continues to age, private home health care is increasingly important for the health and well-being of all three generations.

What To Expect

Home health care is a way for people to enjoy living at home safely rather than end up in residential, long-term or institutional-based nursing care, while allowing them to maintain their independence and dignity. Care workers may visit the patient's home to help with daily tasks such as going to bed, dressing, personal hygiene, some household tasks, shopping, cooking, and supervision of medication as well as accompanying their clients to doctors' appointments. Workers typically visit the home

on a schedule determined in part by a licensed physician and in part by the patient's needs. Visits range from a few hours per day on a few days per week to round-the-clock attendance.

What To Look For



According to Partners in Care, when selecting someone to provide care for you or your family at home, look for the following:

- Credibility, trustworthiness and compassion;
- A caregiver that fits the patient's medical needs, personality and interests;
- Fluency in the patient's own language.

In addition, the home health care agency should measure your satisfaction on a regular basis to ensure that services are upgraded to meet your needs. Health care professionals most often involved are nurses, followed by physical therapists and home care aides. Other health care providers include respiratory and occupational therapists, medical social workers and mental health workers. In the U.S., home health care is generally paid for by private health insurance, Medicare or Medicaid, or directly by the patient or family.

What To Ask

To ensure the highest level of care, ask the following questions of a prospective home care provider before

making a final decision:

1. What types of services do you provide and how quickly can you provide them?
2. Is the agency or individual licensed and insured and by whom?
3. Are the home health aides screened and in what manner?
4. What kind of professional training have your aides received? How many hours? Do they receive advanced courses?
5. What kind of health care team support do your aides receive?
6. If my aide calls in sick, needs time off or just doesn't show up, how quickly can you provide a fully qualified and screened replacement?
7. Do you provide 24/7 live clinical support in case of an emergency?
8. Are your aides trained to be sensitive to the unique cultural, ethnic, personality, personal care and personal interest needs of the patient?
9. What controls and systems do you have in place to monitor and prevent theft and abuse?
10. Will your agency help me navigate payment options and continuity of care, especially in a situation that may involve a mix of Medicare, private insurance and private pay?

Dealing with declining health is never an easy task but knowing that licensed, skilled health care professionals are caring for your loved ones can bring much-needed peace of mind.

What To Do To Learn More

For more information and answers to these questions, contact Partners in Care at (888) 943-8435 or on the Web at www.partnersincareny.org. Or, locally contact Teri Gilliam of Senior Citizens Services 423-571-1567 on the web at www.myseniorcitizensservices.com.

FPT

SUDOKU REALLY HARD

Instructions on page 21

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The Rules Of Chocolate

If you get melted chocolate all over your hands, you're eating it too slowly.

The problem: How to get two pounds of chocolate home from the store in a hot car.

The solution: Eat it in the parking lot.

Diet tip: Eat a chocolate bar before each meal.

It'll take the edge off your appetite and you'll eat less.

If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?



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Ask-A-Nurse is available 24 hours a day for your health questions or concerns.