

**MARCH 2010**

**FREE**



Take Two  
 and give  
 one to  
 a friend

Win  
 \$1000  
 In Ugliest  
 Pet Photo  
 Contest  
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**MARCH WEEKLY OBSERVANCES**

- National Cheerleading Week: 1-7
- National Ghostwriters Week: 1-7
- National Write A Letter of Appreciation Week: 1-7
- Newspaper in Education Week: 1-5
- National Procrastination Week: 1-7
- Return The Borrowed Books Week: 1-7
- Universal Human Beings Week: 1-7
- Yo Yo and Skill Toys Week: 1-7
- Iditarod Race: 6-21
- Celebrate Your Name Week: 7-13
- Consumer Protection Week: 7-13
- National Words Matter Week: 7-13
- Save Your Vision Week: 7-13
- Telecommuter Appreciation Week: 7-13
- Professional Pet Sitters Week: 7-13
- Read an E-Book Week: 7-13
- Teen Tech Week: 7-13
- Make A Referral Week: 8-12
- National Sleep Awareness Week: 8-12
- National School Breakfast Week: 8-12
- Universal Women's Week: 8-14

- Campfire USA Birthday Week: 14-20
- National Poison Prevention Week: 14-20
- National Toad Hollow Week: 14-21
- National Agriculture Week: 14-20
- Animal Poison Prevention Week: 14-20
- Act Happy Week: 15-21
- Wildlife Week: 15-19
- Brain Awareness Week: 15-21
- Welllderly Week: 15-21
- American Chocolate Week: 15-21
- National Bubble (blowers) Week: 19-27
- Consider Christianity Week: 21-27
- Passion Week: 21-27
- Week of Solidarity with People's Struggling Against Racism & Discrimination: 21-27
- World Folk Tales & Fables Week: 22-28
- National Cleaning Week: 28-4/3
- Holy Week: 28-4/3
- National Protocol Officer's Week: 29-4/4
- Root Canal Awareness Week: 28-4/3

**MARCH MONTHLY OBSERVANCES**

- Adopt A Rescued Guinea Pig Month
- American Red Cross Month
- Deep Vein Thrombosis (DVT) 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
- Listening Awareness Month
- International Mirth Month
- Irish-American Heritage Month
- Music In Our Schools Month
- National Caffeine Awareness Month
- National Cheerleading Safety Month
- Chronic Fatigue Syndrome Awareness
- Clean Up Your IRS Act Month
- Colorectal Cancer Awareness Month
- National Craft Month
- National Ethics Awareness Month

- National Eye Donor Month
- National Frozen Food Month
- M.S. Education & Awareness Month
- National Kidney Month
- National Nutrition Month
- National On-Hold Month
- National Social Work Month
- National Umbrella Month
- National Women's History Month
- Orlando Family Spring Break (3/1-4/30)
- Optimism Month
- Play The Recorder Month
- Poison Prevention Awareness Month
- Red Cross Month
- Save Your Vision Month
- Sing With Your Child Month
- Small Press Month
- Spiritual Wellness Month
- Supply Management Month
- Women's History Month
- Workplace Eye Health and Safety Month
- Youth Art Month

**Instructions:**

**Sudoku** Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

**SUDO-KID-U:** Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.

**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 answers.**

**Basic Subscription Rate:**

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 order online at www.familypastime.com

Last Month's Medium answer **SUDO-KID-U 1**

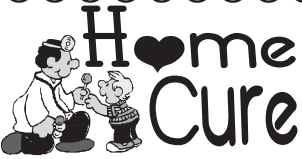
1	6	7	4	3	9	2	8	5
4	3	8	2	6	5	7	9	1
5	9	2	1	8	7	3	6	4
8	2	6	9	5	1	4	3	7
9	4	1	3	7	6	5	2	8
7	5	3	8	4	2	6	1	9
3	1	9	7	2	4	8	5	6
2	7	5	6	9	8	1	4	3
6	8	4	5	1	3	9	7	2

**SUDO-KID-U 01** Last month's Answers **SUDO-KID-U 02**

		3	
			2
1			
3		2	

4	3	1	2
1	2	4	3
3	4	2	1
2	1	3	4

3	4	1	2
1	2	3	4
4	1	2	3
2	3	4	1



## Hiccups

### Causes & Symptoms



• For recurring hiccups, suck small pieces of fresh

ginger.

- Plug your ears with your fingers and drink something with a straw.
- Lay on your back.
- Put a paper bag over your mouth and nose and breathe several times.
- Eat a spoonful of peanut butter.
- Pull your tongue out of your mouth as far as you can and hold it for a couple of seconds.
- Plug your ears and nose and drink water.
- Sing or laugh as loud as you can.
- Tickle your uvula (the piece of skin that hangs down deep inside in your mouth) with a wrapped straw or spoon.
- Engage yourself in talking with somebody and do not care about hiccups. The hiccups will stop in five minutes.
- Tickle the roof of your mouth with a cotton swab at the point where the hard and soft palate meet.
- Chew and swallow dry bread.

- Suck a lemon wedge soaked with Angostura bitters.
- Compress the chest by pulling the knees up or leaning forward.
- Gargle with lukewarm water.
- Suck on crushed ice.
- Place an ice bag on the diaphragm just below the rib cage.
- Combine 1/2 tsp mustard seeds with 1/2 tsp of pure ghee and swallow it
- Drink one ounce of white vinegar
- Drink some water from the other side of the cup (the far side), so that your basically sort of drinking upside down
- Fill a small glass with tap water and place a paper towel over the opening of the glass. Drink all of the water through the paper towel.
- Suck on a slice of lime with bitters on it
- Drop a just lit burning match into a small glass of water. Drink water (not the match).
- Drink a few tablespoons of dill pickle juice.
- Drink a glass of milk
- Eating a banana really fast
- Squeeze a little mustard on your finger, put it on the back of your tongue then swallow it.
- Drink cranberry juice real slow

**H**iccups occur when diaphragm contracts repeatedly causing the opening between the vocal cords to slam shut, generating the hic sound. Hiccups may be due to fast eating with the chance of swallowing air, or eating too much foods causing irritation of the diaphragm.

- Place a tablespoon of sugar in mouth and suck slowly.
- Block both ears and drink 6 ounces water without stopping to breathe.
- Hold your breath as long as possible, and let it go out. The lungs expand and push down on the diaphragm, stopping hiccups immediately.
- Take a deep breathe through your mouth, lean forward and push down your stomach. Hold in that position as long as you can and then slowly exhale the air through your mouth.
- Mix 2 tsp of salt in a cup of plain yogurt (curd, yogurt) and eat.
- Boil 1/2 tsp of cardamom fresh powder in 2 cup water till about 1 cup water remains, Sieve it and drink a glassful of this warm water.

*"Home Cures" information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Family Pastime Magazine, Family Media Group LLC, the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. 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*

## Win \$1000 in the PetMeds World Games Pet Photo Contest

- Ugliest Pet May, 1-May, 3
  - Funniest Pet April, 1-April, 30
  - Cutest Pet May, 1-May, 31
- \$1000 prize  
 No purchase necessary.  
 Open to all legal residents of the United States who are 18 years of age or older. Void where prohibited.  
 How to Enter: To enter online, go to <http://contest.1800petmeds.com> during the entry period, follow the links, complete the online entry form with your name and email address then click submit. You will receive an email back with a link to click on in order to verify

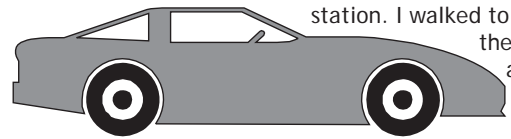
your email address. The link will lead you to a web page where you can upload your photo and fill out your pet type, breed, pet name, and home address. Attach a good quality photo of your pet using either a .jpg, .jpeg, .gif, .png or .bmp electronic format that does not exceed 3.0 MB in size. All photos (except those deemed inappropriate) that abide by the contest conditions will be posted on the web site where visitors may vote. This is the only way to enter this contest. No other method of entry will be accepted. Limit one entry/photo and one vote per email address.

Go to <http://contest.1800petmeds.com> to see the entries, vote and view the winners. All submitted photos are encouraged to be shared on popular social networks and with family and friends to help pet owners receive the maximum number of votes. This contest is void where prohibited by law. For official terms and rules, please visit <http://contest.1800petmeds.com>. **FPT**

FATHER KNOWS BEST

By Chris Joker

Around Town Car



station. I walked to it...in the rain, and asked if there was

When my brother passed away three and a half years ago he left me his Corvette. This car was Corvette in name only. He owned a used car lot in South Carolina and got the car at an auction. After driving the car a while I get the impression that he purchased several good cars at the auction and they said "You can have all those good cars only if you take this Corvette too". The fact that the car had jumper cables, cans of oil and a bottle of water in it when I got it should have been a clue.

A few weeks after I got the car I was going to Chattanooga to visit a girl. I thought, "I'll bring the Vette to impress her". Any activity that begins under the guise of impressing a girl cannot turn out well. Friday after work I threw a few things in the Vette (if you have ever seen the inside of a Vette you know you can really only put in a FEW things) and started on my way. In Greenville I got hungry so I stopped at a drive thru for a burger. After getting my food I started on my way and pushed the button to put the window up. The window started moving up very slowly. After what seemed like an eternity the window closed. I thought that seemed odd, none the less I was on a mission to impress a girl. It was getting dark so I turned on the headlights. The radio went out. Odd. After a few minutes the radio came on again. I was contemplating the radio issue when the rain started. Naturally I turned on the windshield wipers. If you have been paying attention you may have already figured out that turning on the windshield wipers caused the radio to go out. In the name of science, and really towards the greater good of impressing a girl, I turned off the wipers..... the radio came back on. Rather than being concerned about what surely were symptoms of

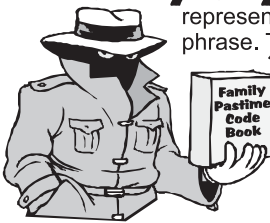
a larger problem I did what any boy would do, I started thinking, "if it doesn't rain and we only drive in the daylight I think we may still be able to play the radio and she will still be impressed". Then it went out again. At this point the rain was really starting to come down so I tried the windshield wipers again they slowly moved back and forth really just pushing the now heavy falling rain across the windshield more than wiping it. The windows were beginning to fog up and since turning on the defroster would surely cause the headlights to go out I attempted to open the window a bit. 15 minutes later I had a small opening in the top of the window. I was about 20 miles outside of Knoxville when I called my Dad to get his take on these strange occurrences. I said "I don't know if it's the battery or the alternator". "The battery probably wouldn't cause this, would it?" He replied, "Tell me you are joking. You are NOT taking that car to Chattanooga. THAT IS AN AROUND TOWN CAR." That is actually what he said to me "THAT IS AN AROUND TOWN CAR." Here I am a grown man, a father, a business owner and my Dad is treating me like a teenager. In my Dad's defense, I was kind of acting like a teenager by taking the car to impress a girl. We chatted about it for a few minutes, threw around some ideas and I let him go. I was in Knoxville, the rain was pouring, the windshield wipers were not really wiping, the headlights were not really "lighting" and I was getting worried. I decided to pull off at a spot where I saw a hotel so, if I had to I could stay overnight and figure it out in the morning. The second I hit the off ramp the car died. Nothing. No engine, no lights, nothing. Fortunately it was a downhill ramp. As I got towards the bottom of the ramp I gave a silent prayer that the light would remain green. It did. I rolled through the intersection and pulled the car off the road under the overpass. About a mile down the road I could see a gas

anybody around that could tow my car. The clerk gave me a number The woman that answered asked me where I wanted it towed. Good question. I thought about asking if there was a car crushing facility nearby but instead decided on a car parts store that was still open. Apparently since Corvettes are so low to the ground, you cannot use a normal tow truck so I had to wait until the flatbed tow truck was available. 40 minutes latter some guy showed up in a flat bed truck. He got out of the truck and motioned for me to get in the driver's door, "The passenger's side door don't work." "Awesome." When we got to the car he backed the truck up and started hooking up the chains. I saw him under the back of the car with some sort of light so he could see where to hook the chains. I walked closer only to discover the light he was using was coming from a butane lighter. Now the Corvette, like most cars, has its gas tank in the rear of the car. I began backing away. I put the flatbed between me and the impending bomb at the back of my Corvette. Somehow he got the car on the truck without blowing us all up. It was just before 8:00 when we made it to the parts store. The car was unloaded and I went in to see if they could check my battery. "Sure, just bring it in and we will hook it up." "...bring it in?" "Yeah we don't have a machine that we take to the car, so you will have to bring the battery in here". Lucky me, I get to take my battery out, in the rain. I popped the hood to take out the battery. I removed the cables and as I was doing so I noticed there was some sort of bar welded across the top of the battery box. There was no way to get the battery out. I went back in the store where the employees and a customer

Please see FKJ continued from page 8

Family Crypto-Time

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



EB 6 UGD KYC LGDDCW LCFDW BEDPV 6

BCEI-ANGB IACNHT, EV YH AFLMS? ~Stanislaw J. Lec

Look on the Fun Family Events page for a clue. Look for the answer next month.

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Fun Family Events

m a r c h



**NOTE:** Every effort is made to assure the accuracy of events and dates. Please double check with the sponsor before attending an event. Submit information on upcoming events by the 15th of the month prior to: [events@familypastime.com](mailto: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, Refired, Not Retired Day  
**JCPL** Family Storytime 6:30 pm Dr. Seuss' Birthday Celebration
- 2.** Namesake Day, Read Across America Day  
**JCPL** Mother Goose Time\* (age 1) 9:30 am 6 week program, Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am
- 3.** I Want You To Be Happy Day, National Anthem Day, Peace Corps Day, What If Cats and Dogs Had Opposable Thumbs? Day  
**JCPL** Mother Goose Time\* (age 1) 9:30 am 6 week program, Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 4.** Milo Birthday, Benjamin Harrison Day, Courageous Follower Day, Scrapbooking Industry Day, March Forth-Do Something Day, Grammar Day, Old Inauguration Day  
**JCPL** Mother Goose Time\* (age 1) 9:30 am 6 week program, Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 5.** Nametag Day, World Day of Prayer
- 6.** U.S. Snowshoe Day
- 7.** Academy Awards, Daughters' and Sons' Day,
- 8.** Day for Women's Rights & International Peace, Fun Facts About Names Day, Girls Write Now Day, Working Women's Day  
**JCPL** Sit! Stay! READ!\* 4-5 pm grade 1-5 Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 9.** Barbie Day, Get Over It Day, Organize Home Office Day, Panic Day, Unique Names Day  
**JCPL** Mother Goose Time\* (age 1) 9:30 am 6 week program, Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am, TEEN EVENT - GAME NIGHT\* 6 pm
- 10.** Learn What Your Name Means Day, Day of Awesomeness, Salvation Army Day  
**JCPL** Mother Goose Time\* (age 1) 9:30 am 6 week program, Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 11.** Dream 2010 Day, Johnny Appleseed Day, World Kidney Day, Girl Scout Day  
**JCPL** Mother Goose Time\* (age 1) 9:30 am 6

- week program, Two's Company 10 am (age 2), Tales & Talk - Adult Book Group 10:30 am "The Daily Coyote" by Shreve Stockton, Preschool Storytimes 11 am (age 3-5), K-2 Story Stretchers\* 4 pm (Grade K-2)  
**Hands On!** Owl Pellet Dissection\* 9:30-10:45 am dissect an owl pellet and reconstruct the skeleton found inside it. Ages 8+, cost \$8
- 12.** Middle Name Pride Day  
Hand On! What's a Polymer? Eastman Lab
- 13.** Donald Duck Day, Earmuffs Day, Fanny Pack Day, Genealogy Day, Good Samaritan Involvement Day, K-9 Veterans Day, Open An Umbrella Indoors Day  
**JCPL** Chess with Ralph Roller 10 am-NOON (K-5th), Bilingual Storytime (Span/Eng) 2 pm
- 14.** Daylight Saving Time Begins, Check Your Batteries Day, Ask A Question Day, Pi Day, MOTH-ER Day, Potato Chip Day
- 15.** Brutus Day, Buzzards Day, Ides of March, Napping Day, True Confessions Day
- 16.** Wellderly Day, Curlew Day, Freedom of Information Day, Lips Appreciation Day  
**JCPL** Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am
- 17. ST. PATRICK'S DAY**  
**JCPL** Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 18.** Absolutely Incredible Kid Day, Awkward Moments Day, Companies That Care Day, Forgive Mom and Dad Day, Biodiesel Day  
**JCPL** Tales & Talk - Adult Book Group 7 pm "The Daily Coyote" by Shreve Stockton
- 19.** Chocolate Caramel Day, Swallows Return to San Juan Capistrano Day  
**Jonesborough Repertory Theatre:** Alice In Wonderland 7 pm 423-791-4440  
**Hands On!** Treasure! Artshop\* create all things Treasure! Cost is \$10 ages 6-9. 3:30 - 5:00 pm
- 20.** Vernal Equinox, Great American Meat Out Day, Kiss Your Fiance Day, Jump Out! Day, Proposal Day, Agriculture Day, Quilting Day, Snowman Burning Day, Won't You Be My Neighbor Day, Corn Dog Day, Maple Syrup Day

- JCPL** Sit! Stay! READ!\* 2-3 pm grade 1-5 Read to a Certified Therapy Dog for 15 minutes  
**Jonesborough Repertory Theatre:** Alice In Wonderland 7 pm 423-791-4440
- 21.** Memory Day, Common Courtesy Day, Spring Fairy Fun Day, World Down Syndrome Day  
**Jonesborough Repertory Theatre:** Alice In Wonderland 2 pm 423-791-4440
- 22. Abby Birthday,** As Young As You Feel Day, Goof-off Day, World Water Day  
**JCPL** Sit! Stay! READ!\* 2-3 pm grade 1-5 Read to a Certified Therapy Dog for 15 minutes, Family Storytime 6:30 pm
- 23.** Puppy Day, Near Miss Day, Meteorological Day, Diabetes Association Alert Day  
**JCPL** Two's Time\* (age 2) 10 am, Preschool Pals\* (age 3-5) 11 am, "Diary of a Wimpy Kid" Program\* 4pm (grade 3-5)  
**Hands On!** Through March You Are What You Eat
- 24.** Chocolate Covered Raisins Day  
**JCPL** Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 25.** Letting Go of Stuff Day, Pecan Day
- 26.** Make Up Your Own Holiday Day  
**Jonesborough Repertory Theatre:** Alice In Wonderland 7 pm 423-791-4440
- 27.** Celebrate Exchange Day, Earth Hour, Education and Sharing Day, Quirky Country Music Song Titles Day  
**Jonesborough Repertory Theatre:** Alice In Wonderland 7 pm 423-791-4440
- Kingsport Senior Center.** Team event; teams of 4 to 5 people. compete in various fun, mind boggling challenges. 9am- noon. Info at 423-392-8405
- 28.** Palm Sunday, Weed Appreciation Day  
**Jonesborough Repertory Theatre:** Alice In Wonderland 2 pm 423-791-4440
- 29.** Passover, Knights of Columbus Founders Day, National Mom & Pop Business Owner's Day
- 30.** Doctors Day, Grass Is Always Browner On The Other Side Of The Fence Day, Pencil Day
- 31.** Bunsen Burner Day, National "She's Funny That Way" Day

\*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **crypto clue: U=F**

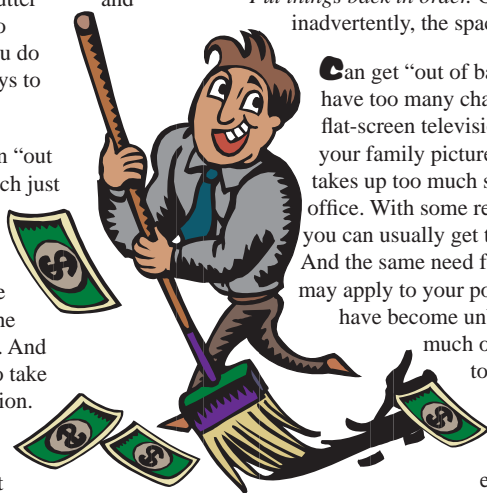
# Family Financial Focus Time For "Spring Cleaning" Of Your Investments

Spring is here — time and to spruce up your house, get rid of clutter get things organized. But this year, go beyond your home and yard when you do your spring cleaning and look for ways to rejuvenate your investment portfolio.

Of course, you don't have to take an "out with the old, in with the new" approach just for the sake of changing things up. But to consistently make progress toward your financial goals, you may need to make adjustments in response to changes in the financial markets, the economy and your personal situation. And springtime is as good a time as any to take a fresh look at your investment situation.

So consider these suggestions:

- *Dispose of things that aren't working.* Whether it's a burnt-out computer, a non-vacuuming vacuum cleaner or a treadmill that lost its grip back when "the Web" was reserved for spiders, we all own things that are no longer useful. And the same may be true of some of your investments. If one hasn't performed the way you had hoped, and you've given it adequate time, you may be better off by replacing it and using the proceeds to purchase another investment.
- *Get rid of duplicates.* If you went through everything in your house, you might find several items that do the same thing. Do you really need two toaster ovens? And how many radios can you listen to at one time? If you looked at your investment portfolio in this same way, you might be surprised to find some redundancies. For example, do you own several stocks issued by similar companies that make similar products? This might not be a problem when the stock market is booming, but it could be a definite concern if a downturn affects the industry to which these companies belong. Always look for ways to diversify your holdings. While diversification,



by itself, can't guarantee profits or protect against loss, it can help you reduce the effects of volatility.

- *Put things back in order.* Over time, and inadvertently, the spaces in your home

Can get "out of balance." Perhaps you have too many chairs in one corner, your flat-screen television is crowding out your family pictures, or your new desk takes up too much space in your home office. With some rearranging, however, you can usually get things back in order. And the same need for rearrangement may apply to your portfolio, which might have become unbalanced with too much of one investment and too little of another.

This situation could undermine your financial strategy, especially if the

imbalance means you are taking on too much risk or, conversely, if your holdings have become too conservative to provide the growth you need. So look for ways to restore your portfolio to its proper balance — one that reflects your risk tolerance, time horizon and long-term goals.

By giving your portfolio an annual spring cleaning, you can help make sure it reflects your current needs and is positioned to help

*Provided By: Lindsey Wortman  
Edward Jones Investment Representative*

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# FREE Family Strengthening Virtual Symposiums Online

America's Top Family Strengthening Experts to Present in Web-based Sessions

- **Childhood Obesity: Our Kids, Supersized** Dr. Richard Visser, Childhood Obesity Researcher and Educator Tuesday, March 2, 2010
- **Top 5 Parenting Problems & Their Solutions!** Michele Borba, Educational Psychologist and Author Thursday, March 4, 2010
- **Surviving and Overcoming Economic Challenges** Clark Howard, Consumer Reporter and Advocate Tuesday, March 9, 2010
- **Is Your Teen a Crime Victim?** Mitru Ciarlante, Director, Youth Initiative, National Center for Victims of Crime Thursday, March 11, 2010
- **Finding a Way Home: At-risk and Runaway Youth** Natalie D. Smith, Training and Education Manager, National Runaway Switchboard Tuesday, March 16, 2010
- **High School Graduation: Saving Money, Saving Lives** Lily Eskelsen, Vice President, National Education Association Thursday, March 18, 2010
- **Bullying through the Eyes of a Child** Michael Dorn, Executive Director, Safe Havens International Inc. Tuesday, March 23, 2010

- **How Are the Children?: A Toolbox for Breaking the Cycle of Domestic Violence** Victor Rivas/Rivers, Actor and Spokesperson, National Network to End Domestic Violence Thursday, March 25, 2010



Boys & Girls Clubs of America's Family PLUS Web site ([www.familyplus.bgca.org/symposium](http://www.familyplus.bgca.org/symposium)) becomes a virtual meeting ground for parents, caregivers, Club professionals – and anyone who cares about families and communities. Symposium attendees will come together through Web-based seminars with the nation's top experts on family issues.

**Here's how it works:**

- Beginning March 2, Webinars will be hosted every Tuesday and Thursday throughout the month of March, each lasting approximately 30 - 45 minutes.
- Each session consists of a presentation by one of eight proven experts in their respective

fields. Throughout the session, attendees can submit questions which will be answered and posted on the site along with the recording of the session the following day.

- Sessions are open to the public, designed for parents, caregivers, Boys & Girls Club professionals, members of the media and others who support families.
- Pre-register for the sessions you want to attend by visiting the Family PLUS Web site. Registration for the virtual symposium is absolutely free!

"The Family Strengthening Virtual Symposium will provide a variety of tools and resources that families and caregivers can use to further strengthen the family unit," said Jenny Lewis, vice-president, Kimberly-Clark Foundation. "Kimberly-Clark's sponsorship demonstrates our company's commitment to strengthening families, as well as our ongoing support of Boys & Girls Clubs of America's quest to fulfill their mission of helping provide opportunities that change lives and create productive citizens and leaders of tomorrow."

FPT

- *May the road rise to meet you, may the wind be always at your back, the sun shine warm upon your face, the rain fall soft upon your fields and until we meet again, may God hold you in the hollow of his hand.*
- *May the face of every good news and the back of every bad news be toward us.*
- *May the roof above us never fall in, and may we friends gathered below never fall out.*

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**FKJ** *continued from page 4*

named Gilbert all explained to me that in order to get the battery out of this model Corvette; you had to take the fender off. I AM NOT MAKING THIS UP! I had to take the fender OFF to get the battery out. I cannot even imagine the argument the engineer made to justify this brilliant idea. So Gilbert, who had a pickup truck FULL of tools just happened to have the exact tools I needed and loaned them to me. I got the battery out and brought it in to the store they hooked it up and told me it would be at least thirty minutes so they could charge the battery and see if it would hold the charge. I offered to buy Gilbert a cup of coffee while we waited. As we waited Gilbert explained to me how the mafia was after him and that he had gone on the lamb to hide from them. I started thinking 'I'm not sure I want to be seen with 'ol Gilbert'. 30 minutes of coffee, doughnuts and hiding behind a menu later, we headed back to the parts store. The battery was charged and apparently not the problem. So it appeared that it was the alternator. Of course the parts house did not have one in stock and could not get it until tomorrow morning. I had them call around and they found another parts store down the street that had one in stock but they were closing in 10 minutes. I had them hold it for me and raced to get the battery back in the car and, of course...the fender back on. I then turned the key and the car sprang to life. Gilbert offered to help me put the alternator in and I exclaimed, "That would be great" as I flew out of the parking lot heading to where I thought and

hoped the store with alternator was. At five minutes to nine I entered the other store and spied my new alternator sitting on the counter. I paid for it and bought a flashlight. Gilbert and I were installing the alternator as the store was turning out the lights. We almost had it in when Gilbert dropped a bolt somewhere in the engine compartment. Luckily amongst the thousands of tools in Gilbert's truck he had a box of bolts which, after 30 minutes of hunting and trying we found one that would work, sort of. I insisted on paying Gilbert for his help, I didn't want the Mafia thinking Gilbert was doing favors for me, and I was back on my way to Chattanooga. I made it to Chattanooga by 11:00. Somehow I do not think I impressed this girl at all. But I learned a valuable lesson; the Corvette is AN AROUND TOWN CAR! **FPT**

**Sudoku** last month's Really Hard answer

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

**SUDOKU HARD Instructions:** page 2

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

**Sudoku Really Hard Instructions:** On page 2

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

**Recently Desie Gentry from the Beck Mountain corn maze sent me a letter about an event she was planning. I was going to write something up about it and then I realized, I could not say it any better than she did so here is the letter she sent me:**

**SAT. MARCH 27th AT 6pm  
HERE AT BECK MOUNTAIN CORN  
MAZE NEW HAT/SCARF/SPA PARTY!**

Come to my "HAT/SCARF 500 PARTY!" Recently I went through the Look Good Feel Better program at the American Cancer Society in Johnson City (because I've lost all my hair from the chemo treatments). While there, I noticed they were low on hats and scarves to give out. They are run by donations ONLY! So, I got the idea of having a hat/scarf party!

Everyone come and bring a NEW hat or scarf to donate to cancer patients who lose their hair while going through chemo treatments! One of my friends is a beauty consultant and will be doing SPA TREATMENTS TOO! If you'd like to purchase something...she is donating ALL proceeds to the American Cancer Society for the Look Good Feel

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Better Program! DON'T THINK IF YOU COME YOU'RE OBLIGATED TO BUY ANYTHING! But please do come and bring a hat or scarf! I've set a goal of 500! I'm hoping to get every church in the Tri-Cities area involved!

AND WEAR YOUR PAJAMA'S!!!! IT'S ALL ABOUT A GIRLS "COMFORTABLE" NIGHT OUT!!!!!! I will have a chemo treatment on the Thursday before this night, so I will be in my PJ's and I would love for everyone else to wear theirs too! Bring them to change into if you feel funny about wearing them on the way here!

I can't wait and I hope you'll help me spread the word!!!!!! Invite EVERYONE you know of! The more the merrier! We'll be having it in the barn. And yes, it's heated, and it's not a barn like you think! We built it just for things like this, AND we don't charge anything for legitimate fund raisers held here!

Spread the word! Let's see just how many OVER 500 we can get to donate!

...oh yea...we'll have food too!

Hope you'll come!

Desie Gentry

Diagnosed with breast cancer

November 12th, 2009



## Making A Terrarium

6. Water lightly about 3 to 4 oz.
7. Add decorative elements to suit.

**N**eglect it: water lightly in a few weeks, only when it gets dry. Place it in a bright light, never leave it in direct sunlight. When the plants get big pinch off the new growth and they will get bushier. Do not fertilize. The Terrarium allows you to grow plants which require a high degree of humidity, and would otherwise perish in the dry atmosphere of a heated home. Plants suitable for growing in a Terrarium are

begonias, small ferns, mosses, bromeliads, ivy, creeping fig, miniature African violets, wondering Jew, miniature gloxinias to name a few.



**A** Terrarium is a collection of compatible plants in an enclosed or partially enclosed, clear glass container. It is said "Terrarium 101 is how to neglect your plants and be rewarded for it." Creating a Terrarium filled with ferns and other small plants is a practical and fun way to have a miniature landscape inside your home or office. It is a self contained environment because it recycles its moisture.

### HOW TO START A TERRARIUM

1. Select a container of clear glass, you can use bottles, jars, aquariums, fish bowls even brandy snifters.
2. Place 1/2 inch layer of coarse sand or gravel and sprinkle a small amount of activated charcoal on top.
3. Place a thick layer of moss on top.
4. Add a layer of regular potting soil and some perlite or vermiculite to lighten it up.
5. Install plants, do not over plant, and leave room to grow.

Potting soil and some Perlite or Vermiculite

**A** reptile Terrarium simulates the natural habitat.. It should be opened on top to provide oxygen. It is best to water and feed it through a front port a sliding door or removable panel. Animals to consider are chameleons, gecko, snakes, and turtles dart frogs or tarantulas. **FPT**

Gravel

Q: Why should you never iron a four leaf clover?  
A: You don't want to press your luck!"

## SUDOKU Medium

Instructions on page 2

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

### Wax Removal from Carpet

The last thing any of us need is wax dripped on the carpet. Once it hardens, it seems impossible to remove. All is not lost though. For cleaning carpet stains made by wax, first chip off as much of the surface wax as possible, using a dull knife or paint scraper. Once that is done, place a cloth or several layers of paper towels over the wax and apply a warm iron. Iron the towel for a few minutes and then lift. The wax should now be on the cloth instead of the carpet. Remove carpet stains left behind by blotting with a vinegar, or if it doesn't come up easily, nail polish remover.

### Last month's HARD answer

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

# How To Train A Cat

**M**any people are dubious as to whether or not you can really train a cat to do tricks, like those that dogs do. In fact, cats are very intelligent, and respond well to positive training methods.

**O**ne of the most successful methods of training cats is clicker training. It relies on the use of food and rewards to reward your cat for doing the right thing. Rewarding a behavior increases the likelihood it will happen again, so in this way, you can teach your cat what you want it to do.

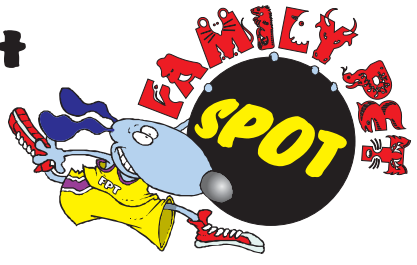
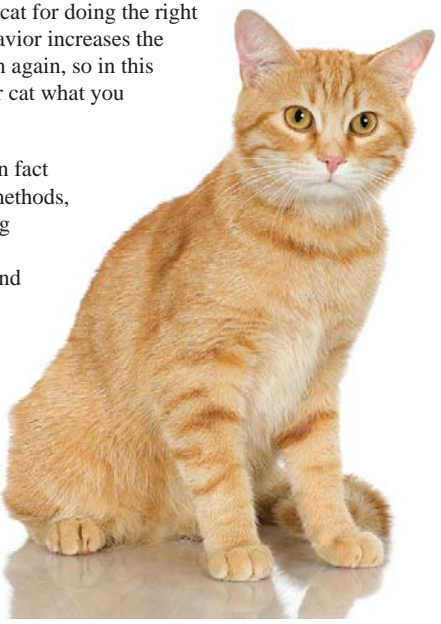
**C**licker training, and in fact most positive training methods, use a food reward during training. Cats are much more fussy than dogs, and it can be hard to find a treat that they find worth working for. Some suggestions include little pieces of raw meat, cooked chicken, or small fish treats.

**T**o start clicker training your cat, sit with your cat and click, then immediately follow with a treat. Repeat that several times, and it won't be long before your cat understands that a click means something yummy is coming. Two or three five minute sessions a day is better than one twenty minute session - cats don't always have a long attention span, especially if something else catches their eye.

**I**f your cat doesn't find food particularly rewarding, you can use toys. A little laser is popular with cats. So, in this instance, you can click, then point the laser and allow him to chase it. Again, he'll soon learn that a click means he can have a game.

**Y**ou know your cat understands the click when you click and his ears prick up. You can then start to use this training method.

**W**hen your cat does something you like, click and treat. If you're using food, you can use a treat to lure him into position, then click. For example, if you want your cat to lie in his bed, lure him in with a treat, then click. Repeat this several times, and it won't be long



before he's voluntarily going to his bed, hoping to hear the click.

**C**licker training your cat is so useful because you can pinpoint the exact behavior you are rewarding. That makes it easier for your cat to understand what you are asking of it, and he's much more likely to repeat the behavior you are after.

**T**he best part of clicker training is that you can't really get it wrong. If you click at the wrong time, the worst you can do is give your cat a free treat.


**C**ats are wonderful companions, and enrich our lives in so many ways. How much fun can we have, and how

much closer can our relationship be, if we can teach it tricks, and have a lot of fun together. **FPT**

*Courtesy of www.i-love-cats.com*

**Q:** What does it mean when you find a horseshoe?

**A:** Some poor horse is going barefoot



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## How To Get The Most Out Of Your Next Doctor's Visit

(NAPS) Taking some time to think about your next doctor's visit can help you get the best possible care.

A successful relationship between doctor and patient requires open and honest

communication from both sides, and an informed patient may find it easier to keep the lines of communication open.

Dr. Michael Lindberg, director of Medicine at Hartford Hospital, provides tips on how you can make the most out of every doctor's visit.

### Pre-visit Preparation:

- An informed patient can contribute to the success of the doctor-patient relationship. While patients can benefit from having some background knowledge when they go to appointments, they should be wary of some medical information sources available online. Web sites such as WebMD.com are reputable online references that are reviewed by people who work in the field. Be cautious about TV commercials—most likely, the content is provided by companies trying to sell you their product. Keep in mind that even if a friend or family member displayed similar symptoms, it does not mean that you have the exact same

condition or require the same treatment.

- Prepare and bring a list of issues you want to discuss. Remember that some issues may require a more in-depth



follow-up appointment.

- Review your medications or, even better, bring the bottles with you. Making the Most of Your Doctor's Visit:

- Be on time—or even a little early—to fill out paperwork for your appointment. Despite common perceptions, most doctors' offices run on time.
- Go in wanting

to be honest and up-front. No question is too embarrassing to ask.

- If you don't understand something, ask for clarification right away. Don't think it will come up later. If you leave confused, the visit has failed.
- Be clear and concise when explaining yourself, and very specific when describing your symptoms. Focus on the main reason for your appointment.
- Remember that it is your body and your life. Take charge of it. Look on your relationship with your doctor as a partnership. You have to work together, and that means open and honest communication from both sides.

### What Not To Do During a Visit:

- Don't anticipate that doctors know more about you than they do; be ready to spell it out.
- Don't be afraid to ask what options there are for treatment. It's important for your doctor to understand your health goals and values.
- Don't stay with a doctor you have trouble communicating with. If the relationship

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is not working, tell the doctor why and move on.

- Don't drop an "oh, by the way" at the end of an appointment. Be up-front early about your concerns. Taking Care Outside the Doctor's Office:
- Take preventive care by taking recommended vaccines and ensuring that you are up to date with all cancer and cholesterol screenings. Talk to your doctor about which age-appropriate steps should be taken to keep you healthy.
- Maintain proper diet and regular exercise.
- Don't smoke.

More health tips and other helpful information can be found at [www.hartfordhospital.org](http://www.hartfordhospital.org).

A good relationship between doctor and patient depends on open and honest communication from both sides. **FPT**

### WELLderly week

Mar 15–21. Celebration and recognition of senior citizens who never act their age. During this week, select your own Wellderly Day and celebrate in style. For info: [www.acthappy.com](http://www.acthappy.com).



Family Pastime Magazine  
Last Month's



### VIRTUAL DEMENTIA TOUR ALZHEIMER'S SUPPORT GROUP MEETING FOR CAREGIVERS

Preston Place is proud to sponsor a support group designed to help those who care for loved ones with Alzheimer's or Dementia disease.

We want to offer a listening heart to those who need to be heard, give **HOPE** to all caregivers, and to simply say, "You are not alone on this journey."



Please join Sharon Durnin from Preston Place at 10 a.m. on the first TUESDAY of each month in Room 217 in the Family Life Center at Higher Ground Baptist Church. Our 1st Meeting will be **March 2, 2010**. Please RSVP @ 423-378-HOPE.





### Corned Beef and Cabbage

#### SUPPLIES:

- 2 C water
- 1/4 C honey
- 2 TBS Dijon mustard -- divided
- 1 med. cabbage head -- cut into 8 wedges
- 3 TBS butter or margarine -- softened
- 1 1/2 tsp fresh dill -- chopped OR
- 1/2 tsp dried dill weed
- 2 1/2 LBS corned beef brisket

#### HOW TO:

- Place brisket and water in Dutch oven; cover tightly and cook 1 hour at 350 (simmer the meat slowly to keep meat tender)
- Turn brisket over and continue cooking, covered, 1 1/2 to 2 hours, or until meat is tender.
- Remove brisket from cooking liquid and place, flat-side up, on rack in broiler pan so surface of meat is 3 to 4 inches from heat.
- Combine honey with 1 tablespoon mustard; brush half of mixture over top of brisket and broil 3 minutes.
- Brush with remaining mixture and continue broiling 2 minutes, or until brisket is glazed.
- Meanwhile, steam cabbage 15 to 20 minutes, or until tender. Combine remaining mustard with butter and dill; spread over hot cabbage wedges. Carve brisket diagonally across the grain into thin slices and serve with cabbage.

### OATMEAL PANCAKES

#### SUPPLIES:

- 2 C quick oats
- 1/2 t. baking soda
- 2 1/2 C buttermilk
- 1 C flour
- 2 tsp baking powder
- 1 tsp salt
- 1 TBS sugar
- 1/3 C salad oil
- 2 eggs, beaten

#### HOW TO:

1. Combine oats, soda, buttermilk. Let stand 5 min.
2. In another bowl combine flour, baking powder, salt, & sugar.
3. Combine oat mixture, oil, & eggs. Add dry ingredients & stir till blended.
4. Cook on lightly greased griddle or skillet.

## Kid Friendly Recipes



### CREAMY CHICKEN & TORTILLAS

#### SUPPLIES:

- 4 C. cooked chicken, diced
- 1 dozen corn tortillas, each cut into 6-8 triangles
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 8 oz. jar salsa
- 1 C. sour cream
- 1/2-1 C. cheddar cheese

#### HOW TO:

1. Combine the soups, salsa, and sour cream in a bowl and blend well.
2. Grease the Crockpot and make 2-3 layers of chicken, tortillas, and sauce.
3. Cook on low heat for 4-5 hours.
4. Add the cheese 15 min. before eating.
5. Serve with salad and warm tortillas.

### Dijon-Glazed Corned Beef

#### SUPPLIES:

- 2 1/2-3 1/2 pounds Corned beef brisket
- 2 tsp Dijon-style mustard
- 2 TBS Honey
- 1 TBS Orange juice concentrate
- Water

#### HOW TO:

1. In Dutch oven, cover corned beef brisket with water. Cover Dutch oven tightly and simmer 2 1/2 to 3 1/2 hours or until tender.
2. Combine honey, defrosted orange juice concentrate and mustard in small bowl and set aside.
3. Remove brisket from cooking liquid
4. Trim fat from outer surface.
5. Position oven rack so that brisket on broiler pan rack is 3 to 4 inches from heat source.
6. Brush glaze over brisket; broil 2 to 3 minutes or until glaze begins to caramelize.
7. Carve brisket diagonally across the grain into thin slices.

### Cream of Cabbage Soup

#### SUPPLIES:

- 4 C water
- 2 TBS chicken bouillon granules
- 3 C diced peeled potatoes
- 1 C finely chopped onions
- 1 C diced peeled rutabaga or summer squash
- 1/2 C diced carrots
- 6 C chopped cabbage
- 1 C chopped celery
- 1/2 C chopped green bell pepper
- 1 garlic clove, minced
- 1 tsp salt
- 1 tsp dried dill weed
- 1 C butter
- 1 C all-purpose flour
- 2 C milk
- 2 C chicken broth
- 1/2 pound process American cheese, cubed
- 1/2 tsp dried thyme
- Pepper to taste
- Additional milk, optional

#### HOW TO:

- In a Dutch oven or soup kettle, bring water and bouillon to a boil.
- Add potatoes, onion, rutabaga and carrots. Reduce heat, cover and simmer 5 minutes.
- Add cabbage, celery and green pepper. Simmer, uncovered, for 5 minutes or until vegetables are crisp-tender.
- Add garlic, salt and dill.
- In a saucepan, melt butter. Stir in flour and cook over medium heat, stirring, until golden brown.
- Gradually add milk and broth, stirring until smooth.
- Add cheese, thyme and pepper.
- Cook on low heat until cheese melts.
- Stir into the vegetable mixture.
- Simmer 5 minutes.
- Thin with milk, if necessary.

Why can't you borrow money from a leprechaun?

Because they're always a little short.

Reilly is walking through a graveyard when he comes across a headstone with the inscription "Here lies a politician and an honest man."

'Faith now,' exclaims Reilly, 'I wonder how they got the two of them in one grave.'



THE YEAR OF THE TIGER

The Chinese New Year began in February 2010 and ends in February 2011 this is the year of the Tiger. A lot of people look forward to the Chinese New Year thinking their lives will be influenced depending on their animal sign. Those born during the Tiger years are thought to be restless, love freedom and independence, dislike routine and pettiness. The Tiger is a symbol of power and authority this personality is thought to be good for leadership. Tiger years include those born in 1950, 1962, 1974, 1986, 1998 and 2010. In the Chinese culture it is believed that the Tiger is one of the most beautiful creatures on the planet, it is feared and revered in equal measure. If you were born in



the sign of the Tiger during this year whatever comes your way "you can handle it".

The Tiger is the largest of the four "big cats" they are also the heaviest. They can be 11 feet long and weigh almost 700 pounds. Most Tigers have over 100 stripes and the pattern is unique to each animal and acts as camouflage helping to conceal themselves amongst long grass and shadows as they stalk their prey. Female tiger (Tigress) are smaller than the males.

Tigers are territorial and generally solitary animals requiring large areas for their habitat. Their habitat usually includes dense vegetation for camouflage near water and an abundance of prey. To identify his territory the male marks trees by spraying urine and marks the trails with scat (poop). Tigers will roar for

territory the male marks trees by spraying urine and marks the trails with scat (poop). Tigers will roar for

both aggression and non-aggressive reasons. They communicate with moans, hisses and growls.

Among "big cats" only the Tiger and Jaguar are strong swimmers, they are often found bathing in ponds, lakes and rivers. They love the water but do not like to get it in their eyes, therefore they frequently enter backwards. They are like domestic cats spending a great deal of their time resting or sleeping between 16 and 20 hours a day. Tigers usually hunt at night, alone and they ambush their prey by overpowering them. They can reach speed of 35 to 40 miles per hour, but only for a short time.

In an Animal Planet poll the Tiger was voted the world's favorite animal narrowly beating the dog.

To learn more about Tigers go to [IndiaB@tigerhaven.org](mailto:IndiaB@tigerhaven.org) this is the site of Tiger Haven in Kingston Tennessee. It is a "no kill" risqué facility for big cats; they are given a permanent home.

While doing my research, I kept getting information about the most famous Tiger of all, his last name is Woods. **FPT**

reinterpreted through the Catholic lens, or were simply allowed to persist. There are many beliefs concerning behaviors that can bring good or bad luck in lots of different circumstances. Luck of the Irish then, may be a reference to many Irish beliefs concerning it, and have little to do with the vast sweep of a tragic Irish history. **FPT**

Luck Of The Irish



The luck of the Irish is a

Irish and especially Catholicism in the US and in their homeland. The Irish have lived in land that was taken from them, occupied by the British, the Vikings, and other conquerors. They've survived famines, war, starvation, and prejudice, and these are not fortunate things.



A certain wistfulness occurs when some people use the phrase the luck of the Irish. From a historical perspective there are certainly incidences of

extremely bad luck, of difficult times, of histories that would make the heart weep. It could just as easily be said that the luck of the Irish relates to poor fortune, bad times, and centuries of losses. A look into Irish poetry or writing always focuses on tragedy. In fact, in some writings, it is these multiple tragedies that are held close to the heart and become an essential part of being Irish

Less emotional definitions of "luck of the Irish" exist. It's well known that there are many native superstitions in Ireland. Some of the earlier Celtic traditions were

Say WHAT???

By: Family Pastime Staff

peculiar phrase that may have multiple meanings. Everyone Seems to have different opinion on its origin. Some suggest it simply means that the Irish are inherently lucky, and seem to be able to land on their feet when bad circumstances occur. Something innate about being Irish makes such folks inherently lucky. Others trace origin of the phrase to the US where especially during the exploration for gold in the west, there were a high number of Irish people who got lucky, and found their "pot o' gold" in the gold fields of California, or were equally prosperous in silver mining.

There are others who believe that luck in this phrase is truly not the right word, especially if it means good luck. A better term might be fortune, which can be either good or bad. Certainly, Irish history attests to plenty of times of ill fortune. For as many men who may have found a few nuggets of gold buried

An aging man lived alone in Ireland. His only son was in Long Kesh Prison, and he didn't know anyone who would spade up his potato garden. The old man wrote to his son about it, and received this reply, "For HEAVENS SAKE, don't dig up that garden, that's where I buried the GUNS!!!!!"

At 4 A.M. the next morning, a dozen British soldiers showed up and dug up the entire garden, but didn't find any guns. Confused, the man wrote to his son telling him what happened and asking him what to do next. His son's reply was: 'Just plant your potatoes.'"



# All Purpose Green Cleaner

By Michael Bloch

I've published a few articles on various common substances that you can use for different earth friendly cleaning applications around the home, but here's a recipe contributed by a Green Living Tips reader for an all purpose environmentally friendly cleaning fluid that's very easy to make and costs well under a dollar a bottle! Thanks to Maureen R. for sharing this!

**Tip:** While this is a tried and tested recipe made in green cleaning workshops, always spot test any cleaning fluid before going all out.

### Ingredients and supplies:

- 32 oz. (around 950ml) spray bottle - try to use a bottle made from recycled materials, or is recyclable. Maureen recommends #2 plastic
- Water
- White distilled vinegar. It should be vinegar made from grain or plant material. Believe it or not, some vinegar is synthesized from petroleum - yes, crude oil!. It gives a whole new meaning to fuel as food.
- Genuine lemongrass essential oil. Aside from helping to mask the vinegar odor (which dissipates naturally anyway), Lemongrass has anti-bacterial



properties. For increased disinfecting power, you can use Tea Tree oil which also has anti-viral and anti-fungal properties.

- **Note:** While we tend to get a little paranoid about bacteria these days thanks to marketing messages that basically paint the presence of any bacteria as being A Bad Thing, if it's an important issue to you, lemongrass is a far more environmentally friendly option than chemicals like triclosan. These synthetic chemicals should really only be used in professional health care settings due to issues relating to bacteria becoming resistant when products containing chemicals such as triclosan are used excessively and/or incorrectly.
- Earth friendly dishwashing liquid. This can be found in just about any supermarket. The dishwashing liquid is necessary to clean mirrors and glass streak-free where commercial glass cleaners have been used previous. Many commercial window/glass cleaners have chemicals of a waxy nature in them; so when you switch to vinegar/water, there will be streaking unless you have the dish detergent in your cleaner. Once that build-up is gone, dishwashing liquid isn't necessary.

### Method

1. Fill bottle half with water
2. Top it up with white distilled vinegar, but leave a little room for the additional ingredients and for shaking
3. Add 10-14+ drops lemongrass essential oil. Maureen says she uses around 30 drops, but started off with 14 to minimize the chance of skin irritability.
4. Add 2-3 drops of the earth friendly dishwashing

### SUDOKU- EASY

Instructions: On page 2

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

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- liquid.
5. Cap and shake. There should be a thin layer of foamy bubbles at the top - but not too many.
6. Label container clearly. Shake before using and store out of direct sunlight.

### Uses:

**W**indows, mirrors, floors, some carpet/clothing/upholstery stains, chrome, as a rinse after using baking soda, cleaning stainless steel and porcelain, to clean toilet area. Also cleans car windows/mirrors, door handles, and much more. Maureen also keeps some in the car and uses it as a hand cleaner.

**I** whipped up a batch of this cleaner using tea tree oil and tried it out on stainless, glass and a bench top. It worked very well and smelled pretty good too!

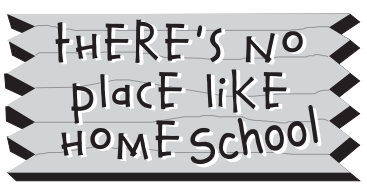
**I** mportant notes from Maureen:

**D**o not use vinegar on marble. Before you use the cleaner on glass and mirrors that have been previously cleaned with commercial products, Maureen recommends washing the surface with warm soapy water once to remove any wax build-up that can otherwise cause streaking.

**P**ass this recipe on!

**M**aureen tells me that this recipe is part of a Pass It Forward Project. Those who use it are warmly encouraged to share the recipe with at least one other person (preferably more!). **FPT**

Courtesy of: GreenLivingTips.com



By: Lisa Baughn

**L**isa is taking a month off. Check back next month for **Writing Research Papers Part 2**





# Borborygmus

By: I.M. Yuckee

**B**orborygmus (pronounced, "bor-bor-RIG-mus") or in the plural form borborygmi (pronounced, "bor-bor-RIG-mee") are those gurgling sounds your stomach makes. In fact the name is actually an onomatopoeia (a word that imitates or suggests the source of the sound that it describes... such as "oink" or "meow" or "roar"). The Ancient Greeks were the first to use the word to describe the sound made by a hungry stomach. The word has been gurgling around the English language for some 200 years. Its earliest known use in English dates to 1796. The Greek "borboryzein," means "to rumble."

**B**orborygmus is the sound of gas, mashed up food and digestive fluids sloshing around in your stomach and intestines. Rumbles may also occur when there is incomplete digestion of food that can lead to excess gas in the intestine (sometimes known as "bubble guts"). In humans this can be due to incomplete digestion of carbohydrate-containing foods including milk and other dairy products (lactose intolerance or the use of  $\alpha$ -glucosidase inhibitors by diabetics), gluten (protein in wheat, barley, and rye) (celiac disease), fruits, vegetables, beans, legumes, and high-fiber whole grains. In rare instances excessive abdominal noise may be a sign of digestive disease, especially when accompanied

by abdominal bloating, abdominal pain, diarrhea or

constipation. examples that may be with this include neoplasm and Borborygmi often when but they can happen when we may not think that you are hungry. In response to this hunger, the stomach prepares for the anticipated feeding by retracting muscles designed to force material which has already been partially digested farther into the intestine and push digested food farther down into the colon in preparation for disposal. This preparation will cause small pockets of water and air to form in the stomach and intestines which will cause noises by gases and materials being squeezed between the folds and around resident material. The intensity of sound differs according to the intensity of the



Some of diseases associated symptom carcinoid celiac sprue. occur most we are hungry,

contractions and the contents of the stomach and intestines.

**I**f you want to try to re-create the noise and see how this occurs stretch the opening of a balloon while the air is escaping. You will notice the sound will be higher pitched when the opening is pulled tighter, and lower pitched as the tension on the opening is decreased. In the name of science and to create a more accurate re-creation, hold the balloon just under the surface of water or other moist material. Yummy.

**I**f your stomach is making noises and you would like to stop it try some of these:

**S**ip some warm 7-Up or ginger ale. If the gurgles are caused by gas or air adding soda bubbles in your belly may help encourage gas trapped in your stomach to come up as a big old burp

**Y**ou may also try grabbing a quick snack, a cracker or piece of bread may be enough to silence the stomach beast.

**D**on't gulp. You may have tried to take a deep breath to stop your stomach from gurgling which may just have made the problem worse . By gulping air you are just taking in MORE air which is part of the problem in the first place. So if you do take a deep breath or yawn, try not to swallow the air." **FPT**

## SUPER SUDOKU Answer from last month

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

- **May the strength of three be in your journey.**
- **May you have warm words on a cold evening, a full moon on a dark night and the road downhill all the way to your door.**
- **Here's that we may always have a clean shirt, a clean conscience and a guinea in our pocket.**
- **May you be poor in misfortune, rich in blessings, slow to make enemies, quick to make friends, but rich or poor, quick or slow, may you know nothing but happiness from this day forward.**

**Across**

- 3. This amazing woman was born a poor German princess and became one of Russia's greatest emperors.
- 5. When someone gets you angry it is said they get your \_\_\_\_\_ up.
- 6. One of a race of elves in Irish folklore who can reveal hidden treasure to those who catch them.
- 8. We celebrate him on March 17
- 12. One of the four countries that make up the United Kingdom of Great Britain and Northern Ireland; during Roman times the region was known as Cambria. Also a horse that won the Kentucky Derby in 1954.
- 13. The first day of spring
- 14. First Woman U.S. Attorney general.
- 15. Theodor Geisel
- 18. St. Patrick's given name
- 20. She was the first female pilot to complete a solo flight across the Atlantic.
- 23. Women who served in the Navy during WWII.
- 25. She was Prime Minister of Great Britain from 1979 to 1990.
- 27. There is a pot of it at the end of the rainbow
- 28. Legend is that St. Patrick once plucked a leaf of it for use in illustrating the doctrine of the trinity.
- 29. 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.
- 32. Goober Pea margarine
- 34. Color of Saint Patrick's Day.
- 35. John Chapman
- 36. 1972 This Amendment passes congress which calls for equal rights for men and women.
- 37. Smooth or sweet talk
- 38. She led India to one of the fastest growing economies in the world.
- 39. First African American woman elected to congress 1968.
- 40. Legend has it that St. Patrick drove them from Ireland. (In a Punch buggy I think...no punch backs).



**Family Pastime Magazine**

**Answers in next month's issue**

**Down**

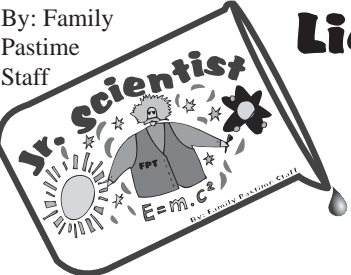
- 1. You dance this
- 2. 1981 First woman appointed to the U.S. Supreme Court.
- 4. Flower associated with the shamrock.
- 5. No snakes here.
- 7. The Amendment that won women the right to vote.
- 9. Might also be a cow that tells lame jokes.
- 10. Capital of Ireland
- 11. Find this for luck.
- 16. Find your pot of gold at the end of this.
- 17. 1983 First American female astronaut.
- 19. Ireland Forever

- 21. Her five medals were the most won by any athlete at the 1984 Olympics.
- 22. A general term used to describe the tribes of Northern Europe during the Iron Age.
- 24. First woman sworn in as U.S. Secretary of state.
- 26. 3.14159265
- 30. The first day of the Roman New Year.
- 31. Please don't rain on this.
- 33. Kiss this to master the art of sweet talk.

**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

# Lightning In Your Mouth



- SUPPLIES:**
- A mirror
  - A dark room
  - Wint-O-Green Lifesaver candy (no other flavor will work).
  - A glass of water handy to drink in case you feel the need.

- HOW TO:**
1. Go into the dark room
  2. Wait about 15-20 minutes in the darkened

room until your eyes adjust to the dark and until you can see your teeth in the mirror. Make certain your eyes have adjusted to the dark environment.

3. With your lips open so that you can see your teeth (This is one of the few times you should chew with your mouth open), chew a single lifesaver candy while watching your mouth in the mirror. To view a more dramatic effect, crush the candy with pliers or a mortar and



will not work.  
**WHY DOES THIS HAPPEN?**

**W**hen you crunch on wintergreen candies, you are making light with friction. The scientific name for this process is triboluminescence, from the Greek word *tribein*, which means "to rub," and the Latin word *lumin*, which means "light." So triboluminescence is the mechanical generation of light. Certain chemical bonds generate light energy when the molecules are torn apart by mechanical crushing. Wintergreen Lifesaver candies contain some of these bonds. No other flavor of lifesaver candy (such as peppermint) will work in this experiment.

**W**hen you crush sugar crystals, the stress in the crystal creates electric fields. Like the electric fields in a lightning storm, these electric fields can rip the outer electrons from molecules.

When the molecules recombine with their electrons, they emit light. In addition to blue and violet light, the crunched crystals produce ultraviolet light, which you can't see. Wintergreen oil converts ultraviolet light into visible blue light, making the light you can see brighter.

**A**utomotive scientists are studying triboluminescent flashes as a way to sense automobile crashes so that the air bags can be inflated. Lifesaver candies might someday actually be life savers! **FPT**

pestle. Chewing the candy while watching yourself in a mirror will work, but the moisture from saliva will lessen or eliminate the effect.

4. Each time a part of a Lifesaver is crushed you will see one or more flashes of white light. Each piece of candy can produce many flashes of light as it is chewed and/or crushed. Wintergreen Lifesavers aren't the only candies that exhibits triboluminescence. Regular sugar cubes will work, as will just about any opaque candy made with sugar (sucrose). Transparent candy or candy made using artificial sweeteners

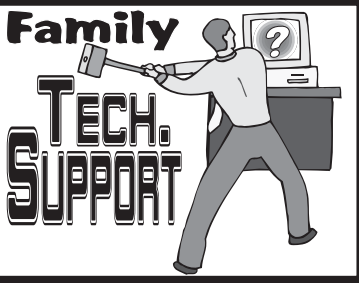
## SUPER SUDOKU Instructions: On page 2

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

Paddy was tooling along the road one fine day when the local policeman, a friend of his, pulled him over. "What's wrong, Seamus?" Paddy asked.

"Well didn't ya know, Paddy, that your wife fell out of the car about five miles back?" Said Seamus.

"Ah, praise the Almighty!" Paddy replied with relief. "I thought I'd gone deaf!"



## E-File Your Taxes For Free

taxes for free using one of the many commercial tax software offerings located at the IRS.gov Free File page.

**I**t may sound surprising, but two out of three taxpayers file their income taxes electronically, also known as e-filing. Once people e-file, they often don't

**F**or help in figuring out which company and software package is right for you, the easy-to-use tool, "Help Me Find A Company," will give you the best options.

go back to paper because e-filing puts them more in charge of their money, time and life.

and software package is right for you, the easy-to-use tool, "Help Me Find A Company," will give you the best options.

**E**-filing can mean you get your refund faster than with old-fashioned paper filing. If you select direct deposit, your refund can be in your checking or savings account in as few as 10 days. You even save money on paper, ink and postage—and you save time because there are no last-minute trips to the post office. Everyone can use Free File, a service that lets you prepare and e-file your taxes at no cost.

**I**f you don't require a software package with step-by-step help, you can choose Free File Fillable Forms. There are no income limitations, and you can use the free online forms to complete and e-file your taxes directly through IRS.gov. Free File Fillable Forms are available to everyone and look like blank IRS forms but also include basic calculations and even allow you to file an extension.

### Here's what you do:

**Step 1**—Get all your tax information together.

**S**tep 3—Prepare and e-file your federal income tax return using a Free File software package or Free File Fillable Forms.

**Step 2**—Go to [www.irs.gov/efile](http://www.irs.gov/efile) to view your Free File options. Taxpayers with a 2009 Adjusted Gross Income of \$57,000 or less can prepare and e-file

**E**lectronically filed returns are transmitted by the company to the IRS using the established e-file process, which is safe and encrypted for your protection. You'll get an electronic receipt for your records soon after your return has been received by the IRS. You can also print a paper copy of your federal tax return for your records. You never need an appointment to get your taxes done. The program is available 24 hours a day, seven days a week. You can even request an extension online. Learn more at [www.freefile.irs.gov](http://www.freefile.irs.gov). **FPT**

## Models Wanted For American Girls Fashion Show

### Model Search dates will be:

- Greenville: February 23rd 4pm - 7pm at the General Morgan Inn
- Knoxville: February 25th 4pm - 7pm at the West Towne Mall
- Johnson City: March 2nd 4pm - 7pm at The Mall At Johnson City
- Asheville: March 4th 4pm - 7pm at the Asheville Mall

**A**merican Girl Fashion Show is a Fun-filled event for girls and their families, friends, and favorite dolls! Celebrate the experience of being a girl, whether yesterday or today, through a colorful presentation of historical and contemporary fashions. Enjoy a tea party, enter to win door prizes, and learn how clothing has changed over the years to reflect history, culture, and girls' individual styles.

**92** local models will present the fashions, while lively commentary, music, and decorations will create a memorable experience for girls and their families. Audiences will delight in historical clothing, from daywear to sleepwear to

special-occasion clothing that resembles what the popular American Girl characters Kaya, Felicity, Josefina, Addy, Rebecca, Kit Molly, and Julie might have worn. Contemporary "Just Like You" outfits for older girls and sweet Bitty Baby fashions for little ones complete the program.

**J**ohnson City, TN- CASA of Northeast Tennessee invites girls and their friends and families to experience the American Girl Fashion Show on April 24th at 10:00am and 3:00pm at the Niswonger Performing Arts Center in Greenville, Tennessee. This fun, engaging program showcases historical and contemporary fashions for girls and their dolls. Proceeds from this event will benefit abused and neglected children.

**F**or more information call (423) 461-3500 or visit [www.casaneetn.org](http://www.casaneetn.org).

**N**ot recommended for children under five. All children must be accompanied by an adult.

## The History Of St. Patrick's Day

**T**hough history saw celebrations of feasts in his honor, St. Patrick's Day was not officially recognized until 1976. Saint Patrick has been credited with bringing Christianity to Ireland. There seem to be multiple origin stories for St. Patrick's Day, but:

**M**ost sources agree that St. Patrick's actual name was Maewyn Succat. They also agree that Maewyn was kidnapped and sold into slavery at age 16 and, to help him endure his enslavement, he turned to God.

**S**ix years after his captivity began, St. Patrick escaped from slavery to France, where he became a priest, and then the second Bishop to Ireland. He spent the next 30 years establishing schools, churches, and monasteries across the country. He brought Christianity widespread acceptance amongst the pagan indigenous peoples.

**I**t is thought that St. Patrick used a shamrock as a metaphor for the Trinity (Father, Son, and Holy Spirit), showing how three individual units could be part of the same body. His parishioners began wearing shamrocks to his church services. Today, "the wearing of the green" on St. Patrick's Day represents spring, shamrocks, and Ireland.

**T**he date of St. Patrick's death is still up for discussion. Some say that he died on March 17th, 461 AD. Another possibility is either March 8th or 9th - the days were added together to get March 17th. What is certain is that the holiday came to America in 1737, and was celebrated in Boston that year.

# what is The MSHA Difference

*... for kids?*

**"It's knowing each team member is focused on Henry's best interests."**

*Grace and son Henry. Henry is a patient at the St. Jude Tri-Cities Affiliate Clinic, a service of Niswonger Children's Hospital.*



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# [www.msha.com/children](http://www.msha.com/children)