

May 2007

FREE



THE magazine for the WHOLE family Volume 2 Issue 5

## Family Fun May 12

Join Family Pastime Magazine for the 4th Annual Kid Power: Empowering Kids for Success from 10 a.m.-3 p.m. on Saturday, May 12 at the Appalachian Fairgrounds in Gray. The event is free and features more than 70 exhibitors, outdoor activities and entertainment. Family Pastime Magazine along with our sponsor The Home Depot invites you to stop by our booth and build a free marshmallow shooter (as long as supplies last).

Other events include a soccer clinic

with Chuckey Doak High School, the Tennessee Trucking Association's Drive Safely Demonstration semi truck, the Kingsport Lifesaving Crew Heavy Rescue Truck, K-9 Search Dog, and 4-Wheel Drive pickup truck, Wellmont Health System's Trauma Nurses Talk Tough, tin-punch with The Doak House Museum, storytelling with Telamon Head Start, a puppet show with Child Care Resource & Referral, Teddy Bear Check-up with the Johnson City Children's Hospital, and hula hoop with Health Resources Center.

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

*Please see "Kid Power" on page 3*

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## Family Fun For a Good Cause

By: Chris Joker

Spring has sprung and summer is breathing down our neck. Nothing screams summer fun more than a hot convertible. You and your family can enjoy some of this summer fun Saturday June 9 at the Tri-Cities Miata Club's first annual Miata car show at Mountain Mazda in Greeneville. In addition to displaying these beautiful cars the club will be raising money to help fight Cystic Fibrosis an inherited chronic disease that affects the lungs and digestive system of about 30,000 children and adults in the United States (see article on page 12). Families can



also take advantage of the fingerprinting for children event to help fight child abduction offered by Cornerstone Insurance.

Besides the hot cars on display there will be music, food, drinks, funnel cakes, shaved ice, t-shirts, a parade and, door prizes. The prizes come from businesses including Mountain Mazda (do you think it could be a car???), WSI RV Center (a nice little fifth-wheel to tow behind that Mazda I'm gonna win maybe???), Outback Steakhouse, Carrabba's and more. The event promises to be fun for Miata owners and non-owners alike. Awards will be given in each Miata Class for 1st, 2nd and 3rd plus

*Please see "Miata Club" page 21*



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## Kidtivities™

We would like to invite you to join us for our summer full of Kidtivities™! Our Kidtivities™ classes give kids a perfect crafty and creative outlet during those hot summer months, providing only the coolest activities around. Our Kidtivities™ staff provides all of the know-how and supplies, letting kids really dive into the work of creating imaginative projects to take home or give as gifts. Check out the calendar below for all of the important dates and times, read the Kidtivity™ descriptions and minimum ages, and then stop in or call to register for a summer of creative fun for kids both young and old!

### "Kidtivity™ Schedule"

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

- Eat Dessert First Week: 1-7
- National Fairy Godmother Week: 1-7
- Tim & Tom Gullikson Week: 1-8
- National Wildflower Week: 7-12
- Be Kind To Animals Week: 6-12
- Flexible Work Arrangement Week: 6-12
- Goodwill Industries Week: 6-12
- National Family Week: 6-12
- National Hug Holiday Week: 6-12
- National Nurses Day and Week: 6-12
- National Pet Week: 6-12
- Teacher Appreciation Week: 6-12
- Life Coach Recognition Week: 7-13
- PTA Teachers Appreciation Week: 7-13
- Alcohol & Other Drug Related Birth Defects Week: 13-19
- National Nursing Home Week: 13-19
- National Police Week: 13-19
- Kiwanis Prayer Week: 13-19

- Salvation Army Week: 13-19
- National Tourism Week: 12-20
- National Transportation Week: 13-19
- National Women's Health Week: 13-19
- Reading is Fun Week: 13-19
- Work At Home Moms Week: 13-19
- Stuttering Awareness Week: 14-20
- National Running & Fitness Week: 15-21
- National Safe Boating Week: 18-25
- Dog Bite Prevention Week: 20-26
- National Effectiveness Week: 20-26
- Medical Transcription Week: 20-26
- New Friends, Old Friends Week: 20-26
- World Trade Week: 20-26
- National Backyard Games Week: 21-28
- National Etiquette Week: 21-27
- Cover the Uninsured Week: 23-29
- Week of Solidarity With The People of Non-Self-Governing Territories: 25-31

**MAY MONTHLY OBSERVANCES**

- ALS Awareness Month
- Asian Pacific American Heritage Month
- Awareness of Medical Orphans Month
- Better Hearing & Speech Month
- Clean Air Month
- Creative Beginnings Month
- Family Wellness Month
- Fibromyalgia Awareness Month
- Freedom Shrine Month
- Get Caught Reading Month
- Haitian Heritage Month
- Heal the Children Month
- Healthy Vision Month
- Huntington's Disease Awareness Month
- Business Image Improvement Month
- International Victorious Woman Month
- Learn German Month
- National Arthritis Month
- National Barbeque Month
- National Bike Month
- National Correct Posture Month
- National Egg Month
- National Foster Care Month
- National Good Car Keeping Month
- National Hamburger Month
- National Hepatitis Awareness Month
- National Meditation Month

- National Mental Health Month
- National Military Appreciation Month
- National Moving Month
- National Older Americans Month
- National Osteoporosis Prevention Month
- National Physical Fitness & Sports Month
- National Preservation Month
- National Salsa Month
- National Scholarship Month
- National Shoes For Orphans Month
- National Sight-Saving Month
- National Smile Month
- National Stroke Awareness Month
- Revise Your Work Schedule Month
- Navajo Code Talkers Month
- Personal History Month
- Prepare to Buy A Home Month
- Prepare Tomorrow's Parents Month
- React Month
- Strike Out Strokes Month
- Sweet Vidalia Onions Month
- Teen Self-Esteem Month
- Tay-Sachs and Canavan Diseases Month Link
- Women's Health Care Month
- Young Achiever's Month
- National Family Month: May 14 to June 18

**Kid Power**

*continued from page 1*

held every hour from the Kid Power booth, and must be picked up prior to the next hour's drawing. This year's prizes include tickets to the Bristol Motor Speedway O'Reilly Truck Race.

It's free to park, free to get in and register for dozens of FREE prizes. Food vendors include Hot Dog Hut, Sno Biz and Calvary Fellowship. Come join us May 12.  
**FPT**



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## A Good Day to Teach Children To Save

**N**ational Teach Children to Save Day was established to help teach students about the importance of budgeting, saving and investing. April 24, financial-services professionals across the country made presentations to children in grades K-12 – Included in many of those presentations were the following points which will help a child become a good saver and an informed investor:

“Jar” your children into saving. If you give young children an allowance, have them divide it into four glass jars, labeled “investing,” “saving,” “sharing” and “spending.” When the “saving” jar gets filled, open a basic savings account for your child – and show him or her how the balance rises over time. Have your child use the “sharing” jar to support some type of charitable cause.

As for the “spending” jar, your child will know just what to do with it. Keep in mind that the allowance doesn’t have to be divided equally among the three jars. For older children who can earn money by baby-sitting or mowing lawns, you might want to start a fourth jar labeled “investing” and eventually use the earnings to open a traditional or a Roth IRA for them.

**R**eward children’s efforts. Consider partially “matching” your children’s deposits into their savings accounts. If you put in a quarter or fifty cents for every dollar they deposit, their savings will have an opportunity to grow faster and they may feel encouraged to want to save more.

**S**et attainable goals. Children will be more motivated to save money if they can see themselves achieving goals. So, when they are young, have them use their savings account for things like toys, video games, CDs, etc. When they are older, you can transition into longer-term savings goals, such

as college.

**M**ake investing fun. When your children or grandchildren are a little older, you can begin to teach them about investing. And you’ll likely have more success if you make it fun. So, for example, have a child pick and follow a stock of a company whose name is familiar to young people, such as Coca-Cola, Walt Disney or Nike. Every couple of days, record the stock price with your child or grandchild. You could even give him or her a make-believe “share” of this stock – perhaps represented by a “certificate” you create on your computer – and add or subtract value to it as the share price moves up or down. Explain that a stock’s price is largely determined by how many people want to own it. Also, look for any piece of news – new products, industry developments, etc. – that may have affected the prices of your child’s chosen stocks. Try to explain these events in a language your child can understand.

**N**ational Teach Children To Save Day has come and gone for 2007 but it’s never too late to start teaching lessons that will last a lifetime.

**FPT**

*Provided By: Lyndsey Wortman Edward Jones Investment Representative*

My Mother taught me LOGIC...  
“If you fall out off that swing and break your neck, your not going to the store with me.”

### SUDOKU REALLY HARD

*Instructions on page 21*

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

### You Know You’ve Finally Turned Into a Mom When...

1. You automatically double-knot everything you tie.
2. You find yourself humming the Barney song as you do the dishes.
3. You hear a baby cry in the grocery store, and you start to gently sway back and forth, back and forth. However, your children are at school!
4. You actually start to like the smell of strained carrots mixed with applesauce.
5. You weep through the scene in Dumbo when his mom is taken away, not to mention what Bambi does to you.
6. You get soooo into crafts you contemplate writing a book called 101 Fun Crafts to do with Dryer Lint and Eggshells.
7. You spend a half hour searching for your sunglasses only to have your teenager say, “Mom, why don’t you wear the ones you pushed up on your head?”
8. You are out for a nice romantic meal with your husband, enjoying some real adult conversation, when suddenly you realize that you’ve reached over and started to cut up his steak!

## FATHER KNOWS BEST

By Chris Joker

**P**ine wood derby cars are serious business. Last month it was pinewood derby time for my son's Cub Scout pack. I was so excited I couldn't stand it. I remember my Dad helping me when I was a scout. Now I could pass down the long standing losing tradition to my son. We didn't really lose so much as we didn't win. I really don't know what that means but that's what my Dad used to tell me and it really does sound better. Things have changed in the 30 plus years since I was a scout. Now we have packaged plans, pre-carved kits, specially designed weights, aerodynamic paints, axle optimizers, special lubricants and, of course, The INTERNET.

**T**he pack provided the kits for the boys (a block of wood, four nails for axles, four official wheels and a copy of the rules) for free---free. This is great, I thought, we can spend quality time together and it won't cost me anything. After we received our kit it was straight to the Internet. An initial Google search for "pinewood derby" returned 589,000 listings. Included were sites such as: "maximum-velocity.com, lowerfriction.com (maximum-velocity and lowerfriction---yeah I was a little worried about those too), derbydominator.com, pinewoodextreme.com, Pinemasters.com and pinewoodpro.com. PinewoodPRO? Come on are there really pinewood derby PROs???? When I visited his site and saw what he was charging for tips I came to the conclusion that he did fit the definition of a pro. There is actually a page from Stanford University that explains "The Physics of the Pinewood Derby" ([http://www-cs-students.stanford.edu/~mdevine/pinewood/pinewood\\_derby.html](http://www-cs-students.stanford.edu/~mdevine/pinewood/pinewood_derby.html)). Oh and

one of my favorites, pinewoodprofessor.com (I'm guessing he got his PhD from Stanford). The professor says "Be Smart! Use Science and Physics to Make The Fastest Pinewood Derby Car Possible!" The professor offers a "new cutting edge DVD" (just \$14.99 plus \$5.01 s&h) to help you do that. Did I say it wouldn't cost me anything? We don't need no stinking DVD!

**W**e had about a month and a half before race day to build our winning car so I had to narrow the list. I typed in: "guaranteed winning pinewood derby car," (sounded logical) this search returned 17,400 listings. Still too many for our time frame, so I typed in:

"pinewood derby cars that will allow you to say in your face to the other dads" Jackpot! This search



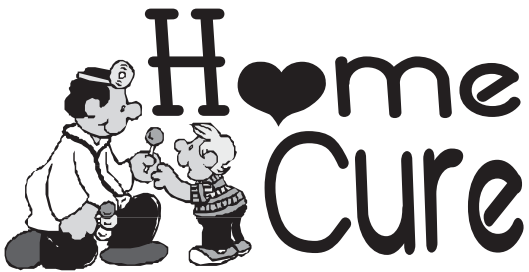
returned listings. A quick check of these sites found we could spend from \$6.00 for plans to \$109.90 for all-inclusive kits. We don't need no stinking plans! We would just find a car design we liked and re-create it. After two weeks of looking at car designs we finally choose a smoking hot one. Now we just had to draw the design, transfer it to the block and cut it out---simple. Problem, this design has fenders. Our block does not. No problem after we cut out our basic car shape we will simply glue some extra wood on for fenders. We transferred the design... Problem, in order for the fenders to match up our design called for the wheelbase to be different than the stock block. I checked the rules, nothing in there said we could not change the wheelbase. Some of the Internet sites said you couldn't. A quick call to the scout leader for confirmation, and we

moved the wheelbase. Then we cut it out. Now we just had to cut the fenders and glue them on. Problem, the fenders proved to be too high for the block we just cut. It was off to the hobby shop to buy a new stock block (only \$4.00, not bad). While we were at the hobby shop we checked out other supplies, they had some interesting weights. According to the rules the cars may weigh up to 7 ounces. Back in my day my Dad and I melted lead weight into our cars. Yes, I said lead. Kind of explains a lot, doesn't it? I decided we would use some of these hobby store weights instead. I mean it wouldn't do anything to bring back my brain cells but it might benefit my son. We went ahead and bought weights in anticipation (\$8.00). Did I say it wouldn't cost me anything? When we got back we added extra wood for the height of the car and the fenders, transferred the design and cut it out again. Now, time for sanding. Problem, the rotary tool was dead. Believe me when I tell you that "back in my day we didn't have any fancy rotary tools we just used a block and some sandpaper." did not work. O.K. we will buy a new one (\$57.00)... Did I say it wouldn't cost me anything?

**A**fter sanding it was time for painting and attaching the axles and wheels. It looked great. We put it down for a test "drive". Problem, only three of the wheels were touching the ground. A quick Internet search and I discovered (from the pinewood pro, no less) "Free speed tip: Friction can actually be eliminated!!---eliminate friction? No wonder this guy is a pro) How? By removing the surface that is causing the friction. In our speed section titled Triple Trouble we tell you how to eliminate friction by lifting one of the front wheels so it doesn't touch the track at all. Your

Please see "FKJ" on page 7

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## Home Remedy Treatments for Cooling Sunburn

The best idea is not to get sunburned but if you do try these:

- **Reach** for a pain reliever. The old standby aspirin can help relieve the pain, itching, and swelling of a mild to moderate burn.

- **Apply** soothing compresses. Following a burn, the skin is inflamed. Try cooling it down with compresses dipped in any one of the following substances. If desired, you can direct a fan on the sunburned area to heighten cooling.

- **Cold** water. Use either plain water from the faucet or add a few ice cubes. Dip a cloth into the water and lay it over the burn. Repeat every few minutes as the cloth warms. Apply several times a day for a total of 10 to 15 minutes each.

- **Consult** a doctor if you experience nausea, chills, fever, faintness, extensive blistering, general weakness, patches of purple discoloration, or intense itching.

- **Skim** milk. Milk protein is very soothing. Mix 1 cup skim milk with 4 cups water, then add a few ice cubes. Apply compresses for 15 to 20 minutes; repeat every 2 to 4 hours.

- **Aluminum acetate.** If itching is intense try mixing Buro-Sol antiseptic powder or Domeboro's powder (both available in pharmacies) with water. The aluminum acetate in either will keep the skin from getting too dry or itchy. Follow package directions.

- **Oatmeal** water, to soothe the skin. Wrap dry oatmeal in cheesecloth or gauze. Run cool water through it. Discard the oatmeal and soak compresses in the liquid. Apply every 2 to 4 hours.

- **Witch** hazel. Moisten a cloth with witch hazel, apply often for temporary relief. For smaller areas, dip cotton balls into the liquid and gently stroke on.

- **Soak** the pain away in a cool bath. Add more liquid as needed to keep the water at the proper temperature.

Afterward, gently pat your skin dry with a clean towel. Do not rub your skin or you'll irritate it further.

- The following substances can reduce pain, itching, and inflammation.

- **Vinegar.** Mix 1 cup of white vinegar into a tub of cool water.

- **Aveeno** powder. If the sunburn involves a large area, use the pre-measured packets or add 1/2 cup of Aveeno Bath Treatment, which is made from oatmeal, to a tub of cool water and soak for 15 to 20 minutes.

- **Baking** soda. Generously sprinkle baking soda into tepid bath water and instead of toweling off, let the solution dry on your skin.

- **Go** easy on soap. Soap can dry and irritate burned skin. If you must use soap, use only a mild brand and rinse it off very well. Do not soak in soapy water. Likewise, stay away from bubble baths.

- **Moisturize** your skin. Soaks and compresses feel good and give temporary relief but they can make your skin feel drier than before if you don't apply moisturizer immediately afterward. Pat yourself dry, then smooth on some bath oil.

- **Let** it soak in for a minute, then apply a moisturizing cream or lotion, such as Eucerin. Some people like a topical cream called Wibi, which contains a little bit of cooling menthol.

- **Chill** out. For added relief, try chilling your moisturizer before applying it.

- **Seek** hydrocortisone relief. Soothe skin irritation and inflammation with a topical lotion, spray, or ointment containing 0.05 percent hydrocortisone, such as Cortaid or Cortizone-5.

- **Aloe** vera. Break off a leaf and apply the juice. But test a small area first, to make

sure you're not allergic to aloe.

- **Guard** against infection. If you have an infection or are worried that one will develop, use an over-the-counter antibacterial ointment such as Polysporin or bacitracin Sterile.

- **Drink** up. It's a good idea to drink lots of water to help counteract the drying effect of a burn.

- **Eat** right. Eat lightly but wisely a balanced diet will help provide the nutrients your skin needs to regenerate itself.

- **Raise** your legs. If your legs are burned and your feet are swollen, elevate your legs above heart level.

- **Get** a good night's rest. Sleeping on a sunburn can be murder, but you need a lot of rest for your body to recover from the burn. So try sprinkling talcum powder on your sheets to minimize chafing and friction.

### Don't make the same mistake twice!

After you've gotten burned, it takes three to six months for your skin to return to normal.

Apply sunscreen 30 minutes before going out, even if it's overcast. (Harmful rays can penetrate cloud cover.) Don't forget to protect your lips, hands, ears, and the back of your neck. Reapply as necessary after swimming or perspiring heavily.

Take extra care between the hours of 10:00 a.m. and 3:00 p.m. (11:00 a.m. and 4:00 p.m., daylight saving time), when the sun is at its hottest.

If you insist upon getting a tan, do so very gradually. Start with 15 minutes' exposure and increase it only a few minutes at a time.

Wear protective clothing when not swimming or sunbathing. Hats, tightly woven fabrics, and long sleeves help keep the sun off your skin.

**FPT**

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



## “A little bird told me”

### Say WHAT???

**What it means:**

If we say that a little bird told us something, we mean that we don't want to say who gave us some information. We can talk about the information, but we don't want to reveal the source of the information. So we say, a little bird told me.

This phrase was used by Shakespeare and Swift, and dates back to at least the 16th Century. Used today, this expression sometimes refers to news that is somewhat unexpected.

**Where did that come from?**

Suggested origins include:

- Biblical origin, found in Ecclesiastes 10:20 includes “for a bird of the air shall carry the voice, and that which hath wings shall tell the matter”, reinforcing the idea of the noiseless flight of a bird.
- All the birds of the air were summoned to King Solomon but the Lapwing did not appear. Later the Lapwing explained that he had been with the Queen of Sheba and that she had indicated that she intended to visit Solomon. The King began to make preparations for the visit; in the meanwhile the Lapwing flew to the Queen and told her that the

King had a great desire to see her. As history records, such a meeting did take place, but the role of the Lapwing is less clear.

- Arabic version - A rare bird, the Hoopoe, was missing. Another bird was sent to find it and bring it back to Solomon. On return, the Hoopoe said that it had been with the Queen of Sheba and that she was planning to visit. Same theme, but only one journey.
- The phrase could have come from Pope Gregory's alleged dictation of the chant melodies from a dove that landed on his shoulder.
- One scholar suggests that this familiar saying may have originated with the similar-sounding Dutch expression Er lif t'el baerd, which means 'I should betray another **FPT**

**FKJ** *continued from page 5*

car is rolling on only three wheels, thereby eliminating friction from one wheel!” O.K. I'm not going to sweat the three-wheel thing. Call it a happy accident. Now we had to add weights to get us right at the 7-ounce limit. I do not have a scale to weigh 7 ounces. The post office does. We took the car to the post office. 10 ounces. I'm glad we bought those \$8.00 weights. So we brought it back and drilled a bunch of wood out of the bottom. We went back to the post office. I weighed it again. 9 ounces. Let me just apologize now to the person behind me that was trying to get me to hurry when I shouted, “Back off lady I'm weighing my car here!”.... sorry. It was obvious to me that the post office was not the best way to check the weight of the car. I bought a kitchen scale (\$14.00). Now we can drill and weigh until we get it right. We got it right. 7 ounces. My \$14.00 scale is not really as accurate as the post office so I wasn't convinced. Back to the post office to weigh again (sorry again lady). We were slightly over so we

drilled out some more. One more trip to the post office and we were good.

Just under \$100.00 in supplies and tools and a month and a half in prep time and we were finally ready. Tomorrow is race day.

We show up at the race site. Outside I see fathers and sons with power tools making last minute adjustments to their cars. One guy's car was like 16 ounces. He should have gone to the post office. Our weight was right on so we helped the guy with the heavy car. I held it while he drilled. Just before the race he had it down to weight and even patched and painted over the holes. It was race time!!!! Let me just say that the “three wheel eliminate friction” thing, not so much. Between races they allowed you to re-lubricate. My son got so happy with the graphite that if they re weighed us we probably would have come in at 10 ounces again. The guy we helped with his car, yeah he came in first. We won the “Dreaming award” I'm not sure what that means but I do know that I am dreaming

about next year. I'm also thinking about getting a sponsor so if you know anyone who works at Home Depot or DeWalt maybe you can have them give me a call.

**FPT**

My Mother taught me ESP...  
“Put your sweater on; don't you think I know when you're cold?”

**SUDOKU Medium** *Instructions on page 21*

			6	1			
6		1		4		3	9
4			3	5			8
	2		5	6		8	
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	9		8	2		3	
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## Everyone Has Special Prints

By: Floyd Bailey

Amazingly, fingerprints have been a well known source of identification for thousands of years. There is some evidence that long ago the Chinese used thumbprints as a way of keeping track of their population. In fact relics date as far back as 400 B.C.

The unique nature of every person's fingerprints has been found to be completely reliable for over 100 years here in the United States. There have been billions on fingerprints taken and compared in computer databases and duplicates have never been found.

There are three major classifications of fingerprints; the Loop, Arch and Whorl. Under the Loop category there are two types; Left Slant Loop and Right Slant Loop: The Arch Category has Plain Arch and Tented Arch: The Whorl category has more variations; Plain Whorl, Double Loop Whorl, Central Pocket



Loop Whorl and Accidental Whorl.

In 1915 the International Association for Identification (IAI) was developed to help track fingerprints worldwide. Fingerprints are a specific way of identifying a person when other similarities are difficult to distinguish. Hair color, eye color and skin are often similar but one of us has a completely unique set of fingerprints.

Law enforcement personnel use fingerprints as evidence. Fingerprints are classified as "latent evidence", this means that something of every person is left behind. When you touch a surface the oils in your skin leave your fingerprints. If left undisturbed these prints can last for long periods of time. Banks are now

using thumbprints to identify those who cash checks. Whenever fingerprints are taken they are scanned into a computer database so that they can be compared whenever needed.

Sometimes scarring alters your fingerprints. These scars are actually very unique as well and can be used to identify you. It is not just fingers that have identifying marks. Other parts of your skin bear very unique patterns as well. If a person does not have fingers, toes could be used to identify that person. Lips, elbows, knees and forearms have special patterns as well. This just proves that every person is completely unique, no matter how much you might look like someone else. Even identical twins have a unique set of prints.

In this technological age we still rely heavily on fingerprints. But, as we continue to learn more about identification we have learned that our voice patterns are unique, our eye retina is unique and our teeth are very different from everyone else around us. On a much smaller level our DNA is also unique to each individual. All of these special prints are being used to identify us as special. These special traits are often used to identify criminals but we should also be thankful that we are unique so as to identify those who are innocent as well. **FPT**

## Mother's Day

By: Jared Sebastian 11 years old

In this great month of May, we celebrate mothers on a day where cards are bought, presents are made or purchased, and we try our hardest to devote that day completely to mothers. Of course, there are always a few things that may go wrong but as we all know, our mothers are forgiving. There are so many wonderful things about mothers but let us reflect on the most important.

### Mothers are kind.

To that there are no ifs, ands or buts. There are many times my mother has done the most kindhearted things. There are always those special times when

you ask "a huge favor" and without a word, your loving mother readily takes to the task. And then there are the small things in life, which, not being that challenging or important, you are also very thankful your mother took them on for you.

### Mothers are loving.

No matter when, where, or why, your mother will always love you. Even after the things you've done, nothing will ever stop your mother from loving you, ever!!

Mothers are caring (and carrying!).

From the day you were born, your mother has cared for you. She is always concerned with your well-being, whether you live with her or not. But I mean, let's go back 9

months before you were born. Wow!! She carried you everywhere...for 9 months!! If that doesn't show how much your mother cares for you, I don't know what will.

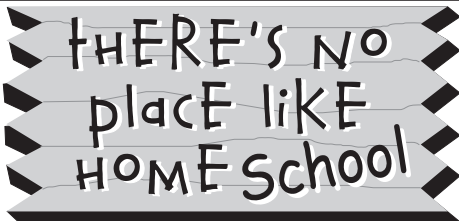
[www.mybusinesshasnowwebsite.com](http://www.mybusinesshasnowwebsite.com)

## SUDO-KID-U 1

### Instructions:

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

	3	2	4
4	2	3	



**Weird Science**

By: Lisa Baughn

Most homeschool parents are fired up and excited about educating their children, but inwardly groan at the thought of teaching science. How can the average person do such a thing? To the non-scientific types, it can seem like a daunting task better left to the professionals. Rest assured, in the golden age of homeschooling there are more resources than you can shake a stick at. Science can be flexible and fun, with lots of hands on resources, books and real life experiments in the beginning moving to college prep textbooks in the older grades. Apologia is the hands down favorite science curriculum choice of many homeschoolers. We have watched parents of all walks of life and education successfully use it, from high school grads to family physicians and dentists, they all rave about Apologia by Dr. Jay Wile [www.apologia.com](http://www.apologia.com) from K-12. Learn the scientific method, do experiments, dissect frogs and go all the way to physics with Apologia. Bob Jones, Alpha Omega and

Abeka also make textbooks that many like. With a notebooking approach, Considering God's Creation is a good basic spine for the younger grades with lots of hands on activities.

A great place to start making science real is by cultivating a garden. Consider a victory garden, square foot garden, fruit trees, flowers, a water garden with fish or build a playhouse out of sunflowers. Make it fun and exciting, get library books for ideas and make it a family project. Children can feed the family with the fruit of their labors and learn all about basics of plant life. Keep a yearly garden journal and track how your plants respond and the weather, just like Thomas Jefferson did at Monticello.

Begin to assemble your own library of science resources that you can use with all of your children. Invest in science DVDs that will explode open your children minds. Try the Moody Science Video Classics DVD series, Answers In Genesis, and Dr. Dino's Creation Science are a good visual beginning. Science books are easy to find at the local book fairs this summer. Have books on classification, the scientific method, weather, plants, animals, solar system, electricity, nutrition, health and anything your children show an interest in. Build a collection of biographies of great scientists and read them out loud as

a family. Games on physics, chemistry and more build science skill. The Lyrical Life Science CDs teach effortlessly through songs and notebooks. Supplement your own collection with your local library. Pick up colorful science books, science videos, books or DVDs that will make learning fun. Splurge on a good microscope (hours of entertainment), a telescope, a stethoscope and any other cool piece of science equipment that will help your children hear or see science on a whole new level.

Field trips provide rich experience to see science live and in person to inspire passions or interests your children have. Did you know the ETSU Gray Fossil Museum is opening in our backyard this summer? <http://www.etsu.edu/grayfossilite/> Take your children to Florida to visit NASA then run down the Everglades. Visit JPL, Oak Ridge to see the Nuclear or Nanotechnology, the Smithsonian in Washington DC and science or technology museums all over the country. Visit the zoo, aquariums, or Sea World to see animals. Search "science museums" on the Internet for wherever you are going on vacation this summer and visit as many as you can.

Science is an adventure that you can enjoy right along with your children, if you adopt a creative spirit toward exploring and studying a bit yourself. Enjoy the wonderful world of homeschool science. You can do it! **FPT**

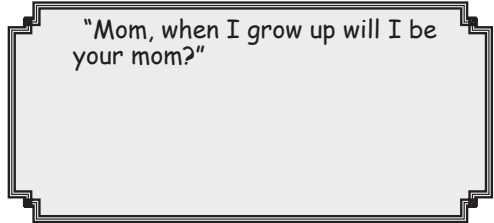
*Lisa and her husband Dave Baughn moved to Gray, TN, in April of this year, fleeing the hustle and bustle and concrete jungle of Southern California. The Baughns have homeschooled for 7 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte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

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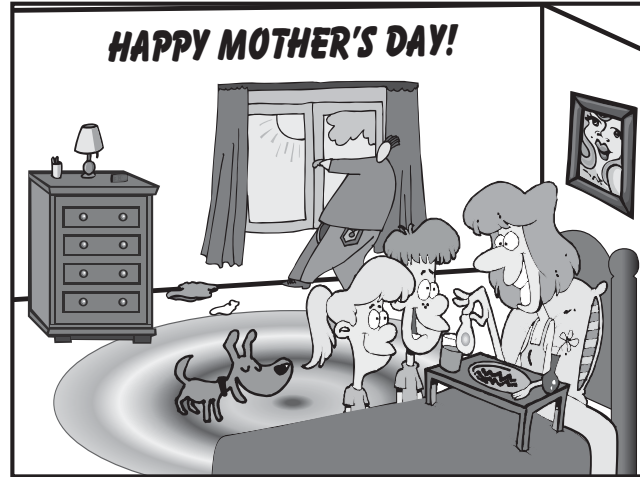
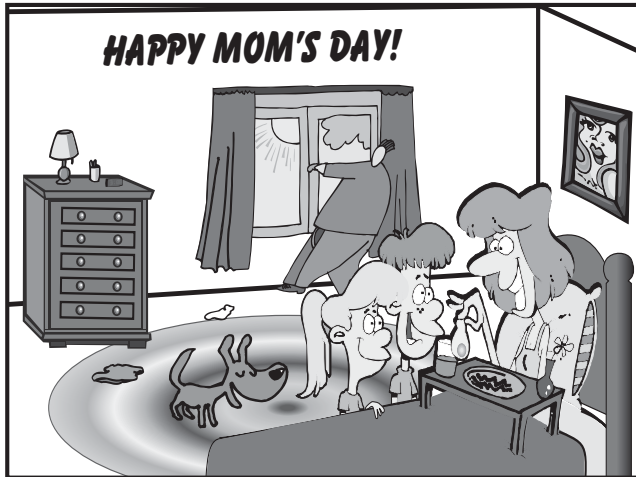
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# DOUBLE TAKE

Find at least 16 differences in the two pictures (answers are on the right...no peeking!!!)



## ANSWERS

- Dog's tail
- Juice
- Hand on bed
- Flower
- Curtain
- Pony Tail
- Back Pocket
- Shirt on floor moved
- More drawers
- Dog collar
- Fork missing
- Pencil can moved
- Lamp moved
- More sun rays
- Egg yoke moved
- Mother to mom

My Mother taught me about **ANTICIPATION**...  
"Just wait until your father gets home."

My Mother taught me about **JUSTICE**...  
"One day you'll have kids, and I hope they turn out just like you.... Then you'll see what it's like."

## SUPER SUDOKU

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

My Mother taught me about **RECEIVING**...  
"You are going to get it when we get home!"

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

### Hard answer from last month

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

### Easy Answer From last month

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

# Dog Bite Prevention Month

According to the American Veterinary Medical Association (AVMA) and the Humane Society of the United States, small children, the elderly and Postal Service letter carriers—in that order—are the most frequent victims of dog attacks. Nationally, children suffer more than two million incidents every year. The AVMA reports that dog bites in the United States requiring medical attention number 500,000 to 800,000 annually. Countless more go unreported and untreated. On average, about a dozen people die each year from dog bites. Dog bites can also result in criminal and civil liability for pet owners. Over the past 15 years, more than half the states have passed laws with stiff penalties for owners of dogs who cause serious injury or death. The Insurance Information Institute estimates that insurance companies pay out roughly \$345.5 million in dog bite liability claims annually.

Many mail carrier attacks occur at a postal customer's doorstep. "When our letter carrier comes to your home, keep your dog inside, away from the door, in another room, or on a leash," explained Mike Spates, Acting Vice President and Consumer Advocate for the USPS. "Before opening the door, we ask that customers place their pet in another room, as many dogs have been known to jump through screen doors."

Customers who fail to restrain their pets run the risk of curtailed delivery. In many cases this also includes their neighbors, who may also have to pick up their mail at the Post Office. "We place the safety of our postal family as paramount," Spates continued. "If our letter carriers feel threatened, we will suspend delivery until we deem it safe."

"Seventy percent of all dog bites occur on the dog owner's property," said Dr. Bernadette Cruz, Companion Animal Practitioner, American Veterinary Medical Association. "A dog that attacks is very often

the family pet. Reducing dog bites requires responsible pet ownership. Dog owners must understand the importance of appropriate behavioral training and supervision of contact between their dog and children or strangers. Education is the key to solving an issue that's reaching epidemic proportions," she added.

### How to Avoid Being Bitten

- Don't run past a dog. The dog's natural instinct is to chase and catch prey.
- If a dog threatens you, don't scream. Avoid eye contact. Try to remain motionless until the dog leaves, then back away slowly until the dog is out of sight.
- Don't approach a strange dog, especially one that's tethered or confined.
- While letter carriers are discouraged from petting animals, people who choose to pet dogs should always let a dog see and sniff them before petting the animal.

### How to Be a Responsible Dog Owner

There is no way to guarantee that your dog will never bite someone. But you can significantly reduce the risk by:

- Spay or neuter your dog -- unneutered dogs are more likely to bite! Sterilization will not only reduce aggression but will also decrease a dog's tendency to roam. It won't, however, reduce a dog's protectiveness.
- Train and socialize your pet. Set appropriate limits on acceptable behavior. Help



your dog become a trustworthy member of your family and community.

- Teach your dog appropriate behavior. Don't allow it to jump on people, chase cars, bikers or joggers, or overreact to visitors or delivery persons.
- Be a responsible pet owner. License and vaccinate your dog. For everyone's safety, don't allow him to roam. Make your pet a member of your family. Dogs who spend too much time in the doghouse or tied in the backyard have a much greater chance of behavioral problems such as aggression.
- Err on the side of safety. If you don't know how your dog will react to new situations, be cautious. Help your dog become accustomed to a variety of situations. Until you're confident of his behavior, however, avoid unusual ones. When a letter carrier or delivery person visits, keep your dog restrained or in another room. Don't allow your dog to jump up against your door or bite the mail as it comes through the slot. Don't let your child take mail from the carrier in the presence of your dog. Your dog's instinct is to "protect" the family.
- Look for warning signs. Pet owners can often recognize their dog's displays of aggression before an attack occurs. A dog may show aggression by disobeying, growling, or nipping. If your dog ever attacks another animal without provocation, seek professional help immediately. Proper training can usually eradicate aggressive behavior. **FPT**

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### The Faces Of Cystic Fibrosis...

We would like to introduce you to some of the faces of cystic fibrosis (CF). They all wear the same smile and in their eyes you see reflections of hope and optimism for the day when a cure for their disease is found. With your help—one day soon—we will find a cure and then cystic fibrosis won't have a face at all.

## What Is Cystic Fibrosis?

Cystic fibrosis is a life-threatening genetic disease that affects the lungs and digestive systems of approximately 30,000 children and adults in the United States. More than 10 million Americans are symptomless carriers of the defective cystic fibrosis gene. The disease occurs in one of every 3,900 live births and about 1,000 new cases of CF are diagnosed each year.

When the Cystic Fibrosis Foundation began, few children with CF lived to attend elementary school. Today, thanks to the efforts of scientists, caregivers and the development of new treatments supported by the Foundation, the median age of survival for a person with CF is nearly 37 years. A remarkable improvement—although it is not good enough as we continue to lose at least one precious life to cystic fibrosis every day.

## Who Is The Cystic Fibrosis Foundation?

Since 1955, the mission of the Cystic Fibrosis Foundation is to assure the development of the means to cure and control CF and to improve the quality of life for those with the disease. The Foundation tirelessly pursues this mission by supporting innovative research dedicated to discovering and developing new therapies and by funding and accrediting specialized care centers to treat people with the disease.

The Cystic Fibrosis Foundation is one of the most efficient voluntary health organizations of its kind and has been recognized by such publications as Forbes, SmartMoney and USA Today for its innovative approach to curing a disease. In 2005, almost 90 cents of every dollar raised was available for investment in vital cystic fibrosis program services.

Never before in the history of the Cystic Fibrosis Foundation has the feeling of optimism for defeating this disease been so great. Progress has been made because the Foundation has seized every opportunity to support the best minds in science and to recruit the finest team of caregivers to the CF cause.

When you support the Cystic Fibrosis Foundation, you are investing in the lives of those with cystic fibrosis. Working together, we can give children and adults with CF the quality of life and the future that they deserve.

**For more information, please visit [www.cff.org](http://www.cff.org) or call (800) FIGHT CF.**

**Help fight CF by coming to the June 9th Tri-Cities Miata Club's first annual Miata car show at Mountain Mazda in Greeneville.**



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My Mother taught me about my ROOTS...  
"Do you think you were born in a barn?"

My Mother taught me about WISDOM OF AGE...  
"When you get to be my age, you will understand."

## Make Every Day Mother's Day

Despite the obvious joys of being a new mom, it can also take its toll. Adjusting to motherhood can leave women feeling exhausted, stressed and frazzled. So how is it that celebrity moms always appear to be so well rested and pulled together?

Alyson Scott, celebrity stylist and founder of StyleChic, contends that any mom can look and feel like a million bucks. "Even though new moms may be exhausted, there are a few simple things they can do to look and feel well-rested."

- The power of touch goes a long way. New moms are always looking for ways to develop a bond with their baby. What better way to develop this



connection than through the calming power of touch? So one thing Scott always recommends is to treat your baby to a massage with Vicks

BabyRub, a favorite product of many of her clients with babies three months and older." The gentle Vicks BabyRub formula contains petrolatum and Aloe to

leave your baby's skin feeling soft. Vicks BabyRub also contains the aromatic fragrances of eucalyptus, rosemary and lavender. Plus, Vicks has been a trusted name for more than 100 years, so you know that you're being a good mom when you combine this with a mother's loving touch."

- Enjoy the great outdoors. With warmer weather upon us, it's the perfect time of year to put your baby in the stroller and head outdoors for a "Mom and Baby Hike." Its great exercise for moms, allows them to spend quality time with their baby and often after an hour or so of fresh air, babies are ready to go down for a nap as soon as you get home.
- Accept offers from friends to help. Sometimes it can be hard to step away for an

hour or two, but "me" time goes a long way with new moms. Don't be afraid to accept help from friends and neighbors, especially if they offer to baby-sit. Spending a little alone time with yourself can do wonders in terms of recharging your batteries and ensuring that you stay healthy and happy for both yourself and baby.

And despite what women do to appear stress free, Scott says the most important thing for new moms to remember is that they are not alone. "Many new moms get caught up in the fact of whether or not they are doing everything 'right.'" she says. I think the most important thing to remember when feeling overwhelmed is that it's completely normal! Even celebrities with a full-time personal staff feel overwhelmed from time to time."

For additional tips from Alyson Scott on how new moms can pamper themselves and their babies, visit [www.stylechicla.com](http://www.stylechicla.com). For more information about Vicks BabyRub, log onto [www.vicks.com](http://www.vicks.com). **FPT**

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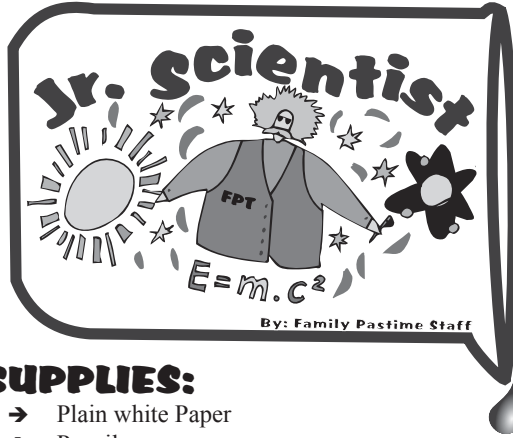
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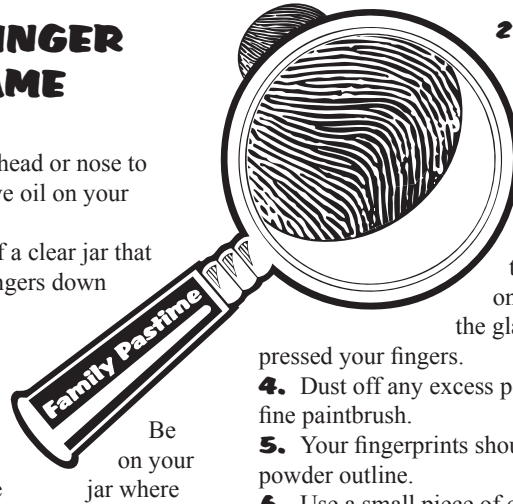
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## Finger Printing Science

### FINDING FINGER PRINTS GAME HOW TO:

1. First rub your forehead or nose to make sure that you have oil on your fingertips.
2. Touch the inside of a clear jar that has a lid. Press your fingers down firmly.
3. Ask your mom or dad to put 2-3 drops of super glue in the middle, inside of the jar. very careful not to get it skin or on the side of the your fingerprints are.
4. Put the lid on the jar and wait for 30 minutes.
5. The fingerprints should turn white on the inside of the jar.



2. Press your fingers firmly on a clear drinking glass.
3. Sprinkle a small amount of coca powder or talcum powder on the outside of the glass where you

pressed your fingers.

4. Dust off any excess powder with a fine paintbrush.
5. Your fingerprints should be seen by a powder outline.
6. Use a small piece of clear tape to

gently press it on the dusted print.

7. Gently remove the tape from the jar and then tape it to a white paper.

(Note: If you use talcum powder you will need to use a dark sheet of paper.)

8. Now you can compare your prints to the finger print cards that you made!

### SUPPLIES:

- Plain white Paper
- Pencil
- Small jar with a lid
- Coca Powder or talcum powder
- Small tube of super glue
- Clear tape

### HOW TO:

(Please get a parent to help!)

1. Take a white piece of paper and with the pencil (must be a pencil, no pens) scribble a dark spot large enough to press you fingers on. (You will need to scribble on the same spot several times to get all of your fingers to pick up enough graphite to make a print.)
2. After pressing your finger on the pencil spot press your finger on the sticky side of a piece of clear tape.
3. Then put the tape on a blank sheet of white paper
4. Label each print as: Thumb, 1st finger, Middle finger, Ring finger and Pinky
5. Do both right and left hand. Put your name on the paper so that you can identify all the members of your family. Ask your parents and friends to make prints in the same way.



### WHY:

The super glue evaporates creating an environment of gaseous cyanoacrylate (cyanoacrylate --  $C_5H_5NO_2$ , to be precise--- is the main ingredient in super glue). As the gas contacts the print, the fingerprint is "developed". If a latent (latent means that something is dormant and may become active in the future) print is detected, the glue will adhere to the fingerprint ridges.

### DUSTING FOR PRINTS

1. First rub your forehead or nose to make sure there is plenty of oil on your finger tips.



### HAVE FUN! FPT

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## Kid Friendly Recipes



### Microwave Caramel Corn

**SUPPLIES:**

- 1 C brown sugar, packed
- 1/4 C white corn syrup
- 1/2 tsp baking soda
- 1 Stick (4 oz..) margarine or butter
- 1/2 tsp salt
- 3 to 4 quarts of POPPED corn

**HOW TO:**

1. Combine all ingredients except baking soda and popped corn in a 1½ to 2 quart microwave safe bowl.
2. Put in microwave (HIGH) and bring to a boil for 2 minutes.
3. Remove from microwave and stir in baking soda.
4. Put popped corn in a brown grocery bag and pour the syrup over the corn.
5. Close the bag by rolling it down a couple times and SHAKE HARD.
6. Cook in the bag on HIGH microwave for 1½ minutes.
7. Remove and shake vigorously and cook in the microwave another 1½ minutes.
8. Remove and shake again.
9. Microwave another 1½ minutes.
10. Shake when you remove it from the microwave and pour it on a large cookie sheet to cool. Store in an airtight container when cool.

NOTE: Don't leave a brown grocery bag in the microwave unattended. Sometimes they have small metallic particles in them, and can catch on fire. Watch it all the time.

This keeps well if in an air tight container, but won't last if you open it and take a nibble.

### Chicken Stir-Fry with Noodles

**SUPPLIES:**

- 1 (8 oz.) package angel hair pasta
- 1 tsp canola oil
- 1 tsp sesame oil
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 skinless, boneless chicken breast half - cut into bite-size pieces
- 1 TBS grated fresh ginger
- 2 leaves bok choy, diced
- 1/4 C chicken broth
- 1 TBS soy sauce
- 1 1/2 TBS hoisin sauce
- 1/8 tsp salt
- 2 green onions, minced

**HOW TO:**

1. In a large pot with boiling salted water cook angel hair pasta until al dente. Drain.
2. In a large nonstick skillet heat canola and sesame oil over medium high heat.
3. Saute onion and garlic until softened.
4. Stir in chopped chicken, and cook until chicken browns and juices run clear.
5. Stir in ginger, bok choy, chicken stock, soy sauce, and hoisin sauce.
6. Reduce heat, and continue cooking for 10 minutes.
7. Toss pasta with chicken mixture until well coated. Season with salt.
8. Serve warm sprinkled with minced green onions.

### POTATO CHIP COOKIES

**SUPPLIES:**

- 3 1/2 C. flour
- 1 C. potato chips, crushed
- 1 C. sugar
- 2 tsp. vanilla
- 1 lb. butter

**HOW TO:**

1. Cream butter.
2. Add sugar, vanilla, flour and potato chips;
3. mix well.
4. Drop onto greased cookie sheet.
5. Bake at 350 until brown.

Makes 10 dozen.

### Grilled Hawaiian Chicken and Pineapple Kabobs

**SUPPLIES:**

- 3 TBS soy sauce
- 3 TBS brown sugar
- 1 TBS sesame oil
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder
- 8 skinless, boneless chicken breast halves - cut into 2 inch pieces
- 1 (20 oz.) can pineapple chunks, drained
- Skewers
- Grill

**HOW TO:**

1. In a shallow glass dish, mix the soy sauce, brown sugar, sesame oil, ginger, and garlic powder.
2. Stir the chicken pieces and pineapple into the marinade until well coated.
3. Cover, and marinate in the refrigerator at least 2 hours.
4. Preheat grill to medium-high heat.
5. Lightly oil the grill grate.
6. Thread chicken and pineapple alternately onto skewers.
7. Grill 15 to 20 minutes, turning occasionally, or until chicken juices run

### Chicken Pot Pie

**SUPPLIES:**

- 1 can cream of potato soup
- 1/4 C milk
- Dash pepper
- 1-1/2 - 2 C chopped, cooked chicken
- 1 C frozen mixed veggies
- 1/2 C milk
- 1 egg
- 1 C Bisquick

**HOW TO:**

1. Combine soup, 1/4 C milk & pepper in a pie pan
2. Add veggies & cooked chicken. Smooth out lumps.
3. Combine 1/2 C milk & egg; add Bisquick.
1. Pour over pot pie and smooth out.
1. Bake @ 350\* for 30-35 minutes.
2. OPTIONAL: Add a sprinkle of French fried onions before pouring on the biscuit top.

Summer break will be in a couple of weeks. In an effort to help you find fun and educational opportunities for your children we present the following list. If you know of a program we have not included please email us at [editor@familypastime.com](mailto:editor@familypastime.com) and let us know.

### Boys and Girls Club of Johnson City/Washington County

Summer Program Register now \$250.00 for all ten weeks or \$28.00 per week. Early Drop off at 7 AM - \$5.00/child per week May 29 - August 3  
Discount rates for additional child(ren)  
Call 461-4560 for info  
2210 W. Market Street Johnson City, TN

- Activities include:  
Breakfast and Lunch
- Afternoon Snack everyday
- Arts and Crafts
- Games and Sports
- Games Room and Tournament Area
- Special Programs
- Gym Activities
- Computer/Tech Lab Area
- Triple Play
- Trips and Special Events

### Hands On Museum

more info at (423) 434-HAND (4263) or [www.handsonmuseum.org](http://www.handsonmuseum.org)

• **Cook a Book** - June 4-8, Ages 4-6 9:30-12:30. Read stories and create the foods in them. Tackle a giant jam sandwich, Zachary's imaginary lunch, or a dinosaur dessert.

• **Artapalooza** - June 4-8, Ages 7-9 1-4 pm. Learn that art is more than painting and sculpture. Use many different supplies and you will discover that you are an artist too.

• **Lord and Ladies of the Castle** - June 11-15, Ages 4-6 9:30-12:30. Create a costume, hear stories, and play games of knights and princesses from long ago.

• **Wacky Sports** - June 11-15, Ages 7-9 • 1-4 pm, Athlete or not, you will have fun learning wacky games. Create you own obstacle course, play

with a giant soccer ball, and remember to get wet on wacky water day.

• **Little Artists** - June 18-22, Ages 4-6, 9:30-12:30. Be introduced to new styles, supplies, and friends in this exciting art extravaganza.

• **Lab Rats** - June 18-22, Ages 7-9 1-4 pm, Jump into the world of science in the Eastman Discovery Lab. Learn about chemistry, physical science, and biology as you try out



experiments with our guest speakers.

• **Down on the Farm** - June 25-29, Ages 4-6 • 9:30-12:30. Experience life on the farm; learn about animals, crops, and tractors.

• **Pirates** - June 25-29, Ages 7-9 • 1-4 pm, Ahoy mates! Drop everything and spend a week living as a pirate. Build a ship, make costumes, and tell pirate stories. Just watch out - you may have to walk the plank.

• **Tot Time** - July 2 & 3, Ages 3-5 • 9:30-11:00 am, Enjoy some special time with your little camper in this two day camp. A parent or guardian is required to attend.

• **Cook a Book 2** - July 9-13, Ages 4-6, 9:30-12:30. If you missed out on this camp in June, it's returning for a second edition.

• **Artapalooza 2** - July 9-13, Ages 7-9, 1-4 pm, Due to popular demand, this camp stays for a second session.

• **Little Pirates** - July 16-20, Ages 4-6, 9:30-12:30, Ahoy little pirates, now's your chance! The perfect pirate camp for younger brothers and sisters. Hunt for treasure, make costumes, and

listen to pirate stories.

• **Raining Cats and Dogs** - July 16-20, Ages 7-9, 1-4 pm  
Learn how to pamper your pooch and care for your kitty. Make pet treats and learn from a veterinarian how to care for our furry friends. You don't have to own a pet to enjoy this camp.

• **Soccer Vision Academy 2007** hosted by East Tennessee Soccer Federation, June 18-22, daily 9:00AM-4:30PM at Civitan Park Johnson City. Summer soccer camp for boys and girls of all levels, ages 9-18. Cost is \$150. Training provided by staff of college coaches from throughout the southeast. Call 423-735-0341, email [etsf@etsfsoccer.com](mailto:etsf@etsfsoccer.com) or go to [www.etsfsoccer.com](http://www.etsfsoccer.com) for more information and application form.

### Johnson City Library Summer Reading Programs

Children are invited to experience an exciting summer of western fun and become "rompin' stompin'" readers at the Johnson City Public Library by joining the summer reading program. "Join the Rompin' Stompin' Reading Roundup" program, for infants and children through fifth grade, begins Friday, June 1st and ends Thursday, July 26th.

A separate summer reading program for teens, "Find Your Space @ The Library," will also begin on June 1st for grades six through twelve.

For more information about this or other Youth Services programs please call Johnson City Public Library at 423-434-4458, or visit the website at [www.jcpl.net](http://www.jcpl.net).

### KIDS U

U.T. is offering several summer programs for children grades 1-4 and 4-7 for a full list and online registration go to [www.outreach.utk.edu/ppd](http://www.outreach.utk.edu/ppd) or call (865) 974-0150

At three minutes and four seconds after 2 AM on the 6th of May this year, the time and date will be 02:03:04 05/06/07. This will never happen again.



# Fun Family Events MAY



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. May Day, Mother Goose Day
- 2. Roberts Rule of Order Day
- Hands On Museum** 4:30-5:30 – Eastman Discovery Lab Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Storytime 11 AM
- 3. Lumpy Rug Day, Paranormal Day
- JCPL** K-1 Story Stretchers 4 PM\*, Author Visit with Kimberly Brubaker Bradley 6:30 PM
- 4. Garage Sale & Respect for Chickens Day
- Hands On Museum** 6:30 pm - FREE Movie Night (1st 250) Night at the Museum-PG
- Roan Mountain** 49th Annual spring Roan Mountain Naturalists Rally 5/4-5/6 schedule at <http://www.etsu.edu/biology/roan-mtn>
- 5. Cartoonists Day, Cinco de Mayo, Free Comic Book Day, Kentucky Derby
- Jonesborough Library** Grand Reopening Celebration 11a.m. – 2 p.m.
- Roan Mountain** 49th Annual spring Roan Mountain Naturalists Rally 5/4-5/6 schedule at <http://www.etsu.edu/biology/roan-mtn>
- JCPL** Family Storytime 2 pm
- Appalachian Fairgrounds**-Gray State of Franklin Antique Bottle & Collectibles Show & Sale 8AM- 2PM 423-928-4445
- 6. Do Dah Day, No Diet Day, No Homework Day
- Hands On Museum** 2:00-4:00 - Girl Scout Day
- Roan Mountain** 49th Annual spring Roan Mountain Naturalists Rally 5/4-5/6 schedule at <http://www.etsu.edu/biology/roan-mtn>
- 7. National Scrapbooking Day
- JCPL** Preschool Storytime 11 AM, Family Storytime 6:30 PM
- 8. National Teacher Day, No Socks Day, V E Day, World Red Cross Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Pals 11:00 AM\*, B & C 4 PM Grades 2-5\*, TEEN Game Night 6:30 PM\*
- 9. National Night Shift Workers Day, National School Nurse Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Storytime 11 AM
- 10. Donate A Day's Wages To Charity Day
- JCPL** Tales & Talk Adult Book Group @ 7:00

- PM - The Kite Runner by Khaled Hosseini
- 11. Eat What You Want Day
- Appalachian Fairgrounds**-Gray Fairgrounds Gardenfest '07 This sale features local plants, quality crafts and free seminars and workshops. free admission & plenty of parking
- 12. Limerick Day, Native American Rights Day, Nutty Fudge Day
- Appalachian Fairgrounds**, Gray, Kid Power 10 am-3 pm
- Hands On Museum** Sculpt your favorite animal out of clay
- Appalachian Fairgrounds**-Gray Fairgrounds Gardenfest '07 This sale features local plants, quality crafts and free seminars and workshops. free admission & plenty of parking
- JCPL** Bilingual (Span/Eng) storytime 2 PM
- 13. Mother's Day, Babysitter Safety Day
- Hands On Museum** sculpt your favorite animal out of clay also Mother's Day All women will receive free admission and a flower.
- 14. Receptionists Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Storytime 11 AM, Family Storytime 6:30 PM
- 15. International Day of Families, National Chocolate Chip Day
- JCPL** Two's Company (age 2) 10 AM\*, K-1 Story Stretchers 4 PM\*
- 16. National Sea Monkey Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Pals 11:00 AM\*, Preschool Storytime 11 AM
- 17. World Telecommunications Day
- JCPL** Tales & Talk Adult Book Group @ 10:30 AM - The Kite Runner by Khaled Hosseini, K-1 Story Stretchers 4 PM\*
- 18. National Bike to Work Day, Pizza Party Day, Send An Electronic Greeting Card Day
- Hands On Museum** 7:00pm-8:00am – Girls Night at the Museum Spend the night at Hands On! with an encore presentation of the FREE Movie Night movie. Girls over age 5. Each girl must have a female chaperone. A healthy snack and breakfast will be served. Remember to bring your sleeping gear. Cost is \$30 for

- members/\$35 for non-members per couple. Pre-registration is required before 5/4
- 19. Armed Forces, May Ray, & NASCAR Day
- Appalachian Fairgrounds**-Gray Fairgrounds Opening day Appalachian Farmers Market. 7am - 12pm Gate 5 more information at 423-477-3211
- JCPL** Family Storytime 2 pm
- 20. Eliza Doolittle Day, Neighbor Day
- JCPL** Movie 2PM Pirates of the Caribbean: Dead Man's Chest
- 21. I Need A Patch For That Day, National Wait Staff Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Storytime 11 AM, Family Storytime 6:30 PM
- 22. National Maritime Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Pals 11:00 AM\*, TEEN Scrapbooking 6:30 PM\*
- 23. Rhia's B-day, Taffy Day, World Turtle Day
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Storytime 11 AM
- 24. Brother's Day
- JCPL** Tales & Talk Adult Book Group NOON - The Kite Runner by Khaled Hosseini, EXPLORERS (Grade K-5) 4 PM JC Parks & Recreation Leader\*
- 25. Missing Children's & Tap Dance Day
- 26. International Jazz Day, Julia Pierpont Day
- Hands On Museum** looking at the flag art of artist Jasper Johns then design your own flag.
- 27. Indiannapolis 500
- Hands On Museum** looking at the flag art of artist Jasper Johns then design your own flag.
- 28. Memorial Day, Slugs Return to Capistrano Day
- 29. International Day of UN Peacekeepers
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Pals 11:00 AM\*
- 30. Memorial Day( Actual)
- JCPL** Two's Company (age 2) 10 AM\*, Preschool Storytime 11 AM
- 31. Poobah's Birthday, What You Think Upon Grows Day, World No-Tobacco Day
- June 1 & 2 Blue Plum Festival**, Johnson City [www.blueplum.org](http://www.blueplum.org)

\*Please Register 434-4458

crypto clue: c=h

**Across**

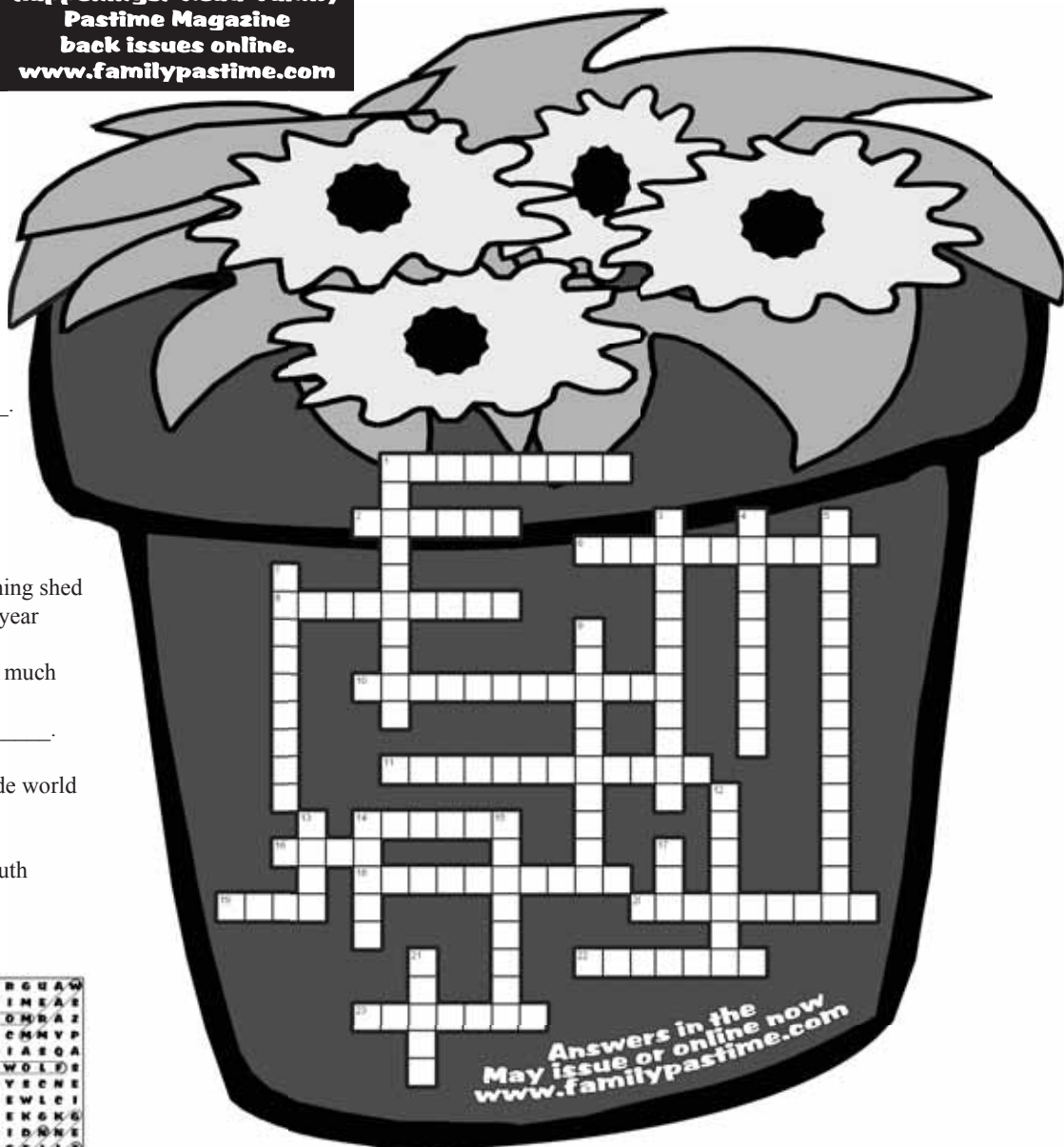
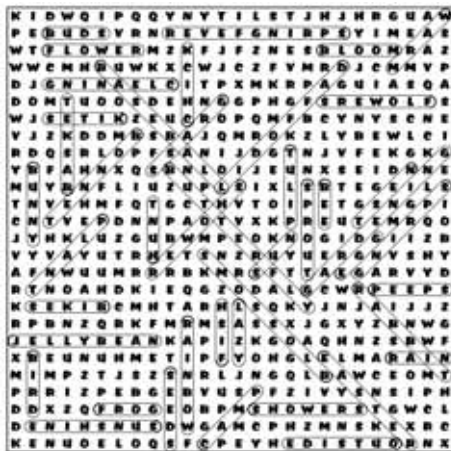
1. Planting and weeding
2. Something left behind
6. A day to remember the Veterans
8. Mother of John the Baptizer
10. Mother of all storms
11. Three types: Loop, Arch, Twirl
14. First "First Lady"
16. \_\_\_\_\_ Seals
18. Permission Game
19. \_\_\_\_\_ Strong
20. Kind of garden
22. Nationality that developed finger printing around 400 BC
23. The Few. The Proud. The \_\_\_\_\_.

Catch up on all the local happenings. Read Family Pastime Magazine back issues online. [www.familypastime.com](http://www.familypastime.com)

**Down**

1. Goodbye to an old school
3. Mother that controls the Earth
4. Something to dig out of the gardening shed
5. Most student's favorite day of the year
7. Mother of America
9. A Sunday to show your Mom how much you love and appreciate her
12. April Showers bring May \_\_\_\_\_.
13. Mother of Jesus
14. The best Mother in the whole wide world
15. USAF
17. Mother of "All Living"
21. Animals that migrate from the south

**Last Month's Word search Answers**



Answers in the May issue or online now [www.familypastime.com](http://www.familypastime.com)

**Family Crypto-Time**



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

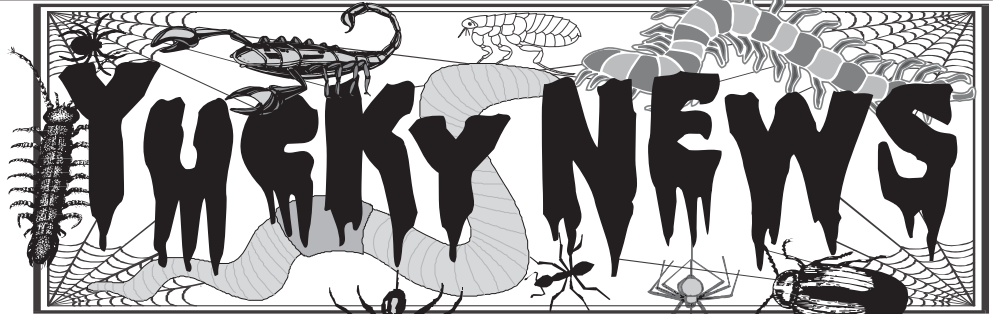
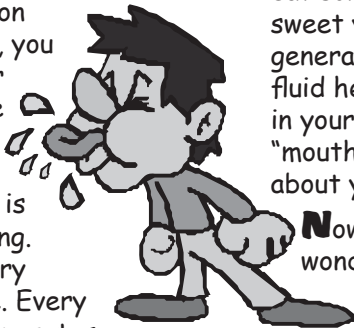
"**G C X U C J Y P X " S I J B D F K Q I G C X J "**  
**D P J X E A F E Y F G .** ~Jane Sellman

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

# Sloppy Wet SPIT!

By: I.B. Wet

Since Mothers Day is coming up there will be lots of wet slobbery kisses on the cheeks of young boys and girls all across our land. Moms and Dads love to plant sweet little kisses on their children when they do nice things (and even sometimes when they don't). What is that cool, moist stuff that is left behind after Mom lays her lips on your cheek? Well, you got it... it's spit, or saliva. Now before you gross out too much you should realize that saliva is not such a bad thing. In fact it has a very important purpose. Every day your mouth generates between 1 and 2 liters of this wet stuff. It helps to clean your mouth and keep you healthy. Your mouth has glands in the back by your jaws, under your tongue and under your lips. These glands secrete differing amounts of saliva depending on your



bodies need. When you eat something sour or sweet your glands sense the need to generate more cleansing fluid. This fluid helps to dissolve whatever is in your mouth. You can make your "mouth water" by simply thinking about your favorite food.

Now, some people have made this wonderful stuff very disgusting. Spitting on the ground or on others is a very bad and socially unacceptable thing to do. We should keep our spit to our selves.

When Mom or Dad gives us a big kiss the small amount of saliva transferred to our cheeks is just a small reminder of how much they love us.

One note, it would be nice for everyone to swallow and dry your mouth as much as possible before laying a kiss on your cheek. Oh, and before speaking at the table you should try to swallow whatever might be floating around inside your mouth. This is just a good habit to get into. Just remember, Spit is great! When left in your mouth and it is not so great when it is flying out. **FPT**

## SUDO-KID-U 2

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

		2	
3			
	1		
		4	

**Advertise in Family Pastime Magazine!**

Help support the **only** local publication dedicated to families.

Advertise your business in **Family Pastime Magazine.**

**Call Floyd at 423.773.3064**



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

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

# Miata Club continued from page 1

a trophy for Best of Show and People's Choice. Events begin at 9:00 am and culminate with a parade through Greeneville back to Mountain Mazda starting at 3:00 pm.

The Tri-Cities Miata club has around 50 members and has been in existence since 2005. These owners are passionate. They have participated in events in Tennessee, North Carolina, South Carolina and Virginia. On their website ([www.tri-citiesmiataclub.com](http://www.tri-citiesmiataclub.com) - or click



on the link from the Family Pastime site) you can check out photos from past club events. If you are an owner and haven't yet entered your "baby" there is still time. Even if you don't own a Miata but just appreciate the car and having fun with some good folks they would love for you to join them. The club meets the first Tuesday of the month at 6:30 check out the website for more information and entry forms. If you're looking for some family fun Saturday June 9th the Tri-cities Miata club's car show sounds like the ticket. **FPT**

# SUDOKU EASY

Instructions Below

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

**Sudoku Medium answer from last month**

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

# SUDOKU HARD

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

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

# FAMILY PASTIME COUPON COUPON

COUPON COUPON

COUPON COUPON

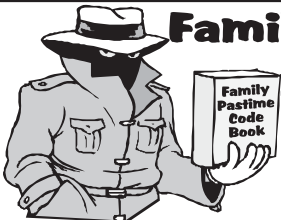


This coupon entitles the bearer one free romantic evening with:

\_\_\_\_\_ your name here

NO EXPIRATION DATE

# FAMILY PASTIME COUPON COUPON



## Family Crypto-Time

### Last month's answer

"There's nothing better than a good friend, except a good friend with CHOCOLATE." ~Linda Grayson, "The Pickwick Papers"

SAMPURU FMDB IBKTKZWDP

### The Mother of all Word Searches

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

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

- Mother Moer
- Madre Ema
- Mãe Emo
- Mëmë Emä
- Nënë Kantaäiti
- Mere Äiti
- Mutter Mäna
- Maji Makuahine
- Mom Anya
- Mummy Fu
- Mother Iloy
- Madre Nanay
- Mãe Nay
- Mëmë Induk
- Nënë Ibu
- Burim Biang
- Inahan Nyokap
- nanay
- Majka
- abatyse
- Moeder
- Kryemurgeshë

Can people predict the future with cards? My mother can. Really? Yes, she takes one look at my report card and tells me what will happen. When my father gets back home.



### HEALTH MATTERS

By: Patsy Meridith

Research indicates that the number one health problem diagnosed by veterinarians in cats and dogs is gingivitis or gum disease. As in humans, the accumulation of bacteria that causes gum disease in your pet can eventually lead to disease in their heart, liver and/or kidneys. As an alternative to professional cleaning under anesthesia, we recommend PetzLife Oral Care Spray and Gel that kills bacteria on contact, removes plaque and tartar, eliminates bad breath and reverses gum disease. It contains grapefruit seed extract, grape seed extract, peppermint oil, rosemary oil, thyme oil, neem oil and it's flavored with salmon oil for a taste your pet will love. You can apply it directly to your pet's teeth and gums or you can just put it on their lips or paws for them to lick off. After two to four weeks of use, you'll see plaque disappear, inflammation subside and breath improve. As always, we guarantee your satisfaction.



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

### SUPER SUDOKU

answer from last month

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

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*Johnson City*

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the better you get...  
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[www.msha.com](http://www.msha.com)

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to make your appointment for the  
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\*Top 100 Heart Sources: Solucient, 2004; DataAdvantage, 2005 and 2006