

MAY 2008

FREE

Family Pastime Magazine

familypastime.com

THE magazine for the **WHOLE** family

Volume 3 Issue 10



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Kidtivities™

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"Kidtivity™ Schedule"

- Enchanted Garden Stones Tuesday, June 3 11am, 12pm \$10.00
- Paper Bag Puppets Thursday, June 5 11am, 12pm \$10.00
- Neon & Glow Powerballs Tuesday, June 10 11am, 12pm \$10.00
- Magnetic Tile Art Thursday, June 12 11am, 12pm \$10.00
- Clay Pictures Tuesday, June 17 11am, 12pm \$10.00
- Oh, Nooo! Volcano Thursday, June 19 11am, 12pm \$10.00
- Cotton Clay-tivity Tuesday, June 24 11am, 12pm \$10.00
- Rock-a-Doodle Thursday, June 26 11am, 12pm \$10.00
- Build & Paint Birdfeeder Tuesday, July 1 11am, 12pm \$10.00
- Sticky Mosaics Tuesday, July 8 11am, 12pm \$10.00



To register stop in or call:
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THE Magazine for the WHOLE Family

MAY WEEKLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • Fairy Godmother Week: 1-7 • Pen Friends Week: 1-7 • Be Kind To Animals Week: 4-10 • Flexible Work Arrangement Week: 4-10 • Goodwill Industries Week: 4-10 • National Anxiety & Depression Awareness Week: 4-10 • National Family Week: 4-10 • National Hug Holiday Week: 4-10 • National Pet Week: 4-10 • National Post Card Week: 4-10 • North American Occupational Safety & Health Week: 5-10 • Reading is Fun Week: 4-10 • Astronomy Week: 5-10 • Life Coach Recognition Week: 5-11 • National Wildflower Week: 5-11 • Update Your References Week: 5-9 • Nurses Day and Week: 6-12 • Teacher Appreciation Week: 6-12 | <ul style="list-style-type: none"> • Salute to 35+ Moms Week: 9-15 • National Tourism Week: 10-18 • National Nursing Home Week: 11-17 • National Police Week: 11-17 • Kiwanis Prayer Week: 11-17 • Salvation Army Week: 11-17 • Transportation Week: 11-17 • Women's Health Week: 11-18 • Universal Family Week: 11-17 • Children's Book Week: 12-18 • Safe Boating Week: 17-23 • Bread Week: 18-24 • Dog Bite Prevention Week: 18-24 • Effectiveness Week: 18-24 • New Friends, Old Friends Week: 18-24 • World Trade Week: 18-24 • Backyard Games Week: 19-26 • Work At Home Moms Week: 19-25 • Old Time Piano Playing Week: 23-26 • Cover the Uninsured Week: 24-31 |
|--|--|

MAY MONTHLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • ALS Awareness Month • Asian Pacific American Heritage Month • Awareness of Medical Orphans Month • Better Hearing & Speech Month • Creative Beginnings Month • Family Wellness Month • Fibromyalgia Education and Awareness Month • Freedom Shrine Month • Get Caught Reading Month • Gifts From The Garden Month • Go Fetch! Food Drive for Homeless Animals Month • Haitian Heritage Month • Heal the Children Month • Healthy Vision Month • Huntington's Disease Awareness Month • International Audit Month • International Business Image Improvement Month • International Victorious Woman Month • Jewish-American Heritage Month • Latino Books Month • Motorcycle Safety Month • Allergy/Asthma Awareness Month • National Arthritis Month • National Barbeque Month • National Bike Month | <ul style="list-style-type: none"> • National Correct Posture Month • National Egg Month • National Foster Care Month • National Good Car Keeping Month • National Hamburger Month • Hepatitis Awareness Month • Lyme Disease Awareness Month • National Meditation Month • National Mental Health Month • Military Appreciation Month • National Moving Month • National Older Americans Month • Osteoporosis Prevention Month • National Photo Month • Physical Fitness & Sports Month • National Preservation Month • National Salad Month • National Salsa Month • National Smile Month • National Stroke Awareness Month • Revise Your Work Schedule Month • National Vinegar Month • Navajo Code Talkers Month • Personal History Month • Prepare to Buy A Home Month • React Month • Strike Out Strokes Month • Sweet Vidalia Onions Month • Teen Self-Esteem Month • Tennis Month • Women's Health Care Month • Young Achiever's Month • National Family Month |
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37602-3161 or order online.



Section 529 Plan Can Make Graduation Day a Reality

Project on Student Debt.)

The best way to avoid either of these scenarios is to start saving for your children's college education when they are young — and to consider using a savings vehicle specifically designed for college funding.

One such vehicle is a Section 529 savings plan. With this plan, you put money in a specific pool of

return, which could affect financial aid calculations.)

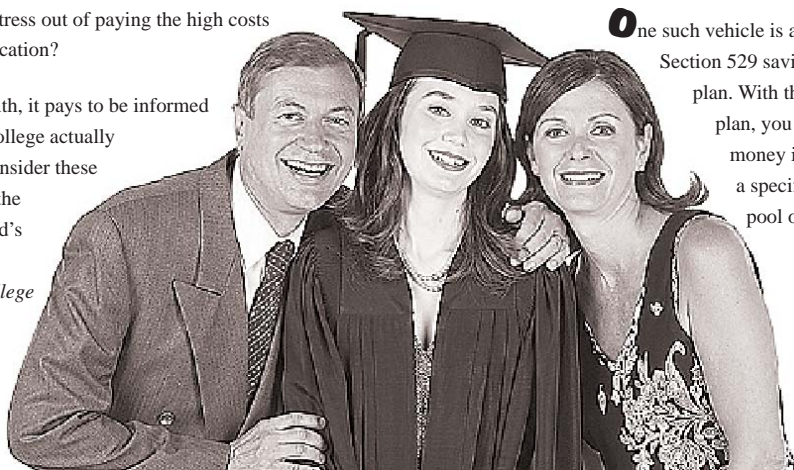
Not all Section 529 savings plans are alike; some have high fees and limited investment options. Because it's not always easy to compare the benefits of different plans, you may want to get some help from your financial advisor. As a general rule, though, you might want to start by looking at your home state's plan, which may come with a tax deduction or a matching contribution, up to a certain dollar amount. And even if you sign up for your home state's plan, your child doesn't have to attend an in-state college; you can apply the money to virtually any accredited school.

By starting to save early, and by taking advantage of an appropriate college savings vehicle, such as a Section 529 plan, you can make that graduation day of the future a happy one for everyone concerned. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

It's the time of year when students across the country are graduating from college. It took a lot of effort to earn those degrees, but it took something else, too: money. It's this financial aspect of college that may concern you if you have children. How can you take some of the stress out of paying the high costs of higher education?

To begin with, it pays to be informed about what college actually does cost. Consider these figures from the College Board's 2007—2008 *Trends in College Pricing*: The average total expense (including tuition, fees, room



and board) is \$13,589 per year for in-state students attending four-year public colleges and universities; for students attending four-year private colleges and universities, the average total cost per year is \$32,307. And over the past several years, college costs have been rising faster than the general inflation rate, so you can expect to pay considerably more in the future.

How can you cope with these costs? You could tap into your Roth IRA or take a loan from your 401(k). But do you really want to potentially lower the resources you'll have available for retirement? Alternately, do you want your children to start their working lives saddled with heavy student loans? (The average student loan debt is \$21,000, according to the

investments. Contribution limits are high — more than \$300,000 per beneficiary in many state plans, although special gifting provisions may apply. Plus, Section 529 savings plans provide you with a degree of flexibility, in that you can change your plan's beneficiary to another family member. This can prove quite useful if you have one child who decides against college while another one wants to go. Furthermore, all withdrawals are free from federal income taxes, as long as the money is used for the beneficiary's qualified college or graduate school expenses. However, Section 529 withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes. (Also, distributions will appear as income on the child's tax

The Mother Of All Quotes:

"Mothers of teenagers know why animals eat their young."
---Author Unknown

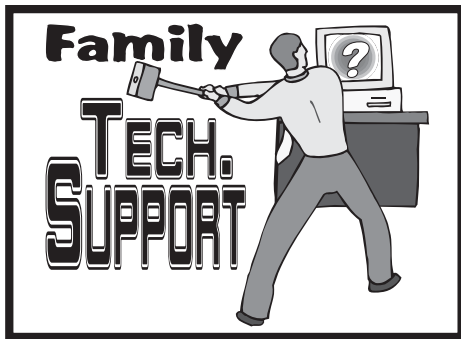
"Mothers are all slightly insane."
--- J.D. Salinger

"I want my children to have all the things I couldn't afford. Then I want to move in with them."
--- Phyllis Diller



Family Crypto-Time Last month's answer

"Spring is nature's way of saying,
YBMWZT WY ZPDRMC'Y NPI QU YPIWZT,
'Let's party!'
'XCD'Y BPMDI!"-Robin Williams



What The Heck Is All This "DTV" Or Digital TV Talk About?

By: Chris Joker

On February 17, 2009, federal law requires that all full-power television broadcast stations stop broadcasting in analog format and broadcast only in digital format. Congress mandated the conversion to all-digital television broadcasting, also known as the digital television (DTV) transition, because all-digital broadcasting will free up frequencies for public safety communications (such as police, fire, and emergency rescue). Also, digital is a more efficient transmission technology that allows broadcast stations to offer improved picture and sound quality, as well as offer more programming options for consumers through multiple broadcast streams (multicasting). In addition, some of the freed up frequencies will be used for advanced commercial wireless services for consumers.

What Does That Mean To You?

If you receive your TV reception over-the-air (through an antennae) and you have a digital ready TV, nothing however, if you have an analog television, you will have to purchase a digital-to-analog set-top converter box to attach to your TV set to be able to view over-the-air digital programming. How Do I Know Whether your TV is digital ready? As of March 1, 2007, all television receivers shipped in interstate commerce or imported into the United States must contain a digital tuner. If the TV you recently purchased is NOT DTV ready it should have been clearly marked as such when you purchased it. If you aren't sure check your TV it should contain a label containing the words "Integrated Digital Tuner" or "Digital Tuner Built-In." "Receiver" may be substituted for "Tuner," and "DTV," "ATSC," or "HDTV" (high definition television) may be substituted for "Digital." If your television equipment contains any of these labels or markings, you should be able to view digital over-the-air programming without the need for a digital-to-analog converter box. (Remember, you do not need an HDTV to view free over-the-air digital programming. As long

as your television equipment contains a digital tuner, you can view over-the-air digital. An HDTV is only necessary if you want to view digital programming in "high definition.") If your television set is labeled as a "Digital Monitor" or "HDTV Monitor," or as "Digital Ready" or "HDTV Ready," this does not mean it actually contains a digital tuner. Thus, if you receive your TV reception over-the-air, you still will likely need a separate set-top box, which contains a tuner in order to view programs in the new digital TV transmission standard (which includes HDTV formats) on such a set. Over-the-air digital set-top boxes can be purchased at retail stores. Cable and satellite TV providers also sell or lease digital set-top boxes for their specific services. If your television set is labeled as "analog" or "NTSC," but is NOT labeled as containing a digital tuner, it contains an analog tuner only. If you cannot determine whether your television set or other television equipment contains a digital tuner, you are advised to check your equipment for the manufacturer name and model number, and then contact your consumer electronics retailer, or the manufacturer, to determine whether it contains a digital tuner. This information also may be available online through the manufacturer's website.

Because most broadcast stations in all U.S. television markets are already broadcasting in digital, in addition to analog, consumers are further advised to contact their local broadcast stations to determine the channel numbers on which the stations are broadcasting digital programming (these will be different than the analog channels). Consumers should then ensure that their televisions are set up to receive over-the-air programming (as distinguished from the signals of a paid provider such as cable or satellite TV service), and then tune to the over-the-air digital channels to see if they can receive the digital broadcast programming.

Will Your Analog TV Still Work After The Change To Digital Broadcasting?

After February 17, 2009, you will be able to receive and view over-the-air digital programming with an analog TV ONLY BY PURCHASING A DIGITAL-TO-ANALOG SET-TOP CONVERTER BOX.

Until, and March 31, 2009, all U.S. households will be able to request up to two coupons, worth \$40 each, to be used toward the future purchase of eligible digital-to-analog converter boxes. Eligible converter boxes are for the conversion of over-the-air digital television signals, and therefore are not intended for analog TVs connected to a **PAID PROVIDER SUCH AS CABLE OR SATELLITE TV SERVICE.**

The National Telecommunications and Information Administration (NTIA) is administering a coupon program to offer consumers up to two coupons worth \$40 each towards the purchase of a converter box. For more information, visit the NTIA website at www.dtv2009.gov. The Commission's DTV website, www.dtv.gov, also provides information for consumers on the upcoming digital-to-analog converter box coupon program. More detailed information regarding NTIA's coupon program, what digital-to-analog converter boxes will be eligible, where and when they may be purchased, and the Commission and NTIA will provide information on the related costs involved.

What About My Antenna?

If you already have an antenna, for the most part, you should be able to receive digital signals. You may have antenna issues, however, if your current antenna does not receive UHF signals (channels 14 and above) well, because most DTV stations are on UHF channels. In such a case, you may need a new antenna or to add a UHF section to your existing antenna system. This equipment should be available locally or over the internet.

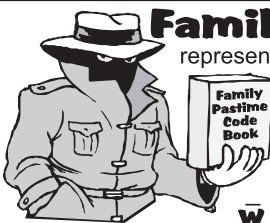
If I Buy a DTV, Will My VCR, DVD Player, Camcorder, Video Games, Or Other Equipment Still Work?

VCRs, DVD players, camcorders and video games will continue to work, even if they are only analog-capable. Such equipment, however, may not provide digital-quality picture and sound. Manufacturers are producing a number of different connectors to hook equipment together and improve picture and sound quality. Check with your equipment retailer to determine the types of connectors that will work with your equipment.

FOR MORE INFORMATION ABOUT THE DIGITAL TRANSITION

Call 1-888-225-5322 or go to www.dtv.gov
For converters and coupons call 1-888-388-2009
or: www.dtv2009.gov. **FPT**

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




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.

“ O WOI DFCMH RPH HJMMGRMOAG GRM
WFHG', RPH JPKM GRM QMHG', QSG RPH
WFRMA GRM DFILMHG.”

~Irish Proverb Look for the answer next month.

look on page 18 for a clue.



Home Cure BURNS

A burn is a condition when the skin is damaged. Burns are not just caused by touching hot objects or fire; burns can be caused by many other things such as dry heat, corrosive substances and friction, extreme cold, and by radiation, including the sun's rays, burns may be caused by electric appliances or live wires. Scalds are caused by wet heat – hot liquids and vapors. Whatever the cause what you experience is pain. Small children experience more severe pain due to their sensitive skin.

Burns have different severities; they are characterized as a first, second or third degree burn depending on the severity of the skin damage.

First-degree burns damage only the top layer of skin and should heal itself in 1 to 2 days; they are painful and red. They occur from sunburn, scalding from water or steam and other minor accidents. You can usually treat them at home.

Second-degree burns are a thicker burn that includes blisters and are painful and swollen and ooze; the burn may heal by itself but needs special care. Second-degree burns result from severe sunburn or brief contact with hot oven coils or other household accidents. These may be treated at home if the burn is confined to a small area of surface skin.

Third-degree burns are extremely dangerous—even if they don't hurt (They may not hurt right away because of destroyed nerve endings). Third-degree burns cause damage to all skin layers and do not heal on their own. They leave skin charred and turn it white or cream-colored. They may be caused by; heat, fire, electricity, chemicals, radiation, sunlight, or any prolonged contact with hot surfaces. **FOR THESE, YOU'LL NEED IMMEDIATE MEDICAL HELP.** Other signs that you should seek medical attention are burns on the face, hands, feet, pelvic and pubic areas, or in the eyes. Any burn that you aren't sure is first or second-degree. Burns that show signs of infection, including a blister filled with greenish or brownish fluid, or a burn that becomes hot again or turns red. Always seek medical attention

for burns that don't heal in ten days to two weeks.

A rule of thumb for determining how to handle a burn is: If the first- or second-degree burn is smaller than a quarter on a child or a silver dollar on an adult you can usually self-treat. You should see a doctor, however, for larger burns or for burns on infants less than 1 year of age or on adults over age 60. If you plan on seeking medical treatment you should wash the burn but don't use any ointments, antiseptics, or sprays. You may wrap it in a dry, sterile dressing.

Some of these ideas include using food (Butter, Honey, Yogurt, etc.), some say never use food on a burn. Please remember these ideas are meant as information **ONLY** these are merely a record of ways someone may have dealt with common health issues. Never attempt any of the ideas reported in this column without consulting your physician first.

No matter what the cause, the key to quick relief is quick relief. Since your cells get damaged even after you separate your skin from the heat source, what you do in the first few minutes after being burned can make all the difference in how well your skin heals.

Flush your burns with lots and lots of cold water—15 to 30 minutes worth or until the burning stops. But don't use ice or ice water, using ice water can risk making the burn even worse.

For a contact burn, run the injured part under cold water. If it's hot grease or splattered hot material like battery acid or soup, remove clothing that was soaked first, wash the grease off your skin, then soak the burn in cold water. If the clothing sticks to the burn, rinse over the clothing, and then go to the doctor. Do not attempt to pull the clothing off yourself.

The coolness stops the burning from spreading through your tissue and works as a temporary painkiller.

NO BUTTER! I know the old saying is put butter on a burn. **DON'T!** Food on burns can hold the heat in your tissue and make the burn worse. It also might cause an infection.

Gently wrap the burn in a clean, dry cloth such as a thick gauze pad. Then do nothing. At least for the first 24 hours, leave the burn alone.

Help it heal. Starting 24 hours after you burn yourself, wash your injury gently with soap and water or a mild Betadine solution once a day. Keep it covered, dry, and clean between washings.

Soothe with aloe. Two or three days after you burn, break off a fresh piece of aloe and use the plant's natural healing moisture, or squeeze on aloe cream.

Make soothing solutions. When your burn is starting to heal, break open a capsule of vitamin E and rub the liquid onto your irritated skin.

Dab on an antimicrobial cream. An over-the-counter antibiotic ointment containing the active ingredients polymyxin B sulfate or bacitracin will discourage infection and speed your healing.

Leave blisters intact. Those bubbles of skin are nature's own best bandages. If a blister pops, clean the area with soap and water, then smooth on a little antibiotic ointment and cover.

Apply honey to the wound once you have washed the wound properly then cover with a bandage.

Put 2 TBS of yogurt on the burn and wait 15 minutes.

For a burn in the tip of the finger hold your ear lobe and you will feel no pain.

Put egg whites on the burn.

Cut an onion and apply immediately on the burn.

Soak the burn in whole milk for 15 minutes.

Put some mustard on the burn.

Apply some dishwashing detergent on the spot, immediately after getting burned.

Dab on pure essential lavender oil, apply several times a day for a few days.

Soak the burned area in whole milk for 15 minutes or so, or apply a milk-soaked washcloth to the area.

Preparation H. This hemorrhoid treatment can slice up to 3 days off the usual 7 to 15 days it takes for most burns to heal. It works because it contains a yeast derivative that helps speed healing. Simply dab a little on the burn and cover with a fresh sterile bandage every day.

Elevate it. position yourself so that the burned area is above the level of your heart, this helps prevent swelling.

Eat lots of foods rich in zinc.

Clean the burn with hydrogen peroxide then apply an OTC antibiotic.

Papaya contains enzymes that help to remove dead cells from the wound.

High Protein, High Calorie diet rich in vitamins and minerals is useful for recovery

Diet plays a very important role in the healing process.
FPT

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

FATHER KNOWS BEST

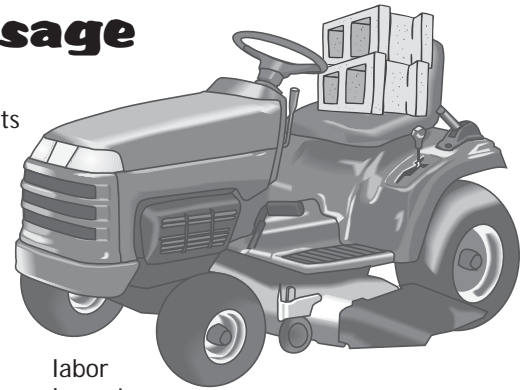
By Chris Joker

Right Of Passage

hose from the foot pump as a fuel line, it's off to the auto parts store to purchase an actual fuel line. The guy behind the counter greets me and asks, "the usual?" Yes, I sheepishly

reply. I return and put on the new fuel line, refill the tank, check for leaks, cross my fingers and turn the key. I explain to my son, who is helping and learning the "proper" way to ready a lawn tractor for the season that "we really should change the oil and filters before we mow but we will go ahead and mow this time and do all that stuff before we mow the next time." He replies, "But Dad, that's what you say every year and we still haven't changed the oil OR the filters." This is when I send him to the refrigerator to get me a cold beverage.

As a father, from the time your child is born there are two events you dream of, two events that not only signal a right of passage for your child but also an extremely proud moment for you. These events are so big in a father's life that, and I really can't be certain of this, but I'm pretty sure these two events were the actual determining factor in my Dad having children in the first place. This first defining event is when your child is finally old enough to get you a cold beverage from the refrigerator. This single event frees a father up so he doesn't have to miss any of the game (or so you can avoid responding to something you really don't want to respond to like, "But Dad, that's what you say every year and we still haven't changed the oil OR the filters.".... smart-alecky kid!). The second big event is when your child is old enough to mow the lawn by him or herself. My dad was way ahead of his time with this one; he was the first father to attach a self-propelled mower to a walker. You know back when walkers were walkers and not mini-treadmills. If it weren't for that whole "really not safe" issue my mom kept bringing up, and those pesky child



labor laws, I

really think he would have succeeded with his plans of starting an all-toddler lawn service. My son is 9-years-old and anxious to take on this chore. Who am I to argue? I go over all the safety rules, stay away from the curb, don't mow on the steep hills and do NOT run over sticks, rocks, toys, cats, dogs or small children. He is now ready to mow. I don't know if you are aware of this but some time in the early 80s the government began requiring lawn tractors have a "dead man's switch" seriously that is what it's called. The way the switch works is there are springs and electrical contacts under the seat on a lawn tractor, as long as someone is sitting in the seat, the circuit is complete and the engine will run, if the driver gets out of the seat the springs push the seat up breaking the connection and the engine will stop. O.K. it's not really as long as "someone" is sitting in the seat because, apparently, there is a weight requirement. I'm not sure what that requirement is but I am sure it is more than 62 pounds. I know this because that is what my son weighs. Not to worry, my son is DETERMINED. He WILL mow the lawn. He discovers that if he sits with one hand on the steering wheel and one hand pushing down on the back of the seat, the mower will continue to run. He is off. I hear RRRRRRRRRRR then he hits a bump and I hear RRRRRrrrrr.... Then almost silence when he remembers he has to push back down on the back of the seat. When

Please see FKJ on page 8

Don't tell my Dad but my fall ritual of "winterizing" my lawn tractor goes like this: 1) run the engine until the gas is gone. 2) Put the tractor in the garage. 3) Cross my fingers until spring. Now with spring in the air it is time for my "get the tractor ready for summer" ritual which goes a little something like this: 1) put gas in the tank. 2) Cross my fingers. 3) Turn the key.

Before I can start this time-honored ritual I need fresh gas. I grab the empty gas can and head to the gas station. \$34.36 later, my gas can is full and I am ready for step number 1. I pour in the gas, about \$7.00 worth. It isn't until AFTER I pour in the gas that I see the fuel line has dry rotted over the winter, I see this because \$7.00 worth of gas is now draining onto my driveway. Seeing this reminds me that the same thing has happened for about the past 3 years in a row. A smart man might learn from the experience and plan for it in the coming year. Being a smart man, that's what I'll do...NEXT year. Frantically I search for a siphon hose in an attempt to save as much gas as I can before it leaks all over the driveway. I do not find a siphon hose however I do find a foot pump. I recklessly rip the hose off of it and use it to quickly siphon what's left of the gas in the tank back into the gas can, about 70 cents worth. If you think about it, because of the increase in gas cost, the 70 cents I managed to keep from spilling this year was only worth 35 cents last year so, I'm improving? Of course I suppose if you think about that you also have to think about the fact that the \$6.30 that leaked all over the driveway this year was only worth \$3.15 last year so.... DON'T THINK ABOUT IT!

After a brief time considering using the



Say WHAT???

By: Family Pastime Staff

Meaning

'Katy (or Katie) bar the door' (also as Katy bar the gate!) is a very American idiom, more common in the South than elsewhere, meaning that disaster looms — "watch out", "get ready for trouble" or "a desperate situation is at hand". Quickly lock the door before something unwanted gets in (or out).

Origin

Where it comes from is uncertain. The first known use in print of Katy bar the door with the meaning of 'trouble is in store' is in James Whitcomb Riley's poem 'When Lide Married Him' (1894): A young lady marries a known drunkard against family advice and

"Katy Bar The Door!"

forcibly reforms him. One stanza ends with the line: "When Lide married him, it wuz 'Katy, bar the door!'", suggesting trouble ensued.



Riley's work obviously can't be the origin of the expression though as his readers would have had to be familiar with it in order to make sense of the poem.

Another suggestion as to the origin of the phrase is that it comes from the

traditional Scottish folk-song 'Get Up and Bar the Door' published by the Scottish song collector and editor David Herd, in his collection Ancient and Modern Scottish Songs, Heroic Ballads, etc., 1776. The basis of the song is the stubbornness of a husband and wife who disagree about who should lock the door to their house and make a pact that whoever speaks first should do it, thereby allowing

'two gentlemen' to enter the house uninvited:

".....T hen up and started our goodwife,

G ived three skips on the floor:

"G oodman, you've spoken the foremost word,

G et up and bar the door."

B ecause it doesn't mention Katy and it isn't American, it probably is not the actual origin either. It does, however, correspond with the meaning of the phrase, because it does link the failure to bar the door with impending trouble.

O ne of the leading contenders for the origin of "Katy bar the door" is from "The King's Tragedy," a poem by Gabriel Dante Rossetti written in 1881. The poem tells of an attack in 1437 of King James I of Scotland. He was attacked by his enemies while staying in a room with no bar for the door. His Queen's lady-in-waiting, Katherine Douglas, is said to have valiantly tried to bar the door with her own arm. Her arm was, unfortunately, broken in the attempt, and the King slain. It is entirely possible that the King's cry of "Katherine, keep the door!" in Rossetti's poem became the popular expression "Katy bar the door." This makes sense except it does not explain how the phrase happened to first appear 13 years later in America. **FPT**

FKJ continued from page 7

he does I hear RRRRRR (bump) rrrr..... RRRRRR (bump) rrrrr.....RRRRRR. This goes on for about 15 minutes then he drives back to where I am. He wants to add some weight to the seat. I am naturally concerned about overriding a government mandated safety feature on the lawn tractor, on the other hand, this is one of the two big events I have been dreaming of occurring in the life of my son. Besides, the emergency room is open like 24/7, isn't it? Actually we discovered that adding several broken

pieces of cinder block to the seat is not enough to keep the engine running on it's own, it takes the combined weight of my son and the weight of the cinder blocks. So the "dead man's switch" is still operable. Whew, all this hard cipherin' calls for me to send him to the fridge for a cold beverage. After returning with my cold beverage he is off to mow again. I must say this boy is the MOST meticulous mower, ever. I believe he hit every blade of grass at least twice, "just to be sure". For fathers still waiting for the day when your child will be able to mow the lawn on his/her own keep in mind, I'm sure I could have hired a team of professional landscapers to do the job for less than it cost me in gas for him to do it for "free". **FPT**

"There is only one pretty child in the world, and every mother has it."
--- Chinese Proverb

Instructions:

SUDO-KID-U 1

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

4			
1			
			3
			1

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Don't Worry, Bank Happy. Member FDIC

SUDOKU Medium

Instructions on page 10

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

THERE'S NO PLACE LIKE HOMESCHOOL


Spring is gloriously in bloom and summer is almost upon us, the season for retreats and conferences and conventions. If you are like most homeschool parents, you wonder where is the "Marriage Retreat" for homeschooling parents???

In almost a decade of homeschooling, we have never seen one, until now! I am so excited to announce the Real Life Marriage Conference, which is happening at The Journey Church in Gray TN on June 13-14, 2008! 102 Old Stage Road – Corner of North Roan/Old Stage Rd.. 1 ½ Miles North of Boone's Creek off 36 2 ½ Miles South of Highway 75

Veteran homeschoolers Steve and Jane Lambert of Five in a Row, and Jay and Heidi St. John from First Class Homeschool have pulled together a unique homeschool retreat. They write: Every Successful Homeschool Marriage Begins with a Strong Foundation.

On How strong a foundation is your homeschool built?

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"Marriage Retreat" For Homeschool Parents

By: Lisa Baughn

new course for your homeschool years and beyond.

Let's face it. Homeschooling is a huge commitment. Navigating the unique intricacies of balancing homeschooling and marriage can create tension and stress. It's easy to focus on the job of homeschooling your children, and give your marriage the "leftovers".

Real Life Marriage Weekend: Homeschool Edition is not your ordinary marriage retreat weekend. Why? Because no "ordinary" marriage workshop or retreat can possibly deal with the unique issues we face as homeschool parents. Come and see why this is one homeschool event you can't afford to miss. Whether your marriage needs a little tune-up and refreshment, or whether your marriage is already at, or even past the breaking point, set aside these two special days and ask the Lord to meet you and your spouse at **RLM: Homeschool Edition**. The Lord is faithful!

At Real Life Marriage Weekend: Homeschool Edition, you will Revitalize your vision and discover together the JOY of homeschooling... Reconcile the difficulties of living on one income in a two-income world... Realize how homeschooling can actually make your marriage stronger... Rekindle romance and rediscover the joy of intimacy... Reconnect with one another and learn how to make effective communication a priority... Receive the tools and skills to create a true and living partnership with your spouse... Route an exciting

During the homeschool years don't just survive... THRIVE! Join us for this Christ-centered, homeschooling marriage makeover. **Real Life Marriage?**

Real life for real marriages. We all know the pressures and stresses that come with homeschooling our children. We have all had times when we've said, "we can't keep doing this." Real Life Marriage Weekends are designed to give you that bit of encouragement and resources to keep going.

Steve and Jane Lambert and Jay and Heidi St. John bring years of homeschooling and ministry experience to encourage you and your spouse. We want every homeschool family to experience the joy and freedom that comes from following and learning from Christ as we walk with him.

To register for this life changing retreat or for more information go to www.reallifemarriages.com. Or call Susan Seaman at 423-967-6281.

We have had the pleasure of meeting the Lamberts and the St. Johns and they are going to BLESS YOU tremendously! We highly recommend this and will be there with bells on! **FPT**

Lisa and her husband Dave Baughn have homeschooled for 9 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 e-mail them to homeschooling@familypastime.com.

Lisa is launching a new website soon (www.ThePrudentWife.com) with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

"Working mothers are guinea pigs in a scientific experiment to show that sleep is not necessary to human life." --- Author Unknown

Easy Answer From last month

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

Last month's HARD answer

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

Last month's Medium answer

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



Family Helpful hints are tips and ideas to help make families lives easier. We cannot guarantee or endorse any of these tips, please use at your own discretion. If you have some to add please send them to: "Family Helpful Hints" **Family Pastime Magazine** P.O. Box 3161, Johnson City, TN 37602-3161 or e-mail them to hints@familypastime.com

Family Helpful Hints

Eliminate ear mites. All it takes is a few drops of Wesson Corn Oil in your cat's ear... massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Kills fleas instantly... Dawn dishwashing Liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor: Next

time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Did you know that drinking two glasses of Gatorade can relieve headache pain almost immediately-without the unpleasant side effects caused by traditional pain relievers?

Did you know that Colgate Toothpaste makes an excellent salve for burns?

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1-tablespoon horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly-even though the product was never been advertised for this use. **FPT**

SUPER SUDOKU

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

SUDOKU EASY

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

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

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



Got Wheels? Get a Helmet! ---Play Vehicle Safety

By: Joanna Swinehart

Other than the automobile, bicycles are associated with more childhood injuries than any other consumer product. Accidents are more common during the months of May through October, especially during the afternoon and evening hours of 2 p.m. to 8 p.m. While we hope that automobile drivers are vigilant of children on the road, we can't expect it. In order to protect your child from a potential serious injury, be sure you and your child are up to date of the appropriate safety gear, and the rules of the road.

Even though the injury statistics are high for bike and play vehicles, fewer than half of children ages 5-14 wear helmets when participating in play vehicle activities. Play vehicles include bicycles, scooters, skateboards and skates. If the item your child is riding on has wheels, they need to wear a helmet!

Why?

Head injury is the leading cause of death in bicycle crashes and is the most important determinant of bicycle-related death and permanent disability. Wearing a helmet is the single most effective safety device available to minimize head injury from play vehicle crashes. Helmets have been shown to reduce the risk of head injury by as much as 85%. And if none of this has convinced you, it is the law! Children under the age of 16 are required to wear a helmet when operating play vehicles.

Helmet Fitting

Of the children that do wear helmets when riding bikes and other play vehicles, one-third of them are not wearing them correctly. An incorrectly fitted bike helmet may not protect your child's head in the event of a crash. Even worse, it could cause additional injuries, such as strangulation.

First, make sure that your child is wearing the appropriate helmet. Bike helmets are for bikes, scooters

and can also be used for skates, but should not be worn when riding, skateboards. Why? Helmets are designed for specific types of impact.

Make sure your child has a helmet that fits his or her head. Kids grow quickly, so the helmet that fit them last summer may not work this spring. Do not buy a helmet for a child to "grow into." Use a measuring tape to measure around your child's head and use the sizing chart below to select the right size helmet:

Helmet Size	Inches
Toddler	18 1/2 - 19 1/2
Small	19 1/2 - 21 1/4
Medium	21 1/4 - 23
Large	23 - 24 1/2

Once you have the right sized helmet, make sure the straps are adjusted to fit snugly, and that your child knows how to put it on correctly. An easy way to ensure that your child's helmet is fitted properly is the **2-4-1 Salute**.

- 2:** Two fingers above your eyebrow to the bottom of your helmet
- 4:** Four fingers to make a V-shape around the bottom of your ears.
- 1:** One finger under the strap beneath your chin.

Other Safety Gear

Helmets aren't the only safety item your child might need. If your child is interested in in-line skating or skateboarding, gloves and pads are also necessary to

protect for falls. Visibility is a key concern for those riding on roads shared with automobiles, especially if your child might be on the road at dusk. Be sure your child has the advantage of visibility and install reflectors on the bike and reflective tape on jackets and backpacks. If there is any chance that your child might be riding his or her bike at night, be sure to install a light as well.

Fashion Matters

While your child may not think twice about slipping on flip-flops and jumping on his or her bike to ride to the neighborhood pool, what your child wears may have an impact on a safe ride. Flip flops are notorious for causing bike crashes by getting stuck in pedals and wheel spokes, and they offer absolutely no protection

for the foot in the event of a crash. Likewise, your child needs to select their clothing with biking in mind. Baggy pants or pants with wide legs can get caught in the bike chain. Also, the brighter the clothes your child wears the more



visible he or she will be to automobile drivers.

Behavior

Last but not least, have a serious talk with your child about their actions on the road. More than 80% of fatal bicycle-related crashes for children 14 and younger are associated with the bicyclist's behavior, such as riding into a street without stopping, turning left or swerving into traffic that is coming from behind. Communicate to your child that they cannot expect cars to see and avoid them. If your child is not at a maturity level to handle this type of responsibility, do not let them ride on shared roadways without your supervision.

And remember, you are never too old to be safe! Parents are a model for their child's behavior. If you follow the same safety guidelines when you get on a bike or other play vehicle, more than likely, your child will as well. **FPT**

Joanna Swinehart, Communications and Outreach Coordinator for The Children's Hospital at JCMC.



Adopting A Cat From An Animal Shelter



When choosing a cat to adopt from an animal shelter, there are several things that must be considered. Perhaps the most important thing to remember is that adopting a cat means the furry friend will most likely be around for a long while. In fact, a cat can easily live up to 20 years. Therefore, owning a cat isn't just a small commitment in time. Once the decision is made to adopt a cat, there are four main things to look for to ensure the pet will be healthy and a good match for the family and its lifestyle.

Activity

When visiting a cat shelter to choose a new feline friend, the first thing to do is to simply observe all of the cats and kittens. While observing them, just to get

an idea of how active they are and what type of attitude they have. If the cat is hunched in a corner or appears lethargic, it might not be too healthy. The last thing a new pet owner needs is to adopt a sick cat that will rack up the vet's bills. Similarly, a pet owner looking to add a new cat along with the pets he or she already has doesn't want to bring home a sick cat that will spread illness to the other cats.

Observing the cat while it is in its cage is helpful in determining the attitude of the cat. Some pet owners are looking for playful cats that will scamper about the house and chase and play with toys. On the other hand, some pet owners would like a cat that is a little more docile and that will spend hours cuddled up in the owner's lap. Watching the cats in their cages will help determine which type of personality they have. Of course, a cat that is sleeping doesn't provide much information about its personality, because all cats sleep the majority of their day away. For sleeping cats, it will be necessary to rouse them to get an idea of their unique personalities.

Look At The Cat

After the selection of potential adoptees has been narrowed down, the remaining cats should be looked at more closely. To do this, the attendant should be asked to release the cats from the cage, one at a time.

bothersome to both the cat and to the owner. Furthermore, getting rid of fleas once they infest the home can be very difficult.

Listen To The Cat

Of those cats remaining, the next step is to listen to the cat. First, listen for signs of illness. A cat that coughs, sneezes, or sounds congested can be quite ill and should be avoided. Also, listen for sounds of contentment. A cat who is purring is likely happy and healthy. If the cat is meowing, the sound of the meow can often indicate trouble or contentment. A long, pleading meow could indicate the cat is ill. On the other hand, a playful meow could mean the cat is already developing a bond with its potential new owner!



After handling each cat, it is important to wash up with an antiseptic. That way, any illnesses one cat might have will not be spread to the other cats.

Play With The Cat

After finding a couple healthy cats that appear to have the appropriate personality, it's time to play! Get the last couple of cats out of their cages and set them on the floor. See how they interact with one another to get a feeling for the cat's disposition. Seeing how the cat gets along with other cats is especially important for pet owners who already have a pet cat at home.

Also, take out a string or car keys and dangle them in front of the cat. The one that seems most alert and active is likely the better choice. Of course, both cats can be adopted if the decision is just too hard to make! **FPT**

Article courtesy of I-Love-Cats.com

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." ---Tenneva Jordan

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Operator. *Chris Joker* **URGENT**

A good place to begin the physical examination is to look at the cat's eyes. It is a good sign if the eyes are bright and clear. There also should be no discharge or running eyes, as both are signs of illness.

After inspecting the eyes, the nose should be looked at next. It should be clean and slightly moist. Again, there should be no discharge. The ears should also be clean. Ears that are extremely dirty are potentially contaminated with ear mites. Ear mites can be very difficult to get rid of and can easily spread to other cats at home.

Finally, the cat's fur should be clean, shiny, and free of fleas. Fleas can be particularly

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5th Annual Kid Power Set For Saturday, May 10



Empowering Kids for Success

The 5th Annual Kid Power: Empowering Kids for Success is set for 10 a.m. to 2 p.m., Saturday, May 10, 2008, at the Appalachian Fairgrounds in Gray.

Expected attendance is 12,000. The event is free of charge and features more than 70 exhibitors, outdoor activities and events.

Fill your day with fun and excitement. Test your skills in the Milk Mustache Contest, Hula Hoop Contest, Power Bubble Contest, and other fun from the main stage. New this year will be bubble making with Project BASIC, Pie in the Sky with the Gray Fossil Site, and live animals with Bay's Mountain. Wings Air Rescue, provided by Mountain States Health Alliance, will land this year at 10 a.m., and will stay for a while to allow you to get a closer look.

Experience a soccer clinic with Chuckey Doak High School. Learn about driving safely in a semi at Tennessee Trucking Association's Demonstration truck. Get a close look at the Kingsport Lifesaving Crew Heavy Rescue Truck. See the Lifesaving Crew's K-9 Search Dog and 4-Wheel Drive pickup truck. You can also enjoy The Johnson City Cardinals' new inflatable.

Just try to keep dry when you visit Pluggie the Fire

Hydrant, provided by the Johnson City Fire Department. Have fun with the Johnson City Family Skate Center. Enjoy the hospitality of Raceway Ministries, who work during major races at the Bristol Motor Speedway and Dragway. You might not even need your walking shoes. The golf carts can be seen traveling everywhere. Get a scoliosis screening and body mass index with the Washington County Health Department, and visit PureLife Chiropractic for a scoliosis screening for kids and postural screen for adults.

Stop by one of Kid Power's most popular booths, the Doak House Museum. Every year, kids wait in line to pick up a hammer and learn to tin punch. Their new creation becomes one of many things they take home from Kid Power. The Teddy Bear Check-up is another popular Kid Power event, provided by the Johnson City Medical Center Children's Hospital. Take part in Kohl's Kids on the Move. Make a marshmallow shooter with **Family Pastime Magazine**. Take the Race for Ribbons challenge with Girls Incorporated of Kingsport, back for the sixth year.

Visit the Sullivan County Imagination Library to make a bookmark. Get your face painted with BlueCross BlueShield and Hope for Tennessee, or temporary tattoos with Hands on Museum. Make sand-art bracelets with TRACES Foster Care, play games and win prizes.

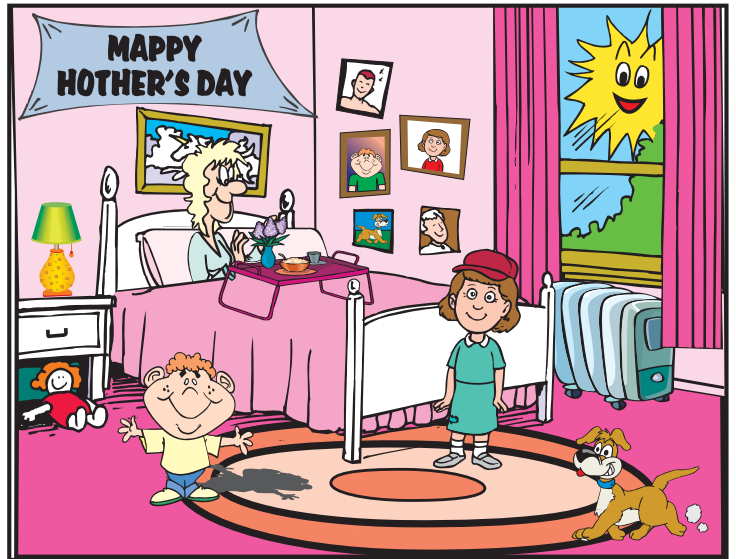
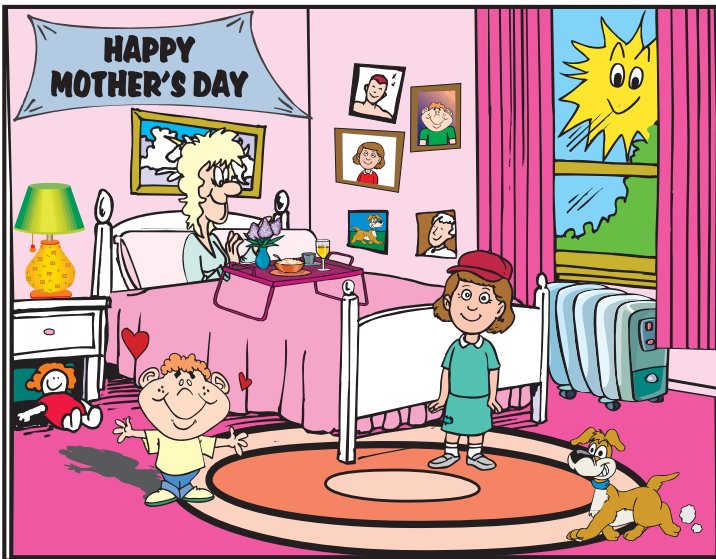
"There's so much to do, you'll have to drag your kids away," said Anne Newton, Public Relations coordinator for Kid Power. "Indoor and outdoor activities occupy the kids time so parents actually have time to explore for themselves."

You must be present to win one of the dozens of giveaways. Drawings will be held every hour from the next hour's drawing. This year's prizes include bicycles, games, toys, sporting goods, and lots of prizes. Many of the 70 organizations will also hold drawings from their booths. It's free to park, free to get in and free register for dozens of giveaways. Food vendors include Hot Dog Hut, Chick-fil-A., Sno Biz, Sweet Treats, and Calvary Fellowship. **FPT**

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DOUBLE TAKE

Find at least 20 differences in the two pictures (answers are on the bottom...no peeking!!!)



Sign, Lamp Pull, Drawer pull, Boy's sleeve, Dog tail, Hearts, Picture facing other way, Pillow, Skirt, Boy chin, Mom Hair, Juice glass, Lamp size, Boy's shadow, Dog tail, Hearts, Picture facing other way, Pillow, Skirt, Boy chin, Mom Hair, Juice glass, Lamp size, Boy's



Operation Paperback Recycled Reading For Our Troops

In 1999, Chief Master Sergeant Rick Honeywell was deployed to a four-month stint in

Kuwait. To his dismay,

he found himself on a base that had no recreation facilities – no movies, no library, no gymnasium.

Chief Honeywell's wife, Chrissy, and other Air Force spouses responded by sending the squadron a gigantic care package of

candy, games and books. Chrissy's father, Dan Bowers, became inspired by the situation. He selected

paperback books from his own shelves, and then turned to others for contributions. Soon had

collected cases of books and shipped them all to Rick in Kuwait. "Before anyone realized it," recalls

Chrissy, "There were 500 books over in Kuwait, and Rick's squadron was building bookshelves." Operation Paperback was born.

Today, this family has been joined by volunteers around the nation. Individual citizens, American families and community groups have sent over 500,000 books since 1999. Some folks participate by sending a few books at a time, others clear their shelves and hunt for paperbacks at yard sales and used book stores. Every volunteer gives what they can in their own way,

and each helps remind our troops that we are thinking of them.

Operation Paperback began by sending books to troops in Kuwait and Saudi Arabia. We now ship books to locations as far as Afghanistan, Iraq, Bosnia, Kosovo, Korea, Italy, Iceland, Bahrain, Hungary, Japan, Turkey, Navy Ships at Sea, military hospitals located within the US and USOs at US Airport transit points.

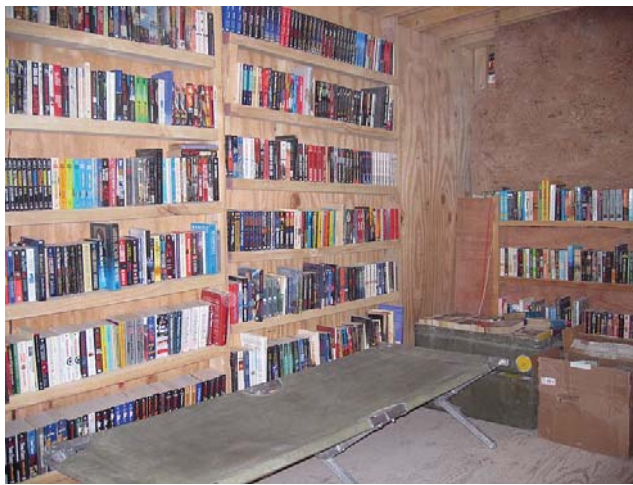
Over the years, we have earned commendations

from the mayor of Baltimore, the governor of Maryland and the United States Junior Chamber of Commerce. We have also been featured on television and in print media. While we value the praise we have received at home, the words that mean the most to us are those that come directly from the troops. They let us know that our efforts are

appreciated every day.

Operation Paperback is a non-profit, grassroots program whose volunteers collect gently used books and send them to American troops deployed overseas. If you would like to help visit www.operationpaperback.org and click on "How to Help"

FPT



Operation Paperback Library in Al Anbar Province

WHY GOD MADE MOMS

Answers given by 2nd grade school children to the following questions:

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.

3. To help us out of there when we were getting born.

How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my Mom just the same like he made me.

He just used bigger parts.

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones.

Then they mostly use string, I think.

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's moms like me.

What kind of little girl was your mom?

1. My Mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.

3. They say she used to be nice.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my Mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that Mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to be cause dad's such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than dad.

Please see "Mom Answers" page 17

"A suburban mother's role is to deliver children obstetrically once, and by car for ever after."--- Peter De Vries

Family Pastime Magazine

THE magazine for the WHOLE family

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

By: Family Pastime Staff



Solar Hot Dog Cooker

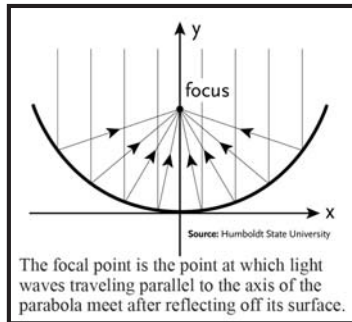
We will be creating a Parabolic Trough solar concentrator to cook hot dogs. The parabolic trough concentrates or focus' the sun's energy on one particular point. Any shiny, reflective material may be suitable to focus the energy. We will use aluminum foil attached to bendable poster board. This is not the most efficient way but it is the easiest and least expensive to give you an idea of how a parabola works to focus light rays (see figure below).

SUPPLIES:

- A long narrow cardboard box.
- Aluminum foil
- Poster board
- Utility knife
- Tape

HOW TO:

1. Select a long narrow box; the longer the box the more heat collection is possible.
2. Use the formula shown to design the Parabolic Trough solar concentrator
3. To be scientific and collect the sun's energy as efficiently as possible we should use the following equation to create a template for our parabola and determine the focal point.
 - The formula for a parabola is $f = x^2/4a$. To find the focal point of a parabola, follow these steps:
 - Step 1: Measure the longest diameter (width) of the



The focal point is the point at which light waves traveling parallel to the axis of the parabola meet after reflecting off its surface.

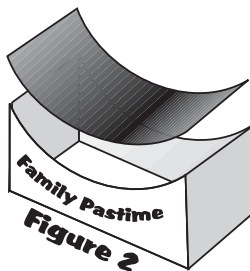


Figure 2

- parabola at its rim.
- Step 2: Divide the diameter by two to determine the radius (x) and square the result (x^2).
- Step 3: Measure the depth of the parabola (a) at its vertex and multiply it by 4 ($4a$).
- Step 4: Divide the answer from Step 2 by the answer to Step 3 ($x^2/4a$).
- The answer is the distance from the vertex of the parabola to its focal point.

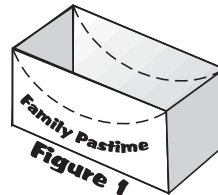


Figure 1

4. Create a template based on this formula and use it to mark both sides of the box as in figure 1. Trace the curve on the open end of the box so that it is centered and straight.
5. Cut out the curve with a utility knife. It is very important that you cut the shape out EXACTLY on both sides of the box, otherwise your focal point will be off and your hot dog will take longer to cook.
6. Measure and cut a piece of poster board so that it will fix flush against the curve you just cut in the box.

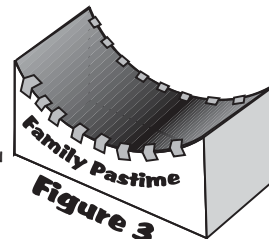
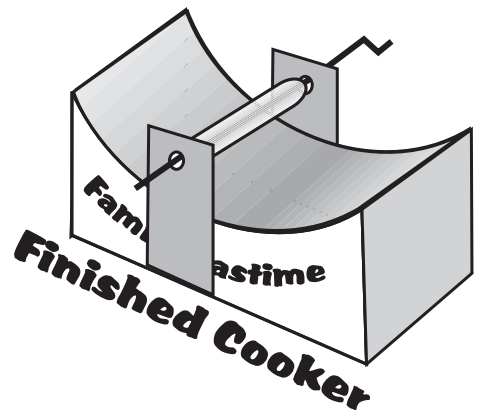


Figure 3

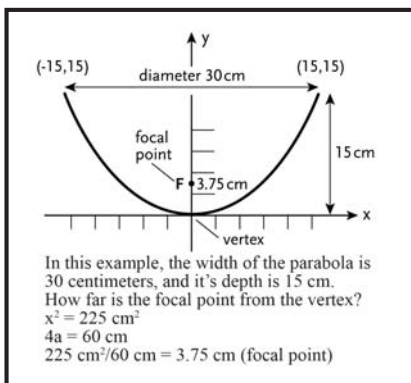
7. Attach the poster board to the curve with tape beginning at the center and working toward to edges.
8. Cover the curve with white glue and starting in the center smooth the foil, shiny side out, towards the edges. Try not to wrinkle or fold the foil; you want it as smooth as possible.
9. Use two scraps of cardboard taped to each side as supports. Using the sun or a projector light, test the focal point. There should be a bright spot where light is concentrated; mark this spot and punch a

hole for the skewer.

10. Use a section of a coat hanger from which the paint has been removed for a skewer.
11. Attach a hot dog
12. Cook in the sun
13. Enjoy your hot dog!



Finished Cooker



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 and click on the "answers" button.

			3
		2	
1			
2	3		

Kid Friendly Recipes



Granny's Meat Loaf

SUPPLIES:

- 1 1/2 LBS lean ground beef
- 1/2 LBS sweet pork sausage, casings removed
- 1 C cheddar cheese, cut into cubes
- 2 large eggs
- 1 medium-size onion, finely chopped
- 1/2 green bell pepper, seeded and finely chopped
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp celery salt
- 1/2 tsp paprika
- 1 C milk
- 1 C fine dry bread crumbs

HOW TO:

1. Heat the oven to 350°
2. Line a large baking pan with oiled aluminum foil and set it aside.
3. Combine all of the ingredients in a large mixing bowl. Using your hands, blend everything together until it is evenly mixed.
4. Transfer the meat to the lined baking pan and form it into a long, fat loaf, about 10 by 5 inches.
5. Bake the loaf for 60 to 70 minutes, until the center is cooked. (pork should be cooked to an internal temperature of at least 160°F before eating.)
6. Serve hot, warm, or cold.

Jello Cream

SUPPLIES:

- 2 pkgs. Jello (favorite flavor)
- 2 C. boiling water
- 2 C. vanilla ice cream

HOW TO

1. Dissolve Jello in boiling water.
2. Add ice cream and mix until the ice cream is dissolved.
3. Refrigerate until set.
4. Serve

Mashie Potatoes

SUPPLIES:

- 4 large russet or Idaho potatoes (about 2 1/2 pounds)
- 1/2 C milk
- 3 TBS butter
- Salt and pepper, to taste

HOW TO:

1. Remove the skin from the potatoes and use the tip of the peeler to scoop out any brown spots.
2. Cut each potato in half lengthwise and then slice into 1/2- to 1-inch pieces.
3. Place the potatoes in a saucepan and cover with cold water.
4. Bring the potatoes to a boil, watching carefully to make sure they do not boil over. Once they have come to a boil, cook for an additional 10 minutes or until tender (about 20 minutes in all).
5. Take the pan of potatoes off the stove and drain the water.
6. Pour the milk over the potatoes and add the butter.
7. Using a potato masher, mash the potatoes until they are smooth.
8. Spoon the mashed potatoes onto the dinner plates and serve with butter.

Hot Dog Chili

SUPPLIES:

- 2 lb. hamburger
- 1 C Water
- Small onion, finely chopped
- 1 TBS. chili powder
- 1 TBS. paprika
- 1 TBS. salt
- 1 bottle ketchup
- 1/2 C vinegar
- Dash of favorite hot sauce

HOW TO:

1. Brown meat water and onions
2. cook until almost done.
3. Add other ingredients
4. Cook slowly.
5. Add garlic, if desired.
6. Serve on hot dogs.

Whitefish In Foil On The Grill

SUPPLIES:

- 2 lbs. fresh or frozen whitefish fillets
- 2 green peppers, sliced
- 2 onions, sliced
- 1/4 C butter, melted
- 2 TBS lemon juice
- 2 tsp salt
- 1 tsp paprika
- Dash pepper

HOW TO:

1. Thaw fillets, if frozen.
2. Cut into serving-size portions.
3. Cut 6 pieces of heavy-duty aluminum foil, 12x12 inches each. Grease lightly.
4. Place a portion of fish, skin side down, on foil. Top with green pepper and onion.
5. Combine remaining ingredients.
6. Pour sauce over fish.
7. Close foil tightly making 6 packages.
8. Place packages on a grill about 5 inches from moderately hot coals.
9. Cook for 45-60 minutes or until fish flakes easily when tested with a fork.

Baked Cauliflower And Cheese

SUPPLIES:

- 1 head cauliflower
- 2 eggs
- 1 TBS flour
- 1 C milk
- Salt & pepper to taste
- 2 C grated cheddar cheese
- Paprika

HOW TO:

1. Peel away leaves and stalk from cauliflower and wash.
2. Parboil cauliflower (whole) in salted water at medium boil until just underdone.
3. Drain.
4. Put cauliflower in buttered casserole dish.
5. In another bowl beat eggs; add flour and blend.
6. Add milk, salt and pepper.
7. Pour over cauliflower.
8. Spread cheese on top and sprinkle with paprika.
9. Bake at 350 for 30 minutes.

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CREATURE FEATURE
By: Georgia Teich



BUTTERFLY

Butterflies are insects

Stage #2 Caterpillars or larvae, which are a multi-legged eating machine. They consume plant leaves and spend all of their time in search for food.

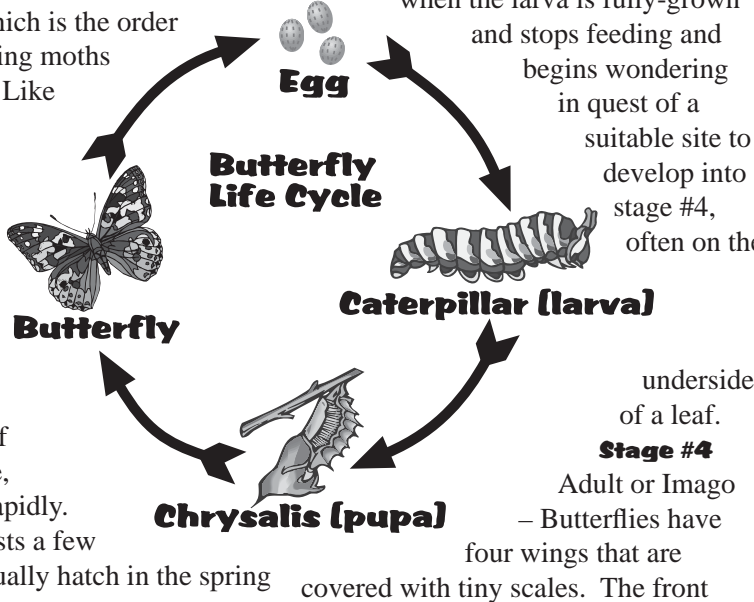
Stage #3 Pupae, this stage occurs when the larva is fully-grown and stops feeding and begins wondering in quest of a suitable site to develop into stage #4, often on the

underside of a leaf. **Stage #4** Adult or Imago – Butterflies have four wings that are and the hind wings are not hooked together permitting a more graceful flight. The adult butterfly has six legs. After emerging from the pupa stage, a butterfly cannot fly until the wings are unfolded. A newly emerged butterfly needs to spend time inflating the wings with blood and letting them dry, this process takes from one to three hours. Butterflies feed on nectar from flowers. As adults they consume only liquids which are sucked by means of their proboscis. They sense the air for scents and nectar by using their antennae. Many butterflies migrate over long distances. The Monarch Butterfly goes from Mexico to North America a distance of 2,500 to 3,000 miles.

Despite their small size, butterflies and moths are some of the world's most wondrous animals. Their beauty, seemingly miraculous metamorphosis and apparent carefree flight all spark our imaginations. **FPT**

(Lepidoptera, which is the order of insects including moths and butterflies). Like all Lepidoptera, butterflies, are notable for their unusual life cycle, which consists of four stages.

Stage #1 Butterfly eggs are fixed to a leaf with special glue, which hardens rapidly. The egg stage lasts a few weeks. They usually hatch in the spring and summer.



Mom Answers

continued from page 14

What's the difference between moms & dads?

1. Moms work at work and work at home and dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller & stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
4. Moms have magic, they make you feel better without medicine.

What does your mom do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

What would it take to make your mom perfect?

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

If you could change one thing about your mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on the back of her head. **FPT**

SUPER SUDOKU
Answer from last month

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



Fun Family Events



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, School Principals' Day, Stepmother's Day
2. No Pants Day, Roberts Rule of Order Day
Hands On! With **JCPL** Friday, 6:30 - First Friday Family Night FREE Family Movie Ratatouille (Animated. Rated G)
Jonesborough Music On The Square
Jonesborough Novelty Band/Mariachia Puebla 7 pm
3. Cartoonists Day, Dandelion Day, Kentucky Derby, Lumpy Rug Day
Hands On! Flower Sale to Benefit **Hands On!** 10-2 parking lot across from the **JCPL** N. Roan
Sycamore Shoals Lye Soap Making and Afternoon Tea 10am-4pm \$35, Soap Molding and Carving Contest 2-3:30 pm, Flint Knapping: Making Stone Tools 10am-4pm Cost: \$60.00 (includes supplies)
JCPL Family Storytimes 2 pm
4. Join Hands Day, Respect for Chickens Day
Sycamore Shoals Flint Knapping: Making Stone Tools 10am - 4pm Cost: \$60.00 (includes supplies-adults only), Begin Knitting 11am-3pm \$25 (supplies not included)
5. Cinco de Mayo, Totally Chipotle Day
JCPL Family Storytimes 6:30 pm
6. National Teacher Day, No Diet Day, No Homework Day, Nurses Day
JCPL Two's Time* (age 2) 10 am, Preschool Pals* (3 - 5) 11 am, K-1 Story Stretchers* (K-1st-) 4 pm, Watauga Association of Genealogists 6-7:30 pm
7. Great American Grump Out, National School Nurse Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
8. **V E Day**, No Socks Day, World Red Cross Day
Hands On! 3:30-4:30 - Acids & Bases Workshop* Ages 9-14
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, K-1 Story Stretchers* (K-1st-) 4 pm, Adult Book Group Tales & Talk Revenge by Laura Blumenfeld 7 pm
9. Child Care Provider Day
Jonesborough Music On The Square Cherokee Mountain Boys / Wolf Creek 7:00 pm
Appalachian Fairgrounds Gray, Garden Fest 10:00 am - 5:00 pm
10. Astronomy Day, Letter Carrier's Food Drive Day, Babysitter's Day, Train Day
Sycamore Shoals Carving a Dough Bowl 10am - 3pm Cost: \$75.00 (includes supplies)
Appalachian Fairgrounds Gray Kid Power 10 am- 2 pm---FREE also, Garden Fest 10- 5
JCPL Bilingual Storytime Span/Eng 2 pm
11. **Mother's Day**, Eat What You Want Day
Sycamore Shoals Knitting Mittens 1 - 4pm Cost: \$20.00 (supplies not included)
12. Limerick Day, Native American Rights Day, National Nutty Fudge Day
Sycamore Shoals Sweater Knitting 9am - 1pm Cost: \$25.00 per class or \$80.00 for four
JCPL Family Storytimes 6:30 pm
13. Library Legislative Day
JCPL Two's Time* (age 2) 10 am, Two's Time* (age 2) 10 am, Preschool Pals* (3 - 5) 11 am, Books & Beyond* (grade 2- 5) 4 pm, TEEN program Yoga* Study-breaker 6:30 pm
14. Third Shift Workers Day, Donate A Day's Wages To Charity Day, Receptionists Day, Root Canal Appreciation Day
Hands On! 3-4 - Art India ink* ages 9-14
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
15. International Day of Families, National Chocolate Chip Day
JCPL Two's Company (age 2) 10 am, Adult Book Group Tales & Talk Revenge by Laura Blumenfeld 10:30 am, Preschool Storytimes (age 3-5) 11 am, Books & Beyond* (grade 2- 5) 4 pm
16. National Bike to Work Day, National Pizza Party Day, National Sea Monkey Day
Jonesborough Music On The Square everybodyfields / Marci Salyer & Midnite Flyer 7:00 pm
17. Armed Forces Day, Baby Sitter Safety Day, Fishing Has No Boundaries Day
JCPL Family Storytimes 2 pm
18. NASCAR Day, Send An Electronic Greeting Card Day, Visit Your Relatives Day
19. **JCPL** Family Storytimes 6:30 pm
20. Eliza Doolittle Day
JCPL Two's Time* (age 2) 10 am, Two's Time* (age 2) 10 am, Preschool Pals* (3 - 5) 11 am, K-1 Story Stretchers* (K-1st-) 4 pm
21. Red Cross Founder's Day, Turn Beauty Inside Out Day, I Need A Patch For That Day
Hands On! 3:30-5 - Squid Dissection Workshop*
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
22. National Maritime Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, K-1 Story Stretchers* (K-1st-) 4 pm, Adult Book Group Tales & Talk Revenge by Laura Blumenfeld noon
23. National Taffy Day
Jonesborough Music On The Square Hiway 11 / Mudbugs 7:00 pm
24. Brother's Day, Plant A Letterbox Day
Sycamore Shoals Step-By-Step Oil Paint 9am-4pm Cost: \$50 (includes supplies)
 Erwin High School 8th Annual East Tennessee Annual Pottery Show 8 am-3:30 pm 423-743-9638
25. Nerd Pride Day or Geek Pride Day, Neighbor Day, Indianapolis 500
26. Memorial Day (Observed)
27. **JCPL** Two's Time* (age 2) 10 am, , Preschool Pals* (3 - 5) 11 am
28. Slugs Return From Capistrano Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
29. **JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Explorers* (Grade K-5) Selena Wiles from WJHL TV 4 pm
30. Memorial Day (Actual), Hug Your Cat Day
Jonesborough Music On The Square Dehlia Low / WIYOS 7:00 pm
31. **POOBAH's Birthday**
Sycamore Shoals Beginning Wet Felting 11am - 3pm Cost: \$30 (includes supplies)
 *Please Register **JCPL**: 434-4458 **Hands On**: 434-HAND

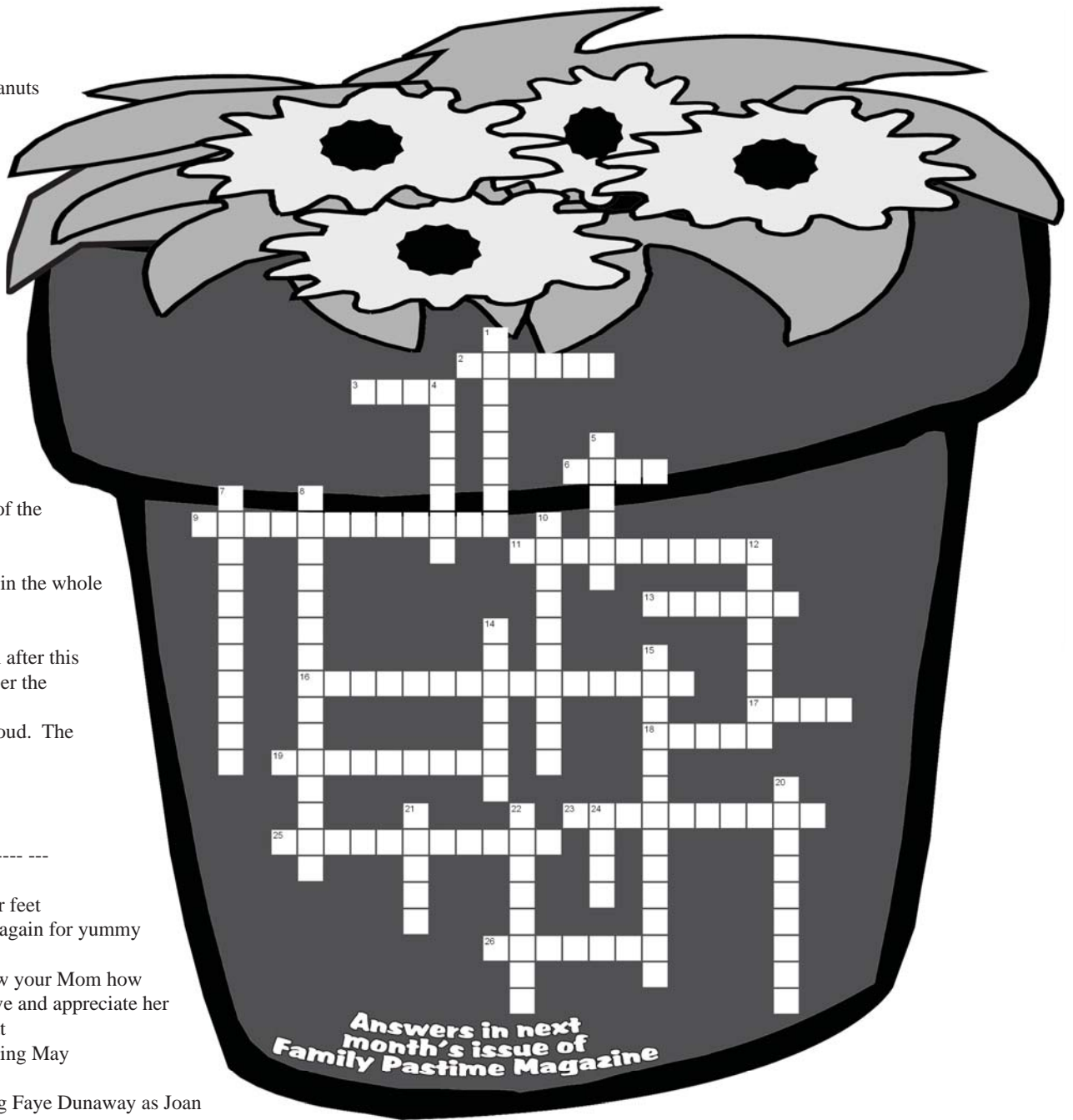
crypto clue: f =

Across

- 2. Dine on a blanket
- 3. _____ Seals
- 6. "Buy me some peanuts and Cracker Jack, I don't care if I never come _____"
- 9. It's not nice to fool her
- 11. Permission Game
- 13. A biological and/or social female parent of an offspring.
- 16. Most students' favorite day of the year
- 17. _____ Strong
- 18. The best Mother in the whole wide world
- 19. Cuts the grass
- 23. Move your tassel after this
- 25. A day to remember the Veterans
- 26. The Few. The Proud. The _____.

Down

- 1. USAF
- 4. Three strikes and ----
- 5. First "First Lady"
- 7. Mother under your feet
- 8. Time to plant this again for yummy treats
- 10. A Sunday to show your Mom how much you love and appreciate her
- 12. Frozen dairy treat
- 14. April Showers bring May _____
- 15. 1981 film starring Faye Dunaway as Joan Crawford
- 20. P.C. for weeds
- 21. After along winter down south they come back north
- 22. Played on a diamond
- 24. By any other name it would smell as sweet.





Flea is the common name for any of the small wingless insects of the order Siphonaptera. Fleas are external parasites, living by hematophagy off the blood of mammals and birds. There are over 2,000 species of fleas in the world. The most common domestic flea is the cat flea (*Ctenocephalides felis felis*). The dog flea (*Ctenocephalides canis*) appears similar to the cat flea, but is rare in the United States. The sticktight flea (*Echidnophaga gallinacea*) can become a problem if pets frequent areas associated with poultry.

Fleas are small (1/16 to 1/8-inch long), agile, usually dark colored, wingless insects with tube-like mouthparts adapted to feeding on the blood of their hosts. Their bodies are flat, permitting easy movement through the hairs or feathers on the host's body. Their legs are long, the hind pair well adapted for jumping (vertically up to seven inches; horizontally thirteen inches this means they can jump around 200 times their own body's length, making the flea the best jumper out of all animals (in comparison to body size). The flea body is hard, polished, and covered with many hairs and short spines facing backwards, allowing the flea a smooth passage through the hairs or feathers of its host. Its tough body is able to withstand incredible pressure, likely an adaptation to survive scratching etc. Even hard squeezing between the fingers is normally not enough to kill the flea.

Fleas lay tiny (0.5 mm) white oval

FLEAS

By: I.M. Yuchee

shaped eggs. Small (1.5-5 mm in length) eyeless, legless wormlike larvae lightly covered with hairs hatch from the eggs. The larval body is translucent white with a dark colored gut that can be seen through the skin.

These immature fleas will eventually spin silken cocoons in which they will develop (pupate) into adult fleas.

Their mouthparts are adapted for chewing. While the adult flea's diet consists solely of blood, the larvae feed on various organic matters including the feces of mature fleas.

In the pupae phase the larvae are enclosed in cocoons, which are sticky, causing them to attract dirt and debris. This dirt and debris acts as camouflage, preventing them from being seen.

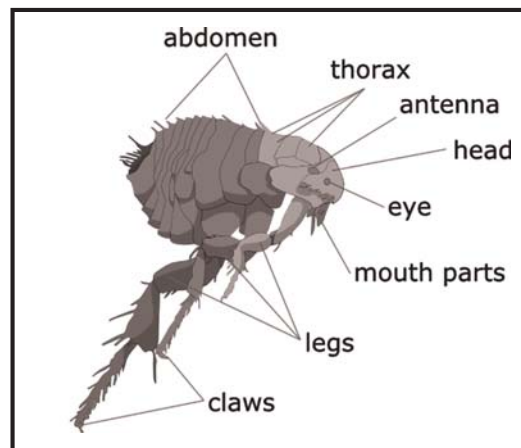
Fleas are holometabolous insects, going through the four life cycle stages of embryo, larva, pupa and imago (adult). The flea life cycle



begins when the female lays eggs. Adult fleas must feed on blood before they can become capable of reproduction. Eggs are laid in batches of up to 20 or so, usually on the host itself, which easily roll onto the ground. As such, areas where the host rests and sleeps become one of the primary habitats of eggs and developing fleas. The eggs take around two days to two weeks to hatch.

Flea larvae emerge from the eggs to feed on any available organic material such as dead insects, feces and vegetable matter. They are blind and avoid sunlight, keeping to dark places like sand, cracks and crevices, and bedding. Given an adequate supply of food, larvae should pupate within 1-2 weeks. After going through three larval stages they spin a silken cocoon. After another week or two the adult flea is fully developed and ready to emerge from the cocoon. They may however

remain resting during this period until they receive a signal that a host is near - vibrations (including sound), heat and carbon dioxide are all stimuli indicating the probable presence of a host. Fleas



are known to overwinter (To overwinter is to pass through or wait out the winter season, or to pass through that period of the year when "winter" conditions make normal activity or even survival difficult or near impossible) in the larval or pupal stages.

Once the flea reaches adulthood its primary goal is to find blood - adult fleas must feed on blood in order to reproduce. Adult fleas only have around a week to find food once they emerge, though they can survive two months to a year between meals. A flea population is unevenly distributed, with 50 percent eggs, 35 percent larvae, 10 percent pupae and 5 percent adults. Their total life cycle can take as little as two weeks, but may be lengthened to many months if conditions are favorable. Female fleas can lay 500 or more eggs over their life, allowing for phenomenal growth rates. **FPT**

Prevent Summer Sports Injuries

By: Lea Ann Jordan

Summer is on its way and many of us will be heading outside to enjoy sports and outdoor activities. Although many people engage in year round sports, others are seasonal. Either way, there are some good things to keep in mind to prevent any sports injuries or difficulties handling the heat when the thermometer creeps up.

Common sports injuries include: sprains and strains, knee injuries, swollen muscles, Achilles tendon injuries, pain along the shin bone, fractures and dislocations. If you get hurt while playing your sport, stop right away. Continuing to play can cause more harm.

Prevention is the best way to prevent any of those many injuries that can happen. Conditioning is very important. Regular stretching and strengthening exercises for your sport or activity in addition to an overall physical conditioning program can help minimize your risk of sprains or strains. It is better to be in shape to play your sport rather than play the sport to get into shape.

If you happen to be prone to sprains, protect your joint using taping, bracing or wrapping at the knees, ankles, wrists or elbows. This can help you recover from injury and help when you are getting back into your sport. Strengthening the muscles around a joint is a better long-term cure for a problem. Proper footwear is very important that will support and protect your feet. High heel shoes and flip-flops are not in that category! (Sorry!)

For mild sprains and strains, you may want to take over the counter pain relievers such as ibuprofen or acetaminophen. Apply ice to the area as soon as possible to minimize swelling. For more severe injuries, see your doctor, as the area may need to be immobilized. What is a sprain or strain? A sprain is a stretching or tearing of ligaments. Ligaments are tough bands of fiber that connect

one bone to another. Ankles and knees are common areas for this injury. A strain is a stretching or tearing of a muscle or tendon, commonly called a pulled muscle. Hamstring and back injuries are the most common sites of a strain.

The Mayo Clinic recommends the following protocol for immediate self care of a sprain or strain. It is the P.R.I.C.E. approach- Protection, Rest, Ice, Compression and Elevation.

- **Protection** involves immobilizing the area to prevent further injury. Use either an elastic wrap, splint or sling. If your injury is severe, see your doctor and a cast or brace may be placed around the affected area.
- **Rest** means to avoid activities that cause pain, swelling or discomfort. You may engage in exercise to the non-affected area so that you do not lose your conditioning.
- **Ice** to the area immediately is wise. Use an ice pack or slush bath of ice for 15-20 minutes each time and repeat every 2-3 hours while awake. Cold reduces pain, swelling and inflammation to the injured muscles, joints and connective tissue.
- **Compression** can stop swelling. Compress the area with an elastic wrap until the swelling stops. Do not wrap too tightly or you can cut off circulation. Begin wrapping at the farthest end from your heart. Loosen the wrap if pain increases, if the area becomes numb or swelling increases below the wrapped area.

Elevation reduces swelling by placing the injured part above the level of the heart, especially at night. Gravity helps reduce swelling by draining excess fluid.

How can you prevent a heat injury? There are several tips, which include:

- Drink plenty of fluids when participating in a sports activity, even if you are not thirsty. Water is essential and sometimes sports drinks can be beneficial to boost your electrolytes as well.
- Pre-season conditioning can help your body cope with heat and humidity.
- Take many breaks in hot weather. Do not over exert yourself.
- Participate in athletic activities in the morning or late afternoons when the temperature is cooler. The sun's rays are most intense between 10 am and 4 pm. Don't forget sunscreen!
- Wear lightweight, light colored clothing made of porous materials. Do not wear full equipment such as heavy football pads when practicing.
- If you believe someone is suffering from overexposure to heat, immediately seek medical attention. Until help arrives, move the victim to a shaded area, remove excess clothing, wet and fan the body and elevate the legs and buttocks.

Different types of heat injuries include the following. The mildest is heat cramps, which occurs when the athlete is not drinking enough during exercise. Heat exhaustion is more serious and is triggered by excessive sweating and inadequate fluid replacement. The body is unable to supply the increased blood volume needed by the brain, skin and muscles in the extreme heat. The result is dizziness, weakness and fainting. The most serious type of heat injury is heatstroke which is life threatening. It occurs when the body's sweating mechanism shuts down, the skin becomes hot and dry, and the body is depleted of fluids.

As I always say, an ounce of prevention is worth a pound of cure! Use prevention to guard against injuries and heat injuries as well! Sports should be fun and healthy! Enjoy yourself and have a great summer! **FPT**

Lea Ann Jordan, OTR is an Occupational Therapist and Executive Director of Center for Pediatric Therapy located in The Woodlands, Texas.

"It takes a woman twenty years to make a man of her son, and another woman twenty minutes to make a fool of him."
--- Helen Rowland

"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."
--- Calvin Trillin

Family Pastime Magazine

Last Month's Answerz

Sudoku last month's Really Hard answer

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



In the movie "The Bucket List", Morgan Freeman's character, Carter, writes a list of things to do before he kicks the bucket. The term, the bucket list is now a part of the millennium vernacular.

My sisters, aged 41 and 44 have latched onto this idea with a vengeance. Although neither of them have a terminal illness, they have a pressing need to compile and hone their lists. I understand their urgency as our mother died at 49 of lung cancer just six weeks after diagnosis.

Some of the items on their list are adventures they would have shared with Mom if her life had not been cut short. Others are more personal and direct. A lot of their goals involve one or more siblings, spouses, kids or family and friends.

Underneath it all I recognize the legacy and lessons my mother left behind. Exceedingly proud of all of her children, I believe we have gone places and achieved goals she never would have imagined, however, we never could have done it without her early encouragement and involvement.

She told us we could be anything and achieve everything we put our mind to. With three girls, there was no gender bias there, although as the baby, I still think my brother was her favorite.

Out of necessity, as a full time working mother, my mother was a world-class multi-tasker. A product of the

Mother's Day Bucket List

depression, the daughter of farm folk, she learned to make do and make magic daily. During her 30 years of parenting, she coached softball, repaired sprinklers with a fork, raised roses and show dogs, fixed broken hearts, designed prom dresses fit for Cinderella and made a mean Southern Turkey dinner for the holidays.

No June Cleaver in imaginary suburbia, it was the seventies, in the middle of the gas crisis and full-blown recession. She handled whatever life dealt her with aplomb without self-pity, hired help, and definitely no microwave, Crackberry or cell phone. So how did she do it and what kept her sane? Kathy's List.

This survival list will get you through motherhood, fatherhood, childhood, college and beyond. It has produced 4 gainfully employed, successful, well-adjusted sibling adults who learned to live, love and laugh unconditionally everyday of their lives.

KATHY'S LIST

- A hot fudge sundae can only improve the situation.
- Dance in the kitchen,
- Sing in the shower.
- Always tell the truth,
- It's easier than remembering a lie.
- Lend a hand to strangers in need, next time it might be you.
- Family is forever.
- Friends can become family.
- If you don't have something good to say don't say anything.
- You can do it.
- Think outside the box.
- Be patient with those who don't

- have your abilities.
- To whom much is given, much is expected.
- Loyalty

and character are more precious than money and prestige.

- Listen to your conscious.
- Think before you speak.
- Always do your best.
- Sleep on a big decision.
- Be kind.

Remember your mother on Mother's Day, say thank you for the person you have become and the person you will be.

Motherhood books to ponder:

- Confessions of a Slacker Mom by Muffy Mead-Ferro
- This is not the Life I Ordered: 50 Ways to Keep Your Head Above Water When Life Keeps Dragging You Down Collins Stephens, Cristini Risley. **FPT**

SUDOKU HARD

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

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

SUDO-KID-U answers from last month

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



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

Stay Independent And Age Happily



(NewsUSA) Independence is paramount in the day-to-day lives of Americans, so it's no surprise that the fear of losing one's independence, especially among the elderly, is substantial.

In fact, a study titled "Aging in Place in America," by Clarity and The EAR Foundation, found that seniors fear moving into a nursing home and losing

their independence more than they fear death. And while 89 percent of elderly individuals want to remain independent and in their own homes, 53 percent are concerned they may not be able to.

So, how can you or a loved one take steps to safeguard independent living? Here are a few tips that will keep you healthy and in control as you age:

- **G**et moving. The prevention or improvement of everything from chronic diseases to physical frailty and dementia can occur with regular exercise. The American

College of Sports Medicine and the American Heart Association suggest exercise guidelines for the elderly that include: aerobic exercise 30 minutes a day, five days a week at a moderately intense level; weight training two to three times a week with weights that allow for 10 to 15 repetitions; and flexibility training for at least 10 minutes a day.

- **S**ecure your home. Proper maintenance of safety measures in the home is imperative to independence. As individuals age, they become more vulnerable to falls and bone fractures, making the bathroom a treacherous place with the risk of falls due to slipping. Products such as Premier Bathrooms' walk-in baths can help make the bathroom a safer place. This bathtub has a door built into its side, which allows for easy access into and out of the tub. Additionally, you can sit on the raised seat that is about the height of a standard chair, and the tub will fill to the top. For more information, call 800-578-2899 or visit www.premier-bathrooms.com.

- **G**et from point "A" to point "B."

For seniors who have lost their ability to drive or simply don't feel as comfortable behind the wheel, many states, counties and cities offer programs that can get you from place to place. Visit your area Web sites for more information.

- **T**ake control of you medications. Believe it or not, proper management of your medications corresponds to independence. To stay on track, keep a drug diary that includes the date the medication was prescribed, both the brand and generic names of the drug, the number of pills in the prescription, directions for use, the name of the prescribing doctor and any side effects of the drug. Take this with you to all doctor visits. **FPT**

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SUDOKU REALLY HARD

Instructions on page 21

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

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