

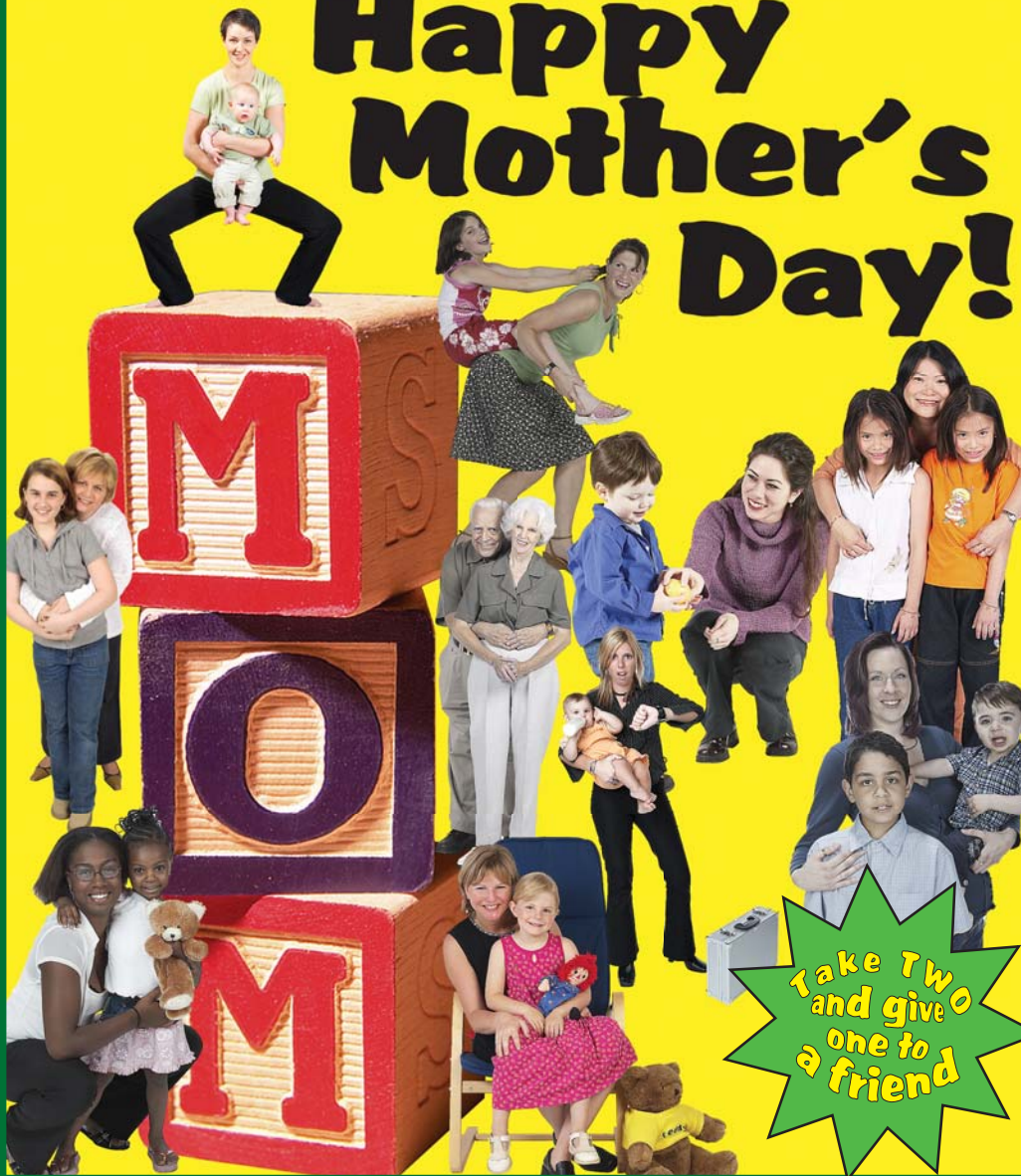
MAY 2009

FREE



THE magazine for the **WHOLE** family Volume 4 Issue 10

Happy Mother's Day!



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Wants to see you	<input checked="" type="checkbox"/>	Has an opportunity for you	<input checked="" type="checkbox"/>

MESSAGE GET YOUR MESSAGE IN FRONT OF POTENTIAL CUSTOMERS AND CLIENTS BY ADVERTISING IN FAMILY PASTIME MAGAZINE

Operator. *Chris Joker* **URGENT**

MAY WEEKLY OBSERVANCES

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Bread Pudding Recipe Exchange Week: 1-7 • Pen Friends Week: 1-7 • Tim & Tom Gullikson Week: 1-8 • Be Kind To Animals Week: 3-9 • Children's Mental Health Week: 3-9 • Drinking Water Week: 3-10 • Flexible Work Arrangement Week: 3-9 • Goodwill Industries Week: 3-9 • National Family Week: 3-9 • National Hug Holiday Week: 3-9 • National Pet Week: 3-9 • Teacher Appreciation Week: 3-9 • Update Your References Week: 3-9 • National Wildflower Week: 4-9 • Nurses Week: 6-12 • National Tourism Week: 9-17 • Nursing Home Week: 10-16 • National Police Week: 10-16 • Return To Work Week: 10-16 | <ul style="list-style-type: none"> • National Transportation Week: 10-16 • National Women's Health Week: 10-16 • Reading is Fun Week: 10-16 • National Etiquette Week: 11-15 • Salvation Army Week: 11-17 • Universal Family Week: 11-17 • Children's Book Week: 11-17 • National Dog Bite Prevention Week: 17-25 • National New Friends, Old Friends Week: 17-23 • National Safe Boating Week: 17-23 • World Trade Week: 17-23 • EMS (Emergency Medical Services) Week: 18-24 • National Effectiveness Week: 18-25 • National Medical Transcription Week: 18-24 • National Backyard Games Week: 18-25 • Work At Home Moms Week: 18-24 • Cover the Uninsured Week: 23-30 • Black Single Parents Week: 31-6/6 |
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MAY MONTHLY OBSERVANCES

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Better Hearing & Speech Month • Clean Air Month • Creative Beginnings Month • Family Wellness Month • Get Caught Reading Month • Gifts From The Garden Month • Go Fetch! Food Drive for Homeless Animals Month • Heal the Children Month • International Audit Month • International Business Image Improvement Month • International Victorious Woman Month • Latino Books Month • Motorcycle Safety Month • National Barbeque Month • National Bike Month • National Egg Month • National Good Car Keeping Month • National Hamburger Month | <ul style="list-style-type: none"> • National Mental Health Month • National Military Appreciation Month • National Moving Month • National Photo Month • Physical Fitness & Sports Month • National Preservation Month • National Salad Month • National Salsa Month • National Smile Month • National Revise Your Work Schedule Month • National Vinegar Month • Older Americans Month • Personal History Month • React Month • Sweet Vidalia Onions Month • Teen Self-Esteem Month • Tennis Month • Women's Health Care Month • Young Achievers of Tomorrow Month • National Family Month |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.
SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.
Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once.
Look in next month's issue for the answers.

- Why are sleepy people like wheels?
 Answer: Because they are tired.
- Spell "blind pig" in two letters?
 Answer: P G; a pig without an I.
- Which bird can lift the heaviest weights?
 Answer: The crane.
- What belongs to you, but is used more by your friends than by you?
 Answer: Your name.

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Smart Financial Moves for "Empty Nesters"

but downsizing may be a good financial option to consider at some point.

Here are a few other suggestions for taking advantage of your empty nest:

\$ "Max out" on your retirement plans. If you now have money no longer needed for your children's college education, use these funds to help save for retirement. Try to fully fund your traditional or Roth IRA, and put as much as you can possibly afford into your 401(k) or other employer-sponsored retirement plan. If you still have money available after "maxing out" on these accounts, look for other retirement- savings vehicles.

\$ Increase your investments for other goals. Up until now, part of your investment strategy — perhaps a large part — was aimed at building enough resources to help your children pay for college. Since that need has now been met, you may be free to boost your investments toward other goals, such as travel, a vacation home, charitable giving, funding for a small business you hope to operate after you retire — the list could go on and on. And since you are probably entering your peak earning years, you may be

able to add substantially to the investments designed to help you achieve these various objectives.

\$ Reduce your credit card debt. If you have more disposable income available now, try to pay off your high-rate credit cards. By freeing up this money, you can save and invest more.

\$ Evaluate your insurance needs. When you purchased your life insurance, you may have gotten enough coverage to pay off your mortgage, send your kids to college and provide some retirement funds for your spouse. But if your kids are through school, your mortgage is nearly paid off and your spouse has accumulated some money in an employer-sponsored retirement plan, you may not need the same amount of life and disability coverage. Any money you can save on insurance can be used to help fund your IRA, 401(k) or other investments.

As an empty nester, you will miss your children, but you'll also find that you have greater freedom to pursue your hobbies or other interests. And by taking the steps described above, you can help yourself move closer to reaching your financial objectives as well. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

It's graduation time at colleges across the country. If you have children graduating from college, you're probably excited about the opportunities that lie ahead for them. But once your last child leaves home, and you become an "empty nester," you may also find some good opportunities for yourself — opportunities to improve your financial situation.

In fact, your empty nester status may help you make progress toward what are likely your key financial goals at this stage of your life: Getting rid of debt and accelerating your savings for retirement.

So, what steps should you consider? For starters, you could consider downsizing your home and moving into a smaller, less-expensive one. If you make a profit on the sale of your home, you could use it to invest for retirement and clear up debts. Of course, you may be emotionally attached to your home and neighborhood,

Congress Has Approved An \$8,000 Tax Credit For First-Time Homebuyers

Frequently Asked Questions

Q. How much is the credit?

A. The tax credit would be \$8000.00 or 10% of the purchase price, whichever is less.

Q. What is the time frame for the purchase of the home?

A. The credit applies to purchases made between January 1st and December 1st, 2009

Q. What type of purchase is eligible?

A. Similar to the \$7,500 tax credit included in the

Housing and Economic Recover of 2008, the \$8,000 tax credit included in the 2009 economic stimulus plan is available for the purchase of a principal residence by first-time homebuyers

Q. Who qualifies for the first-time homebuyer credit?

A. According to the IRS, any taxpayer who has not owned a home during the 3 years prior to the date of the purchase can qualify for the credit.

Q. I really don't have to repay the credit?

A. No. This is a change from the previous \$7,500 tax credit. However, if the home is within three years of purchase, the credit will be reversed.

Q. Are there income limitations on the tax credit?

A. The tax credit begins to phase out for individuals with adjusted gross income over \$75,000 (\$150,000 for joint filers).

Always contact a mortgage professional for more information about home purchases.

Submitted by Wanda Hall, Primary Residential Mortgage, Inc.

Postal Service Mailing Services Prices to Change on May 11

WASHINGTON — The Governors of the U.S. Postal Service have approved new prices for mailing services, including a 2-cent increase in the price of a First-Class Mail stamp to 44 cents. Prices for mailing services are reviewed annually and adjusted each May. The new prices will go into effect Monday, May 11.

Customers can continue to mail letters at today's prices by purchasing the Forever Stamp before May 11. Forever Stamps were developed to help consumers ease the transition during price changes. Forever Stamps do not have a denomination and will be honored whenever they are used with no need for additional postage for a one-ounce letter mailing. On May 11 the price of the Forever Stamp will be 44 cents. So buy some forever stamps BEFORE May 11 and save! **FPT**

SUDO-KID-U 02 answers from last month

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

Why is an author the oddest animal in the world?
Answer: because his tale comes out of his head.

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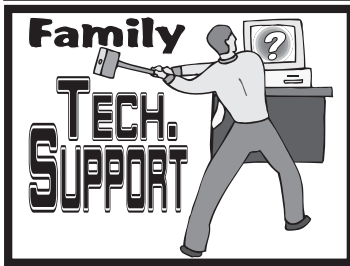
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Low Cost Phone Calls Through VoIP

By: Chris Joker

You may have seen or heard ads for companies such as Vonage or your local

different number. If you are on vacation and you decide you want to forward all calls made to your home phone to the phone in the fabulous bungalow you are renting in Hawaii, as long as you have an internet connection, you can get online and forward the calls. Some services will allow you to have voice-mail messages sent to your e-mail. The cost of VoIP starts around \$20, depending on which service you get. Just like a traditional phone

service, you should be able to port your existing number to your new VoIP service.

Drawbacks to VoIP are things such as:

Internet Connection. If you lose your connection, you lose your phone, if you have a poor connection your calls will suffer.

Electricity. You need it to run the VoIP hardware if you have a power outage you have no phone. A possible workaround for this is to get an Uninterruptible Power Supply (UPS), also known as a battery back-up which can provide emergency power for as long as the batteries hold up.

Emergency Calls (911). VoIP service providers are not bound by regulations to offer emergency 911 calls, so not all of them offer it. Another problem is you can bring your VoIP hardware with you anywhere there is an internet connection so if you bring your phone with you to Uncle Bookie's house in Arkansas and you do not inform the VoIP 911 service that you did and you dial 911 they will send help to the address on file which could be back here in East Tennessee.

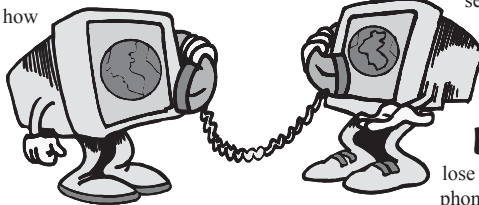
FAX services. Although some VoIP service providers offer business packages which will allow FAX transmissions, the residential service, in my experience, is not reliable for FAX transmissions. A work around for this is an internet FAX service but this will also have to be considered when deciding whether a VoIP service will save you money.

I have also tried a thing called a "Magic Jack". The Magic Jack is a self contained VoIP device that plugs into your USB port and allows you to plug a phone into it. Magic Jack offers unlimited local and long distance calling in the US and Canada. The service is free after the initial purchase price of \$39.95 for the first year and \$19.95 a year after that. It does work. However, it has limited applications. You must have your computer on for it to work, you cannot port your number so you must use an assigned number and last time I checked there were no Tri-Cities numbers offered. Also it is dependent on your computer hardware. When I used it on one of my computers it worked fine, the phone rang when I received a call on a different machine it did not ring but rather gave me a notice online which is fine if I check the screen often but not if I don't. I think this might be a great back up for an existing system, such as a cell phone or maybe good to send with your child when they go away to college. There are many VoIP options available which you may read about at voipreview.org. I personally have been using a service called Lingo for several years now and have been happy with it. **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

cable company talking about how you can save money on your phone bill by using them. How??? It's a thing called VoIP (Voice over Internet Protocol). Simply put, it's using the Internet to make phone calls. It's a way for you to make and receive calls

using your broadband Internet connection. A broadband Internet connection is high data rate Internet access (Cable, ISDN) —typically contrasted with dial-up access. To use VoIP you will need to already have a broadband connection. VoIP is generally much less expensive than a traditional "land line" phone. Your actual cost savings, of course, will depend on such things as, how much you are spending for your Internet service and the VoIP service provider you choose. VoIP plans typically allow you to make unlimited calls to the US and Canada with some also including Europe, Spain, Mexico or anywhere in the world. Another benefit of VoIP is that many of the extras you have to pay separately for on your traditional phone service are included with your VoIP plan. Services such as Caller I.D., Call waiting, Three-way Calling and voice-mail. Many also include an online control panel which will allow you to do things like forward calls to a



Summer Camp Options - How to Find One That Fits

By Christopher Pyle

Type summer camp into any search engine and the results can be overwhelming. There are pages and pages of listings. One cannot rely on the search engine to rank the "best" camps from top to bottom. At or near the top of the search results will be camp-directories. This is because they put the most money into their sites and have the most links since they represent so many clients. Of course a directory cannot dictate the best camp for you.

Somewhere on the pages you will find individual camp-websites you can peruse as well as the aforementioned directories.

While the camp directories are convenient, they are not authorities in identifying the best camp for you: you are. The directories are companies that charge camps for their listing services. There are charges for premium placement (being at the top of the page) for banner ads (the ones that blink or scroll at the very top of the page) and badge ads (logotype ads on the side of the page), as well as, for information they will share (website links are always more, color, movies, etc). I have been quoted

upwards of \$6000.00 dollars for a one-year ad in one of these directories. In fairness I should mention often the directory will offer a free listing, these are at the bottom of the listings with little to no data.

For you, a prospective camper or guardian thereof, there are some nice features to be found on the directories: camps are broken down by category, by region, by religious affiliation and by overnight or day camp etc.

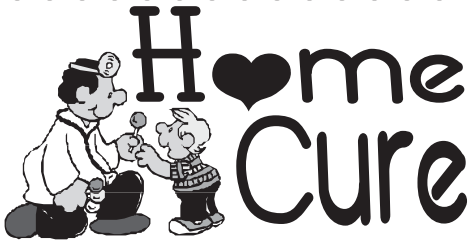
While this data can help draw you closer to the type of camp that is an excellent fit for you, they should not be the end of your search. It is always good to do your own search engine crawl once you have parsed out the features you want in a camp.

Maybe you want a rafting camp but you would also like to go away from home or visit another part of the United States. Then you can search for camps that can accommodate the special circumstances surrounding your camp arrival and departure: for instance a camp that offers shuttle service from the local airport.

To help you begin your camp search, here are some questions to ask yourself and thoughts worthy of consideration:

1. How long are you wanting to be at camp: for the day or overnight? (overnight camps are referred to as resident camps) If attending a resident style camp for the first time, it is NORMAL to feel nervous. Deciding on a resident style camp can be nerve-wracking but don't eliminate this option. Remember, the other campers will be new too: you are not alone in this. Many campers who attend resident style camps make friendships that last years and often the experiences are more meaningful simply because of the newness of the experience.
2. Do you want a religious focus to your camp? If so, then make that a priority in your search. If not, then be aware, many non-denominational camps are great and respectful of all lifestyles.
3. Do you want the camp to be unisex or is CO-Ed acceptable? Either way, camp directors and counselors are aware, day and night. There are pros and cons to either camp scenario.

Please see "Summer Camp" page 7



Bruises

- Apply the inside of a ripe banana peel to the bruise. It is best if you bandage the banana peel to the bruise overnight.
- Apply Comfrey tea on the bruise.
- Apply ice pack to the bruise.
- A day after using ice packs, apply heating pads to the affected area, this will dilate blood vessels and improve circulation.
- Apply apple cider vinegar and cold water on the bruise.

- Apply vinegar to the bruise using a cotton ball. This will speed up the healing process.
- Steep mullein flowers in olive oil and apply it on the bruise.
- Break a raw egg and apply the content on the bruise.
- Leaves of Arnica plant may be used in an ointment and can be applied to skin to treat bruises.
- Eat a healthy diet rich in vitamin C and iron.
- Include garlic and onions in your diet.
- Drink plenty of fluids. Pure water, herbal teas, and soups are all good choices.
- Avoid mucus-forming foods such as dairy products, processed foods, sugar, sweet fruits, and white flour.
- Avoid accidental situations and places.
- An onion dipped in apple cider can provide relief

and eliminates the blue marks on your skin.

- Apply Aloe Vera on the skin immediately.
- Rub and gently massage milk or cream onto your kin. The lactic acid in the milk reacts with the natural chemicals in your body to provide soothing relief and keeps you free of marks.
- Grind parsley into a paste and apply it to the affected area and wash off after an hour.
- Boil an egg and rub it on your bruise it will feel better and will start fading.
- When you first get bruised immediately apply some melted butter over the area.
- Immediately apply raw pork fat (salo) directly to the wound, change as needed. After 8-12 hours the bruise will be gone. **DO NOT** try this remedy using bacon etc (the salt will irritate the wound)."
- Witch Hazel is an awesome remedy. The trick is to bathe the bruise as quickly after injury as possible. Then repeat several times.

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

Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161



Tie The Knot

Meaning:

Get married.

Origin:

It isn't clear whether this expression derives

Say WHAT???

By: Family Pastime Staff

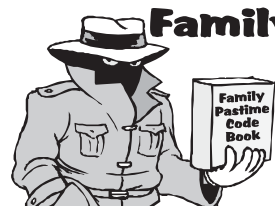
from an actual knot used in marriage ceremonies or whether the knot is merely symbolic of a lasting unity. There is much speculation about the origin of this expression. One suggestion is that it derives from the nets of knotted string which supported beds prior to the introduction of metal-sprung bed frames. This theory contends that, in order to make a marriage bed, you needed to 'tie the knot'. Actual knots have been used in marriage ceremonies for some time and the tradition of trying the wrists of the bride and groom with twine continues today in some marriage ceremonies or with the use of sashes which are placed over the principal's wrists. The word 'knot', although not in the phrase

'tie the knot', has been associated with marriage since at least the 13th century. The Legend of St. Katherine, circa 1225 used the Middle English 'cnotte', i.e. 'knot', to mean 'the tie or bond of wedlock; the marriage or wedding knot. Another explanation is that among the Germanic Goths of northern Europe in 200 A.D., a man usually married a woman from within his own community. However, when there were fewer women, the prospective bridegroom would capture his bride from a neighboring village. To protect the virtue of his young bride from other suitors, often times soldiers, the best man and future groom, put upon the bride-to-be layers and layers of clothing, types of corsets, tied with knots and only upon the wedding day, would the groom then "free" his new wife and legally make her his property. It has also been suggested that the expression "to tie the knot" comes from the Mexican culture. During their wedding ceremonies, the bride and groom do a special dance in which they both help in making a bow out of a piece of ribbon only using their feet in the dance, thus when you got married, you "tied the knot" in the bow. Yet another suggestion is that

most peasants and poor farmers couldn't afford jewelry, so a string was tied around the finger. This suggestion also claims this is also where the use of a string around the finger as a reminder came from. It was a reminder to the newlyweds that they are taken. Another possible origin for 'tie the knot' dates back to old pagan marriage ceremonies in which either the bride a groom or the priest or priestess performing the wedding would literally tie a length of rope into a knot, signifying their union and the eternal connection of their lives. One possible origin is that illiterate sailors and soldiers would send a piece of rope to their sweethearts when they wanted to get married. If the rope came back with a knot in it, that meant she said "yes". Another speculation is that in a Hindu wedding the bride and groom would each tie a necklace of flowers to complete the marriage ceremony. Finally, when you tie a knot you wrap two pieces of rope around each other in a certain way so that they will not come apart. When you tie the knot in marriage you make a promise that you will stay together with one person whom you love. **FPT**

JC Transit offers Free Ride Week May 26-30

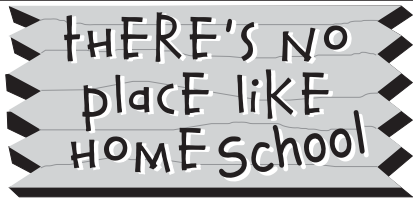
Johnson City Transit is offering citizens another chance to try public transportation for free! All fixed-route fares will be waived from Tuesday, May 26 through Saturday, May 30. May monthly passes will be reduced to \$15 because of Free Ride Week. For more information, visit www.johnsoncitytransit.org. **FPT**



Family Crypto-Time-Last Month's Answer

"Spring is nature's way of saying,
ZAGHEK HZ ETXPGU'Z NTL IQ ZTLHEK,
Let's party!"
SUX'Z ATGXL! ~Robin Williams

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: TVJWUQKMHOBSEFIADGZXPCNYLS



Frugal Homeschooling Part 2 ~ How To Homeschool For Practically Free!

By: Lisa Baughn

Last month we talked about the Adventure of Used Curriculum Sales in the first part of the Frugal Homeschooling series. I hope you got some terrific ideas on navigating sales successfully! If you missed the article you may read it at www.familypastime.com.

Have you gone through your books, gathered some to sell, and made a list of what you need for the new year? Are you ready to attack the homeschool sales this month with gusto? To see where they are, go to my blog www.ThePrudentWife.com/blog and navigate to "homeschooling."

Have you been wondering what other fabulously frugal things you can do? Fasten your seatbelts, there is a ton more!

My first homeschooling seminar was with Carole Joy Seid. She said the most profound statement I had ever heard. "You can homeschool for almost free, with a library card and a math program."

Experience has proven this true over the years. We have homeschooled with thousands of dollars of curriculum, buying the best of the best for our girls. When life changed and we had to stretch every penny until it doubled itself, screaming the whole way, we have used a library card, creativity and what we have on hand. We have thrived both ways!

My two favorite overall sites are Ambleside Online and Classical Homeschooling:

- Ambleside Online gives you a 12 year curriculum plan for FREE! AO is a distinctly Charlotte Mason education based on reading great books, incorporating her splendid ideas for educating children. The site is a goldmine of information on the CM method. The AO Booklist (<http://www.amblesideonline.org/Booklist.shtml>) is worth its weight in gold. At 17 pages, it is one of the best resources. Full of books that will light up the imagination of your children for a lifetime. It covers every subject in the world! Most books can be found at the library (or through inter-library loan) or are available on the website....for FREE!
- Classical Homeschooling is another website (<http://www.classical-homeschooling.org>) that is full of FREE resources for educating children with the classical method. The Classical method is fully explained, with wonderful links to Art History, the 1000 Great Book List, history resources (every period) and everything you need to know about the classical method. Free!

Both the Ambleside Online and Classical Homeschooling sites will help you educate your children from Kindergarten through 12th grade....for FREE! Both will suggest additional resources that you can purchase, but the bulk of it is done for free with a library card.

While staring at links in a magazine article is rather boring, here are some of the TOP moneysaving

frugal links for homeschoolers, with lots of links for worksheets if your family is into them!

- A to Z Cool Homeschooling <http://homeschooling.gomilpitas.com/weblinks/livelihood.htm>
- Diane Flynn Keith's Click Schooling <http://www.homefires.com/clickschool/> has resources galore that are just a "click" away!
- Unit Studies <http://www.loveathome.com/homeschool/frugal.htm>
- Tons of ideas here <http://www.frugalhomeschoolers.com/>
- Donna Young has the best worksheets <http://donnayoung.org/index.htm>
- Lots of worksheet resources here http://www.ehow.com/how_2313130_printable-home-school-worksheets-online.html
- Free worksheets <http://www.schoolsexpress.com/>
- Free MATH worksheets <http://www.homeschoolmath.net/worksheets/>
- Worksheets galore <http://home.att.net/~bandparker/worksheets.html>
- Tons of resources http://www.dmoz.org/Reference/Education/K_through_12/Home_Schooling/
- The best money saving ideas out there <http://www.ThePrudentWife.com>

That should get you started clicking on tons of different sites, with lots of free stuff in them!

Remember, you can give your children a great education without breaking the bank with some imagination, a library card, and a good math program!

Have fun! Be creative! And be frugal as you homeschool your children! **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. Find out more about Lisa at her website (www.ThePrudentWife.com) How-To Videos on Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

Summer Camp

continued from page 5

4. Decide what you want to do on your vacation. If you want an acting/drama-intense-camp, then choosing a camp focusing on water sports is not for you. This said it is important to look at what camps do offer because there are differences even in camps that appear similar. You may be able to do MORE and spend about the same. For example, in our area, the foothills of Northern California, there is a camp on a lake that has many water activities as well as hiking, crafts, ropes, etc. Just down the road is a camp that is based on a river. The camp on the river does everything the lake camp does as well as whitewater rafting, off site excursions to water-parks, pro-basketball games and visits an historic State Park. The costs between the two camps is nearly identical, in fact the river-based camp is even a little less expensive. Make sure you do your shopping. If you

are debating between a few camps, email them, ask them questions and then compare their responses.

5. Do not exclude yourself before you make contact with a camp! For example, if you see the word "adventure" in the camp title, do not assume this is only for aggressive outdoor enthusiasts. Email and ask what, if any experience is necessary. Same goes for rafting or skydiving or surfing... well you get the idea. Most camps are geared for nearly everyone in the accepted age range. If they are worth their salt, they will have competent and positive staff to guide you along each adventure.
6. Do not be afraid to make contact, in fact, I encourage you to make contact via either email or phone. Question these people, listen or read their responses with receptive ears and eyes. You can gauge the authenticity of someone by the way they respond and interact with you. You are important and so is your summer experience, go with someone you feel comfortable!

The long and the short of it, there are many options for you when choosing your summer adventure. Take a moment, stretch yourself a bit and really go for something you want to do. Make contact with the camp. Do not exclude yourself from something new, ask questions. You are important; the response you receive should make you feel as such. These steps should help you find that right fit. **FPT**

Christopher Pyle is the owner/director of <http://www.actionwhitewater.com> adventure summer camp and whitewater rafting company in Northern California. His entire company philosophy focuses on creating the safest and most encouraging environments for campers and rafters alike. We focus on TEAM, we focus on KINDNESS, we focus on SAFETY, we focus on personal EMPOWERMENT, we focus on COMMUNITY, we focus on SUPPORT. We're family run, family oriented and wanting to share our place with you. Kindly, Chris
Article Source: http://EzineArticles.com/?expert=Christopher_Pyle



How to Grow Tomatoes Upside Down

A couple of years ago Family Pastime Magazine gave away some of those “Topsy Turvy” tomato plant growers. This Spring we tell you how to make your own. One of the trickiest parts of this project is to create a hanger for the planter. We are using twine for this project but you may find a way that works better for you.

SUPPLIES:

- 1 Gallon Plastic milk jug or 2 (or 3) liter drink bottle per plant
- 1 tomato plant for each prepared jug/bottle
- Knife or scissors
- Garden soil
- Compost
- String or twine
- Ceiling hook (or other way to hang planter)

HOW TO:

1. The first thing you must do is set up your hanger. You should choose a sunny place inside or out. Tomatoes require a lot of sun. Knot the twine/string in such a way that it will hold your jug/bottle when it is full of soil and water. The bottle will sit in the hanger with the mouth facing down so be sure to test your holder to make sure it is

stable and will hold the weight. Also remember your tomato plant will grow downwards, so hang it somewhere it won't be in the way. Make sure the hook or beam is secure, as the plant can get quite heavy.

2. Take a small tomato plant. Water it well and set it to one side.
3. Take your large plastic milk jug/bottle and cut off the base. Remove the lid.
4. Take your tomato plant out of its pot and set it upside down in the milk bottle so that the plant is poking through the bottle opening.
5. Fill in the jug/bottle with a mixture of good compost and garden soil.
6. Put the bottle/jug in the holder you created earlier and water it.



gets plenty of sunshine - sunlight is the key to dark, ripe tomatoes. The water tends to dribble out of the neck of the bottle - this will gradually reduce as the root system develops. Try putting another plant underneath it to catch the water, or place a container under the plant to catch the water and use it to water your other hanging tomato plants.

OPTIONS:

You can also make an upside down tomato planter by drilling a 1-2 inch hole in the center of a 5 gallon bucket with a handle. I have also seen people use “earth bag” you can buy at the grocery store. Cut a hole in the center and use the handles to hang the bag. **FPT**

Water your tomato plant regularly and make sure it

Last month's HARD answer

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

Sudoku last month's Really Hard answer

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

SUDOKU REALLY HARD

Instructions: On page 3

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

SUDOKU Medium

Instructions on page 3

	5							9	
		7	9	4	5	3			
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9	8	4		3			6	2	7
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1	6							8	3
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How To Teach Children To Care For The Dog

If you have a child, you've probably heard those familiar words, "Can we keep him?" Dog's aren't just man's best friend anymore; they've become the whole family's friend. If you're like any typical family, the children will probably spend the most time with your new dog. This is why it's very important you teach your child how to take care of him. Here are a few dog rules to teach them:

1. Make sure you remember to feed the dog and give him fresh water each day. Explain that dogs, especially puppies, need nutrition each day for energy and proper growth. If you have an outside dog, it's especially important that his water dish is changed every day. Standing water is a breeding place for mosquitoes. Also dirt can get flung into their dish. It is equally important for small children

to be supervised when dealing with this type of responsibility. Sometimes smaller children can be too eager to help. Explain to your children why we don't feed dogs certain foods such as sweets. Dog food is made to meet their dog's nutritional needs and sweets can make the dog sick.

2. Being N-I-C-E to your dog is another lesson to teach children. Younger children, particularly under the age of four, have a tendency to be rough with animals. Pulling tails and ears just comes naturally with their curiosity. With a new dog, you may not know his temperament very well or how he may react to your child's curiosity. Lead by example. Show your child how to be kind to animals. Show them how to gently pet them on the head or back and that hitting or pulling can hurt the dog.

3. Teach your child about the importance of exercise with the family dog. In order for the dog to stay healthy he must move around and play. If the dog is not overpowering, let your child walk the dog with a leash. Another fun activity for exercise is fetch. Let your child throw a ball or stick for the pet to chase. This is lots of fun for all participants.

4. If you have a rambunctious puppy, make sure your child doesn't leave things lying around. Puppies love to chew on whatever they can sink their teeth into. If they see your daughter's favorite dolly on the floor, or your son's tennis shoe, the puppy will show no reserve. They will usually dive right in. Tell your child that your puppy is too young to understand, and that until he gets older, be extra careful about leaving things lying around.

5. Keep bathroom doors shut. Dogs are



notorious for drinking from the toilet bowl. If you can help it, reduce the temptation for him, by teaching your child to keep bathroom doors shut.

6. If you have an indoor dog then he's got to have potty breaks outside. Keep a schedule of bathroom breaks for your dog. This is one of the not so fun parts of taking care of a new pet. Remind your child that if the new dog doesn't keep to the scheduled potty breaks that he may find a place in the house. In training a new dog to use the bathroom

outside, the scheduled times must be strictly kept.

7. Make a chart. If your child is having problems remembering to feed the pet or take him out for breaks, it would be a great idea to make a chart of things to do each day. Let your child mark a check when the chore has been completed. The more he completes the chore, the easier it will be to remember.

Children don't always see the bigger picture of taking care of a new dog, but with your guidance, they will no doubt become good little pet owners. It's a good idea to applaud your child when he takes on responsibility and follows through with it. This will give them confidence to mature and take on more responsibility as they get older. Taking care of a pet is a big responsibility. Teach your kids that just as they have to be taken care of by parents, their pet has to be taken care of as well. Our pets depend on us every day. **FPT**

Dog Article courtesy of I-Love-Dogs.com

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SUDO-KID-U 1
 Instructions:
 On page 3

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	3		
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FATHER KNOWS BEST

By Chris Joker

A couple of months ago my son, Milo, told me the science fair was coming up in a couple of months and he wanted to enter. "Great", I said. "Get the details and we will make it work." Flash forward to the Monday before the Thursday it was due.

"Dad my science fair project is due this Thursday." Perfect! "I'm not sure if I want to do it. It's not required but I get 100 points."

Normally I would be all about urging him to do it however, it's Monday and it's due THURSDAY!!!! Tuesday morning, the decision is made. We will proceed. The project has to do with diet soda and Mentos. I don't know if you are familiar with the diet soda/Mentos phenomenon but the way it works is, if you drop Mentos into diet soda (apparently diet Coke is the soda of choice) the resulting reaction is a large diet soda geyser.



This experiment is all over the web and has been investigated by everyone from NPR to the guys on MythBusters. The reaction always occurs and for a long time went unexplained. The MythBusters guys finally concluded that it has something to do with the caffeine, potassium benzoate, aspartame, and CO2 gas contained in the Diet Coke and the gelatin and gum arabic ingredients of the Mentos. Physicist Tonya Coffey from Appalachian State University followed this discovery 2 years later with a paper published in the American Journal of Physics further explaining why the reaction takes place. It's good to know such exciting and meaningful work is being done in our Universities. It's also good to know Milo's idea for the experiment had nothing to do with WHY it works. No his idea was to find out which diet soda would make the tallest geyser. The immediate problem I saw with this, being Milo's assistant, was

how, exactly, would we measure the height of the geyser??? We decided to modify the experiment to which type of soda would shoot the most out of the bottle. THAT we could measure. I asked Milo to get the specifics of what we would need for his presentation from the teacher, fully knowing that I might as well have asked him to get the secret 11 herb and spice recipe from the Colonel, the chances of him bringing it back were pretty much the same. That afternoon we planned out our experiment. Deciding instead of using the big 2-liter bottles we will use a small .5 liter water bottle. I figured we would buy 2-liter bottles then fill the small bottle with the soda from each

one. That way I would save money because after the experiment I could drink what was left over in the 2-liter bottles. BRILLIANT. Now, of course, we could NOT do this experiment without a gadget. Using PVC pipe, a PVC T-connector, drill press and a wooden spoon we designed a Diet Soda "Mentos Delivery System" ("MenDelSys" ---patent pending---Not to be confused with the Mandrell

Sis—which, of course, was a television variety show in the early 80's and has absolutely nothing to do with diet soda geysers). Now you may think a device of this type would be unique but nooooooo, doing research for this column (YES, I occasionally do research), I discovered geysertube.com where you may purchase a store-bought, Chinese-made (no doubt), "MenDelSys" by a less cool name (geyser tube) for a mere \$4.95 (which includes a tube of Mentos) or for the really industrious Mentos geyser maker you may purchase 10 for \$44.95 all the way up to 100 for \$249.95 (ALMOST half price over purchasing them one at a time). I think we had maybe 50 cents in ours but if you wish to buy one of our "Geyser Tube" Knock-offs, I can hook you up for somewhere in the neighborhood of \$2.50 each or 100 for \$152.75 (spoon not included).

Our MenDelSys uses the bottom opening of the T-connector to fit over the bottle mouth, the side opening for a handle (the handle was needed so we could make a quick getaway after dropping in the Mentos and starting the geyser reaction and when I say "we" I mean Milo, he's younger and faster than me) and the top opening had a piece of tubing sticking up in which we drilled a hole near the bottom to stick the handle of the wooden spoon through thus holding back any number of Mentos before launching them into the carbonated geyser fuel. We discovered, quite by accident, that having your dog steal the spoon, run off with it and then chew on it, creates the perfect size and diameter dowel for the MenDelSys.

With the MenDelSys built and ready it was time for a trip to the store. We purchased 7 bottles of



different types of diet soda. Milo said we needed 4 Mentos per soda so doing math (hard to believe that one can actually use math in real life) Milo determined we would need 28 Mentos. Mentos come in packages of 14 so (using math yet again) we determined we needed two packages. Normally I would suggest we buy more "just to be on the safe side" however not wanting to spend MORE money, I opted for "just enough". After all the work of planning, building the MenDelSys and purchasing our supplies it was too late to actually perform the experiment, no problem we could do it tomorrow, Wednesday. I mean how could there possible

be anything that could happen that would keep us from having the project ready to turn in on Thursday? Piece of cake.

Thursday afternoon. Still no written instructions, but I may have a lead on the 11 secret herbs and spices in the Colonel's secret recipe, if we include THOSE in our presentation

Please see FJK on page 13

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Earth Friendly Prevention Of Clogged Drains

By: Michael Bloch

An ounce of prevention is worth a pound of cure, or in this case - an ounce of enzyme is worth a pound of caustic soda; or a hundred



Even if you are on a main sewage system, pouring Drano or a similar product down the sink isn't exactly the best choice. For starters, it's a hazard having it on the premises; it's a very dangerous product to have anywhere near children. Secondly, caustic soda, while breaking down rapidly in the environment also breaks down just about anything it touches. There are certainly

help establish colonies of *useful* bacteria in your drains and systems that feast on... ummm.. well, if it's organic, they eat it basically ;). The great thing about these preparations is that they are totally non-toxic to humans and the environment and they are very easy to use - no complicated mixtures, just pour and you're done!



Tip: when using these types of preparations, it's best to add them just as everyone in your family is heading to bed - if large amounts of water follow the preparation, it can wash away the bacteria before they've had time to get a foothold in your drains.

The next time you notice your drains smelling or perhaps water not getting away as quickly as it should, reach for bacteria instead of caustic soda. Bacteria, while sometimes our enemy, they are equally as often our friends! **FPT**

Courtesy of Green Living Tips.com

bucks spent on a plumber.

During my life, I've lived in a few houses that aren't on a main sewage system - they've either used septic systems or, as is the case with my current house, a blackwater system. These types of systems need to be treated with care as (good) bacteria do the work of breaking down all the icky stuff. A caustic soda (sodium hydroxide) based chemical for clearing drains is a sure-fire way to kill *all* the hard working bacteria in these systems. So, in that respect, yes, it's an environmental hazard.

more earth friendly options.

One alternative is to pour a scoop of baking soda mixed with half a cup of vinegar down the drain, and follow it quickly with boiling water.

The other alternative, what I use, is an enzyme/bacteria based preparation. These are sold under various names and can be purchased in most hardware stores. Although they appear to be a little expensive, it's the solution that keeps on working. What they do is to

Johnson City To Accept Corrugated Cardboard In Curbside Recycling Bins

Beginning Monday, May 4, City residents with curbside recycling collection service will no longer have to take their cardboard boxes to recycling convenience sites. Corrugated cardboard will be accepted in curbside bins for recycling. Boxes must be flattened and no larger than 24 inches at their widest point. Residents are asked to place cardboard in or under bins during windy weather so that it does not blow away. Also, cardboard should not be placed outside during rain or expected wet weather.

"It is the citizens' support and participation in our recycling program that has helped us reach a point where we can accept more materials, and we thank them for that," said John Smith, manager of the Public Works - Solid Waste Services Division. **FPT**

Ben & Jerry's Flavor Contest

Ben & Jerry's each year receives tens of thousands of flavor ideas from consumers all around the world. Thanks to these ideas, they have launched some of their most iconic flavors: Chunky Monkey, Cherry Garcia and Cookie Dough to name a few. So, to help pick a new flavor they are having an official flavor contest to determine the next new global flavor.



To enter Contestants 18 years of age and older should go to benandjerrys.com then click on "Do The World a Flavor" Then click on "Creation Station" then, and this is the tricky part, click on the big yellow arrow to be taken to the

"flavor generator"; fill in the official entry form on the flavor generator page; develop your ice cream using the online flavor generator which has predetermined 18 flavors, 18 chunk varieties and 18 swirl varieties; then name your flavor. You may also upload a picture to represent your entry. 5 entries maximum per person. Deadline is May 26, 2009 at 11:59:59PM

There are prizes for the top 3 entries. Second Prize is 12 coupons to redeem 12 x 1 pint containers of Ben & Jerry's ice cream; First Prize is a trip in November to the Dominican Republic including return economy flights, 5 nights single room accommodation in a 4* hotel, hotel-airport transfers and 3 meals per day; and the Grand Prize is launch of your winning flavor in 2010. Full rules are available at the website. **FPT**



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Things Mom Would Never Say

- "How on earth can you see the TV sitting so far back?"
- "Yeah, I used to skip school a lot, too"
- "Just leave all the lights on ... it makes the house look more cheery"
- "Let me smell that shirt -- Yeah, it's good for another week"
- "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day"
- "Well, if Timmy's mom says it's OK, that's good enough for me."
- "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
- "I don't have a tissue with me ... just use your sleeve"
- "Don't bother wearing a jacket - the wind-chill is bound to improve"

**CREATURE
FEATURE**

By: Georgia Teich



**RED TAILED
HAWK**



flight, this hawk soars flapping his or her wings as little as possible to conserve energy. It typically travels 20 to 40 miles mph, but while diving it may exceed 120 mph.

The Red Tailed Hawk is generally non-aggressive toward people and other birds. It is commonly harassed over territorial disputes by owls, other hawks and songbirds. When threatened by a human, the Hawk will flee rather than defend its nest. Their cry is a high piercing scream similar to a steam whistle. Young Hawks utter a wailing food cry when the parents leave the nest.

The Red Tailed Hawks are carnivorous preferring small mammals, fish birds and reptiles. They hunt from an elevated perch, swooping down to seize prey or catch birds in flight.

These Hawks are monogamous (having only one mate). At the beginning of breeding season they perform impressive aerial courtship flights. The pair construct a stick nest in a large tree (35 to 90 feet) above ground, a cliff or a man made structure. The nest is usually 28 to 38 inches in diameter and can be 3 feet tall. The nest is constructed of twigs, lined with bark, pine needles or other plant lining matter.

Eggs are laid in March or April. They are incubated primarily by the female. After 28 to 35 days the eggs hatch. The male provides the food and the female, after tearing the food into small pieces, feeds the young. After 42 to 46 days the young begin to leave the nest.

The feathers of the Red Tailed Hawk are a popular item in the Native American Community. They are regulated by the eagle feather law which governs the possession of feathers of migratory birds. **FPT**

I thought it would be fun to learn more about the Red Tailed Hawk because I have a pair nesting in my back yard.

The Red Tailed Hawk is one of the most interesting hawks in the Americas. Its preferred habitat is mixed forest and fields with trees that may be used as perch sites. The male weighs between 1.5 and 2.9 pounds the female between 2 and 4.4 pounds with wingspans of 3.5 to 4 feet. In

FKJ *Continued from page 11*

we may just win this thing. So... remember how I said that there couldn't possibly be anything that could happen to keep us from completing our experiment on time? Hmmmm Where should I start? Oh, I know the BLIZZARD. I AM NOT making this up. It's April in East Tennessee and as Colonel Sanders is my witness, there is a mini blizzard brewing outside. Bear in mind, our project will create a giant soda geyser, not really an indoors kinda thing. We run through a few possibilities, Umbrella, basement, garage, empty house for sale next door... we finally settle on me backing my car out of the carport and conducting our experiment there.

We fill our first small bottle with diet Dr. Pepper. Our plan is to mark and label the amount left in the bottle for each of the different diet sodas. We place the bottle on the carport floor, set up the MenDeSys with the requisite 4 Mentos and prepare for a soda geyser the likes of which have never been seen in my carport before. Milo releases the geyser inducing pellets into the geyser fuel and runs back behind our safety shield (a golf umbrella duct taped to a stool). We brace for a shower of soda.... nothing, well a trickle really. To say the least, we are confused. Maybe 4 Mentos are not enough. We double it. Same reaction or lack thereof. Maybe it's just that Diet Dr. Pepper is a lame geyser fuel. We decide to try the gold standard of diet soda geysers, Diet Coke. Bracing ourselves against the cold and snow, we refill our .5 liter bottle, load the MenDeSys with 4 Mentos, position it and let the pellets drop. Nothing. Pretty much the same reaction as the Dr. Pepper. We are totally stumped. I am determined, this thing is NOT going to get the best of us. We put in fresh Diet Coke and load that MenDeSys sucker up with 12 Mentos. We WILL have

a geyser. ..or not. Nothing. Really even less than with the 4 Mentos. Milo suggests that maybe it is because we aren't using the full 2-liter bottle. "Preposterous", I tell him. That simply can't be. I mean the thing HAS to work better with a higher Mentos to soda ratio. I don't know why, maybe it was the cold inhibiting my "you gotta be kidding" Dad senses but for whatever reason, I give in and agree to try the 2-liter Diet Sprite. The strangest thing happens. I was wrong. I know, hard to believe. I was actually wrong. The 2-liter bottle with 4 Mentos lets off such a geyser of soda as to leave only about 3 inches in the bottle. UNBELIEVABLE. I do not remember the MythBusters guys or that Smarty-pants Physicist mentioning anything about THAT. Well, one thing is clear... We must make another trip to the store. We have to replace 2 bottles of soda and this time we buy a 6-pack of Mentos. Milo also informs me that we need poster board on which to put the presentation so we stop by the office supply store and buy a really nifty tri-fold cardboard science project presentation thing. We still, of course, have NO idea what we need to present on this board. We finish testing the six other diet sodas just before the onset of frostbite. Milo begins typing up an explanation of the experiment and I print the pictures we took. About 11:00 pm we have the written portion and the picture portion attached to the presentation board. We also include a bar graph of the amount of soda left in the various bottles. We set the presentation on the kitchen table along with the actual bottles so that we can admire our work. It's about this time that Milo notices on the back of the presentation board is a sample of what one might include in a science fair presentation. "GREAT, just great, after 11:00 after we are all finished we find information on what we should have included in

our presentation. Actually we are not too far off but Milo is insistent that we also include a list of supplies we used. We re-boot the computer and create our supplies list. Somehow we make it to bed before midnight. Milo did not win the science fair however, he did get his 100 points and the fact that we discovered the 2-liter bottle limitation will forever change the history of mankind. Now, if I had ONLY included the secret recipe. **FPT**

You Know You've Turned Into a Mom When...

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

Breakfast Pizza

SUPPLIES:

- 1 pre made pizza shell
- 6 oz shredded mozzarella
- 1 C each, toppings such as:
- steamed or microwaved broccoli florets
- Diced or sliced red or green peppers
- Sliced black olives
- Sliced mushrooms
- Cooked scrambled eggs
- Diced Canadian bacon
- Breakfast sausage links or ham

HOW TO:

1. Preheat oven to 425°.
2. Sprinkle toppings of choice on crust
3. Top with cheese.
4. Bake for about 20 minutes or until cheese is light golden brown.

E-2 Barbeque Chicken

SUPPLIES:

- Canned chicken
- Barbecue Sauce

HOW TO:

1. Spray skillet with non-stick spray
2. Put chicken in skillet
3. Add barbecue sauce to taste
4. Stir and heat until hot
5. Enjoy alone or in buns.

Roasted Cauliflower

SUPPLIES:

- 1 head of cauliflower
- 2-3 cloves of garlic, peeled and coarsely minced
- 1 lemon
- Olive oil
- Coarse salt and freshly ground black pepper
- Parmesan cheese

HOW TO:

1. Preheat oven to 400°.
2. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish.
3. Add garlic.
4. Squeeze a lemon over cauliflower and drizzle each piece with olive oil.
5. Sprinkle with salt and pepper.
6. Place casserole in the hot oven, uncovered, for 15-25 minutes, until the top is lightly brown.
7. Test with a fork for desired doneness.
8. Remove from oven and sprinkle generously with Parmesan cheese.

Kid Friendly Recipes



Pizza Stix

SUPPLIES:

- 1 (14 oz) package egg roll wrappers
- 24 (1 oz) pieces string cheese
- 25 (4 oz) packages sliced pepperoni, cut into strips
- 1 (6 oz) can sliced mushrooms, drained
- 2 TBS minced garlic
- 2 C oil for frying, or as needed
- 1 (14 oz) jar marinara sauce

HOW TO:

1. Lay egg roll wrappers out one at a time.
2. Place one piece of string cheese in the center near the edge
3. Arrange some pepperoni, sliced mushrooms and garlic around the cheese.
4. Roll up the string cheese a little, fold in the sides, then continue to roll up, and seal the edge by moistening with water. Repeat with remaining wrappers, cheese and fillings.
5. Heat oil in a large heavy skillet, or deep fryer to 365°.
6. Fry enough to fit loosely in the pan, turning once after about 5 minutes. Continue to fry for 3 to 5 more minutes or until golden brown. Drain on paper towels.
7. Warm the marinara sauce in a serving bowl in the microwave. Serve Pizza Stix on a platter with the bowl of sauce for dipping.

S'Mores Nachos

SUPPLIES:

- 8 graham crackers
- 3/4 C milk chocolate chips
- 1 1/2 C miniature marshmallows

HOW TO:

1. Break graham crackers into pieces.
2. Put pieces on ungreased metal pie pan. DO NOT USE GLASS.
3. Top with chocolate chips and marshmallows.
4. Broil for 30 to 60 seconds or until marshmallows are puffed and golden, watching to prevent burning.

Chicken Noodle Salad with Peanut-Ginger Dressing

SUPPLIES:

Dressing

- 1/3 C smooth peanut butter
- 1/4 C soy sauce
- 2 TBS unseasoned rice vinegar
- 1 TBS Asian garlic-chili sauce
- 1 TBS brown sugar, packed
- 1 TBS finely chopped fresh ginger root
- 1/8 tsp red pepper flakes
- 3 TBS low-sodium chicken broth
- Salt and ground black pepper to taste

Salad

- 1 (16 oz) pkg uncooked linguine
- 3 1/2 Cs cooked chicken, cut into strips
- 1 C julienne-sliced carrot
- 6 green onions, chopped
- 1 red bell pepper, seeded and cut into strips
- 1 celery rib, thinly sliced
- 1/2 C fresh cilantro leaves, chopped
- 1/2 C chopped roasted peanuts, for garnish

HOW TO:

DRESSING:

1. Place peanut butter, soy sauce, rice vinegar, chili-garlic sauce, brown sugar, ginger, red pepper flakes, and 3 TBS of chicken broth together in a blender or food processor.
2. Blend until smooth.
3. Season to taste with salt and pepper.
4. Thin the dressing to your taste by adding more chicken broth or water.

Salad:

1. Bring large pot of lightly salted water to a boil.
2. Add the linguine and cook until al dente, 8 to 10 minutes.
3. Drain and place into a large mixing bowl.
4. Add the chicken, carrots, green onions, red pepper, celery, and cilantro to bowl with the linguine. Pour dressing over the noodle-chicken mixture and toss to evenly coat. Sprinkle peanuts over each serving.

Last Month's Medium answer

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

Q. What season is it when you are on a trampoline?

A. Spring-time!

Q. When do monkeys fall from the sky?

A. During v showers!

Q. Can February March? A. No, but April May!



Fun Family Events

MAY



NOTE: Every effort is made to assure the accuracy of events and dates. Please double check with the sponsor before attending an event. Submit information on upcoming events by the 15th of the month prior to: events@familypastime.com or **Family Pastime** EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

- 1. MÄY DÄY.** Executive Coaching Day, Keep Kids Alive! , Mother Goose Day, School Principals' Day, Tuba Day
- 2.** Astronomy Day, Free Comic Book Day, Kentucky Derby, Join Hands Day
JCPL Chess with Ralph Roller (grade K-5) 10 am, Saturday Stories 2 pm
- 3.** Lumpy Rug Day, Two Different Colored Shoes Day
- 4.** Respect for Chickens Day
JCPL Family Storytimes 6:30 pm
- 5.** Cinco de Mayo, Cartoonists Day, Totally Chipotle Day, National Teacher Day
JCPL Two's Time *(age 2) 10 am, Preschool Pals* (age 3-5) 11 am, Teens Bath & Spa Creations* 6 pm
- Kingsport** Theatre Guild The Secret Garden through the 10th Renaissance Center Theatre
- 6.** Grump Out, No Diet, No Homework Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Watauga Association of Genealogists 6 pm
- 7.** Day of Prayer, Day of Reason
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, -1 Story Stretchers* (Grade K-1) 4 pm. Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes
- 8. V E Day,** No Socks Day
- 9.** Letter Carrier's Food Drive Day, National Babysitter's Day, National Miniature Golf Day, National Train Day, Stay Up All Night Day
JCPL Bilingual Storytime Span/Eng 2pm
- 10. MÖTHÉR'S DÄY**
Hands On! As a special gift, all mothers receive a FREE pass to return to **Hands On!**
- 11. Eat What You Want Day STAMP PRICE GOES UP**
JCPL Family Storytimes 6:30 pm
- Bristol** A History of Saltville at the **Bristol** Public Library. 6:30 pm and free to the public
- 12.** Limerick Day, National Nutty Fudge Day
JCPL Two's Time *(age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 13.** Receptionists Day, Root Canal Appreciation Day

- JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
- 14. JCPL** Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes Adult Book Group Tales & Talk Persepolis 7 pm
Hands On! 10:00 - Performance of "The Energized Guyz"*
- 15.** International Day of Families, Chocolate Chip Day, Bike to Work Day, Pizza Party Day
Mountain City GREASE Heritage Hall Theatre, www.heritagehalltheatre.org
- 16.** Armed Forces Day, Sea Monkey Day
JCPL Saturday Stories 2 pm, Chess with Ralph Roller (grade K-5) 10 am
- Greeneville** 15th ANNUAL IRIS FESTIVAL www.GreenevilleIrisFestival.com
- 17.** NASCAR Day
Greeneville 15th ANNUAL IRIS FESTIVAL www.GreenevilleIrisFestival.com
- 18.** Send An Electronic Greeting Card Day, Visit Your Relatives Day
JCPL Family Storytimes 6:30 pm
- 19.** Boys Club Day
JCPL Two's Time *(age 2) 10 am, Preschool Pals* (age 3-5) 11 am, SUMMER VolunTeen Orientation 6:30pm
- 20.** Eliza Doolittle Day, Turn Beauty Inside Out Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Preschool Storytimes (age 3-5) 11 am,
- 21.** I Need A Patch For That Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Adult Book Group Tales & Talk Persepolis 10:30 am, -1 Story Stretchers* (Grade K-1) 4 pm, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes
- 22.** National Wig Out Day
JCPL, Preschool Storytimes (age 3-5) 11 am
- Appalachian Fair Grounds** N.E. TN battle of the pigs bbq & car show, www.battleofthepigs.com
- 23. Rhia's Birthday!** Taffy Day, Tiara Day , World Turtle Day

- Kingsport** Wilderness Trail Rod Run on Main Street. More info at www.wildernesstrailrod.com.
- JCPL** SUMMER VolunTeen Orientation 11 am
Hands On! 1:00-4:00 - Doors Open Free Day
- Appalachian Fair Grounds** N.E. TN battle of the pigs bbq & car show, www.battleofthepigs.com
- Davy Crockett Park** Mem. weekend celebration www.state.tn.us/environment/parks/DavyCrockettSHP/
- 24.** Brother's Day, Neighbor Day
Davy Crockett Park Mem. weekend celebration www.state.tn.us/environment/parks/DavyCrockettSHP/
- 25.** Memorial Day, Cookie Monster's Birthday, Nerd or Geek Pride Day
JCPL Family Storytimes 6:30 pm
- 26. JCPL** Two's Time *(age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 27.** National Senior Health & Fitness Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am
- 28.** Sierra Club Day, Slugs Return From Capistrano Day
JCPL Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Adult Book Group Tales & Talk Persepolis Noon, SUMMER FUN* (Grade K -5) 4 pm, Sit! Stay! READ!* grade 1-5 Read to Charlie a Certified Therapy Dog for 15 minutes
- Sycamore Shoals** Mountain river concert series (423) 543-5808
- 29. Kingsport** Lt. Governor Ron Ramsey will be a special guest at the Sullivan County Imagination Library's 200,000 Book Celebration. 10 a.m. at the First Presbyterian Church on Church Circle.
- 30.** Hug Your Cat Day
- 31. Poobah's Birthday,** World No-Tobacco Day

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

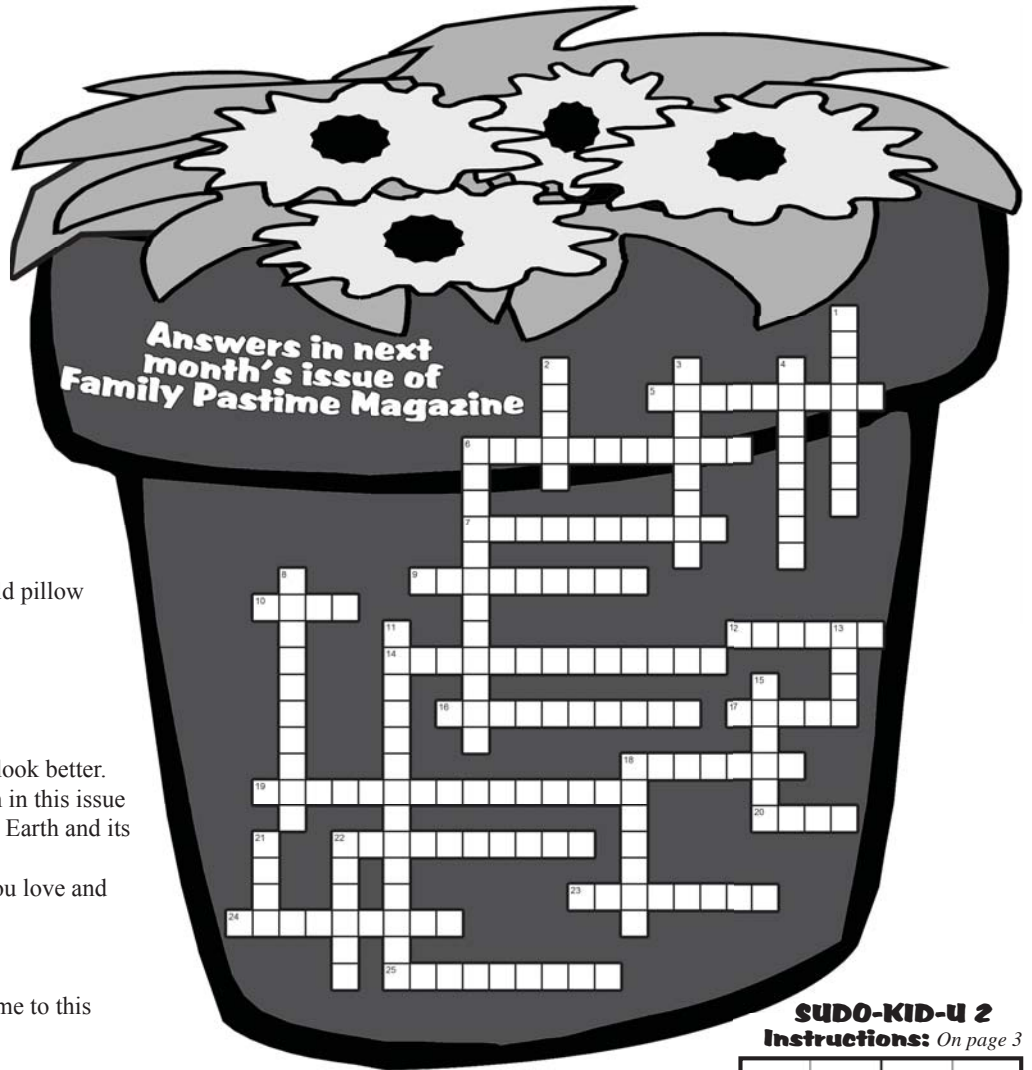
Printed in the USA

Across

- 5. Use this to cut the grass
- 6. A day to remember the Veterans
- 7. Congress has approved an \$8000 tax credit for people doing this for the first time.
- 9. Planting and weeding
- 10. Voice over I.P.
- 12. First "First Lady"
- 14. Can exceed speeds of 120 mph while diving.
- 16. This happens after 12 years of school
- 17. They might live in an aviary
- 18. Do this on a lazy day at the lake
- 19. Most student's favorite day of the year
- 20. Something you might make for Mom on Mother's day
- 22. Permission Game
- 23. Cook on your grill
- 24. Kind of garden
- 25. Ten percent of the weight of a two-year-old pillow is made up of these

Down

- 1. The boys of summer play this.
- 2. The best Mother in the whole wide world
- 3. Time to start doing this to make your yard look better.
- 4. We learned how to grow them upside down in this issue
- 6. A common metaphorical expression for the Earth and its biosphere as the giver and sustainer of life
- 8. A Sunday to show your Mom how much you love and appreciate her
- 11. Serve to Mom on Mother's day
- 13. Mom's give them to you all the time
- 15. Ants are never invited but they always come to this
- 18. April Showers bring May _____.
- 21. Go fly one
- 22. Mixed with Diet Soda it creates a geyser



www.mybusinesshasnowebsite.com

SUDO-KID-U 01 Last month's Answer

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

Please Support Family Pastime Advertisers!

A little girl goes to see the doctor. She's got a pea in one nostril, a grape in the other, and a string bean stuck in her ear. She says to the doctor, "I don't feel good."

The doctor replies, "The problem is clear to me. You're not eating right!"

SUDO-KID-U 2
Instructions: On page 3

	2		
		1	
3			4

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.

 **UVFYOROL CN KRMJ UJRVIWFO YWXCOI**
RQ VREF QJXPFVROL ICWROL Y DURYYYWI

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



Dust Mites

other obstacles - and their rapid reproductive cycle allows them to quickly colonize an area.

Dust Mite Allergens

Most people who are allergic to dust mites are actually allergic to their feces. Because the dust mite has no stomach, the digestion of skin cells and other bits of organic matter must occur primarily outside the body. To accomplish this, the dust mites secrete enzymes and the fungus *Aspergillus repens* on to dust particles, allowing the enzymes and fungus to pre-digest the food for them. In addition, the dust mite will need to consume the same particle several times in order to digest all the nutrients available to it.



The inevitable consequence of all this eating is dust mite feces, a common cause of allergies and asthma in humans. In fact, over its lifetime, the average dust mite will produce over 2,000 feces and even more partially-digested dust particles. Clearly, these can quickly add up if your house becomes infested with dust mites.

Preventing Dust Mite Infestation

Although it's nearly impossible to rid your home of dust mites entirely, there are a few steps you can take to minimize their impact on your life. Frequently wash any bedding or blankets in water that's at least 140o Fahrenheit, or find a way to freeze them regularly - which will also kill off dust mites. Dust mites also require at least 50% humidity to survive, so turn off your humidifier occasionally to help prevent outbreaks.

So, as for that rumor about your mattress doubling in weight? You can rest assured that it's not true. Although dust mites will take up residence in your mattress, they aren't so prolific that you'll soon see them taking over. Fortunately, with a few simple steps, you can reduce the impact dust mites have in your household, dramatically improving your quality of life.

Dust Mites - Myths and Facts

- Ten percent of the weight of a two-year-old pillow is made up of dust mites, both dead and alive. In addition, your bed can be home to more than ten million mites and can hold over two and a half billion droppings.
- A gram of dust in a house can hold over a thousand mites.
- Many people are allergic to dust and, therefore, to dust mites. A strict cleaning regimen is one of the only ways to cut down on the number of mites in your home.
- Dust mites live an average of three months. They are a member of the arachnid (spider) family. A single mite is the one-tenth the size of the width of a single human hair.
- Dust mites live in mattresses, pillows, blankets, and other soft, comfortable items. They dislike hard surfaces.
 - One of the only ways to really get rid of dust mites is through high-temperature cleaning.

Myths

- Dust mites can bite.
- This is a common misconception. A dust mite does not bite. They survive only on dead flakes of skin. If you have a difficult time with red spots, it can be caused by other insects.
 - Sunlight kills dust mites.
 - Dust mites don't care for bright lights, but they will just burrow down further and then reappear when it's not as bright.
- Vacuuming helps remove mites from your mattress.
- This only works for mites that are on the surface of your mattresses. The mites that are much deeper in the mattress will still be there.
- Washing your bedding will get rid of dust mites.
- Dust mites swim, so washing your bedding doesn't work either. While frequent washing will reduce the number of dust mites in your bedding, they can still be found elsewhere in your house and will likely just return to your bed at the first opportunity.
- Our house does not have these mites.
- Almost every last house in the world has dust mites, so don't think you're immune - no matter how picky you are about cleaning. Dust mites are attracted to the warm, moist environment of our homes and the dust and dander found wherever people live. Unfortunately, dust mites are just an unfortunate consequence of our comfortable lifestyles, although you can reduce their presence with regular cleanings.
 - I can see the dust mites crawling.
 - Dust mites are so microscopically small that you can't see them with the human eye. The best thing to do if you think you have these mites is to wash everything you can in high-temperature water, and dust and vacuum frequently. **FPT**

What Are Dust Mites?

You've probably heard the saying that an average mattress doubles in weight over its lifetime due to the increased presence of dust mites, dust mite feces and human skin cells. But is there any merit in this statement? First, let's look at what exactly dust mites are and how they affect human lives.

Dust Mites - The Stats

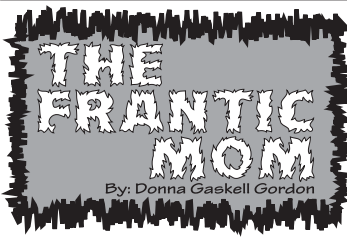
Dermatophagoides pteronyssinus - a.k.a. the "American Dust Mite" - is a tiny member of the arachnid family that's a common houseguest in modern society. These dust mites thrive in our homes, living off of the skin cells we shed on a daily basis. Typically, these mites are about .5 millimeters in length, and slightly less in width, so they can be seen by the naked eye. Both males and females of the species are creamy white in color, with a striated cuticle running up their backs, so they're best spotted against a dark surface or background.

Male dust mites may live for 20-30 days on average, while impregnated females can last up to 70 days, laying anywhere from 60-100 eggs during the second half of their lives. These mites find it easy to set up shop in your home, as their small sizes allow them to bury deep in your furniture - evading vacuum cleaners, the sun and

SUDOKU HARD

Instructions: On page 3

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



“Staycation”

“When are we going on vacation Mom?”

My college bound senior inquired. You are going to Boston with your aunt, right after you visit your sister in Chicago. Those sound like vacations to me. Dad and I are going to stay home this summer and have a “Staycation” instead. I replied.

People travel from all over the world to visit our Mountain South. Take advantage of what’s in our own backyard this summer. I have hosted friends who wanted to whitewater raft and soak up cool mountain air. They reciprocated by housing us during Florida’s sold out winter and spring break. Take a new look around you and don’t let a smaller budget get in the way of making memories with your family and friends.

If you try a staycation, don’t forget the goal is to relax, with your family, not clean out the garage. Sandwich a weekend event between leisurely Friday and Monday lounging. Listen to a Storyteller in Jonesborough, visit a President’s house in **Greeneville**, attend the world famous Highland Games on Grandfather Mountain, or take a picnic up on Roan Mountain.

Regional festivals this summer include the Blue Plum in Johnson City, Bele Chere in Asheville, The Virginia Highlands in Abingdon and FunFest in Kingsport.

I have put together a list of websites to help you plan a staycation or conventional trip.

If a traditional vacation has been budgeted for and is preferred, deals abound, especially if you have a flexible schedule. A vast amount of information can be gleaned from these websites and books. I have kept

this lean and mean to pack the most information into this small space. Have a great holiday!

Planning Sites:

- www.PeterGreenberg.com The Travel Detective
- www.FamilyVacationDestinations.info
- www.greatfamilyvacationtips.com
- www.independenttraveler.com online planning guide
- www.aaet.com AAA discounts
- www.budgettravel.com travel hints
- www.realsimple.com travel articles

Traveling with Kids:

Type into your browser: family travel websites and get a whole slew of advisors.

Also try isolating specific advice for your kid’s ages: example: traveling with babies.

- www.parenthacks.com
- www.familyfun.com
- www.ucp.org info on vacation and travel for Families with Special Needs Children

For a Close to Home Staycation:

- www.handsonmuseum.org Johnson City’s **Hands On!** Museum
- www.storytellingcenter.com Info on Storytelling Live!
- www.wetlandsjonesborough.com Wetlands water park
- www.abingdon.com Things to do in Abingdon
- www.mountainsofnc.com Things to do in NC High Country
- www.funfest.com July/ Kingsport
- www.vahighlandsfestival.org July/Aug in Abingdon
- www.blueplum.org June/Johnson City

- www.belecherefestival.com July/ Asheville

Official State Websites:

- www.tnvacation.com TN travel website
- www.visitnc.com NC travel website
- www.discoversouthcarolina.com SC travel website
- www.virginia.org VA travel website
- www.visitflorida.com FL travel website

Plan a visit theme park heaven:

- www.disneyworld.com official website great for planning
- www.dw-secrets.com Disney Insider’s website
- www.mousesavers.com great deals for Disney, Orlando area
- www.cheaporlando.net A Miserly Mom’s Guide to Disney on \$25.00 a day
- www.go-florida.net
- www.shadesofgreen.org offers military discount at WDWorld

Before you Leave:

- www.didyoupack.com printable lists
- www.theNextExit.com what’s at each exit for interstate travel

New Vacation Books:

- Walt Disney World with Kids 2009 by Kim Wright Wiley
- Universal Orlando by Kelly Managhan
- The Great American Staycation: How to Make a Vacation at Home Fun for the Whole Family by Matt Wixon **FPT**

SUPER SUDOKU Instructions: On page 3

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

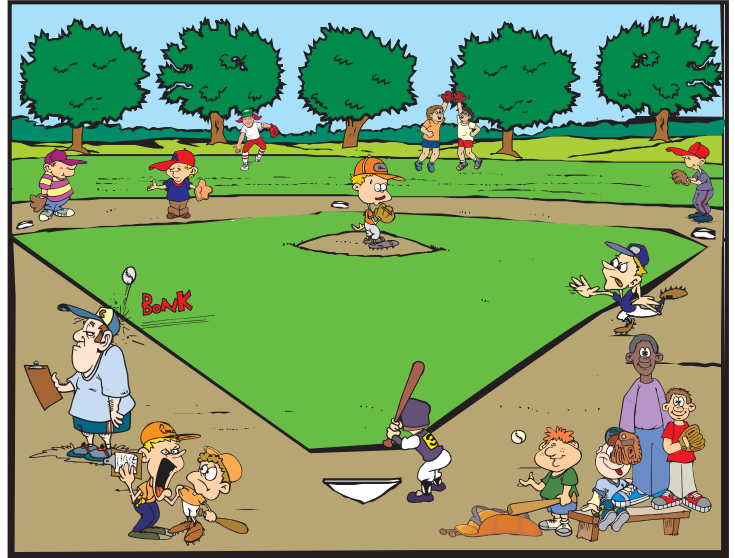
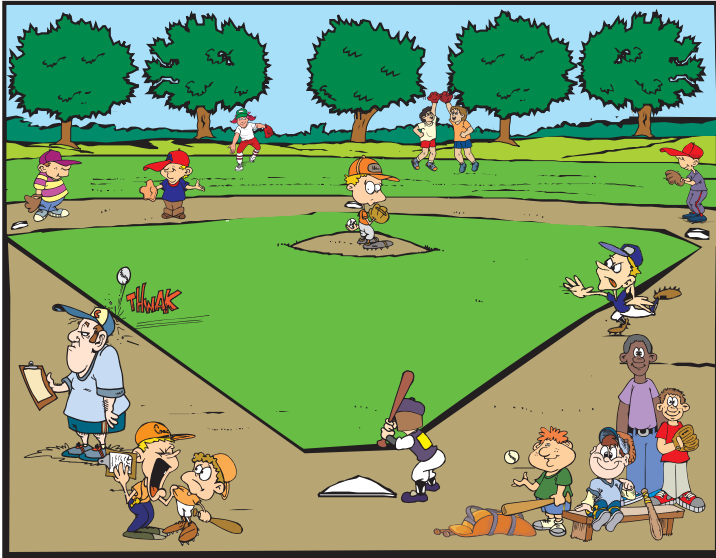
Easy Answer From last month

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

- Who always steals the soap in the bathtub?
Answer: The “Robbery” Ducky
- What word is always spelled incorrectly?
Answer: “incorrectly”
- Why do you put band-aids in the fridge?
Answer: For “cold-cuts”
- Where do books sleep?
Answer: under their covers

DOUBLE TAKE

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



around, Sleeves, Patcher eyes, Patcher mouth, Patcher helmet, Batter Plate, Batter helmet, Home Plate, Coat on other hand, Pitcher's ball, Pitcher's tongue, Tongue, Bonk, Bonk, Shirt Stripes, Trees, 2nd base, Glove on other hand, Outfielders, Equipment bag, Belt, Hat turned

Kidtivities™

If you think the summer months are hot, we have something cool to help you beat the heat - our summer Kidtivities™ for kids of all ages! A great, imaginative alternative to summer's outdoor play, our Kidtivities™ will give kids the perfect chance to express their creativity and make great projects to take home to show off or give as completely original gifts. We provide the know-how and supplies for all of the important dates and times, read the Kidtivity™ descriptions and minimum ages, and be sure to register for a summer of creative fun!

"Kidtivity™ Schedule"

- Enchanted Garden Stones Tuesday, June 9 11am, 12pm \$10.00 All Ages
- Paper Plate Bugs Thursday, June 11 11am & 12pm \$10.00 Ages 3 and up
- 4 Foam Fliers Tuesday, June 16 11am & 12pm \$10.00 Ages 5 and up
- Dig Real Fossils Thursday, June 18 11am & 12pm \$10.00 Ages 4 and up
- First Sticky Mosaics Pets Tues. June 23 11am & 12pm \$10.00 Ages 3 and up
- Drift Cars Street Team Thurs. June 25 11am & 12pm \$10.00 Ages 5 and up
- Sock Puppets Tuesday, June 30 11am & 12pm \$10.00 Ages 3 and up
- Giant Paper Flowers Thursday, July 2 11am & 12pm \$10.00 Ages 5 and up
- Test Tube Magic Tuesday, July 7 11am & 12pm \$10.00 Ages 6 and up
- Dragon & Tiara Mosaics Thurs. July 9 11am & 12pm \$10.00 Ages 5 and up

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