

MAY 2010

FREE



THE magazine for the **WHOLE** family

Volume 5 Issue 10

HAPPY MOTHER'S DAY



IN THIS ISSUE:

- 3. Home Cure
- 4. No Place Like Home School
- 4. Family Crypto
- 5. Events Calendar
- 6. Mike The Headless Chicken
- 6. Laughter
- 7. Father Knows Jest
- 8. Family Financial
- 9. Super Sudoku
- 9. FREE Classified Ads
- 10. Family Pet Spot
- 11. Senior Time
- 12. Family Recipes
- 13. Creature Feature
- 13. Say What?
- 14. Easy Being Green
- 15. Double Take
- 15. I Owe My Mother
- 16. Yucky News
- 17. Crossword
- 18. Jr. Scientist
- 18. History Of Taps
- 18. Things Mom Will NEVER Say
- 19. Super Sudoku
- 19. Family Tech

**MAY 31
MEMORIAL DAY**



Never Forget

Take
TWO
and give
one to a
friend!



THE magazine for the WHOLE family

Editor: Chris Joker
 Publisher: Family Media Group LLC
 Graphic Design, Magazine layout and website maintenance:

RenderForge (www.renderforge.com)

Contributing writers:

Lisa Baughn, Donna Gaskell Gordon,
 Georgia Teich, Michael Bloch, Hannah Keeley

Advertising Sales:

Chris Joker 423.676.4323

How to contact us:

Phone: 423.676.4323

Fax: 866.824.0825

E-mail: editor@familypastime.com

To submit items for consideration please

e-mail to editor@familypastime.com

Or mail them to:

Family Pastime Magazine

P.O. Box 3161

Johnson City, TN 37602-3161

Family Pastime Magazine, established in 2005, is a monthly publication of Family Media Group LLC in the Tri-Cities, TN/VA., U.S.A. Distribution of this magazine does not constitute an endorsement of information, products or services. We reserve the right to reject any advertisement or listing, which is not in keeping with the publication's standards. Although every precaution has been taken to ensure the accuracy of published material, we cannot be held responsible for opinions expressed or facts applied by authors. Opinions expressed are not necessarily those of **Family Pastime Magazine** or Family Media Group LLC. In no event shall unsolicited material subject this publication to any claim for holding fees or other charges. **Family Pastime Magazine** reserves all rights. Reproduction in whole or in part without written permission is prohibited.

Basic Subscription Rate:

For a mere \$22, we will request that a uniformed government employee hand deliver the next 12 issues to a mailbox near you. Send payment to:
Family Pastime Magazine
 P.O. Box 3161 Johnson City, TN 37602-3161 or
 order online at www.familypastime.com



WEEKLY OBSERVANCES

- Bread Pudding Recipe Exchange Week: 1-7
- Be Kind To Animals Week: 2-8
- Children's Mental Health Week: 2-8
- Drinking Water Week: 2-8
- Flexible Work Arrangement Week: 2-8
- Kids Win Week: 2-8
- Goodwill Industries Week: 3-9
- Family Week: 2-8
- Hug Holiday Week: 2-8
- Pet Week: 2-8
- Wildflower Week: 2-9
- Teacher Appreciation Week: 2-8
- Work At Home Moms Week: 3-9
- Nurses Week: 6-12
- Tourism Week: 8-16

- Nursing Home Week: 9-15
- Police Week: 9-15
- Return To Work Week: 9-15
- Women's Health Week: 9-15
- Reading is Fun Week: 9-15
- Etiquette Week: 10-14
- Salvation Army Week: 10-16
- Universal Family Week: 10-16
- Children's Book Week: 10-16
- Dog Bite Prevention Week: 16-22
- New Friends, Old Friends Week: 16-22
- Transportation Week: 16-22
- World Trade Week: 16-22
- Bike to Work Week: 17-21
- Backyard Games Week: 17-24
- Safe Boating Week: 22-28
- Whistler's Week: 26-20



MONTHLY OBSERVANCES

- American Wetlands Month
- Arthritis Awareness Month
- Awareness of Medical Orphans Month
- Better Hearing & Speech Month
- Clean Air Month
- Creative Beginnings Month
- EcoDriving Month
- Family Wellness 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
- Audit Month
- Business Image Improvement Month
- Victorious Woman Month
- Jewish-American Heritage Month
- Latino Books Month
- Lupus Awareness Month
- Motorcycle Safety Month
- Allergy/Asthma Awareness Month
- Barbeque Month

- Bike Month
- Egg Month
- Foster Care Month
- Good Car Keeping Month
- Hamburger Month
- Meditation Month
- Military Appreciation Month
- Moving Month
- Photo Month
- Physical Fitness & Sports Month
- Physiotherapy Month
- Preservation Month
- Salad Month
- Salsa Month
- Smile Month
- Vinegar Month
- Older Americans Month
- Personal History Month
- Prepare Tomorrow's Parents Month
- Revise Your Work Schedule Month
- Sweet Vidalia Onions Month
- Teen CEO Month
- Teen Self-Esteem Month
- Tennis Month
- Women's Health Care Month
- Young Achievers of Tomorrow Month
- 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. **Answers in next month's issue.**

Last Month's Medium answer

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

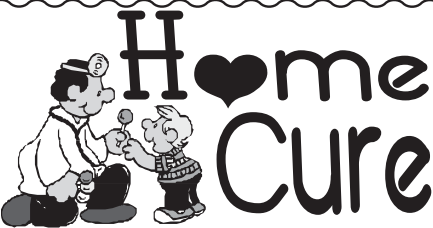
SUDO-KID-U 1

	2		
			3
1			
		4	

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

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

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



Getting Rid of Common Warts

invades skin cells and causes them to multiply rapidly. There are several different types of warts which include: common warts usually develop around sites where there was an scratch or cut; flat warts (accompanied by itching) develop on hands; digitate warts have finger like projections; filiform warts develop on eyelids, armpits, and necks; and plantar warts develop on the soles of the feet.

What are warts? A wart is a lump on the skin formed when one of the 30 types of papilloma virus

- Apple Cider Vinegar, Vaseline, Cotton balls, 1 inch waterproof medical tape. Every night before bed coat around wart with Vaseline, dip a small bit of cotton (about the size needed to cover the wart), dip it into the vinegar. Place it directly on wart and wrap with the waterproof medical tape. Wear it over night, remove in morning.
- Nail polish remover. Soak wart thoroughly with the nail polish, avoid washing the area for a while.
- After a few weeks the top layer will come off, repeat process until wart is gone.
- Castor Oil. Rub a bit into and around wart 2 or 3 times a day. Cover with bandage to keep castor oil on site.
- Raw potato. Cut a potato in half and rub in on the wart. Take the other half of the potato and plant it outside for a plant next year (depending on the time of year). The wart goes away, and you have a potato plant the next year.
- Put Superglue on the wart, after a few days it comes off, then re-apply.
- Witch hazel. Apply with a cotton swab twice a day -- just dab it on and let it dry.
- Rub a slice of pineapple (canned or fresh) on the wart. You can also strap it on using tape or a cloth for 20 minutes
- Duct tape, Lemon juice, white vinegar, Dr. Scholl's Wart Pad file the top off wart, apply a lemon juice and white vinegar mixture for an hour, soak wart in hot water for alternating bouts of 10 minutes for half an hour total Then dry wart thoroughly, cut a wart pad

- to size and hold in place with duct tape
- Banana Peel. Cut Banana peel to appropriate size to cover the wart completely. Place the meat side (inside part of banana) and hold it in place with bandage. Keep it on as long as possible. Replace banana peel as required.
- Iodine. Apply several times each day.
- A thin slice of eggplant and duct tape. Cut a very thin slice of eggplant, a little larger than the wart, tape it on wart with duct tape.
- Salt, Aloe, white vinegar, garlic. Chop and crush a clove of garlic it to extract juices. Mix together garlic with the same amount of Aloe, and equal parts salt and vinegar to create a gooey like paste. Apply some of this to the wart, cover with a small piece of cotton soaked in vinegar, and finally hold in place with a Bandage. Repeat every 6 hours for 36 hours. After 36 hours, leave wrapped in bandage with no paste or cotton for 18 hours. Then let dry in the air.
- Dandelion milk. Break open the stem or leaf of a dandelion. Touch the milk to the wart. Cover the wart with a bandage. Reapply twice daily. Wart should be gone in about a week
- Garlic juice. Apply garlic juice twice a day.
- Duct tape. Cut a piece of duct tape and place it on top of the wart. Leave it there until it peels off or you need to replace it.
- Can of air (like "Dust-Off" or "Air Duster"). Put the straw in the can of air, shake the can, turn it UPSIDE DOWN, and press the tip of the straw to the wart and spray. WARNING it hurts and it is really cold. You want to do this at least 5 or 6 times to each wart

- until you believe it has been frozen enough. Once you freeze all of your warts, put a bandage or something to restrict air to it.
- Baking soda, vinegar, sponge. Rub baking soda and on wart. Soak sponge with vinegar, dab the warts with the sponge. Do this a couple of times daily for about a week.
- Lime juice. Drink limejuice daily or whenever you feel like a drink just add a small amount to water and drink it.
- A penny and gauze tape. Put a penny on the wart and wrap with the gauze tape. Leave it on the a week or two.
- 1 vitamin A softgel capsule, 1 vitamin E softgel capsule, 1 ground aspirin, 1 bandage. While showering rub the wart with a pumice stone. Then in a small container mix the vitamin capsules with the ground aspirin. Paint the mixture on with a small makeup brush. Cover with the bandage wear it to bed.
- Thuja (extracted from Redwood tree), found at natural herbal stores. Dab enough Thuja on the warts to cover them morning and night. Allow to dry.
- Silk Thread. Tie a knot in a silk thread for each wart. Make sure the thread is silk. Bury the silk thread and as the thread rots the warts disappear.
- Windex. Spray the area with windex for 10 days.
- Tea tree oil. Rub oil on wart two times a day within a week or so it will be gone.
- Raw bacon. Apply it to the wart area.

"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



StayCation 2010~ Tri-Cities offer a Bounty of Summer Fun

By: Lisa Baughn

Summer is ALMOST here!!! This year, with gas prices bouncing around, consider a "Staycation!" (meaning stay-at-home and vacation) We have some wonderful things you can do in the Tri-Cities area this summer for practically free! Who doesn't want cheap or free family fun with gas prices on the upswing! From history to music, food to flowers, culture to country, museums to bike races, there is a taste of everything in the Tri-Cities area this summer.

Let's start with two garden events in historic Jonesborough! The Lavender Festival is May 22-23, followed by the Victory Garden Tour the following Saturday, for a taste of World War II! More information at <http://www.jonesboroughtn.org/>.

First up for grabs, the Blue Plum Festival <http://www.blueplum.org/> is in art and music festival in downtown Johnson City, June 4-6, 2010. Plenty of stuff for children including a beach party!

Shakespeare buffs can head down to Rogersville for the Shakespeare and Friends Celtic Renaissance Festival the first weekend of June, the 4-6. Enjoy jousting, period foods, great music and a history galore at this fabulous event, <http://www.shakespeareandfriends.org/>

Abuzzing hillside full of gorgeous blooming rhododendrons can be enjoyed at the Roan Mountain Festival <http://www.roanmountain.com/festival.htm> June 19-20! Enjoy majestic mountain views, Appalachian culture and old time crafts, handmade items, delicious food, and music of all kinds.

Find an old fashioned July 4th celebration at Jonesborough Days, celebrating in Tennessee's oldest city <http://www.jonesboroughtn.org/> July 3-4. This is the 40th year of JB Days, and the theme is "Tales, Tunes and Traditions" includes a July 3rd parade at 10 am Sat, entertainment, food and more! Full of antique shops, history, carriage rides and charming shops, Jonesborough is a great family destination all summer long! Fireworks

on the 4th at 10pm! Music on the Square on Fridays is ongoing through September, and a great free thing to do with the children all summer long!

Rogersville also has a July 4th Celebration at <http://www.rogersvillejuly4th.com/>

Kingsport's Fun Fest is coming up July 16-24 www.funfest.net and is full of FREE activities for families to enjoy! Get some extra energy out in the Tour de Possum Creek Bike Ride, or the Crazy 8's race, there is even a Dog Walk. During Fun Fest, many historical places in Kingsport open their doors FREE to the public, including the ever popular Allandale Mansion, Netherland Inn, and Farm Fest at the Exchange Place, which is a wonderful treat! See historical re enactors, sample corn, watermelon, games for the children, horse drawn carriages, and too much to name! Watch for Kids Central and Fun Shops, Pet Dog Show, concerts, and so much more! Fun Fest is a blast and is not to be missed! Warning - plan your days carefully to get it all in!!

Up the road in Abingdon, enjoy the Virginia Highlands Festival at Abingdon <http://www.vahighlandsfestival.org/> July 24 - August 8. You can spend an hour looking at the website planning all the things you want to do, from visiting an organic garden, to a 10k, teen car contest, and pet and master look alike contest! Tons of historical happenings, the Overmountain Men, Revolutionary and Civil War, encampments, lectures and more! Add performing arts, music, and the actual arts and crafts show! Carriage rides will take your family through beautiful downtown Abingdon. This is a great time for the family, with much of it free!

For history lovers, visit the websites for special happenings at Sycamore Shoals at www.sycamoreshoals.org has traditional arts workshops all summer and various things for children to do. Visit the US Territorial Capital at Rocky Mount attend a Summer Apprentice Day Camp at www.rockymountmusuem.com and Raid on the Watauga the last weekend in June. At the pre-Civil War era Tipton Haynes House in Johnson City at www.tiptonhaynes.com has the Summers Past History Program and the Tipton Family Reunion. This is a great time to visit all three!

Local museums are fun all summer long! Check out "Tusks - Ice Age" at the Gray Fossil Museum www.grayfossilmuseum.com thru September, and check out their Paleo-Pioneer Camp throughout the summer if you have budding scientists (watch the worldview though!) Check out Hands On Regional Museum all summer long, for various things going on! This is such a fun place to visit, even the older children enjoy it! <http://www.handsonmuseum.org/>

The Appalachian Fair finishes out the summer, coming to Gray August 23-28 with more information at www.appalachianfair.com

Be sure and check out our website for information on various historical happenings, <http://www.livinghistorysites.com> along with reviews and great restaurants!

With all this going on right under your nose, could there be a better place to have a summer of fun than right here at home in the Tri-Cities. Be adventurous and try some new things in your own backyard this summer! Write and tell us how you enjoyed them.

FPT

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style. e-mail your comments, suggestions or questions to: homeschooling@familypastime.com. Find out more about Lisa at her website (www.ThePrudentWife.com).

Coach Marvin called the young lad in from center field during a Little League game for a conference.

"See here Larry," said the coach, "you know the principles of good sportsmanship that the Little League practices. You also know we don't tolerate temper tantrums, shouting at the umpire, or abusive language. Do I make myself clear?"

"Yes, sir," replied Larry.

"Well, then Larry," sighed Coach Mavin, "would you please try to explain it to your mother?"

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.

NQTWT YF KLPÜ KLÏ IWTNNÜ DQYPS YL NQT
HKWPS, ELS TÖTWÜ RKNQTW QEF YN

~ Chinese Proverb

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





Fun Family Events



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)** Amtrak Day, Free Comic Book Day, Join Hands Day, Kentucky Derby, Law Day, Lei Day, Loyalty Day, May Day, Mother Goose Day, Dance Day, Scrapbooking Day, New Homeowner's Day, School Principals' Day, Silver Star Day, Stepmother's Day, Space Day
- 2)** Motorcycle Mass & Blessing of The Bikes Day, Play Your Ukulele Day, Roberts Rule of Order Day, World Laughter Day
- 3)** Accountant's Day, Garden Meditation Day, Lumpy Rug Day, Two Different Colored Shoes Day, Paranormal Day, World Press Freedom Day
JCPL Sit! Stay! READ!/ TALE to TAIL* 4-5 pm Grade 1-5 Read to a Certified Listening Dog for 15 minutes
- 4)** Teacher Day, Respect for Chickens Day, Star Wars Day
The ABC'S of Homeschooling, Holy Mountain Baptist Church 7 PM --Martha Dingus 288-2713
JCPL Two's Time* (age 2) 10am, Preschool Pals *(age 3-5) 11 am
- 5)** Cinco de Mayo, Cartoonists Day, Childhood Stroke Awareness Day, Midwives' Day, Totally Chipotle Day, Occupational Safety & Health Professional's Day, Great American Grump Out
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 6)** No Diet Day, No Homework Day, Nurses Day, Day of Prayer, Day of Reason,
JCPL Two's Company 10 am (age 2), SPECIAL PROGRAM 10:30 am LLAMA LLAMA, RED PAJAMA, K-2 Story Stretchers* 4 pm
- 7)** Child Care Provider Day, Children's Mental Health Awareness Day, No Pants Day, Tuba Day, World Asthma Day,
- 8)** V E Day, No Socks Day, World Red Cross Day, Military Spouse Appreciation Day, Migratory Bird Day, Letter Carrier's Food Drive Day, Mother Ocean Day, Babysitter's Day, Miniature Golf Day, Train Day, Stay Up All Night Day, World Fair Trade Day
JCPL Chess with Ralph Roller 10- NOON (K-5), Bilingual Storytime (Span/Eng) 2 pm

- 9) Mother's Day**
Hands On! 1:00 pm to 4:00 pm - FREE Admission Day 1- 4
- 10) Windmill Day**
JCPL Sit! Stay! READ! / TALE to TAIL* 4 -5 pm Grade 1-5 Read to a Certified Listening Dog for 15 minutes, Family Storytime @ 6:30 pm
- 11) Eat What You Want Day, Fibromyalgia Awareness Day**
JCPL Two's Time* (age 2) 10am, Preschool Pals *(age 3-5) 11 am, TEEN EVENT - PIZZA MAKING* 6 pm
- 12) Donate A Day's Wages To Charity, Limerick Day, Nutty Fudge Day, School Nurse Day, Third Shift Workers Day, Receptionists Day**
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5)
- 13) Frog Jumping Day, Root Canal Appreciation Day**
JCPL Two's Company 10 am (age 2), Preschool Storytimes 11 am (age 3-5), MAKE A SPLASH* (Summer Celebration) 4 pm (K -5), Tales & Talk - Adult Book Group 11 am Book to be discussed -- "Twilight" by Stephanie Meyer 5:30 pm
- 14) Mike, The Headless Chicken Day, Chicken Dance Day, The Stars and Stripes Forever Day**
- 15) Day of Families, Chocolate Chip Day, Safety Dose Day, Nylon Stockings Day, Peace Officer Memorial Day, Pizza Party Day, Straw Hat Day, Armed Forces Day, Preakness Stakes**
Hands On! Children's Choir Performance 11 am
JCPL Sit! Stay! READ!/TALE to TAIL* 2 -3 pm Grade 1-5 Read to a Certified Listening Dog for

- 15 minutes
- 16)** Sea Monkey Day, NASCAR Day, Biographer's Day
- 17)** World Telecommunications Day
- 18)** Museum Day, Visit Your Relatives Day
- 19)** Boys Club Day, Turn Beauty Inside Out Day
- 20)** Eliza Doolittle Day, Weights & Measures Day
Hands On! - Owl Pellet Dissection* Learn what owls eat as you dissect an owl pellet and reconstruct the skeleton found inside it 9:30 am - 10:45 am Ages 8+, cost \$8
JCPL EXPLORERS Program* 4 pm PET Choice and Care Program(K-5)
- 21)** American Red Cross Founder's Day, I Need A Patch For That Day, Bike to Work Day, Wait Staff Day
- 22)** Maritime Day, Wig Out Day
Hands On! Animal Secrets Exhibit Opens
- 23) Rhiannon's Birthday, World Turtle Day, Taffy Day, Neighbor Day**
- 24)** Brother's Day
- 25)** Geek Pride Day, Tap Dance Day Cookie Monster's Birthday
- 26)** Senior Health & Fitness Day
- 27)** Cellophane Tape Day
- 28)** Slugs Return From Capistrano Day, Sierra Club Day
Hands On! - Animal Secrets Artshop* 3:30 - 5:00 pm \$10 ages 6-9
- 29)** Jazz Day, Amateur Radio Military Appreciation Day
- 30)** Indianapolis 500, Hug Your Cat Day
- 31) Poobah's Birthday,** Memorial Day, What You Think Upon Grows Day

Family Crypto-Time-Last Month's Answer

"Flying is learning how to throw yourself at the ground and miss."

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: USOTZNXDHMIGPRCJAWVFKLQBEY

-Douglas Adams

*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **RYPTO clue: T=N**

MIKE THE HEADLESS CHICKEN



Mike the Headless Chicken (April 1945 – March 1947), also

known as Miracle Mike, was a Wyandotte chicken that lived for 18 months after its head had been mostly

cut off. Thought by many to be a hoax, the bird was taken by its owner to the University of Utah in Salt Lake City to establish its authenticity.

On September 10, 1945, farmer Lloyd Olsen of Fruita, Colorado, had his mother-in-law around for supper and was sent out to the yard by his wife to bring back a chicken. Olsen chose a five-and-a-half month old cockerel named Mike. The axe missed the jugular vein, leaving one ear and most of the brain stem intact.

Despite Olsen's botched handiwork, Mike was still able to balance on a perch and walk clumsily; it even attempted to preen and crow, although it could do neither. After the bird did not die, a surprised Mr. Olsen decided to continue to care permanently for Mike, feeding it a mixture of milk and water via an eyedropper; it was also fed small grains of corn. Mike occasionally choked on its own mucus, which the Olsen family would clear using a

syringe.

After Mike became used to his new and unusual center of mass, he could easily get himself to the highest perches without falling. His crowing, though, was less impressive and consisted of a gurgling sound made in his throat, leaving it unable to crow at dawn. Mike also spent his time preening and attempting to peck for food with its neck.

Being semi-headless did not keep Mike from putting on weight; at the time of his partial beheading he weighed two and a half pounds, but at the time of his death (18 months later) he weighed nearly eight pounds.

Once Mike's fame had been established, he began a career of touring sideshows in the company of such other creatures as a two-headed calf. Mike was also photographed for dozens of magazines and papers, including Time and Life magazines. Olsen drew criticism from some for keeping the semi-headless chicken alive.

Mike was on display to the public for an admission cost of 25 cents. At the height of his popularity the chicken earned a whopping \$4,500 per month, and was valued at \$10,000 which he was insured for. Olsen's success resulted in a wave of copycat chicken beheadings, but no other chicken lived for more than a day or two. A pickled chicken head was also on display with Mike, but this was not Mike's actual head, as a cat had already eaten that. Mike was later examined by the officers of several humane societies and was declared to have been free from any suffering.

A children's playground chant soon emerged: "Mike, Mike, where's your head? Even without it, you're not

dead!"

Alas, in March of 1947, on a stopover while traveling back home from a tour, at a motel in Phoenix, Mike started choking in the middle of the night. As the Olsens had inadvertently left their feeding and cleaning syringes at the sideshow the day before, they were unable to save Mike. Lloyd Olsen claimed that he had sold the bird off, resulting in stories of Mike still touring the country as late as 1949. Other sources, including the Guinness Book of World Records, say that the chicken's severed trachea could not take in enough air properly to be able to breathe; and therefore choked to death in the motel.

Post mortem, it was determined that the ax had missed the carotid artery and a clot had prevented Mike from bleeding to death. Although most of its head was severed, most of its brain stem and one ear was left on its body. Since basic functions (breathing, heart-rate, etc) as well as most of a chicken's reflex actions are controlled by the brain stem, Mike was able to remain quite healthy.

Mike the Headless Chicken is now an institution in Fruita, Colorado, with an annual "Mike the Headless Chicken Day", which, starting in 1999, has always been celebrated on the third weekend of May. Events held include the "5K Run Like a Headless Chicken Race", egg toss, "Pin the Head on the Chicken", the "Chicken Cluck-Off", and "Chicken Bingo", in which chicken droppings on a numbered grid choose the numbers. There is also a song about Mike by the band Radioactive Chickenheads. To find out more about Mike and the festival visit: www.miketheheadlesschicken.org **FPT**



Laughter

stress, and lower your blood pressure. It can even ease pain and improve your immune system.

Wikipedia defines laughter as an audible expression of the appearance of happiness or an inward feeling of joy (laughing inside). Laughter is a key component to a happy life it has very powerful

It is an all time stress management because it is free convenient and beneficial.

A link between laughter and healthy function of blood vessels was first reported in 2005. Even in the darkest times having a little humor and fun in your life is essential to healing. Laughing is a physical and emotional release, have you ever heard people say "if I don't laugh I will cry".

Researches have identified infants as early as 17 days old have laughing sounds; they have the ability to laugh before they can speak. There are thousands of languages, hundreds of thousands of dialects, but

everyone speaks laughter in the same way. Everyone can laugh.

Laughter connects us with others it is contagious; it elevates the mood of those around us perhaps improving the quality of social interaction. . May 2, 2010 is laughter day. World Laughter day was first observed in 1998. On world Laughter day, all citizens are encouraged and invited to set their cares and differences aside and engage in good-hearted acts of mirth, laughing out loud, smiles, silliness, giggles, clowning, chuckles, guffaws, titters, grins and happy foolishness in the spirit of health, Peace, and joy. **FPT**

physical and mental benefits, no matter what you are facing if you can learn to laugh and benefit from it healing ways. According to the Mayo Clinic laughter can stimulate your heart, lungs and muscles. It can relieve

FATHER KNOWS BEST

By Chris Joker

Every spring it comes on, almost without warning, well almost without warning for parents. For elementary students there is plenty of warning. Things like "Your science project is due in four weeks" for me it is more like "Dad, my science project is due next Monday". This was Wednesday. Now panic sets in followed by a mad search of the internet for interesting science projects, ones that one can do in less than a week. I was proud of my son for he was excited and wanted to "win this thing". "I know", he said, "We can build a time machine."



I replied, "...I'm not sure...", "But Dad", he cut me off, "This is perfect because, if I don't win, I can find out which project DOES win and then go back in time and do that project, and do it better than the one that won!...it's perfect." I could see the logic in his argument, however I was not sure this would be a project we could complete in less than a week. I told him we should put it on the list and think of some other ideas, "A car that runs on water", he said. "They have that", I replied, "It's called a boat." "...Good one Dad." "...O.K. he didn't say "good one" but this is my column and I will remember it how I want. We went through several other possible ideas; Hovercraft, Jet propelled tennis shoes, invisibility serum, talking dog...etc. Just when I thought we would use our remaining time trying to decide on a project he said, "Let's see if putting different liquids on a candle will make it burn faster." "...I'm not sure....wait, what?" "You know, what if we were to put cooking oil on a candle, would it burn faster?" DING, DING, DING....LADIES AND GENTLEMEN, WE HAVE A WINNER!!!! We decided we would use four different products, combine them all on the fifth and use an untreated candle as the control. I felt like a real scientist. As the adult project overseer I felt I had to overrule the use of gasoline, ethanol, gunpowder, plastique, and pretty much any explosives of any kind. Don't get me wrong, It would have been cool but being the Dad and the supposed voice of reason, I had

Upper East Tennessee Science Fair

to overrule them. We settled on lighter fluid, Cooking oil spray, Hand sanitizer, Hair spray and the combination of all on the fifth. We also decided on birthday candles, I mean we only had less than a week. Obviously this experiment would have to take place in a safe place with a low likelihood of a fire burning the place down. Perhaps an all concrete block lab with a concrete floor, table and chairs, built in fire alarms, fire sprinklers and a fire truck on standby outside

the lab door. That probably would have been a good idea. But since we didn't really have any of that stuff, we settled for the kitchen table, a partially charged fire extinguisher and the fire department on speed dial. This is supposed to be a project for the student, not the parent, so I tried to keep my involvement

to a minimum. My job would be photographer, time keeper and speed dialer (should we need it), Milo did everything else. Before applying the flammable liquid and lighting the candle he would set the candle in a little dab of clay on a specially designed family heirloom china plate. Before you go trying to rat me out to Grandma let me just say it was the only one left in the set. We managed to break all the others on previous projects. We started with what surely would be the fastest burning substance to add, the lighter fluid. You may not know this but the squirter on a lighter fluid can is

Please see FKJ page 9

Edward Jones
Lindsey Wortman
 Financial Advisor
 2020 Northpark, Ste. 1F
 Johnson City, TN 37604
 Bus. 423-929-2066
 Toll-free 866-929-2066
 Fax 423-926-0800
www.edwardjones.com



Making Sense of Investing

Blue Ridge Properties



110 E. Mountcastle Dr
 Johnson City, TN 37601
 Cell 423-292-6909
 Office 423-282-5182
 igirl01@aol.com
 www.brphomes.com
www.easttennesseeliving.net



Cindy McPherson
 Affiliate Broker, ABR

PAT & JOHN HITECHEW
 Owners

(423) 282-3761

JACK MILLER BODY SHOP, LLC.

EST. 1948

YOUR 5 STAR MUFFLER DEALER

FREE ESTIMATES

200 WESLEY JOHNSON CITY, TN

Family Pastime Magazine
familypastime.com

THE Magazine for the WHOLE Family

Visit Our Website at:
www.familypastime.com

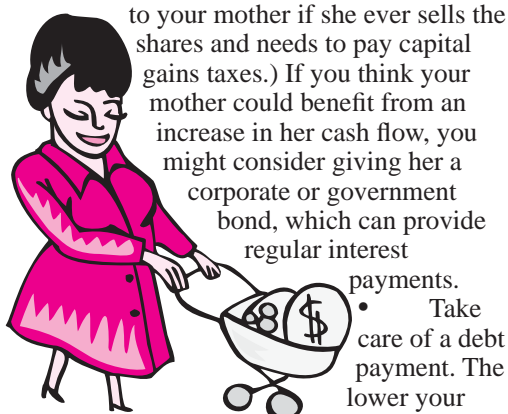


Invest in Your Mother's Future

Mother's Day is almost upon us. This year, in addition to giving Mom some flowers and a card, why not brighten her day — and her future — by making a financial gift?

Your first thought might be that giving your mother a check may seem "tacky." But these days, everyone can use a little extra cash. However, you can find other types of financial gifts that can have a longer-lasting impact. Here are a few ideas to consider:

- **Help Mom fund her IRA.** If your mother is still working, she can contribute to an IRA — and she should. Either a traditional or Roth IRA is a great way to build tax-advantaged savings for retirement. Yet most people don't fully fund their IRAs each year. In 2010, your mother can put in \$5,000 to her IRA, or \$6,000 if she's 50 or older. While you can't directly contribute to her IRA, you can write a check for that purpose.
- **Purchase an investment for Mom.** If you can afford it, consider giving a few shares of stock, possibly issued by companies that make products or services your mother uses. (If you give shares that you own, you'll need to keep records of your initial sales price; this information will be useful



to your mother if she ever sells the shares and needs to pay capital gains taxes.) If you think your mother could benefit from an increase in her cash flow, you might consider giving her a corporate or government bond, which can provide regular interest

payments. Take care of a debt payment. The lower your mother's debt payments, the more she can put away for retirement. While you probably aren't in a position to pay off all her debts, perhaps you could handle a car or credit card payment as a Mother's Day gift.

- **Make a charitable gift in Mom's name.** Your mother probably supports many worthy causes — and a financial gift to any one of them, in her name, would probably please her greatly. Furthermore, your generosity may provide you with an immediate tax deduction, assuming the group to which you donate meets the tax deductibility guidelines established by the IRS. In fact, if you donated an appreciated asset, such as a stock, you could possibly get two tax breaks: a

deduction on this year's taxes and the avoidance of capital gains taxes that will result from the eventual sale of an asset. Before donating this type of asset, though, consult with your tax advisor.

- **Provide Mom with some financial education.** If your mother doesn't know much about investing, you might get her a book on the topic. Or, better yet, if you have a financial advisor whom you trust, introduce him or her to your mother. Once your mother enters her pre-retirement and retirement years, she may have many issues — such as cash flow management, estate planning and investing to stay ahead of inflation — for which she could use the help of a financial professional.

Mother's Day comes and goes in a day — but by making the right type of financial gift to your mother, your generosity can be felt for years to come. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Sudoku last month's Really Hard answer

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

SUDOKU HARD Instructions: page 2

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

Sudoku Really Hard Instructions: On page 2

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

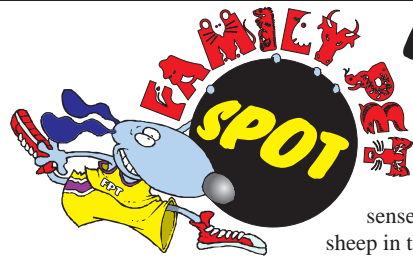
BLUE MOUNTAIN I.T. SOLUTIONS

Proudly Supporting Tri Cities' Small Businesses

- Network Problem Solving
- PC Support & Repairs
- Custom - Built Computers

Friendly - Experienced Technicians

www.bmits.com
support@bmits.com



A Summer Shave Is Not For Everyone

By: Ashley Mitek

It makes sense: we shave sheep in the summer so they do not become too hot, so why not long haired dogs. On those steamy days of August when your Husky doesn't dare step outside in the 90 degree weather, maybe you've thought of borrowing your husband's clippers and giving the dog a haircut.

"In most cases, I do not recommend shaving a dog for the summer," explains Dr. Catherine Metry, a veterinary dermatology resident at the University of Illinois Veterinary Teaching Hospital in Urbana. The hair coat may actually help keep the dog cooler on hot days, instead of acting like a wool blanket as we may think.

In the arctic breeds, or those dogs that are made for the snowy weather, shaving can actually induce the hair to stop growing. The hair may not grow back, or may grow back in another color shade.

The other factor we may easily forget when it comes to our pets is that, "if you do shave the animal and you shave too close to the skin, then dog may more easily be sunburned," notes Dr. Metry. Most of our animals do not spend enough time out in the sun to become burned, but some animals do after being shaved.

If you do plan to be outdoors with your pet, you can use a zinc-free sunscreen. The bridge of the nose and the ears are more common places that pets get sunburn. But before you head out in the summer weather, don't forget to consider your pet's well-being.

Dogs can sweat from small glands in their paws which do little to help cool them, unlike humans who sweat all over for heat relief. The main way our pets blow off excess heat is open-mouth breathing (panting). In short, if you're thinking of taking Fido for that long run or walk in sunny, hot weather, don't try it!

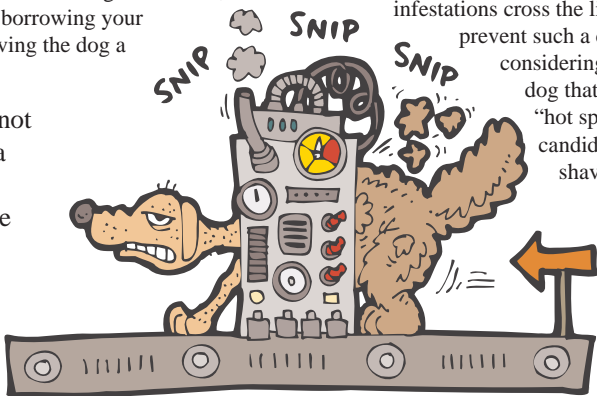
Although Dr. Metry does not recommend shaving for

most of her patients, there are a few exceptions. "If they are a dog that stays outside, is not well groomed, and may stay very wet, you run the risk of developing maggots in a matted haircoat." Veterinarians usually have a very high tolerance for un-pleasantries in pets, but for many, maggot infestations cross the line. And a shave to prevent such a case may be worth considering. In addition, a dog that easily develops "hot spots" may also be a candidate for a summer shave.

In short, most dogs are better off not being shaved for the summer weather. If they live outdoors, be sure to provide adequate shade and water at all times to

prevent overheating.

If an unfortunate circumstance develops in which your dog does overheat, quick action can be lifesaving. Serious burns have occurred when owners rush to hose off their pet--if the hose has been sitting in the sun all day the temperature of the water inside is near boiling. It is critical that you test the temperature of the hose water before dousing your



PURELIFE CHIROPRACTIC
 Dr. Christina Christiansen
 Chiropractic Physician
 217 E. Springbrook Dr. Suite #1 Johnson City, TN 37601
 Phone: 423-434-2080 Fax: 423-434-2185
 www.purelifechiro.com

www.giftswithaheart.org
Gifts with a Heart
 Gifts For All Occasions
 (423)257-3780 or 477-3158

pet. The water should be cool, but not frigid. Because ice baths constrict the vessels, they are not nearly as helpful in cooling pets as cold water. After hosing off a pet you suspect may have overheated, contact your veterinarian immediately.

For more information about shaving your pet, contact your local veterinarian. **FPT**

Ashley Mitek is Information Specialist University of Illinois College of Veterinary Medicine

SUDOKU Medium

Instructions on page 2

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

Family Pastime Magazine
 Last Month's Answer

K P S
 I J EASTER L
 T A R D S WINDY
 NEWSHOES
 LICORICE
 PETERCOTTONTAIL
 HARDBOILED
 SPRINGBREAK BULBS
 EASTERBUNNY
 GASP BASKET
 GOODFRIDAY
 WEN GRASS O
 SUNDAY



Tips On Caring For An Alzheimer's Patient



(NAPS) Caring for someone with Alzheimer's disease can be a complex and challenging process. Fortunately, there are ways to manage the process so it can be beneficial to both the patient and the caregiver.

Here are some tips:

- Create a "critical contacts" worksheet so you can easily find the names, specializations, phone

numbers and e-mail addresses of key medical care providers. You may do the same for providers of social services, as well as family, friends and financial contacts.

- A balanced diet is critical to keeping an Alzheimer's patient emotionally and physically strong. Keeping a food and nutrition log can help keep track of what the patient has eaten each day. Having such a log can also be of assistance during medical visits.
- Prepare a series of lists that document all medications the patient takes on a regular basis as well as a record of all vaccinations and all medical tests, surgeries or operations that the patient has taken or had performed and the result of each.
- Selecting a health care provider is a critical part of a patient's overall treatment plan. When selecting a provider, make sure he or she provides the services you need, is board certified and will accept your insurance.
- Preparing for an appointment with a health care provider can help a patient get the most out of the meeting. Start by having a written record of the date and time of the appointment, the purpose, and any questions you may have for the care provider.
- During the appointment, make a record of any tests, diagnosis or information related to medication that is discussed, as well as any answers to your questions. Also,



note the date and time of the next appointment with that particular practitioner and any changes in the patient's treatment plan.

- According to the experts at the Alliance for Aging Research, there are certain key documents that a patient with Alzheimer's should put in place once the condition has been diagnosed.

For example:

- A financial durable power of attorney that identifies who is authorized to make financial decisions for the patient;
- A similar document—a health care durable power of attorney—that identifies who can make health care decisions for the patient; and
- A living will that addresses end-of-life care, and a will or living trust.

The Personal Health Organizer, available through the Alliance for Aging Research, can help you keep all this information in one place. For more caregiver tips or to order this resource, visit www.agingresearch.org.

A balanced diet is critical to an Alzheimer's patient's well-being. Keeping a food and nutrition log can help keep track of what the patient has eaten each day. **FPT**

Our Newly Weds of almost 67 years are enjoying **QUALITY** time together here at The Oaks.

Living

doesn't stop at retirement
The Oaks nurtures independence while providing just the right amount of support!

Private & Companion Rooms Available
Call 423-378-3100 or come by for a tour today
2424 E. Stone Drive, Kingsport
www.theoaksliving.com
An HHHunt Community

Preferred

TAX-FREE RETIREMENT, LLC

Rule #1: Don't lose what you've got.
Rule #2: Don't forget Rule #1!

Ron Bedford, CRPC 423.963.0528
www.preferredtaxfreeretirement.com

Not happy with your WEBSITE????

We can fix that!!!!

If you want to give your site an update or just make it more professional looking, we can do that. Maybe you are not getting the service you desire or deserve from your current web master, call us and find out what RenderForge can do for you.

Web Design

Interactive CD-ROM
Business Cards
Full service
computer graphics

423.676.4323
www.renderforge.com

BBQ Chicken Tacos

SUPPLIES:

- 2 LBS shredded chicken in barbeque sauce, heated
- 1 (12 count) package taco shells warmed
- 8 ounces prepared coleslaw
- 1 cup shredded Monterey Jack cheese (optional)

HOW TO:

- Fill the taco shells with chicken. Top with coleslaw and cheese.
- Shredded chicken in sauce can be purchased - or make your own.

Buffalo Wings

SUPPLIES:

- 24 Chicken wings
- 1/2 C Melted butter
- 6 TBS Hot pepper sauce
- 1/4 tsp Cayenne pepper
- 4 TBS Soy sauce
- 1 C Brown sugar
- 2 cloves Garlic -- minced

HOW TO:

1. Preheat oven to 400
2. Place wings in a baking pan.
3. In a mixing bowl, combine remaining ingredients.
4. Brush wings with small amount of sauce.
5. Bake wings for 45 minutes or until cooked through, basting frequently.
6. Just before serving, pour remaining sauce over wings, broil for one minute to crisp skin.

Kid Friendly Recipes



Pepperoni Pita Pizzas

SUPPLIES:

- 4 small pitas
- 14 oz can of petite diced or crushed tomatoes
- 6 slices pepperoni, cut into strips
- 2 C shredded mozzarella cheese

HOW TO:

1. Preheat oven to 425.
2. Run a sharp knife just inside the edge of each pita and follow the outline to remove the top layer of bread and create a border for the pizzas.
3. Place pitas directly onto the top rack of the oven and bake for two minutes until crisp.
4. While pita bakes, place canned tomatoes in a sieve to remove excess juice.
5. Divide sauce evenly among pitas, spread over the entire cut-out surface.
6. Divide half of the pepperoni strips evenly among the pitas and scatter them over sauce.
7. Sprinkle 1/2 C of cheese over each pita.
8. Top cheese with the remaining pepperoni strips, dividing them equally among four pitas.
9. Bake directly on the oven rack for eight minutes or until cooked.

Ranch Chicken Wrap

SUPPLIES:

- 1 1/4 LBS skinless, boneless chicken breasts
- Cooking spray
- 1/2 package Taco Seasoning Mix
- 1/2 C lowfat cultured buttermilk
- 1/4 C fat-free mayonnaise
- 1 TBS minced fresh dill weed
- 2 TBS fresh lime juice
- 2 cloves garlic, minced
- 6 fat-free flour tortillas
- 3 C romaine lettuce, sliced
- 3 C diced tomato

HOW TO:

1. Slice chicken into 1/4" shreds.
2. Place in a mixing bowl, spray with cooking spray.
3. Toss with 1/2 package of taco seasoning mix.
4. Prepare sauce in a separate bowl; combine buttermilk, mayonnaise, dill weed, lime juice, and minced garlic. Set aside.
5. Heat a nonstick skillet over medium heat.
6. When hot, spray with cooking spray.
7. Add chicken and cook until no longer opaque.
8. Add about half the sauce and cook to heat through.
9. Serve remaining sauce on the side.
10. Divide chicken, romaine, and tomatoes among the tortillas. Top with sauce and roll up.

Smoers Pot Pie

My son came up with this recipe over Spring break and it is yummy

SUPPLIES:

- Individual graham cracker crumb pie crusts
- Chocolate bars or chocolate chips
- Marshmallow cream or mini marshmallows
- Graham crackers

HOW TO:

1. Pre-heat oven to 350
2. Break up chocolate bars or place chocolate chips in bottom of pie crust
3. Cover chocolate with marshmallow cream or mini marshmallows
4. Crumble graham crackers on top
5. Heat in oven until chocolate and marshmallows are melted
6. Take out of oven and let cool until edible
7. Enjoy.

VEGETARIAN Baked Bean Tacos Recipe

Supplies:

- 30 OZ canned vegetarian baked beans
- 1 envelope taco seasoning mix
- 12 Taco shells
- Favorite taco toppings

HOW TO:

1. In a pan, combine taco seasoning mix and beans.
2. Bring to a boil and simmer for 8 to 10 minutes or until thoroughly heated.
3. Spoon bean mixture into taco shells. Top with favorite toppings.

SUDO-KID-U 2

Instructions: On page 2

			3
	2		
	1	2	

SUDOKU- EASY Instructions: On page 2

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

CREATURE FEATURE
By: Georgia Teich

SNAKES

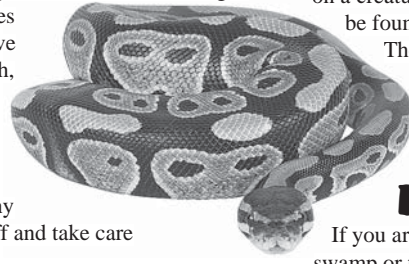


Snakes are very important

to the environment and help keep nature in balance. The small ones eat bugs and insects. The big ones eat rats, mice gophers and animals that destroy crops.

Snakes belong to the animal group called reptiles. Their bodies are covered with scales which act as a protective armor. Snake is an ancient word meaning "to creep". Snake skin has a smooth dry texture. The shedding of scales is called molting in the case of a snake the complete outer layer of skin is shed in one layer similar to a sock being turned inside out. Snakes can be 5 inches long up to 30 feet long and weigh up to 200 pounds in the case of a python.

They only eat when they are hungry and may go 3 to 4 between feedings. Zoo snakes don't move very much, so they



may only eat one or two times a year. Not all snakes lay eggs some give birth to tiny living snakes that crawl off and take care of themselves.

There are 126 different kinds of snakes in the United States, 19 of which are harmful to people. Tennessee is the home of 32 species of snakes only 4 of which are venomous, copperhead, western cottonmouth, timber rattlesnake and western pigmy rattlesnake.

Snakes bite people in self defense as a last resort. The outcome of snake bites depends on the species of snake, the area of the body bitten, the amount of venom injected and the health of the victim. Snakes

may deliver a "dry bite" rather than waste the venom on a creature too large to eat. Venomous snakes can be found on every continent except Antarctica.

The venom is produced in modified parroted glands normally responsible for secreting saliva. It is stored behind the animal's eyes and ejected voluntarily through hollow tubular fangs.

Do not disturb or try to pick up snakes. If you are in an area inhabited by snakes such as a swamp or thick vegetation wear long pants and boots or leather shoes. When in the wilderness, treading heavily creates ground vibration and noise which will often cause snakes to flee from the area. When dealing with a direct encounter it is best to remain silent and motionless. If the snake does not leave, it is important to step away slowly and cautiously. It is also important to avoid snakes that appear dead; some species will roll over on their backs and stick out their tongue to play dead. **FPT**



Cut and Dried

Phrases, cut and dry, / Evermore thy Tongue supply" — clichés, in other words.

MEANING: Refers to something that is routine, commonplace, ordinary, done the same way all the time. Something that

ORIGIN: **T**here are many thoughts on the origin and, of course, all claim to be correct. One theory suggests the phrase comes to us from the world of lumber. Apparently, "timber" only becomes lumber when it is cut into standard sizes (such as "two-by-four") and then dried, either in open air or in a kiln. Thus, cut and dried lumber, the theory goes, eventually came to be used as a metaphor for anything which is predictable, reliable, and not very exciting. A problem with this theory is that the phrase never shows up in the lumber business in this context.

Say WHAT???
By: Family Pastime Staff
is cut and dried is prearranged or inflexible, completely decided in advance, so it lacks freshness, originality or spontaneity. "Turning on a room light is pretty cut and dried."

The first known use of the expression is in a letter to a clergyman in 1710 in which the writer commented that a sermon was "ready cut and dried", meaning it had been prepared in advance, so lacking freshness and spontaneity. The next recorded use is in a poem by Jonathan Swift in 1730 which speaks of "Sets of

Another theory also traces the phrase to a wooden origin, but this time to firewood which will work best to build a fire if it is cut and dried before starting the fire.

Other theories claim the origin comes from tobacco (which must be cut and dried to be used), or the practice of preserving various forms of meat by cutting and drying. Again the phrase is never actually used in this context.

Another idea is that the phrase comes from cutting and drying of herbs for sale. Some claim it is referring to flowers or hay. So while we all seem to agree that the meaning of the phrase is pretty cut and dried, the origin definitely is not. **FPT**

Last month's **HARD** answer

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

A mother and her young son returned from the grocery shop and began putting away the groceries. The boy opened the box of animal crackers and spread them all over the table. "What are you doing?", His mother asked. "The box says you can't eat them if the seal is broken," the boy explained. "So I'm looking for the seal."

"I'd like to be the ideal mother, but I'm too busy raising my kids."- Unknown



Earth Friendly Weed Killer

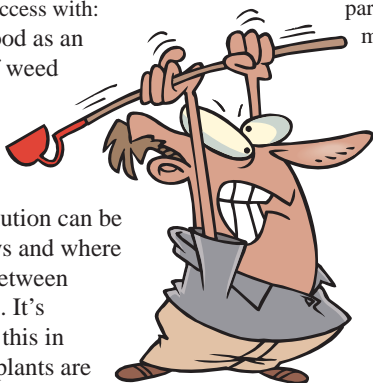
By: Michael Bloch

Instead of using really nasty commercial chemicals to rid your garden of noxious weeds, where possible just try using water. Yes, water :)

The trick is to boil it first of course. Boiling water is particularly effective for use on weeds in the expansion joints on driveways and paths.

Other greener options for killing weeds (depending on the type) that I've had some success with:

- Neat white vinegar is good as an earth friendly broad leaf weed killer. Vinegar is most effective when applied on a sunny day. Use in a targeted way.
- A strong saline (salt) solution can be used on gravel driveways and where weeds have sprung up between cracks or joins in pavers. It's probably best not to use this in open areas where other plants are close by as repeated applications can cause the salt to leach over a wider area, kill other plants and prevent new plants from growing in the affected area. It's for this reason that salt is also a good way to prevent weeds from growing again between pavers.
- Lemon juice is also said to be highly effective in killing weeds of all types and it will break down very quickly.



That said, glyphosate is a very economical and effective broad spectrum herbicide. A \$4 bottle of generic branded glyphosate is just as effective as a \$10 bottle of popular brand name weed killer containing glyphosate if the concentrations are the same.

When choosing a glyphosate based product, be aware of the percentage of glyphosate in different products as it can vary widely. The concentration will be mentioned on the label. For example; a \$4 bottle of weed killer may have 10% glyphosate and a \$6 bottle may have 20% - so the latter, although more expensive, is the better deal. Equally as important, by taking note of the percentage whenever you change brands, it acts as a flag to check the application instructions - as you may need to use less or more of it.

It can take up to 7 days after application before the weed starts to turn brown, particularly if it's a large one - so don't be tempted to apply more if it doesn't keel over within a couple of days. When the weed does finally start to show signs of stress, the end comes pretty quickly. Glyphosate should be applied when there's no chance of rain within 6 hours of application.

To further reduce environmental risks, it's so important to only use the amount as directed on the bottle - using more won't kill the weeds any faster or more effectively. Also invest in a hand pump

Sold under hundreds of different brand names, glyphosate supposedly breaks down very quickly, although the video

Last month's Easy Answer

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

MOM! I'M BORED!

Enroll your child in our program all summer long for only \$120. This includes 8 weeks of lessons, a FREE uniform and belt, and a belt promotion at the end of the session. Hurry, enroll today as space fills up fast. The first 15 kids to sign up will also receive a FREE T-Shirt*



Parents, what are your kids doing this summer? Keep your kids busy the healthy way! They'll get a kick out of our summer program. Call 926-4696 to reserve your spot!

EVERS' Family Classes Available
TAEKWONDO & JIU-JITSU
MILL ACADEMY

Health Benefits, self-Defense, respect, Goal setting. Morning classes available. *This is not an all day camp. Class lasts about an hour. Unlimited classes. Offer expires June 30th, 2010

By using it sparingly and according to directions, you'll also reduce the risks of weeds building up resistance - and glyphosate resistance has already been reported. This is an important and disturbing development as glyphosate is to mainstream agriculture what penicillin was to modern medicine. If resistance becomes common, I shudder to think about the environmental effects of any chemical that replaces it.

As always though, prevention is better than cure. One of the best ways to prevent weeds from growing is to use mulch, which has the added benefit of providing nutrients to plants and saving water in your garden. Of course, there's always the old fashioned way of getting rid of weeds too - by hand - it's great exercise if you're physically able to do it and can help put you more in touch with what's happening in your garden. It's amazing what you'll discover about your garden if you're a little closer to soil level.

Also bear in mind that some "weeds" are actually useful plants. **FPT**

Courtesy of www.scienceprojectideas.co.uk

THE magazine for the WHOLE family

Chris Joker
Editor

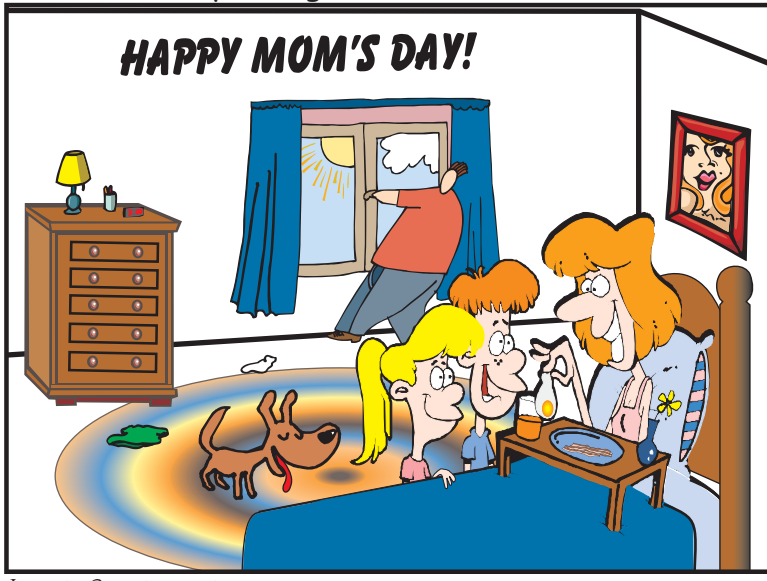
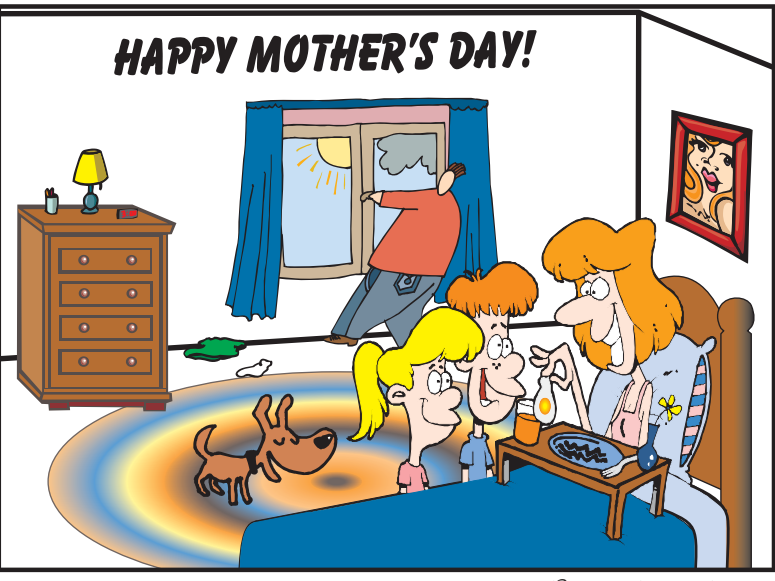
Vx: 423.676.4323 • Fx 866.824.0825
chris@familypastime.com

www.familypastime.com

2 Haven Lane • Johnson City, TN • 37604-9059

DOUBLE TAKE

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



Mother to mom, Sun rays, Egg yolk, Lamp, Pencil can, Fork, Dog collar, Drawers, Shirt on floor, Back Pocket, Pony Tail, Curtain, Flower, Hand on bed, Juice, Dog's tail, Pillow, Bacon, Tongue, Bed post, Bed post, Shirt collar, Sleeve, Painting, Cloud

I OWE MY MOTHER

1. My mother taught me TO APPRECIATE A JOB WELL DONE.
"If you're going to kill each other, do it outside. I just finished cleaning."
2. My mother taught me RELIGION
"You better pray that will come out of the carpet."
3. My mother taught me about TIME TRAVEL "If you don't straighten up, I'm going to knock you into the middle of next week!"
4. My mother taught me LOGIC.
"Because I said so, that's why."
5. My mother taught me MORE LOGIC.
"If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT.
"Make sure you wear clean underwear, in case you're in an accident."
7. My mother taught me IRONY.
"Keep crying, and I'll give you something to cry about."
8. My mother taught me about the science of OSMOSIS.
"Shut your mouth and eat your supper."
9. My mother taught me about CONTORTION ISM
"Will you look at that dirt on the back of your neck!"
10. My mother taught me about STAMINA.
"You'll sit there until all that spinach is gone."
11. My mother taught me about WEATHER
"This room of yours looks as if a tornado went through it"
12. My mother taught me about HYPOCRISY.
"If I told you once, I've told you a million times Don't exaggerate!"
13. My mother taught me the CIRCLE OF LIFE.
"I brought you into this world, and I can take you out."
14. My mother taught me about BEHAVIOR MODIFICATION.
"Stop acting like your father!"
15. My mother taught me about ENVY.
"There are millions of less fortunate children in this world who don't have wonderful parents like you do."
16. My mother taught me about ANTICIPATION.
"Just wait until we get home."
17. My mother taught me about RECEIVING.
"You are going to get it when you get home!"
18. My mother taught me MEDICAL SCIENCE.
"If you don't stop crossing your eyes, they are going to get stuck that way."
19. My mother taught me ESP.
"Put your sweater on; don't you think I know when you are cold?"
20. My mother taught me HUMOR.
"When that lawn mower cuts off your toes, don't

Welcome to the Neighborhood

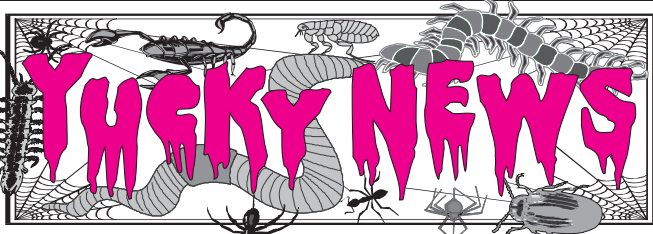
Marilyn Cutshall

Kingsport Newcomer Service

1225 N. Eastman Rd.
Suite 105
Kingsport, TN 37664

(423)245-0586
kptnewcomers@charter.net

- come running to me."
21. My mother taught me HOW TO BECOME AN ADULT.
"If you don't eat your vegetables, you'll never grow up."
 22. My mother taught me GENETICS.
"You're just like your father."
 23. My mother taught me about my ROOTS.
"Shut that door behind you. Do you think you were born in a barn?"
 24. My mother taught me WISDOM.
"When you get to be my age, you'll understand."
 25. And my favorite: My mother taught me about JUSTICE.
"One day! you'll have kids, and I hope & pray they turn out just like you! **FPT**



Leeches (Hirudinea)

By: I.M. Yuckee

Leeches are flattened segmented worms that have a sucker on both ends (tail and mouth). Leeches move by attaching the mouth sucker to the surface they are on, then the tail sucker, then moving the mouth sucker and attaching it again then moving the tail sucker and attaching it again then repeating the whole thing. Most leeches live in the water, some burrow in the mud, some even live on the land. Most avoid light.

Most people shudder at the thought of a leech attaching itself to a leg while swimming. Well, it's true that leeches are kind of gross, but they are pretty harmless.

Leeches are commonly known for attaching themselves to humans and other animals, and sucking their blood. Blood sucking leeches have well developed jaws. Different types of leeches feed on different animals, though there are also some that eat plants. Some of the leeches that feed on humans secrete a substance that has been found to be an anticoagulant (An anticoagulant is a substance that prevents coagulation; that is, it stops blood from clotting).

Leeches are more abundant in the summer because they reproduce in the spring so the young leeches (sounds so cute, doesn't it) are out of their cocoons weeks later. Leeches are found in lakes and ponds and provide a tasty meal for fish, ducks, turtles and some birds. They usually stay near the shallow regions of their habitat. Fortunately leeches prefer invertebrates (animals without backbones) and other vertebrate hosts (animals with backbones) to humans.

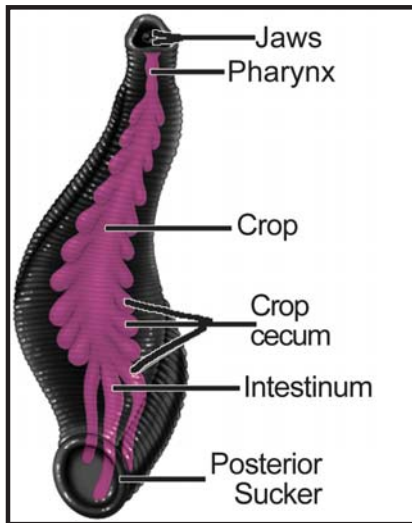
Leeches actually do serve a good purpose. In addition to being a delicious meal for some

creatures for about 2500 years leeches were the cure-all, go-to treatment for many ailments. Unfortunately they didn't really help. In modern times doctors have been known to use leeches to aid in procedures. In 1985 doctors used twenty-four leeches to help in an operation

to re-attach a boy's ear, which had been bitten off by a dog. The leeches drank the boy's blood and their saliva (spit) hirudin, which helped as a natural long acting anticoagulant, which gave the boy's ear time to heal.

The small leech *Hirudo medicinalis* is particularly valuable for plastic and reconstructive surgery. This leech produces several important substances that make its bite very special,

black eyes and inflammation of the middle ear. Leeches may soon be used in the treatment of heart attacks and strokes. Yucky as they seem the leech is beneficial to humans and creatures alike. **FPT**



SUPER SUDOKU Answer from last month

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

in addition to the anticoagulant (hirudin), they provide a local vasodilator (a vasodilator causes the blood vessel to become wider which will reduce blood pressure), and a local anesthetic. These substances allow continued bleeding that mimics venous circulation for up to 10 hours after the leech has detached (also the anesthetic makes the bite painless). The leech will also remove any congested blood to allow normal circulation to return to the tissues and prevent gangrene from setting in. Leeches have also been used to treat

MESSAGE

Date. . Today. Time. NOW!

To. . Business Owners

WHILE YOU WERE OUT

. Customers were looking for you

From. . Family Pastime Magazine

TELEPHONE. 423-676-4323

Telephoned	<input checked="" type="checkbox"/>	Please Call	<input checked="" type="checkbox"/>
Reaches your potential customers	<input checked="" type="checkbox"/>	Has great rates	<input checked="" type="checkbox"/>
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

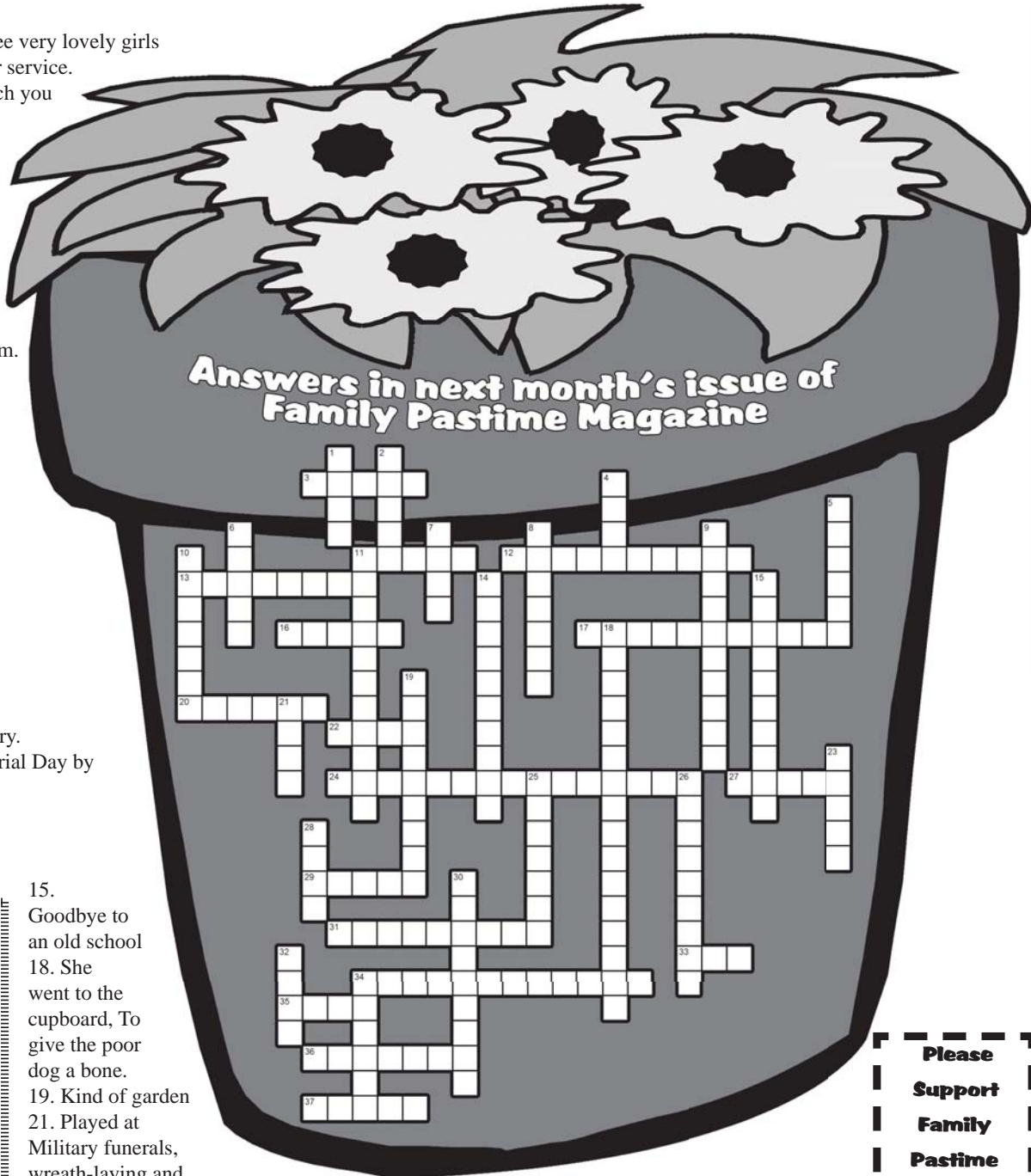


Across

- 3. A lovely lady, Who was bringing up three very lovely girls
- 11. Awarded for specific acts of courage or service.
- 12. A Sunday to show your Mom how much you love and appreciate her
- 13. USAF
- 16. What you do to a person to show respect.
- 17. Mother that controls the Earth
- 20. A formal military gesture of respect.
- 22. America's has 13 stripes and 50 stars.
- 24. Most student's favorite day of the year
- 27. A red flower sold on Memorial Day
- 29. Don't have a cow, man. That's my Mom.
- 31. Mother of America
- 33. Mother of "All Living"
- 34. Mother of all storms
- 35. Mother of the Greek gods
- 36. One who served in the Military.
- 37. Theo's Mom.

Down

- 1. Mother of Jesus
- 2. Mother of Fairy tales
- 4. Beaver's Mother
- 5. A ring of flowers.
- 6. Animals that migrate from the south
- 7. _____ Seals
- 8. A person who defends his or her country.
- 9. Proclaimed as the birthplace of Memorial Day by President Lyndon Johnson.
- 10. The Few. The Proud. The _____.
- 11. A day to remember our Veterans
- 14. Permission Game



Answers in next month's issue of Family Pastime Magazine

- 15. Goodbye to an old school
- 18. She went to the cupboard, To give the poor dog a bone.
- 19. Kind of garden
- 21. Played at Military funerals, wreath-laying and memorial services.
- 23. The best Mother in the whole wide world
- 25. April Showers bring May _____.
- 26. Something to dig out of the gardening shed
- 28. _____ Strong

- 30. Planting and weeding
- 32. Send this to your mother on Mother's day.
- 34. First "First Lady"

HELP WANTED

If you are interested earning a little extra money or in a full time position, **Family Pastime Magazine** is looking for you!

We are continuing to expand and find ourselves in the position of being able to offer **full and part-time sales positions**. Mail your cover letter and resume' to:

Sales Position
Family Pastime Magazine
P.O. Box 3161
Johnson City, TN
37602 or e-mail **editor@familypastime.com**

Please Support Family Pastime Advertisers!



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

How Well Do You Know Your Dog?

By Scientific Explorer



How well do you know your dog? You'll find out lots

more about your pet's

personality by answering the questions

in this chart. Mark each box below with the number (from 1 to 5) that best describes your dog. Then add the numbers and put the total in the Score box.

1 - Almost always

2 - Over half the time

3 - About half the time

4 - Not usually

5 - Almost never

Training - My dog:

_____ Obeys well

_____ Was easy to house-train

_____ Is relaxed, not easily excitable

_____ Score

How trainable is your dog?

With a score of 6 or lower, your dog should be trainable. Excitable dogs are easily distracted, so training them is more difficult.

Dominance - My dog:

_____ Obeys and doesn't growl at me

_____ Is quiet, doesn't bark at noises in our home

_____ Is nice to strangers and doesn't bark or growl at them when they come to our home

_____ Doesn't seem to mind when disturbed

_____ Score

A score of 6 or less means you have a great family pet. If your dog scores higher than 16 you should consult a veterinarian.

Relations with humans - My dog:

_____ Is nice to people, doesn't bark at them

_____ Is comfortable with strangers

_____ Likes to be petted

_____ Is comfortable with children

_____ Score

Does your dog get along well with humans?

A score lower than 8 means your dog has adapted well to life in human company. A high score suggests that your pet has poor social skills and could be a fear-biter.

Relations with other dogs - My dog:

_____ Is self-assured in the presence of strange

dogs

_____ Is relaxed around other dogs

_____ Likes to play with other dogs

_____ Score

Does your dog get along with other dogs?

If your dog scores lower than 6, he or she likes being with other dogs. A high score means your pet probably wouldn't enjoy having other dogs in the house.

Activity needs - My dog:

_____ Destroys things

_____ Barks when excited or upset

_____ Whines and demands attention

_____ Needs physical activity

_____ Score

How much activity does your dog require?

A score over 15 means you have a relaxed and self-contained pet. A low scoring dog requires lots of exercise and activity. These traits are largely inherited so there's not much you can do about them.

Courtesy of: Scientific Explorer. "Your Dog's Personality." ASU - Ask A Biologist. 21 December 2009. <http://askabiologist.asu.edu/activities/your-dogs-personality>.

The History Of Taps

Taps is a famous musical piece, sounded by the U.S. military during flag ceremonies and funerals, generally on bugle or trumpet. The tune is also sometimes known as "Butterfield's Lullaby", or by the lyrics of its second verse, "Day is Done".

Taps (in the key of C) The bugle call was composed by the Union Army Brigadier General Daniel Butterfield, an American Civil War general who commanded the 3rd Brigade of the 1st Division in the V Army Corps of the Army of the Potomac. Butterfield wrote the tune at Harrison's Landing, Virginia, in July 1862. Taps also replaced "Tattoo", the French bugle call to signal "lights out." Butterfield's bugler, Oliver W. Norton, of Erie, Pennsylvania, was the first to sound the new call. Within months, Taps was used by both Union and Confederate forces. Booth states that the tune is actually a variation of an earlier bugle call known as the Scott Tattoo which was used in the

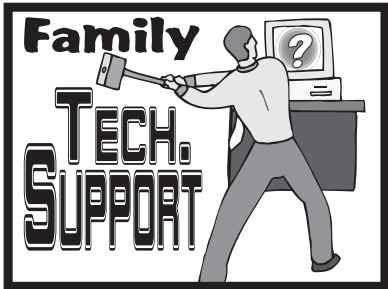
U.S. from 1835 until 1860.

Taps concludes many military funerals conducted with honors at Arlington National Cemetery, as well as hundreds of others around the United States. The tune is also sounded at many memorial services in Arlington's Memorial Amphitheater and at grave sites throughout the cemetery.

Taps is sounded during each of the 2,500 military wreath ceremonies conducted at the Tomb of the Unknowns every year, including the ones held on Memorial Day. The ceremonies are viewed by many people, including veterans, school groups, and foreign officials. Taps is also sounded nightly in military installations at non-deployed locations to indicate that it is "lights out." When Taps is sounded at a funeral, it is customary for serving members of the military or veterans to salute. The corresponding gesture for civilians is to place the right hand over the heart. **FPT**

Things You Will Never Hear Your Mother Say

- "Be good and for your birthday I'll buy you a motorcycle!"
- "How on earth can you see the TV sitting so far back?"
- "Don't bother wearing a jacket--it's quite warm out."
- "Let me smell that shirt--yeah, it's good for another week."
- "I think a cluttered bedroom is a sign of creativity."
- "Yeah, I used to skip school, too."
- "Just leave all the lights on...it makes the house more cheery."
- "Could you turn the music up louder so I can enjoy it, too?"
- "Run and bring me the scissors! Hurry!"
- "Aw, just turn these undies inside out. No one will ever know."
- "I don't have a tissue with me--just use your sleeve."
- "Well, if Timmy's Mom says it's okay, that's good enough for me."
- "Of course you should walk to school and back. What's the big deal about having to cross a few main streets?"



Should I Turn Off My Computer?

By: Chris Joker

Is it better to turn my computer off when I am not using it or leave it on all the

In Windows you have several options to reduce power and allow you to resume working quickly:

Sleep or standby mode is a power-saving state that according to Microsoft, "allows a computer to quickly resume full-power operation (typically within several seconds) when you want to start working again. Putting your computer into the sleep state is like pausing a DVD player—the computer immediately stops what it's doing and is ready to start again when you want to resume working." The problem with this is that if your computer experiences a power outage while in sleep mode

if you haven't saved any open documents the work will be lost so be sure to save before putting your computer to sleep. Sleep/standby mode uses around 4

watts of power.

From sleep/standby you should be able to resume working within a few seconds.

Hibernation, according to Microsoft, "is a power-saving state designed primarily for laptops. While sleep puts your work and settings in memory and draws a small amount of power, hibernation puts your open documents and programs on your hard disk, and then turns off your computer. Of all the power-saving states in Windows, hibernation uses the least amount of power. On a laptop, use hibernation when you know that you won't use your laptop for an extended period and won't have an opportunity to charge the battery during that time". Hibernation uses 1-3 watts of power or about the same as turning your system off but not unplugging it. From hibernate you should be able to resume working within 30 seconds to 3 minutes.

Hybrid sleep, A new mode option in Windows 7. Microsoft describes it as "designed primarily for desktop computers. Hybrid sleep is a combination of sleep and hibernate—it puts any open documents and programs in memory and on your hard disk, and then puts your computer into a low-power state so that you can quickly resume your work. That way, if a power failure occurs, Windows can restore your work from your hard disk. When hybrid sleep is turned on, putting your computer into sleep

automatically puts your computer into hybrid sleep. Hybrid sleep is typically turned on by default on desktop computers."

At the very least if you step away from your computer you should put it in sleep/standby mode.

Another argument for leaving your computer on all the time is that turning it on and off will stress the computer's components. A decade ago, there was something to this, but not today. It used to be that PC hard disks did not automatically park their heads when shut off, and that frequent on/off cycling could damage the hard disks. Today's PCs are designed to handle 40,000 on/off cycles before a failure. If you were to turn your computer off and on twice a day it would take you 27 years to reach the 40,000 on/off point. Since the average life span of a computer is 5 to 7 years this is not something you should be concerned with. Your TV contains many of the same type components as your computer. Most people don't leave the TV on 24 hours a day. TVs certainly have no problems being cycled on and off.

Another concern is the risk of power interruption due to power spikes and surges, brownouts, blackouts and other problems, leaving your computer on exposes it to this potential risk. If you are using a good-quality UPS (uninterrupted power supply---a big battery, really) then this is not really a factor, although unless your UPS supports power-down signaling to shut down the machine, a power interruption longer than the life of the UPS will result in about the same abrupt shut-off. If you are not using a UPS, and you are in an area prone to power problems, leaving the machine on all the time may be unwise (you should be using a good UPS if this is the case, anyway).

Hopefully this information will help you make the correct decision for your situation. **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

A mother of three notoriously unruly youngsters was asked whether or not she'd have children if she had it to do over again. "Yes," she replied. "But not the same ones."
~ David Finkelstein

time?
The answer is not cut and dried. Sometimes it is better to leave your computer on all the time. It really depends on how you use your computer.

There are several situations where leaving your computer on 24 hours a day, makes sense.

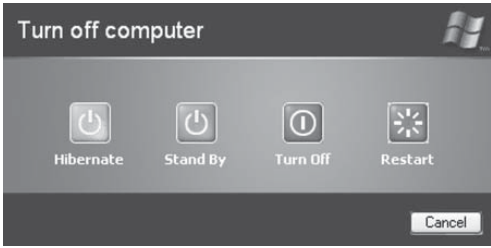
If you are on a network, and the network administrators back up files and/or upgrade software over the network at night. In this situation you will want to leave the computer on so that the back ups and upgrades will take place.

You use your computer as a server (file server, print server, Web server, etc.,) on a LAN (local area network) or the Internet, then you need to leave it on all the time.

If you are running something like SETI@home (SETI@home is a volunteer computing project using Internet-connected computers, hosted by the Space Sciences Laboratory, at the University of California, Berkeley, in the United States. SETI is an acronym for the Search for Extra-Terrestrial Intelligence. Its purpose is to analyze radio signals, searching for signs of extra terrestrial intelligence). In this case you may wish to produce as many result sets as possible so it makes sense to leave your computer on all the time.

If you are not included in any of these categories, then you have a choice about whether or not to leave your computer on or how "on" to leave it..

One reason why you might want to turn it off is economic. A typical PC consumes something about 300 watts. Do the math. If you actually only use your PC for four hours every day the other 20 hours it is on would be wasted energy. If electricity costs 10 cents per kilowatt-hour, then that 20 hours adds up to 60 cents a day. Sixty cents a day times 365 days a year adds up to \$219 per year. Quite a savings.





What a Difference.



"I WAS VERY PLEASED WITH THE OUTCOME. IT'S SIMPLY AMAZING HOW FAST I RECOVERED."

-- MARK, BRISTOL, VA

da Vinci Surgery™

"OUR EXPERIENCE WITH THE DA VINCI ROBOTIC SURGICAL SYSTEM HAS BEEN EXCEPTIONAL. THE SURGEON IS DOING THE PROCEDURE. THE ROBOT DOESN'T DO ANYTHING THAT THE SURGEON DOES NOT DO."

-- WAYNE TONGCO, MD



Faster recovery. Better outcomes.



**JOHNSON CITY
MEDICAL CENTER**
Mountain States Health Alliance

FOR MORE INFORMATION, VISIT OUR WEB SITE AT WWW.MSHA.COM/DAVINCI
OR CALL THE HEALTH PROFESSIONALS AT 800-888-5551