

Dinner and a Movie

By: Anonymous

After 21 years of marriage, my wife wanted me to take another woman out to dinner and a movie. She said, "I love you, but I know this other woman loves you too and would love to spend some time with you."

The other woman that my wife wanted me to visit was my mother, who had been a widow for 19 years, but the demands of my work and my 3 children had made it possible to visit her only occasionally.

That night I called to invite her to go out for dinner and a movie. "What's wrong, are you well?" she asked.

My mother is the type of woman who suspects that a late night call or surprise invitation is a sign of bad news. "I thought that it would be pleasant to spend some time with you," I responded. "Just the two of us." She thought about it for a moment, and then said, "I would like that very much."



Happy Mother's Day

That Friday after work, as I drove over to pick her up. I was a bit nervous. When I arrived at her house, I noticed that she, too, seemed to be nervous about our date. She waited in the door with her coat on. She had curled her hair and was wearing the dress that she had worn to celebrate her last wedding anniversary. She smiled from a face that was as radiant as an angel's "I told my friends that I was going to go

celebrate her last wedding anniversary. She smiled from a face that was as radiant as an angel's "I told my friends that I was going to go

Please see "Dinner And A Movie" page 7

Helping The Animals

By: Rhiannon Joker

Okay I LOVE animals. And I missed my Girl Scout sleepover to do my bronze award. You're probably going "Uh-oh she's in trouble." And I thought I was too, at first. My troop leader knows that. She suggested that to work on my award I write an article for my Dad's magazine (Yes, my Dad is the editor of this magazine). Our van is usually chock-full of junk, so after printing day it's ultra chock full of junk AND magazines, and kids. I thought it was a good idea, especially since I want to be an author myself. So as a result, we went to the animal shelter and met with



the Assistant Director, Joy Sexton. Well, here we go.

Animals are usually scared when they first come to the shelter. They usually settle in overnight. They get used to the noise. If they don't settle in overnight, usually cats more than dogs, they won't settle in at all. But when they first arrive cats are usually more nervous than dogs. So you can kind of figure that out. Overall dogs are really friendly and want you to pet them but cats just really don't care.

Please see "Helping Animals" page 7

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✪ CONGRATULATIONS ✪

Last month Family Pastime Magazine gave you an opportunity to win a "Topsy Turvy" Upside-down tomato growing system. The response was fantastic. Apparently we have a lot of gardening readers. Congratulations to our winners:

Wanda Rabbits of Johnson City who gets her Family Pastime Magazine at Lifesyles ~ Johnson City Health and Fitness

Kaitlyn Rice of Jonesborough who gets her

copy of Family Pastime Magazine at Fun Adventure and

Duane Fanham of McMinnville who got his copy of Family Pastime Magazine at Ingles.

We would like to encourage our listeners to take some notes and maybe some pictures and let us know how the Topsy Turvy works for them.

Keep looking for more chances to win from Family Pastime Magazine!

May Weekly Observances

Astronomy Week: 1-7	National Pet Week: 7-13
Be Kind To Animals Week: 1-7	National Postcard Week: 7-13
Eat Dessert First Week: 1-7	Teacher Appreciation Week: 7-13
National Wildflower Week: 1-6	National Tourism Week: 13-21
Pen Friends Week International: 1-7	National Police Week: 14-20
National Historic Preservation Week: 2-8	National Nursing Home Week: 14-20
National Suicide Awareness Week: 2-8	Reading is Fun Week: 14-20
National Nurses Day and Week: 6-12	Universal Family Week: 14-20
Flexible Work Arrangement Week: 7-13	Work At Home Moms Week: 14-20
Goodwill Industries Week: 7-13	National Safe Boating Week: 20-26
National Family Week: 7-13	National Dog Bite Prevention Week: 21-27
PTA Teachers Appreciation Week: 7-13	National Etiquette Week: 21-27
National Hug Holiday Week: 7-13	New Friends, Old Friends Week: 21-27
	National Backyard Games Week: 22-29



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Or mail them to:
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CHILDREN'S POETRY CORNER

Silly Spring Poems for Kids

There's no better way to teach kids to love reading and writing than with hilarious poems. From Bruce Lansky's latest poetry anthology for kids, "Rolling in the Aisles," here are two springtime favorites that kids are sure to love.

Spring Will Be Pretty

Spring will be pretty. Just give it a week,
When flowers are blooming down by the creek.
Bees will be buzzing as trees start to bud,
But for the moment I'm covered with mud.

Snow has been melting, since winter is through,
Replacing the whiteness with puddles of goo.
I stepped off the sidewalk and into the ooze.
Next thing I knew, I stepped out of my shoes!

Mud on my ankles and mud on my clothes.
I stumbled face-first and got mud up my nose.
Spring will be pretty, but I must confess,
The first days of spring are a mucky mess!

—Dave Crawley

www.mybusinesshasnowebite.com

Dirty Socks

My socks were very dirty,
So I washed them in the lake.
It wasn't long before I knew
I'd made a big mistake.

The water changed from clear to mud.
Then fumes began to rise.
And soon a cloud of air pollution
Covered up the skies.

When bullfrogs started croaking
And ducks began to quack,
Some campers started chanting,
"We want our clean lake back."

I've got a pile of dirty socks.
I'm in an awful bind.
I guess I'll have to bury them.
I hope the worms don't mind.
—Bruce Lansky

In addition to "Rolling in the Aisles," (Meadowbrook Press, \$17; www.meadowbrookpress.com), Lansky, also known as "the King of Giggle Poetry," has written other side-splitting poetry collections including "Kids Pick the Funniest Poems," "My Dog Ate My Homework," "If Kids Ruled the School" and more. Lansky field-tests poems on hundreds of kids in schools across America, and only includes the funniest poems in his collections.

This month, share these great poems with the kids in your life. It's an awesome opportunity to teach them to love poetry and have a few laughs while you're at it. FPT

Courtesy of FeatureSource

SUDOKU

Medium

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

SUDOKU

Instructions: EASY

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

Things Not To Do On Mother's Day

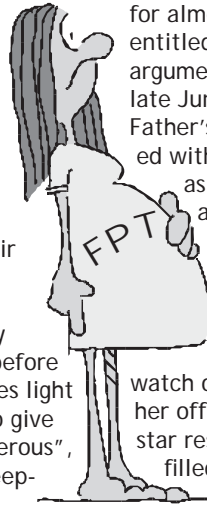
This is the story about how you can get yourself into trouble on Mother's day. It was the beginning of May. My wife (at the time. I am unmar-

rried now however I don't think this stunt is the reason why... hmmm) was pregnant with my first child. She was not due for weeks. I, at the time was a morning disc jockey on the local rock radio station. As you may know some

Morning disc jockeys will do or say anything to get "interesting" phone conversations going with their listeners. I was one of them. I decided to tell my listeners that I refused to get my wife a Mother's day gift unless she actually gave birth before Mother's day. Oh did the phone lines light up. At first it was women calling to give me no end of grief to this "preposterous", "mean spirited" "nasty" "couch sleeping bait" suggestion. Then it was



By Chris Joker



it was and since she had carried my child for almost nine months she was absolutely entitled to a Mother's day gift. I tried the argument that if the baby were not due until late June 1, of course, would not expect a Father's day gift. That argument was greeted with a rash of, well with an attitude such as you have of course you don't deserve a Father's day gift. I decided to increase my poor standing by describing the gift I had purchased. I went on to say IF my wife had the baby before Mother's day I would employ the services of one of our parents to watch our new bundle of joy while I whisked her off to a fabulous gourmet dinner at a 5 star restaurant, an overnight stay in a rose filled room at marvelous beach resort, breakfast in bed and a of day

the husbands and boyfriends or boyfriend wannabes calling up (no doubt to make points with the women in their lives) explaining to me how wrong

shopping at the mall. My argument became I was simply trying to induce labor. Oh man was my name Mud! I actually considered changing my on-air name to Mud. Maybe Mud Wetdirt, which would be a great radio name. I truly believe if it wouldn't have left my poor unborn child father-less one of my listeners would have offed me which of course would have meant no Father's day gift for me that year. Now I had everyone fired up and angry with me so it was time to get them to change their minds. Surely I could get them to agree with me that no baby, no Mother's day gift. I know you are thinking there is no way that would happen. But, au contraire mon friar! The next part of the plan was to offer this fabulous Mother's day gift to one of them. Yes, they could register to win that fantastic weekend getaway I described above but only if... they agreed with me that my wife did not deserve a Mother's day gift unless she actually gave birth BEFORE Mother's day. Sufficed to say I had near unanimous agreement that no baby, no gift. Some day I will share the story of how I told my listeners that because I drove a pickup truck I had no place for the baby seat so I bolted it to the bed. Oh how the phones lit up. FPT

Are All Lawn Mowers A like?

By: Mike Ferrara

Stroll down the aisles of any home center or equipment dealer this spring and you'll see lots of lawn mowers that look almost exactly alike. Sure, they might be different colors and have some nifty decals on them, but they'll all be powered by identical engines and tout similar features.

Let's take a look at some of these features and determine why they might be important to you:

Mulch capability

Most mowers can mulch, but the more expensive mowers will be able to recycle clippings back into the turf more efficiently and with less signs, such as clumps of grass and an uneven cut. Look for mowers that have advanced cutting decks with special blades and mulch fans.

Self-propelled

You don't want to have to push a mower around if you don't have to. Self-propelled mowers come in two varieties: front- and rear-drive. Front-drive is easy to maneuver—just lift the front end slightly and turn. Rear-drive is handy if you use a rear-bagger and want to maintain good traction on hills. Rear-drive is also less likely to tear up your lawn. Whether front- or rear-drive, look for a mower that will allow you to set a comfortable walking pace.

Rear bagging

Rear bags come in handy in the spring and fall, when you need to collect yard debris such as leaves and twigs. Rear bags are easier to attach and remove than mowers with side bags, and they usually hold a lot more.

Easily adjustable cutting height

Many homeowners fail to adjust their mower's cutting height according to the season. For most parts of the country, it's best to start low in the spring and then gradually raise the height as the weather warms. The easier it is to adjust the cutting height, the more likely you will do it. Look for a mower with clearly marked settings so you don't have to guess what cutting height you are using.

Most quality mowers have these features. One brand that I've had good experience with has all these features and more. Lawn-Boy mowers have a unique trim edge and wheel design that allows closer access to landscaping obstacles such as fences and trees. The advantage is that you'll get neat trimming and precise edging without ever having to take out your string trimmer.

Please see "Mowers" on page 6

TechnoDad Picks Best Electronics Gadgets for Spring

By: Mike Ferrara, "TechnoDad"

Here are some products that perform with a minimum of fuss

I've been attending the Consumer Electronics Show (CES to insiders) for five years, and maybe it's just me, but I've come down with a slight case of "technology overload." It's not that I don't get a kick out of playing with all sorts of new gadgets at the show, but once I get home from the giddy trade show world of Las Vegas, reality comes back to haunt me. For instance:

- I still don't own a big-screen TV, even though they seem to literally grow on trees at CES trade show booths.
- I don't own a 6,000 square-foot home with seven or eight bedrooms that are in desperate need of full High Definition video and audio piped over a sophisticated broadband network.
- My kids don't have the latest Xbox or Playstation and get by with a 10-year-old Super Nintendo console, albeit shown on the living room wall with our projector. Okay, enough of this complaining. I did see and touch a number of truly useful devices, some of which are surprisingly affordable and most important, simple to use.

Want to dramatically lower your long distance bill? The Chatter Bug is a \$20 phone accessory that you plug into your phone outlet and then attach to your regular touch-tone phone. You then register for new long distance service and then cancel your existing service, but keep you local service. You then just pay \$9.95 a month for unlimited calls to the United States and Canada and you can cancel at any time. Seems like a pretty good deal, especially if you have far-away friends and family. Visit: www.chatterbug.com.

Walk into any discount or computer store and you'll be assaulted with a bevy of cases for iPods. They all offer some measure of protection for these fashionable, yet somewhat fragile players. The OtterBox for iPod allows you to take your music, photos and movies in the pool and just about anywhere else. It's waterproof, drop resistant and keeps out dust and dirt. Even with this protection, you can still access the click wheel and see the display clearly. Quite a deal for \$49.95 for the video iPod case. Other sizes are also available.

Visit: www.otterbox.com.

Speaking of iPod accessories, DLO (Digital Lifestyle Outfitters) has introduced a HomeDock that lets you play your music, pictures and video through your home stereo and television; sort of a reverse TiVo for \$100! The cool thing is DLO gives you all the cables to hook up your iPod to these devices. It even has an S-video output for higher quality pictures and video. I was quite impressed with how good the TV episodes I had on my video iPod looked on my projector at home. The HomeDock also works with smaller powered speakers and can synch up with your PC or Mac via its USB cable. Visit: www.dlo.com.

My favorite iTunes accessory has to be the new Squeezebox by Slim Devices. This attractive brushed metal-and-black plastic convergence device can access your complete iTunes library off your computer and play your music anywhere in the house using your wired or wireless broadband connection and a pair of powered speakers or your home stereo. Prices start at \$249. In addition to accessing your iTunes library, you can also access RSS news feeds, Internet radio and ambient sounds, all without a computer. The bright aqua display is almost worth the price alone. Visit: www.slimdevices.com.

The Kensington SX 2000 Speakers deserve special mention as the sleekest looking and one of the best sounding speaker systems for iPod and other audio sources like your computer or a TV. The bi-directional (sound comes out of both sides) flat speakers produce enough sound for even a large room, and the styling is appropriately smooth and white (how about an all-black model?), with integrated volume controls (\$159). It comes with adapters for all iPods except the Shuffle. Visit: www.kensington.com.

It's hard to get excited about a portable DVD player since they seem to have become a fairly cheap commodity item, but Mustek (Most Unique Sensible Technology), the maker of scanners for many years, has added quite a few cool features to their MP100 player. Most notable is the 180-degree swivel screen that makes it adaptable for use in the car with the included canvas harness that can slip over your headrest. It has shock pro-

tection and a rechargeable battery. It also features a USB slot for your flash drive and MMC/SD card reader (\$299). Visit: www.mustek.com.

If you are lucky enough to have a Bluetooth-enabled phone or even an MP3 player, the Plantronics Pulsar 590 Headset (\$149) is for you. With a cool, modern design that folds for traveling, you can purchase the headphones with an adapter (\$199) for your iPod or computer to listen to songs or movies while on the road, and then switch to your phone if you get a call. The Pulsar also comes with a cord to use in airplanes and can be charged via the included USB cable. Visit: www.plantronics.com.

Finally, if you're in the market for some playful TVs for a child's room or your den, check out Hannspeer's new line of Major League Baseball designs (\$399.99). They're high-quality units with 15-inch LCD screens and gold-plated inputs and outputs. They even have diamond-shaped controls and can be hooked up to a DVD player or another video source. Visit: www.hannspeer.com. Many other designs are available, including NBA teams and fun animal shapes. There are even TVs with real wood! FPT

Courtesy of FeatureSource. TechnoDad Mike Ferrara appears on morning TV news shows across the country with useful products that make life a little easier. You can contact him via his website: www.technodad.tv.

Mowers continued from page 5

What really sets a Lawn-Boy apart is its commercial grade, 6.5 horsepower two-cycle engine. Two-cycle engines are unique because they run on a mixture of oil and gas and have fewer moving parts than a standard four-cycle engine. And two-cycle engines are constantly being lubricated by a steady stream of fresh oil. This means that a two-cycle engine is more powerful and durable than a comparable four-cycle engine.

Although most four-cycle engines need regular oil changes and tune-ups and are destined for the scrap heap without regular maintenance, my five-year old GoldPRO Series Lawn Boy is still scampering across the lawn like a puppy. In five years, I haven't done anything to it except sharpen the blade and clean and inspect the air filter and spark plug. FPT

Courtesy of FeatureSource. Mike Ferrara, "The Lazy Homeowner," has appeared on hundreds of television stations across the country telling viewers about the latest products that will make their life easier. More information can be found on his web site: www.lazyhomeowner.com.

Helping Animals

continued from page 1

The shelter gets money from taxes and public donations. They have 33 puppies, 36 dogs 30 cats, 30 kittens and 1 bunny. Overall that's 131 animals and still growing. So adopt one today!

ARE YOU READY FOR A NEW PET?

Take the quiz to find out:

1. Do I have a place to house my dog; a fenced in area, compatible house, or safe yard?
2. Indoor cats live healthier and longer lives by avoiding wild animals, pesticides, poisonings, disease, cars, abuse and infestation of fleas and ticks. Do I have an indoor space available for a cat?
3. Do I have the time to take care/visit/feed/play with my dog or cat daily?
4. Do I have the funds for a pet's yearly vet bills and food?



son City, TN 37604. Phone 423.926.8769, email jcanimalshelter@earthlink.net website: www.tailchaser.org.

During the month of May as part of Go Fetch! The National Food Drive for Homeless Animals month I will be having a pet food drive for the shelter. If you would like to contribute dog or cat food (no DRY cat food please, they have plenty of that) you may bring food to drop off boxes at:

Cherokee Elementary School 2100 Cherokee Rd, Johnson City, TN

Holston Valley Unitarian Universalist Church 136 Bob Jobe Rd Gray, TN

The Animal Shelter 525 Sells Avenue Johnson City, TN

Also check the Family Pastime Website (www.familypastime.com) to find other drop-off points or offer a location as a drop-off point.
EDITOR'S NOTE:

In my own defense I must say that I believe "Chock full of junk" is totally subjective and that most of the "junk" heretofore referred to are things like Happy meal toys, books, stuffed animals, etc. But that sounds like a topic for a future "Father Knows Jest" column. FPT

Don't forget to contribute to the Willow Springs dog park! Mail it to: Willow Springs Dog Park P.O. Box 662 Piney Flats, TN 37686.

The shelter is located at 525 Sells Avenue John-

Dinner And A Movie *continued from page 1* out with my son, and they were impressed," she said, as she got into the car. "They can't wait to hear about our evening."

We went to a restaurant that, although not elegant, was very nice and cozy. My mother took my arm as if she were the First Lady. After we sat down, I had to read the menu. Her eyes could only read large print. Halfway through the entries, I lifted my eyes and saw Mom sitting there staring at me. A nostalgic smile was on her lips. "It was I who used to have to read the menu when you were small," she said. "Then it's time that you relax and let me return the favor," I responded.

During the dinner, we had an agreeable conversation-nothing extraordinary but catching up on recent events of each other's life. As we arrived at her house later, she said, "I'll go out with you again, but only if you let me invite you." I agreed.

"How was your dinner date?" asked my wife when I got home. "Very nice. Much more so than I could have imagined," I answered.

A few days later, my mother died of a massive heart attack. It happened so suddenly that I didn't have a chance to do anything for her.

Some time later, I received an envelope with a copy of a restaurant receipt from the same place where mother and I had dined. An attached note said: "I paid this bill in advance. I wasn't sure that I could be there; but nevertheless I paid for two plates one for you and the other for your wife. You will never know what that night meant for me. I love you, son." At that moment, I understood the importance of saying in time, "I love you," and to give our loved ones the time that they deserve. Nothing in life is more important than your family Give them the time they deserve, because these things cannot be put off until "some other time." FPT

Draw your own Kid-toon

Now is your chance to be a cartoonist. Draw a 5-panel strip and write the story. If we use it you will get an official Family Pastime Kid-toonist certificate. Rules: Use blank white paper (NO lines). Draw one Panel per 8.5 x 11 sheet of paper. Don't use color. A black Sharpie-type marker works best. Write the story under the drawings (Not in the panel with the drawing). Put it in a big envelope so you do not have to fold it. send it along with your name, Age, address and phone number to: Family Pastime Kid-toonist P.O. Box 3161, Johnson City, TN 37602

It all means MAMA

French - Mere
 German - Mutter
 Hindi - Maji
 Urdu - Ammee
 English - Mom, Mummy, Mother
 Italian - Madre
 Portuguese - Mãe

Albanian - Mëmë; Nënë; Burim;
 Kryemurgeshë
 Belarusan - Matka
 Cebuano - Inahan; Nanay
 Serbian - Majka
 Czech - Abatyse
 Dutch - Moeder; Moer
 Estonian - Ema

Frisian - Emo, Emä, Kantaäiti, Äiti
 Greek - Mäna
 Hawaiian - Makuahine
 Hungarian - Anya, Fu
 Ilongo - Iloy; Nanay; Nay
 Indonesian - Induk, Ibu, Biang,
 Nyokap

Gift Ideas Mom Can Enjoy Long After the Big Day

It's the number one day for long distance calls, the busiest day for restaurant dining and according to the International Mass Retailers Association, it's second only to Christmas in gift giving. In

fact, millions are spent each year in an effort to honor mom on her special day.

But what do you buy for the woman who does it all - the person who has

cooked and cleaned for you, kept you organized and on schedule, who fixes boo boos and helps mend broken hearts -- the person who has sacrificed so much?

Surveys show that traditionally, flowers, candy, jewelry and clothing have topped the gift list. Yet, according to the Gifting Resource Center, there are a number of trends that will likely affect

Sudoku Medium answer from April

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

gift-giving this year, including simplicity; organizing/streamlining; nesting; and a renewed focus on health, fitness and relaxation.

For those women who treasure the simple joys of tending their gardens, who get satisfaction from staying at home and caring for the exterior of their home, and who thrive from the fresh air and physical activity of yard work, there are three new gift ideas this year from GardenWay.

Garden enthusiasts will appreciate a beautiful gardening gift set that includes

many of the tools and supplies they need to be more productive and comfortable while spending time with their favorite hobby. The new Hand Tool Essentials kit, available for only \$29.99, includes three sturdy hand tools -- a trowel, gardening fork and transplanter. Each features a solid wood handle and stainless steel implement for years of use. They're packaged in a convenient wooden box, so just stick a bow on it and you've

got the perfect gift.

The Strain-Free Tool Set, also packaged in an attractive wooden box, truly says you care. Four garden tools (including a garden edger, fork, trowel and transplanter) feature innovative T-

handles and longer shafts to make gardening more comfortable. The longer T-handles not only provide greater leverage to break through even the toughest soil without straining, but they also keep the wrist in a more comfortable, neutral position when digging. Available in time for Mother's Day for \$39.99.

For the ultimate presentation, there's also the Gardener's Delight Gift Basket. Six hand tools (including a trowel, transplanter, weeder, plough, pruner and cultivator) have soft ergonomic handles and stainless steel implements. There's also a kneeler pad to protect joints and a mesh tote with side pockets

for convenient carrying of tools and clippings. Everything is beautifully packaged in a reusable corn stem basket and all for only \$49.99.

Moms, along with all our special women, work year-round on behalf of the people they love, so this year why not buy something that she can still enjoy long after May 14 while doing something she loves to do -- gardening?

For more information on unique gift ideas for the gardening enthusiast in your life, visit www.gardenway.com. FPT



Surprise your gardening enthusiast this Mother's Day with a beautiful gardening gift set that includes many of the tools and supplies needed to make gardening easier and more comfortable



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PARENTING

An Easy and Scientific Way to Increase a Child's Creativity and Imagination

Creativity and imagination are premium qualities that all parents want their children to have. Creative people can solve business problems, create scientific advances, write books and songs and become leaders in many areas. They are the architects of culture and therefore are highly prized.

Children's literature author Conrad Blomberg believes that reading to your child is vital to developing creativity and imagination.

"Most parents intuitively know that creativity is valuable, but they may not know an easy way to enhance this ability in their children," Blomberg says. "Science has now validated that reading aloud for only 30 minutes a day — and doing this with consistency — is one way to reach this goal."

This simple method is based on leading scien-

tists' solid work at well-known research facilities. Magnetic resonance imaging machines can look into the brain and indicate where activity is taking place. Researchers have mapped the brain extensively, which enables them to pinpoint the center for creativity and imagination. Thus when activity centers in this place, new synapses are created in young brains.



Synapses are the connections between brain cells. We have billions of these necessary connections in our brains. Young people need to form and then use these connections repeatedly to strengthen them as they grow and mature. Reading aloud to children creates new synapses and reinforces old ones.

Starting around age 11, some brain cells begin to die and disappear. This is a natural process necessary to prune myriad weak connections that youngsters have formed. It also institutes order in the young brain.

It is important to make as many strong synapses as possible while humans are young. All unused cells do not fade away immediately — the process can take several years — but this mechanism is inevitable. Cells that are not connected by synapses or that are only weakly connected will disappear.

Three prestigious organizations have strongly recommended that parents read to their children from

birth onward. The U.S. Department of Education, the National Education Association and the American Academy of Pediatricians all agree. Perhaps the strongest recommendation comes from pediatricians. They say that unless you read to your child for 30 minutes a day, your child is not healthy.

"Teachers can't do it all, although we try," says Carla Burneson, a third and fourth grade literacy teacher from Aurora, Colorado. "Reading to your kids at home is a strong reinforcement for what goes on in school. Your kids can only benefit from such an outstanding ongoing activity."

Blomberg has zeroed in on these recommendations. He has written seven children's novels that are tailored to this concept, and he has read them aloud to hundreds of students in many classrooms. He has a specific idea of why the "read aloud" advice works. "I call it the 'Theater of the Mind,'" Blomberg says. "Every time I read a chapter I ask my listeners if they could see a picture in their mind about what I was reading. I've found that virtually everyone hearing the chapter creates a mental movie."

"The kids really love Blomberg's books," says Jennifer Zarcone, a fifth grade teacher from Northport, New York. "They get so excited when it's time to read the story. I think that his books hold a world full of adventure, imagination and tons of laughter."

"I write books that are tailored to this task," Blomberg says. "All my books are in chapters that can be read in about 30 minutes. Thus parents have a convenient stopping point."

Blomberg's books enable parents to spend 30 minutes a day reading to their children, which meets the recommendations of leading national organizations. The time spent reading to your children will inevitably increase their creativity and imagination by allowing them to create a "mental movie" of what they hear. To learn more about Blomberg's books and reading to your child, visit www.newadventurebooks.com FPT

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Honey Bees and Hexagon Homes

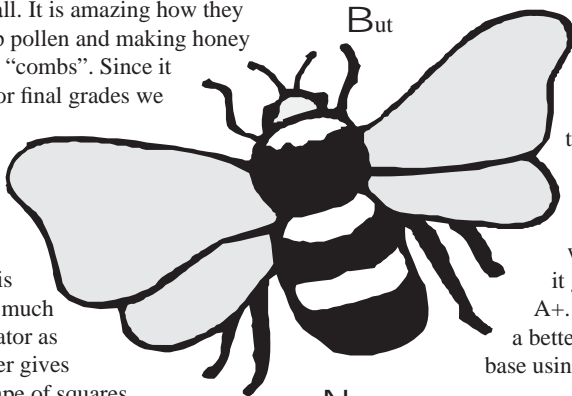
F. Bailey

As spring moves on and summer comes rolling in, we find ourselves surrounded by some really fancy insects. Honey Bees are among the most spectacular of them all. It is amazing how they fly around picking up pollen and making honey in their homes called "combs". Since it is also getting time for final grades we will give the Honey Bee an A+ for all of its hard work. Continue reading and find out why...

Here's a test: what is the best way to fit as much milk in your refrigerator as possible? Your mother gives you bottles in the shape of squares, circles, triangles, and hexagons. What shape would you choose? If you answered hexagons, you'd be right. The six-sided shape of a hexagon would be the strongest way to store the most milk in the space you have.

Honey bees have already passed this test. They

use wax to build honeycomb cells in the shape of hexagons, which they use to store honey, pollen, and developing bees.



But

what about the base of the hexagonal cell? Many years ago, one scientist suggested that bees did not build the bottom end of the cell in the best way possible. Maybe it gets an A, but not an A+. He said there was a better way to build the base using less wax.

Now scientists have discovered that the bee may have had the best answer after all. They did experiments showing that the design used by the bees is better when the building material has more liquid in it. So, perhaps bees build the base the way they do because the wax starts out very soft. They are using the best design for soft wax, not for saving wax. FPT

Sudoku Really Hard answer from April

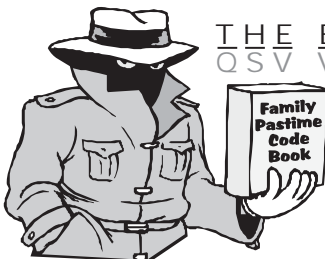
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8	1	7	6	2	5	4	3	9
3	4	5	1	7	9	8	2	6
9	6	2	8	4	3	5	7	1

Hard answer from April

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

Sudoku Easy Answer From April

7	2	8	1	9	3	5	4	6
3	1	9	4	6	5	2	8	7
4	5	6	7	8	2	3	9	1
5	3	4	2	1	7	8	6	9
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2	6	1	9	5	8	7	3	4
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Family Crypto-Time April Answer



Boost College Savings With a 529 Plan

College costs are high - and they're going up. So if you're a parent with young children, when should you start saving? How about today? It's never too soon to start saving for college. Consider the numbers: For the 2000-2001 school year, the average cost for tuition, fees, room and board at a four-year private college is \$22,541 per year, according to the College Board. For a four-year public school, the corresponding cost is \$8,470 per year. If college costs rise just 4 percent a year for the next 18 years, today's newborns will face a four-year bill of about \$194,000 for an average private college and \$73,000 for an average public school.

Those are big numbers, but you can make them more manageable if you start saving early. One of the better savings vehicles you have available is a 529 plan, named after the portion of the IRS code authorizing these accounts.

You can establish a 529 plan for your children or grandchildren, and you can choose from two types of this plan :

1. Prepaid tuition programs -- In a prepaid tuition plan, you buy future tuition credit - at today's prices - at an in-state public school.
2. Savings plans -- Under these plans, your earnings are not taxed as they accumulate. Qualified withdrawals are federally income tax free.

Of the two arrangements, the savings plan is far more popular because it doesn't restrict students to certain colleges in specific states as does the prepaid tuition plan. In other words, you can invest in any state's plan. Also, you'll receive several other significant benefits, including the following :

- You can contribute varying dollar amounts. Generally, you can contribute as little as \$15 per month or, in many cases, up to \$200,000 over the lifetime of the 529 plan. Contribution limits vary by state. You may want to consider applicable gift tax rules.
- You control withdrawals. If you're the account owner of the 529 plan, you'll manage all withdrawals for

the life of the account. The student doesn't automatically take control of the assets at the age of majority. You can even change beneficiaries, including another family member, if you choose.

- You'll minimize the initial impact on fi-

nancial aid awards. Because the money in a 529 plan is held in your name, it won't significantly jeopardize any federal financial-aid packages your child or grandchild may receive. Financial aid may require students to contribute 35 percent of their assets to pay for school compared to less than 6 percent for parents. Withdrawals, however, are considered income for future applications for financial aid.

The 529 plan offers some important benefits, but make sure you use your plan strictly for college. If you make a withdrawal for anything other than qualified higher-education expenses, you may have to pay taxes and a 10 percent penalty on the earnings. Also, keep in mind that different state plans choose different money managers, so research the organization that's investing your money. If you're satisfied that you've found a good 529 plan, give it some careful consideration. It can help you cope with the high costs of higher education. **FPT**

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Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

Garage Style

Drive through many neighborhoods, especially newer developments and the first thing you see is the garage door. In many homes, the focus is on the garage. While safety may be your first issue when choosing a garage door, you now have more options than ever for adding a bit of style. How much style you get depends on what you want to spend.

Custom doors can cost thousands. Distinctive doors can be created to compliment the unique architecture of any home, whether old or new. The cost comes, of course, with hand crafting. But the result can be a total transformation in the look of your home. Vintage homes can benefit from doors that are designed to appear to slide or swing. And the choices are endless when it comes to hardware and embellishments.

Now, let's say your pockets don't run that deep

but you still want something beyond the usual plain white door. Choose an embossed steel door with a carriage house or French Country look. And with the large variety of colors to choose from, this can be an excellent and affordable choice to dress up your home.

Keep in mind that wood doors require more maintenance than steel. They are also heavier and more costly to install. Insulated doors are preferable and make sure your door has handles on both sides. Garage door openers are not just a convenience, they offer safety sensors near the base that stop the door from closing on a child or pet.

Whatever you choose, your garage should meet functional as well as the aesthetic needs of your home.

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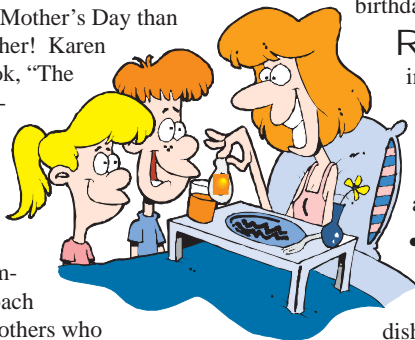
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The Joy of Motherhood

Mom holds a special place in our life and what better way to celebrate this Mother's Day than with a book that celebrates her! Karen Lancaster Brown's new book, "The Joy of Motherhood" (Meadowbrook Press), contains more than 200 inspirational and touching observations about being a mother. "The Joy of Motherhood" encourages new mothers to embrace a joyful, loving approach to motherhood and helps mothers who have raised their families recall their most treasured memories," says Brown. "The book makes



a great gift for Mother's Day, baby showers, birthdays and the holidays."

Reflections from this book include:

- Your mom shares her umbrella during a storm and helps you see the rainbow afterward.
- Smart moms tell their kids that it's better to lose the race with dignity than to win by dishonor.

• A smart mom reminds you that mistakes are just proof that you tried.

• With each new baby, a mother writes a new chapter in her book of love.

"The Joy of Motherhood" is the seventh book in Meadowbrook Press' popular "The Joy of..." series. Other titles include "The Joy of Marriage," "The Joy of

Parenthood," "The Joy of Grandparenting," "The Joy of Sisters," "The Joy of Friendship" and "The Joy of Cats." "The Joy of Motherhood" retails for \$4.99 and is now available, along with other titles in the series, at bookstores nationwide. The books also can be purchased online at www.meadowbrookpress.com. FPT

Karen Lancaster Brown is the author of "The Joy of Sisters" and "The Dinner Party Cookbook" and has been a contributor to AOL, Blockbuster.com, epicurious.com and other media outlets. She lives in Dallas, Texas and is the mother of a son.

Founded in 1975, Meadowbrook Press is one of the leading publishers of parenting and childcare books in North America. The company is the number one publisher of baby name books in the country, with eight books totaling over seven million copies sold. Meadowbrook Press also has growing lines of humorous poetry, fiction anthologies, gift, activity, party and humor books. For more information, visit www.meadowbrookpress.com. Courtesy of Feature Source

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Wonder What Mom's Really Thinking? Here's a Peek

Sure we all focus on the most important woman in our lives - Mom - on Mother's Day. But do we really know what Mom is thinking - about her own role as a mother, how celebrity moms are representing the maternal calling, or how well their own mothers did the hardest job in the world?

Lifetime Television, the most popular women's network, recently polled nearly 1,000 viewers nationwide, many of them mothers, to help answer those questions. Their findings were often insightful, sometimes surprising and usually fun.

The majority (77 percent) believe that it's harder to be a mom today than it was when they were young girls. Still, few would apparently be willing to trade places with their mothers. More than a quarter (26 percent) were glad they didn't inherit their mothers' neuroses. Eighteen percent didn't want Mom's fashion sense and 10 percent were glad they didn't inherit her physique.



Academy Award winner Reese Witherspoon.
Photo courtesy of Lester Cohen/Wireimage.

And respondents were almost evenly split on whether their own mothers were good at giving advice. Thirty-one percent said their mothers were good at giving parenting advice while nearly as many (28 percent) said their mothers were "horrible at giving advice." Perhaps not surprising, a mere 2 percent said Mom's best pearls of wisdom were about sex.

Far and away, the one chore Moms would gladly surrender is cleaning the house, with 59 percent saying they abhor the chore. In fact, by nearly a two-to-one margin, respondents would rather have a maid than a personal trainer.

Respondents had a lot to say about celebrity moms, too. Oscar-winner Reese Witherspoon can add "Hippest Mom" to her list of accolades, thanks to the women polled, who chose her for the distinction over other famous moms, including Kelly Ripa, Kate Hudson and Jennifer Garner. Respondents also predicted that Jennifer Lopez and Jennifer Aniston would be the celebrities most likely to become pregnant this year.

The Lifetime Women's Pulse Poll (TM) also found that women looking for a "Mr. Mom" to clean their house and take care of the kids selected Tim McGraw, beating out "Dr. McDreamy" (Patrick Dempsey from "Grey's Anatomy"). But when the vacuuming's done and they're looking for someone to tuck them in at night, Matthew Fox ("Lost") and Ricardo Antonio Chavira ("Desperate Housewives") were the chocolate on the pillow, edging out Usher and Simon Cowell of "American Idol."

Finally, while they may not represent life in real suburbia, Teri Hatcher's character Susan Mayer and Felicity Huffman's Lynette Scavo were the favorite "Desperate Housewives" moms.

Throughout the month of May Lifetime premieres a new movie every day (Mondays through Saturdays at 9 p.m. and Sundays at 5 p.m., ET/PT) with singer Martina McBride hosting the month, including the network's Mother's Day movie festival airing 11 a.m. to 11 p.m. on Sunday, May 14. The marathon will be highlighted by the 5 p.m. premiere of "Honeymoon with Mom," starring Shelley Long, Jack Scalia and Virginia Williams. FPT

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How Old Are You?

Baby boomers are a generation like no other. Socially conscious, revolutionary and taboo-shattering, these Americans continue to challenge the status quo, even as the first wave enters their "golden years." [The first Boomers turned 60 last January].

It's no surprise that as Boomers have aged, their trendsetting beliefs have deeply impacted their personal lives, careers, retirement decisions and relationships with the world around them. In a reversal of previous "getting old" mindsets, Boomers are trading shuffle board for skydiving, Cadillacs for Vespas and denture glue for sunscreen.

As healthcare improves, so do the lives of Boomer Americans who, as beneficiaries of the "Longevity Revolution," will have more years to contribute to society and accomplish their life goals than any previous generation. In fact, most Boomers plan to continue working well into their 60s and 70s as was the case of Arthur Wilson, the Los Angeles bus worker who decided

to finally retire on his 100th birthday this year. As lives are extended well beyond outdated natural life expectancy, Boomers are setting their sights on the future and planning for a great one.

The Boomer legacy will leave behind a distinct set of values, but most notably inspiring, inviting, informing and spirited lives. For them and generations to follow, a new life begins at 50. Boomers are showing America how to live without restraints, armed with the confidence to look into the future and to continue building fulfilling lives. Boomers are not bound by typical roles and limitations in their "Age of Mastery," as dubbed by acclaimed author Gail Sheehy. Many Boomers are moving past dealing with "empty nest syndrome" and a larger number are actively dating. It's a natural transition for Boomers with more spare time and freedom to take exotic vacations and to spend liberally, enjoying life to the fullest.

For many Americans, turning 50 is seen as a chance to finally take risks and explore options

they have always thought about, but never had the time or money to accomplish. There has been an increase in volunteerism and even entrepreneurship among people aged 50 and older. By the year 2015, about one-fifth of the workforce is expected to be 55 or older, making older workers even more vital to private and non-profit industries.

Not only are Boomers one of the most commanding consumer groups, but they are just as influential in almost every facet of society. Boomers are discerning, innovative and many have large amounts of expendable income. Well educated, many are health-conscious and some even prefer gray hair and wrinkles to collagen-filled lips and facelifts. Recognizing the power



of Boomers and seniors, more companies now resonate with the specific needs and interests of these rebellious Americans.

For instance, one new company catering to Boomers is challeng-

ing them to live the biggest life possible and is helping them make their dreams and life goals come true. Eons, recently founded by Jeff Taylor (former CEO and founder of Monster.com), has created a contest that gives Boomers a chance to win \$15,000 to fulfill a lifelong goal before they turn 100. People can enter the sweepstakes online at www.eons.com until July 10, 2006, for a chance to finally make their dreams a reality.

Boomers are quickly overtaking Gen Y's reputation as America's most influential age group as they continue to break ground on new territory for those 50+. Boomers have shown time and time again that even as they age, they will not be put out to pasture. Taylor may have said it best, echoing the Boomer agenda with his motto, "Let's live to be 100 or die trying." If history has taught us anything, Boomers will try and most likely succeed. FPT

The New Big Secret in Marketing

By: Chris Joker

The big new thing in marketing is WOM (Word Of Mouth). Yeah I know it's been around forever but apparently it is being re-discovered. Word of mouth is definitely a strong way to help build your business and should be considered in any successful marketing plan. Traditional methods of advertising such as print, radio, TV, and Websites are fantastic ways to put your message in front of potential customers and then, if you do your job well, these new customers will certainly add to your WOM success.

For about five years now I have belonged to a group that meets once a week to do nothing but help increase my WOM. The group is called Business Network International (BNI). The organization has been around since 1985 and is now the world's largest referral organization. What makes BNI unique is that only one person per professional classification is eligible to join a chapter. That means if you are a banker, realtor, printer, doctor, mechanic, plumber, etc you will be the only banker, realtor, printer, doctor, mechanic, plumber, etc in the group. The mission of the organization is "To help people increase their business through a structured, positive, and supportive word of mouth marketing program." My group meets every Tuesday morning at 8:00 at the Comfort Suites Inn on Brown's Mill Road in Johnson City (Next to Super Wal-Mart). If you are interested in growing your business I encourage you to come visit us on Tuesday morning and see if you think it will work for you. If we already have your classification filled we will be happy to refer you to another chapter that may be looking to share business with you. If you have any questions call me at 423.676.4323 or send an email to joker@renderforge.com. Now is the time to get WOM working for you! FPT

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Kid Friendly Recipes



Mashed Potato Dogs

SUPPLIES:

- Mashed Potatoes (from scratch or dehydrated)
- Hot Dogs
- Squeeze (or other) cheese
- Paprika

PREPARATION:

1. Cut hot dogs about half way or three quarters of the way down the middle the long way
2. Lay them with the flat side up on a cookie sheet.
3. Put some squeeze cheese (or whatever cheese you have available) down the center.
4. Put two scoops of mashed potatoes on the hot dogs and top with more cheese.
5. Bake at 350 for 15 mins.

Quick Tater Tot Casserole

SUPPLIES:

- 1 pound ground beef
- 1 bag tater tots (16-ounce)
- 1 can cream of mushroom soup
- 1 can of milk

HOW TO:

1. Brown the ground beef in a skillet
2. Drain and place in a casserole dish.
3. Place tater tots over the ground beef
4. Mix the can of cream of mushroom soup and the can of milk.
5. Pour this over the tater tots and ground beef.
6. Bake at 350 degrees for 20 minutes.

FISH IN A POND

SUPPLIES:

- 1/2-cup low-fat cream cheese or cheese spread
- Fish-shaped crackers
- 4 celery ribs, stems removed

HOW TO:

- Scoop the cream cheese into a bowl. (You may want to tint the cream cheese with blue food coloring to make it look like a pond.)
- Place the goldfish in a separate bowl.
- Let the kids dip the celery sticks into the cheese, then into the bowl of crackers to "catch" a fish

Tortilla Rolls

SUPPLIES:

- Tortillas
- Lunch meat slices
- Cheese slices
- Lettuce

FILLINGS:

- Spread tortilla with spicy mustard, ham slice, swiss cheese, lettuce.
- Spread tortilla with cream cheese and jam.
- Spread mayo on tortilla, add 4 slices of bacon, lettuce and tomato (works best when cubed).

HOW TO:

To fold:

After putting the desired filling on the tortilla, fold end closest to you 1/4 of the way up, and then roll from the side.

APPLE FONDUE

SUPPLIES:

- 1/2 cup low-sugar, low-fat chunky peanut butter
- 1/4 cup crispy rice cereal
- 1/8 cup raisins
- 2 green apples

HOW TO:

- Cut into wedges
- Mix the peanut butter, cereal and raisins in a small bowl.
- Let the kids dip the apple wedges into the thick peanut butter mixture. If you prefer to thin it, melt the peanut butter in the microwave first, then add the cereal and raisins and serve warm.

CALZONE

calzone is a stuffed pizza that resembles a large turnover. It is usually made as an individual serving. The fillings can be various meats, vegetables or cheese; mozzarella is the cheese used most frequently.

SUPPLIES:

Crust

- 1 pkg. Pillsbury pizza dough

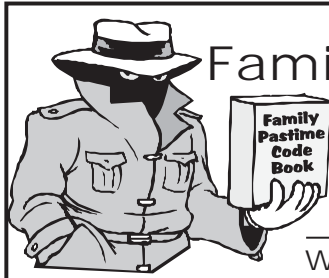
Filling

- 4 Roma tomatoes -- chopped
 - 3 cloves garlic -- minced
 - fresh basil -- chopped
 - 1 chicken breast - cooked and chopped or substitute pepperoni and provolone or other cold cuts.
- OR, cook a package of fresh spinach.

- Parmesan cheese -- shredded
- feta cheese -- crumbled

HOW TO:

Combine the tomatoes, garlic, and basil, and set aside. Roll out dough on a floured board. Layer a dough piece with Parmesan cheese, chicken, tomato mixture, and a liberal dose of crumbled feta. Fold crust over and seal the edges. Repeat with other pieces of dough. Bake at for 45 minutes at 400 degrees.. When done, brush the crusts with melted butter or olive oil, and enjoy.



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which. If you need a clue look on page 18.

W G T Y H D A Z J B T D O T Y F P K W X U H Z J B T D

When Johnny had a new sister, he became envious of the attention she was getting. One day while his mother was nursing the baby, Johnny was getting unyielding about being on mom's lap. Mom wasn't able to deal with both children at that time and told Johnny to go wait for her. He then asked his mom: "Mommy, can you please put Clara back in your tummy now?"

SUDOKU REALLY HARD

Instructions:

Fill in the grid so that every row, every column, and every 3x3 box contains the letters 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

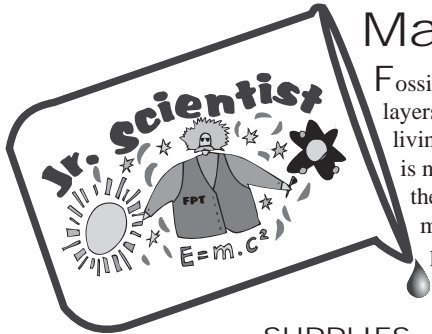
R	F	O	U	T	U	L	S	C	S	E	S	I	K	A	C	B	M	H	E	L	P	E	R	
X	C	Q	W	D	Z	O	G	A	U	K	J	X	W	H	C	A	O	C	C	F	K	Y	Q	Z
V	W	S	W	H	R	S	C	W	D	Z	D	H	C	E	P	K	L	A	I	C	E	P	S	N
W	W	T	K	E	E	L	O	V	I	N	G	C	W	I	M	F	D	C	H	C	F	I	H	R
F	K	I	E	Y	O	S	X	L	X	G	E	G	H	P	R	A	N	L	Z	T	B	V	Z	Z
H	D	D	S	G	I	V	G	D	T	S	D	O	Y	E	K	M	E	E	R	J	R	G	L	F
I	X	I	L	A	D	Y	T	H	E	A	S	O	Y	L	S	I	I	A	B	R	U	L	T	U
J	U	S	O	O	B	-	O	O	B	B	R	J	O	P	H	L	R	N	T	G	X	R	N	N
Z	Z	A	P	G	R	L	X	W	T	J	R	Q	V	P	A	Y	F	Y	D	Z	F	M	C	P
T	O	Y	P	S	N	Z	P	B	K	N	T	U	A	A	R	M	U	O	Z	E	O	R	D	L
O	X	H	Y	V	X	I	P	V	Q	H	A	S	O	D	E	P	Q	U	J	N	J	F	P	U
W	K	D	J	F	M	B	D	B	A	Y	O	D	E	Y	D	F	W	R	M	O	M	L	Q	D
W	F	L	O	E	S	B	Z	N	F	W	A	I	I	A	E	H	P	R	A	R	P	G	O	N
K	R	G	E	M	T	O	F	Y	A	V	X	L	V	F	M	K	A	O	T	E	W	E	F	E
J	S	H	K	C	D	A	E	C	F	T	S	Y	P	T	N	S	A	O	R	P	S	N	N	I
D	B	I	T	O	N	K	X	L	J	P	S	M	F	Z	T	O	T	M	O	A	W	S	Y	R
H	S	N	Z	D	O	G	U	I	F	T	Y	R	A	N	O	C	C	R	N	H	D	O	A	F
J	L	B	A	N	C	C	F	Q	D	A	Q	K	E	R	H	I	Y	P	E	C	R	O	I	T
L	B	T	U	C	I	I	Z	B	B	R	U	Y	A	D	T	Q	K	R	P	S	P	G	V	S
H	N	C	L	P	R	E	T	T	Y	O	I	L	O	I	N	W	G	H	C	W	S	F	F	E
J	H	Q	I	Z	A	Y	X	Y	Q	R	M	V	I	J	L	U	H	Y	G	H	I	F	K	B
J	F	P	T	M	D	N	C	A	A	I	B	U	E	L	E	A	R	N	Z	I	B	P	G	D
P	A	L	A	V	M	T	N	E	R	A	P	X	Q	R	N	D	F	Q	R	M	Q	Q	L	C
D	Q	M	L	U	Y	P	X	B	A	N	D	A	I	D	S	D	R	A	U	G	Y	D	O	B
J	N	U	R	M	I	Z	Z	H	Z	Q	Q	A	M	M	V	W	N	O	N	B	S	A	H	V

MOM WORDS SEARCH!

- | | | |
|-----------------|------------|---------------|
| Kisses | Chaperone | understanding |
| boo-boos | cook | share |
| bandaids | body guard | learn |
| apple pie | helper | play |
| sloppy Joe | seamstress | parent |
| make your bed | coach | family |
| clean your room | fun | matron |
| taxi driver | loving | friend |
| best friend | smart | special |
| Confidant | pretty | mama |

ALWAYS WEAR SAFETY GOGGLES & ALWAYS HAVE ADULT SUPERVISION!

By: Family Pastime Staff



Make-Your-Own "Fossils"

Fossils are pretty much the remains of an animal or plant found in stratified rocks (rocks that are arranged in layers). Fossils are often thought to belong to extinct species but many of the later ones belong to species still living. A common misconception among children is that their parents or grandparents are fossils this simply is not true. Either way, Children love fossils. Real fossils should always be handled with care by or under the direction of someone who knows what they are doing. These make-your-own "fossils" may be handled anyway you like and might even contribute to a fun fossil hunting party.

SUPPLIES

- Clay (or dough from recipe)
- Items to imprint such as leaves, coins, bugs, toys etc.
- An option is - shoe polish or paint some type of acrylic sealant

HOW TO:

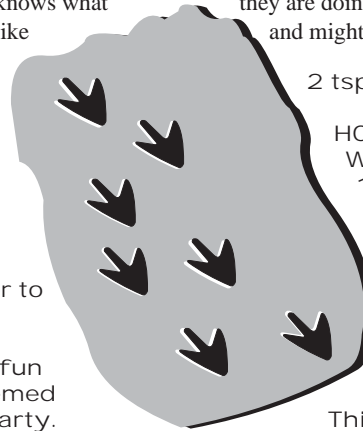
1. Form the clay into a rock or interesting shape
2. Create a smooth surface on the topside of your shape (Use water or just flatten the top on a smooth surface such as a counter or a plate. Make imprints with different objects. Leaves, coins, shells, or small toy work well. You can make a foot-looking object from balled up

aluminum foil or stick to leave "foot prints" in your fossil.
3. When it dries, rub on some shoe polish or paint it then use the acrylic sealer to make it last longer. You can bury them for a fun archeologist themed party.

DOUGH RECIPE:

SUPPLIES:

- 1-cup flour
- 1/2-cup salt
- 1-cup water
- 1 tbsp cooking oil



2 tsp cream of tartar

HOW TO:

- With an adults help,
1. mix all ingredients in a pot and stir over medium heat. Mixture will be soupy and lumpy. Soon however it will form into a ball.
 2. Remove from heat
 3. Knead on a non-stick surface for 3 to 5 minutes.

This dough is perfect for lots of craft projects. Store the dough in the refrigerator until you are ready to use it and after you create your project let it allow to air dry. FPT

Red, White, and Balloons: Memorial Day Activities for Kids

Memorial Day offers families the opportunity to remember the men and women who have served our country and to honor their patriotism. Celebrate this holiday with your children using these two group activities from Trish Kuffner, author of "The Wiggle and Giggle Busy Book: 365 Fun, Physical Activities for Toddlers and Preschoolers" (Meadowbrook Press, \$9.95; www.meadowbrookpress.com).

Patriotic Balloon Volleyball

You'll need:

Red, white, and blue helium-quality balloons

2 large containers

Badminton net or rope and blanket

Fill the balloons with water and divide them equally into the containers. To create the playing area, set up the net at a height that's level with your child's chest, or string a rope across the court and throw a blanket over the rope. Divide the

players equally into two teams, one on each side of the net. At your signal, the teams pick up their balloons and toss them over the net to the other side. If the balloons don't break, the players on the other team pick them up and toss them back. Play continues until all the balloons are broken or the players tire of the game.

Caution: Balloon pieces can pose an extreme choking hazard for very young children, so any balloon play must be carefully supervised.

Patriotic Color Race

You'll need:

Several red, white, and blue pompoms, Duplo pieces, or small squares of paper

Red, white, and blue baskets (or coffee cans or plastic pails covered in colored paper)

baskets randomly in the area. Divide the children equally into three teams and assign each team a color (red, white, or blue). Have the teams stand outside the area. At your signal, have the teams race to pick up the pompoms that match the teams' colors and place them in matching baskets. The team that first places all its pompoms in the baskets wins.

Trish Kuffner's "The Wiggle & Giggle Busy Book" contains 366 fun, physical activities to help their children develop an active lifestyle at an early age. Copies of this book and the other titles in her Busy Book series are available at bookstores everywhere.

Courtesy of FeatureSource

Scatter the pompoms over a wide area. Place the



Fun Family Events MAY

Send information on your upcoming events to: events@familypastime.com or Family Pastime EVENTS P.O. Box 3161 Johnson City, TN 37602-3161

Better Hearing & Speech Clean Air Month Creative Beginnings Month Family Wellness Month Freedom Shrine Month	Fibromyalgia Education and Awareness Month Get Caught Reading Go Fetch! National Food Drive for Homeless Animals	Heal the Children Month International Business Image Improvement Month More Than Just A Pretty Face Motorcycle Safety Month Prepare to Buy A Home Month Women's Health Care Month	Allergy/Asthma Awareness Month Barbeque Month Bike Month Young Achiever's Month Family Month: May 14 to June 18	Hamburger Month Older Americans Month Salsa Month Smile Month Arthritis Month
--	--	--	---	---

1 May Day, Frequent Flyer Day, Law Day
 JC Public Library - Family Storytimes 6:30 PM
 2
 3 Lumpy Rug Day, Paranormal Day
 JC Public Library Two's Company (2 Year Olds)
 10:00 AM Preschool Storytimes 11:00 AM
 4 Respect for Chickens Day
 JC Public Library Two's Company (2 Year Olds)
 10:00 AM Preschool Storytimes 11:00 AM
 5 Cinco de Mayo, Cartoonists Day
 JC Public Library Two's Company (2 Year Olds)
 10:00 AM Preschool Storytimes 11:00 AM
 6 Do Dah Day, No Diet Day, No Homework Day,
 Nurses Day
 Hands On Museum
 Art studio Word Art: Create a beautiful picture using words
 Zoomobile
 Tipton Haynes Skirmish at Green Meadows-Sunday
 7 Child Care Provider Day
 Hands On Museum Zoomobile
 Art studio Word Art: Create a beautiful picture using words
 Tipton Haynes Skirmish at Green Meadows
 8 No Socks Day, V E Day, World Red Cross Day
 JC Public Library - Family Storytimes 6:30 PM
 9 National Teacher Day,
 10 Root Canal Appreciation Day
 JC Public Library Two's Company 10 AM Preschool Storytimes 11:00 AM
 11 Eat What You Want Day
 JC Public Library Two's Company 10 AM Preschool Storytimes 11:00 AM
 12 Limerick Day,
 Native American
 Rights Day, Receptionists Day
 JC Public Library
 Two's Company 10 AM Preschool Story-

times 11:00 AM
 13 Blame Someone Else Day
 Hands On Museum
 Art studio Watercolor Techniques: Learn fun and easy tricks to use in your next watercolor painting.
 Adventures in Poetry Washington County Gray Library 10:00 a.m. - 12:00 p.m.
 14 Mother's Day
 Hands On Museum
 Art studio Watercolor Techniques: Learn fun and easy tricks to use in your next watercolor painting.
 Mother's Day All mothers get free admission on Mother's Day and receive a free carnation upon arrival!
 15 National Chocolate Chip Day
 The Mountain Empire Children's Choral Academy auditions at Central Baptist Church, Roan Street, Johnson City.
 JC Public Library - Family Storytimes 6:30 PM
 16 National Sea Monkey Day
 17 JC Public Library Two's Company 10 AM Preschool Storytimes 11:00 AM
 18 JC Public Library Two's Company 10 AM Preschool Storytimes 11:00 AM
 19 JC Public Library Two's Company 10 AM Preschool Storytimes 11:00 AM
 20 Hands On Museum
 Art studio Animal Mix-Up: What is a Liger? It's a cross between a lion and a tiger, silly! Create a funny animal combination.
 Doors Open! Plus Dora the Explorer
 Visit and pose for a picture with Dora the Explorer from 11:00-1:00. Free admission will be offered all day as Hands On!

brary Movie Theater 2:00 PM The Sound of Music
 21 Hands On Museum
 Art studio Animal Mix-Up: What is a Liger? It's a cross between a lion and a tiger, silly! Create a funny animal combination.
 22 JC Public Library - Family Storytimes 6:30 PM
 23 World Turtle Day
 24 Brother's Day
 JC Public Library Two's Company (2 Year Olds)
 10:00 AM Preschool Storytimes 11:00 AM
 25 JC Public Library Two's Company (2 Year Olds) 10:00 AM Preschool Storytimes 11:00 AM
 26 JC Public Library Two's Company (2 Year Olds) 10:00 AM Preschool Storytimes 11:00 AM
 27 Hands On Museum
 Art studio Faith Ringgold Fabric Collage: Arrange fabric in an artistic way and learn about artist Faith Ringgold.
 JC Library Movie Theater 2:00 PM Mary Poppins
 28 Hands On Museum
 Art studio Faith Ringgold Fabric Collage: Arrange fabric in an artistic way and learn about artist Faith Ringgold.
 Natural Tunnel State Park 10th Annual Lighting of the Tunnel through Oct. 29
 29 Memorial Day
 JC Public Library - Family Storytimes 6:30 PM
 30
 31 JC Public Library Two's Company (2 Year Olds) 10:00 AM Preschool Storytimes 11:00 AM
 JUNE:
 40th Annual Covered Bridge Celebration
 Elizabethton, Tennessee
 June 7 - 11, 2006



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JC
Li-

Across

- 1. "The few, The Proud..."
- 5. Mom and _____.
- 8. "High School _____".
- 9. May 29th.
- 13. Ground Troops.
- 14. Cut some for your mother.
- 17. Border protection.
- 19. Sweet, Dark, and Smooth.
- 21. Sunday, May 14
- 23. General who started Memorial Day.

Down

- 2. Air defence.
- 3. Protection at sea.
- 4. Better than one.
- 6. Two week _____
- 7. Original name of Memorial. Day.
- 10. May 20, 2006.
- 11. Final day of school for seniors.
- 12. Short for Mother.
- 15. Warm time of year.
- 16. Short for momma.
- 18. Honey comes from...
- 20. Expression of surprise!
- 22. Woman who suggested Mothers Day.

**Family Pastime
May Crossword Puzzle**

**Look for the answers in
the June issue.**

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 Saturday 10am - 4pm*

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

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 www.familypastime.com

7 Keys to a Healthy Family

By: Dawn Cadwallader, DC, ND

The media has filled our brains with information about how to lead healthy lives. We hear about fad diets every day and how they work for some. Truth be known, fad diets don't work. True health requires seven key elements. I like to call them the "Magnificent Seven."

1. Eat Right: It's hard to believe that any person eats perfectly and has no weaknesses. That's not what this implies. I believe that a healthy diet consists of 9 fruits and vegetables a day along with plenty of protein from either plant or lean meat sources (organic preferred). Eating a healthy diet requires effort and planning. Unfortunately, many parents choose to go through the drive-thru line rather than feed their children fruit and vegetables. According to a FoxNews.com report, "For every extra weekly serving of French fries that women reportedly ate as preschoolers, their risk of breast cancer as adults rose by 27%." Some may say that they crave certain foods. In fact, malnourished bodies will crave food until the missing nutrients are replenished. You can do your family a world of good by planning healthy meals together for the week ahead.

2. Drink Right: Clean water is essential to maintaining health. Herbal teas may also be beneficial. The amount of sugar-sweetened soft drinks consumed by Americans is astonishing. A study conducted by the Harvard School of Public Health Research and presented at the American Diabetes Associations 64th Scientific Sessions, reported that, "Women in the study who drank at least one sugar-sweetened soda a day were 85% more likely to develop Type 2 Diabetes than those who drank less." Take a look at the size of the convenience store soft drinks. The 64-ounce sugar sweetened soft drinks contain about 800 whopping calories each. It's like feeding a child "liquid candy."

3. Move Right: People will say that their schedules do not allow time for them to exercise daily. The body can stay healthy on only 30 minutes to an hour of exercise done EVERY DAY. The best exercise is one that is done consistently. Our school systems have unfortunately cut out many of the physical education programs in order to allow for more academic time. It would be highly beneficial for our schools to add programs that are good for the mind as well as the body,

such as yoga, martial arts, weight training, and fitness classes. A study done by the New England Journal of Medicine concluded that, "Excess weight and physical inactivity leads to 31% of all premature deaths." Still think you don't have time to exercise every day? What fits your schedule better: Exercising 1 hour each day or being dead 24 hours each day?

4. Think Right: Our lives become more and more complex every day. We add unbearable amounts of stress to our selves and our families. We want to do more, be more, and have more. The secret to maintaining a healthy life despite the amount of stress is adaptation. If we successfully adjust to the daily obstacles we are faced with, the stress won't affect us. Failure to adapt leads to disease and unhappiness. Just take a look at the number of people who are taking prescription antidepressants and you will realize how stress can overcome us all. However, a healthy diet and plenty of exercise can help in the adaptation process.

5. Talk Right: This goes along with the right frame of mind. Just remember, if the words cross your lips, they become a reality. If you only speak healthy words, you will exude health. If you speak negativity and poisonous verse, you will poison those around you (including your family). Like a healthy mind, this key point is dependant on a healthy diet, exercise, and stress management.

6. Sleep Right: Sleep is needed to recharge our systems and prepare us for the stress that lies in the day ahead. Sleep deprivation leads to an inability to cope with life's daily obstacles. According to an MSNBC.com study, "More than 70 million people in the United States may be affected by a sleep problem. Americans filled more than 35 million prescriptions of sleeping pills in 2004." Obstructive Sleep Apnea is a serious disorder that can sometimes be linked to obesity. People with OSA often times have a problem with the soft tissue of the throat falling back on the upper airway while they sleep. This causes constant closing of the airway and continual interruption of sleep. Insomnia can lead to insulin resistance, hormone imbalance, obesity, uncontrolled appetite, auto immunity (such as lupus), inflammatory disorders

(such as fibromyalgia and arthritis), high blood pressure, and depression.

7. Poop Right: The key to health that nobody likes to discuss involves how well our bodies eliminate waste and toxins. In order to make sure the body is eliminating properly, it is important to maintain a healthy amount of fiber. This will come naturally with the 9 fruits and vegetables a day. At least 64 ounces of clean water a day will also aid in healthy bowel movements. Supplemental fiber and healthy flora (Lactobacillus acidophilus) can also be helpful.

It's hard to find anyone who follows the "Magnificent Seven" perfectly (especially me). If you have days that you can't seem to follow a healthy regimen, love yourself anyway. Think positively for the next day. Then, reward yourself for taking care of yourself and your family. I love to tell my patients, "You can eat as much chocolate as you want. However, when you eat it, you must do so while naked and in front of the mirror." Sounds like a great diet idea to me! FPT

After putting her children to bed, a mother changed into old slacks and a worn out blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her tolerance grew thin. At last she put a towel around her head and stormed into their room, putting them back to bed with severe warnings. While leaving the room, she overheard her three-year-old say with a shaky voice, "Who was 'that'?"

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"Braggin rights" is a great place to brag on someone in your family or just a good friend or neighbor. So many people in our community do things "above and beyond". Its not for money or fame, they do them because, "That's what you do". Well we at Family Pastime Magazine would like to give credit where credit is due. If you have someone you would like to brag on, send us the story. You can send it to **Braggin Rights** at Family Pastime P.O. Box 3161, Johnson City, TN 37602. Or e-mail your story to bragginrights@familypastime.com

Please send us information about someone you know we should include in "braggin rights!"



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. "Therefore I'm looking for the seal."

Family Specials at Local Restaurants

El Chico –
2929 Roan St. Johnson City, TN
Thursdays 5 pm- close Children eat for 99 cents off the children's menu

Fuddruckers –
2519 Knob Creek Road,
Johnson City Monday – Wednesday
Kids Eat Free After 4:00 pm (1 child with each adult)

O'Charley's –
112 Broyles Drive, Johnson City
1920 N. Eastman Road, Kingsport
3173 Linden Drive, Bristol
Kids Eat Free Every Day – (2 children with each adult)

Pizza Hut – Local Areas
Tuesday – Family Feast Specials

Applebee's –
2100 N. Roan Street, Johnson City
Wednesday - \$.99 Kid's Meal (12 and under)

If you know of a family special at a local business send the info to editor@familypastime.com so we can add it to next month's list FPT

A Sunday school teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied: "They couldn't get a baby-sitter."

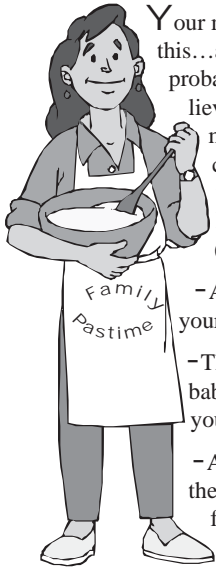
HEALTH MATTERS

By: Patsy Meridith

If you're someone who's often outdoors in the summer, you know how important it is to have a safe, effective and convenient insect repellent. A report from Duke University cautions that insect repellents with D.E.E.T. can have damaging effects on brain cells, especially those of children, who are typically more susceptible to such toxic chemicals. I recommend Buzz Away, Herbal Armor, SunSWAT and Wipe-eeze Mosquito & Flying Insect WIPES, which are natural insect repellents that contain no potentially harmful chemicals - only natural ingredients like essential oils, healing extracts and emollients to help soothe irritated skin. Long-lasting, with no unpleasant odors, our natural insect repellents protect against mosquitoes, bees, wasps, fleas and flies. Environmentally friendly, they can be used safely on children, infants and pets.



True and Funny Mother's Day Laws



Your mother never told you this...and even if she had, you probably wouldn't have believed her. You had to be a mother yourself before discovering these funny truths from "Mother Murphy's Law" by Bruce Lansky (Meadowbrook Press).

- All babies sound alike. But yours is louder.
- The sooner you check a baby's diaper, the sooner you'll find that it's wet.
- After your third child drops the pacifier, you let the dog fetch it for her.
- The quieter it is in the

bathroom, the more likely it is your toddler is pouring the goldfish down the toilet.

- The toy your child ignored for months will suddenly become his favorite the minute another child reaches for it.
- It is impossible to pour drinks for two preschoolers perfectly equally.
- The child who starts crying first is the one who's losing the fight.
- A spoonful of sugar helps the medicine go down...which makes the doctor and dentist both rich.
- The only vegetable your child eats cheerfully is jelly beans.
- If you are rejected by your teenagers, don't worry. It only lasts about seven years. **FPT**

Courtesy of FeatureSource

Help Wanted

Are you looking for a great job where you can make your own hours and set your own pace? Join the Family Pastime family and help spread the good word about family fun and joy. We are currently looking for sales people. Send your resume' to: Family Pastime Magazine P.O. Box 3161 Johnson City, TN 37602-3161. We will be setting up interviews within the next few weeks.

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My mom had been getting on my little sisters about not picking up their clothes. I was sitting in my room, and heard my mom say, "Who left all this underwear all over the floor?"

As innocently as an angel, my sister Anne replied, "The Panty Fairy came and left us presents!"

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"Kidtivity™ Schedule"

- Enchanted Garden Stone Tues., 6/6 11am/12pm \$10.00
- Crafty Caps Thurs., 6/8 11am/12pm \$10.00
- Tissue Art Tues., 6/13 11am/12pm \$10.00
- Home Tweet Home Thurs., 6/15 11am/12pm \$10.00
- Mega Volcano Tues., 6/20 11am/12pm \$10.00
- Playfoam Thurs., 6/22 11am/12pm \$10.00
- Giant Paper Flowers Tues., 6/27 11am/12pm \$10.00
- Klutz Hatching Party Thurs., 6/29 11am/12pm NO CHARGE
- Test Tube Wonders Thurs., 7/6 11am/12pm \$10.00
- Monster Trucks & Race Cars Tues., 7/11 11am/12pm \$10.00
- Jumbo Piggy Bank Thurs., 7/13 11am/12pm \$10.00
- Color & Cuddle Pony Tues., 7/18 11am/12pm \$10.00
- Belt Loops Thurs., 7/20 11am/12pm \$10.00



To register stop in or call:
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 Johnson City, TN 37604 (423) 283-9578

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 \$15.00

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 Tues & Thurs night 6-9 pm
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