



Make this Thanksgiving a Memorable One

Before you know it, the friends and loved ones you cherish most will join you for Thanksgiving dinner. Whether you'll be serving the traditional

turkey with all the trimmings, or your signature dish, how you set the stage will be the key to making this holiday a memorable one.

but "A few carefully chosen pieces can make all the difference, and a good place to start is with the table," says Suzanne Wilkins, an expert on residential interior design and space planning, who works both in the private sector and as an instructor at The Art Institute of New York City.

Because Thanksgiving is a fall festival, start by putting down a yellow, orange or red tablecloth symbolic of the season, then build from there. Charles Keath Home (CharlesKeath.com) is a great place to turn to for ideas.

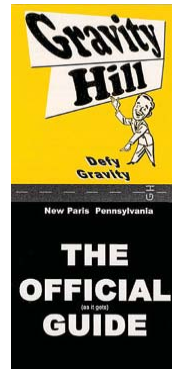
You can find everything from seasonal place settings and centerpieces to serving dishes and serve ware. Among the many offerings, quilted

Please see "Memorable" page 14

the traditional turkey with all the trimmings, or your signature dish, how you set the stage will be the key to making this holiday a memorable one.

That's not to say you need to go out and buy new furniture and paint the dining room for the occasion,

Defying Gravity By: Chris Joker



Gravity Hill. Say what you will about it being an optical illusion but I was there and we rolled uphill. Recently we took a trip to Bedford County Pennsylvania for the fall foliage festival, which was exciting in itself. It's 2 weekends of a fall celebration complete with music, crafts, children's activities, an antique car parade and all kinds of festival food including some unknown to me like gob cakes, cinnamon buns as big as your head and perogies.

says "Oh sure, you could book a seat on the space shuttle, but by the time you buy a ticket, rent your space suit and drive to the launch site, you'll have well over \$10 invested. For a lot less money, (free actually) you can defy gravity in Bedford County, PA. Gravity Hill is a phenomenon. Cars roll uphill, water flows the wrong way ... it's a place where gravity has gone haywire. Why it happens, nobody knows for sure. A few speculate that it's nothing more than an optical illusion. Others are certain that there is a definite gravity warp in the earth that causes this strange occurrence. But, whatever the reason, you can tell your friends that you've made it to the often talked about, but seldom found, Gravity Hill."

After the festival we decided to visit the much talked about "Gravity Hill" Here's the thing, it's a stretch of road where you go to the bottom of a hill, put your car in neutral, take your foot off the brake and you begin to roll UPHILL! The official guide

How can this be? Stephen Wagner, author of Your Guide to Paranormal Phenomena, says "Although it is well known that gravity

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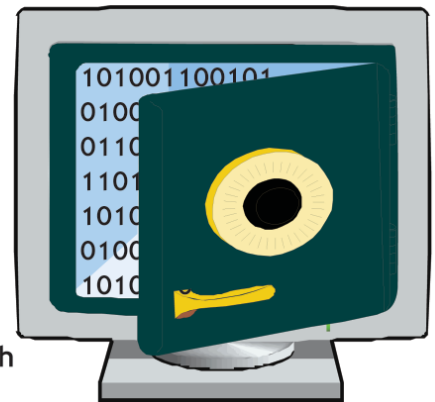
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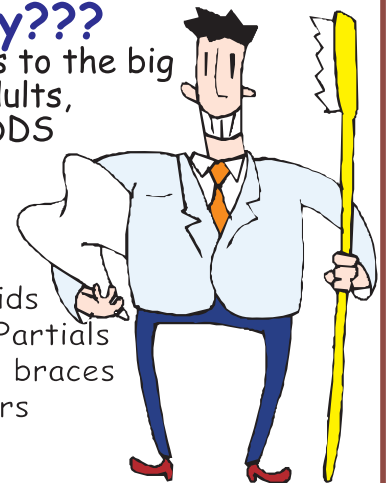
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NOVEMBER WEEKLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • National Fig Week: 1-7 • World Communication Week: 1-7 • Dear Santa Letter Week: 5-9 • Kids' Goal Setting Week: 6-10 • World Kindness Week: 7-13 • National Animal Shelter Appreciation Week: 7-13 • Pursuit of Happiness Week: 8-14 • Green Ribbon Awareness Week: 11-17 | <ul style="list-style-type: none"> • National Hunger & Homeless Awareness Week: 12-18 • Home Care Aide Week: 13-19 • National Farm-City Week: 17-23 • National Family Week: 19-25 • National Game & Puzzle Week: 19-25 • National Bible Week: 19-26 • Better Conversation Week: 20-26 • Travelers with Disabilities Week: 11/26 - 12/3 |
|--|--|

NOVEMBER MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • American Diabetes Month • Aviation History Month • Celebrate Empty Nester Month • Diabetic Eye Disease Month • Epilepsy Awareness Month • Family Stories Month • I Am So Thankful Month • International Drum Month • International Microfinance Month • Lung Cancer Awareness Month • MADD's Tie One On For Safety Holiday Campaign (11/16-12/31) • Military Family Appreciation Month • National Adoption Month • National AIDS Awareness Month • National Alzheimer's Disease Month • American Indian Heritage Month • National Author's Day Month • National COPD Awareness Month | <ul style="list-style-type: none"> • National Family Caregivers Month • National Georgia Pecan Month • National Home Care & Hospice Month • National Hospice Month • National Inspirational Role Models Month • National Life Writing Month • National Marrow Awareness Month • National Peanut Butter Lovers Month • National Pomegranate Month • Vegan Month |
|---|--|



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Do You Have a Plan to Provide for Loved Ones?

You work hard to provide a comfortable living for your family. But you also need to think about what might happen to them after you're gone or if you become incapacitated. That means you need to start planning — and the best time to begin is now, no matter what your age. After all, the future is not ours to see.

To properly provide for your family, you'll need to take quite a few steps. Here are some of the most important ones:

- Purchase adequate life insurance. You may already have life insurance — about three-fourths of Americans do, according to LIMRA, a research and consulting organization serving the life insurance industry — but do you have a sufficient amount to pay off your mortgage, send your children to college and meet other key needs? A financial professional can help you determine if your coverage is adequate.
- Designate beneficiaries. You should

periodically review the beneficiary designations on your life insurance contracts and qualified plans, such as 401(k)s and IRAs. It's essential to update these designations if remarriages and stepchildren are part of your family picture. Keep in mind that beneficiary designations will even supersede the instructions in your will, so, if these designations are out of date, your true wishes may not be carried out.

- Write a will. If you were to die intestate — without a will — a court might distribute your assets. This could lead to a great deal of problems within your family.
- Create a living trust. Even if you have a will, your assets will have to pass through probate — which can be time-consuming and expensive. But with a properly established living trust, your assets can pass directly to your beneficiaries without court interference, legal fees, lengthy delays and public disclosure.
- Draft a general power of attorney. This document allows you to appoint another person to conduct your business affairs if you become physically or mentally incapacitated.

Clearly, trying to accomplish all these steps can be somewhat daunting. But

you don't have to do it alone. You should consult with a competent tax specialist or attorney

for professional advice on your specific situation. By assembling a qualified estate-planning team, you can get the help you need to achieve your goals.

Of course, you're never really "done" with your estate planning. Why? Because, over time, your life can change in many ways. Your family or job situation may change, or you may become involved in charities that you wish to support. Consequently, you'll want to revisit almost every aspect of your estate plan every few years.

But you won't want to wait a few years before you begin your planning. You don't have to get all your plans in place at one time, but you do need to start the ball rolling. Estate planning can take a lot of work — but all you have to do is look at your family to know that the effort was worth it. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

What did the mother turkey say to her disobedient children?

If your father could see you now, he'd turn over in his grave!

Why does a pilgrim's pants always fall down?
Because they wear their belt buckle on their hat.

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.

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

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Marshmallow Shooters

By: Family Pastime Staff

This might possibly be the most fun you can have with PVC pipe.

At a recent festival we bought one of these then took it home and used it as a template to make a half dozen more.

We then went to the park with a couple of bags of "ammo" and had a marshmallow war. These guns are made from 1/2" PVC pipe and shoot mini marshmallows. If you wear goggles you can really have a fun time with these.

SUPPLIES:

- Three 1/2" x 2" PVC
- Two 1/2" x 3" PVC
- One 1/2" x 5" PVC
- One 1/2" x 10" PVC
- Two 1/2" 90 degree PVC
- Two 1/2" "T" PVC
- Mini marshmallows

And either

- Some thin cardboard and a hot glue gun

OR

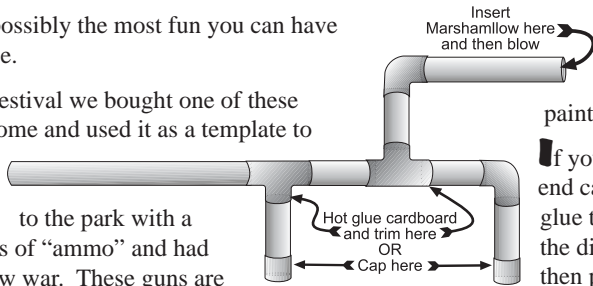
- Two 1/2" PVC caps

OPTIONAL:

- Spray paint to decorate your gun.

HOW TO:

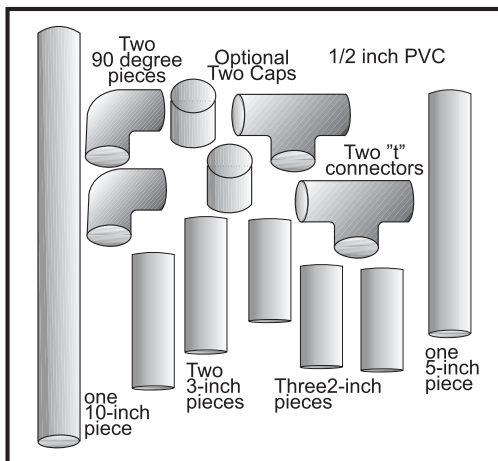
You can cut all of the short pieces of PVC from one long piece. If you begin with a 10-foot piece you can make up to four shooters. The sizes are not written in stone. If you want a longer barrel cut a longer piece. Use the diagram to see how to put them together. It is best not to glue them because you may have to take pieces apart to unclog a stuck piece of "ammo".



After you put the gun together you can use spray paint to decorate it.

If you choose not to use the end caps you simply apply hot glue to the ends (according to the diagram) where you need, then push the glued end onto a piece of thin cardboard (like

from a cereal box) to shoot a marshmallow put it in the upper piece (where you blow) not in the barrel then blow really hard and it will go flying. You can pick up the spent



Pieces parts

ammo and use it again. **FPT**

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?"

The stock boy replied, "No ma'am, they're dead."

Make Your Own Safety Goggles

- 1 Clear 2-liter soda bottle
- 2 Cut down the middle
- 3 Put on model Mark as shown
- 4 Cut Slits
- 5 Tie on elastic

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 **Mon-Wed**
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
Wed - \$.99 Kid's Meal (12 and under)

SAHIB Fine Indian Cuisine Johnson City

2312½ Browns Mill Road, next to Days Inn,
Kids under 5 eat free.

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**

Easy Fundraising Tips for Community Nonprofits



(NewsUSA) - **N**o matter what the cause or how large or small they are, there's one thing most community nonprofits have in common: There's never enough money to do all the things that need to be done. But fundraising can be difficult and

time-consuming, specially for very small organizations.

So what's a community group to do? Here are some easy fundraising tips:

- Apply for a grant from your community charitable foundation. The mission of community foundations is to support local groups and leave the funding needs of national causes to someone else. And most community foundations are willing to walk local groups through the application process, so applying for that grant may be easier than you think.
- Research cause-specific philanthropies. For instance, both PetSmart Charities and the PetCo Foundation make grants to registered 501(c)(3) nonprofit animal welfare groups.
- Partner with a business. Area businesses may be willing to donate or sell their product at a steep discount to groups with a cause. For instance, NuVim Chief Executive Officer Rick Kundrat offers his company's health beverage in powder form to nonprofits, schools and community groups at a 40 percent discount, or \$30 for a box. Sold

on the Web and retail stores for \$50, NuVim helps build the immune system and sturdy joints. Each box contains a month's supply, which organizations can resell to raise funds. To find out how NuVim can partner with your organization, call Kundrat at 201-556-1013 or visit www.nuvim.com.

- Use the Web. Joining Internet retailers' affiliate programs and registering with "shop-to-give" Web sites like www.igive.com and www.goodsearch.com are easy ways for your group to earn some money. While the commissions are small, they can add up. Be sure to include links to the Web sites in your emails and other correspondence.

- **A**sk for money and accept online payments. You might be surprised by how many people will click that "donate" button on your Web site. And be sure your brochure includes an address and instructions for donating to your group. **FPT**



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Q. What sound does a space turkey make?
A. hubble, hubble, hubble.

Keep your eye off the turkey dressing
It makes him blush!!!!

Q: What's the best way to stuff a turkey?
A: Serve him lots of pizza and ice cream!

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.

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



Holiday Shopping Secrets That Will Save You Money

(NewsUSA)

- There's nothing like a credit card bill the size of Santa's sleigh to replace warm memories of the holiday season with a cold chill.

But if you plan ahead and shop smart, you can reap the rewards of credit card and retailer programs that will put some cash back in your pocket.

For example, many credit cards offer rewards programs through which shoppers can earn airline miles or cash-back bonuses. Check your cardholder agreements and use the card that offers the best perks for your largest purchases.

Also, take advantage of retailers' rewards cards. For instance, CVS/pharmacy has an Extra Bucks

program for customers who use its stores' ExtraCare cards. You can apply for a card at any CVS store or online at www.cvs.com.

The program essentially pays you back - giving you CVS money for every dollar spent in the store. ExtraCare members earn 2 percent back with every in-store or cvs.com purchase and one Extra Buck for every two prescriptions purchased in a CVS store or online.

Shoppers can stock up on holiday necessities - such as gift wrap, gift tags, tape, stocking stuffers, candy and photo processing - and receive their Extra Bucks rewards in January, when even headache medicine will seem like a large expense.

Here are some additional smart-shopping suggestions:

- When shopping online, use comparison Web sites to find the best prices. But be sure to pay attention to shipping charges, which could turn your bargain into an extravagance.
- Look at all the online auction sites. Like eBay, most offer new items, post feedback

about sellers and have buyer protection policies.

- Shop alone. A companion could just encourage you to buy more.

- Check the prices of everything in the category you're shopping. Advertised items aren't necessarily the least expensive.

- Make separate shopping and buying trips. Visit the stores once to compare value and prices. Go back with your credit card or checkbook when you're ready to buy. **FPT**

The pro football team had just finished their daily practice session when a large turkey came strutting onto the field. While the players gazed in amazement, the turkey walked up to the head coach and demanded a tryout. Everyone stared in silence as the turkey caught pass after pass and ran right through the defensive line. When the turkey returned to the sidelines, the coach shouted, "You're terrific!!! Sign up for the season, and I'll see to it that you get a huge bonus." "Forget the bonus," the turkey said, "All I want to know is, does the season go past Thanksgiving Day?"

Defying Gravity

Continued from page 1

is not uniform everywhere on Earth, there are no known areas where it has been scientifically proven that gravity does not act the way it is supposed to act. Of course this does not prove that such areas can exist or do exist, but the mystery spot attractions around the country and the hundreds of "gravity hills" are probably not among them.

As fun, entertaining, even baffling as these spots can be, it's unlikely that the cause is paranormal in any way - no vortexes, gravity anomalies or even ghost children." He goes on to say, "They are "cleverly engineered tourist attractions designed to create convincing optical illusions. The "mystery houses," always constructed on steep inclines, take advantage of the fact that the human eye and brain can be easily fooled by deliberate distortions in

perspective and odd angles. In this way, people can appear to always be standing at impossible angles, even on walls; balls and water only seem to move uphill; and pendulums just look as though they don't work quite right."

I might believe this explanation were it not for the fact that this gravity hill is NOT "cleverly engineered" it is a stretch of county road. Road that is used everyday by locals to get where they need to go.

The location in Bedford County has two gravity defying locations. After trying both spots we parked along with other curious gravity defiers, and watched as others continued the experiment by pouring water on the ground and watching it flow UPHILL. We also watched as a ball rolled uphill. These last 2 experiments kind of put the kibosh on the idea of super magnetism causing our vehicle to roll uphill. Speaking as one who has

mysteriously fallen and felt sure that it was due to a mysterious "gravity pocket" I do not doubt this is truly a gravity anomaly. The next time I go I am planning on bringing a skateboard and a plumb bob, I will be sure to report the results of these experiments.

To learn more about Gravity Hill in Bedford County you can go to: www.bedfordcounty.net/gravityhill/index.htm. For a list of locations worldwide go to: www.answers.com/topic/gravity-hill. **FPT**

Ode to Thanksgiving
 To our national birds
 The American Eagle
 The Thanksgiving Turkey
 May one give us peace in all our states
 And the other a piece for all our plates

Macy's Thanksgiving Day Parade Fun Facts

- The first parade in 1924 was called the "Macy's Christmas Day Parade" although it took place on Thanksgiving Day.
- Live animals including camels, goats, elephants, and donkeys, were a part of the parade that inaugural year.
- The original parade route was from 145th Street and Convent Avenue to 34th Street and Herald Square.
- The floats were pulled by horses. In the first parade a white steed that was to aid in the Ben-Hur float disappeared at the last minute before the start of the parade.
- In 1925 and 1926, bears, lions, and tigers were added to the live animals used, but the use of these animals had to be discontinued because they scared children.
- In 1927, Macy's introduces the world famous giant helium balloons. The first balloons included Felix the Cat and Toy Soldier
- 1928 saw the first release of the giant balloons into the air at the end of the line of march. The balloons promptly exploded after reaching a certain altitude.
- The balloons were redesigned and again released. Equipped with a return address label, Macy's offered a prize for their return.
- In 1932, Clarence Chamberlain, an aviator

flying above New York City, catches the Pig Balloon in mid air in order to claim the prize money.

- Santa Claus has ended the parade every year except 1933, the only year in which he led the parade.
- The parade was cancelled in 1942, 1943, and 1944 due to World War II
- In 1955, the parade telecast returns to NBC after a two year tun on CBS.
- Due to a helium shortage in 1958, the balloons are brought down Broadway on cranes.
- In 1969 the Macy's Parade Studio moves to its current home in Hoboken, New Jersey in a former Tootsie Roll factory.
- The Dino the Dinosaur balloon was inducted into the American Museum of Natural History in 1975 as an honorary member.
- In 1977, the "Parade Lady" Jean McFaddin takes the helm of the parade, which she leads for the next 24 years.
- In the 1980s, the smaller "novelty" balloons were introduced, including the Macy's stars and the 30 foot triple-scoop ice cream cone. "Falloons" were also introduced at this time. A combination of float and cold air balloon, this is a highlight of the creativity of the Macy's Parade Studio.
- In 1989, the parade marches on through its very first snowstorm.
- The 1990s saw the parade balloons adding new characters from the internet, video games, and contemporary cartoons. Sonic the Hedgehog, Ask Jeeves, and the Rugrats were just a few of these balloons.
- The parade has attracted a sea of celebrities. The years have seen Harpo Marx, Jackie Gleason, Diana Ross, Sammy Davis, Jr., Stevie Wonder, Tony Bennett, Barry Manilow, NSYNC, Shania Twain, and Christina Aguilera.

- Macy's is the world's second largest consumer of helium. The United States government is the first.
- If you laid every parade balloon since 1927 end to end they would stretch from Battery Park City to the Cloisters.
- More than 50,000 clowns have delighted millions of children along the parade route. **FPT**

Sudoku Medium answer from last month

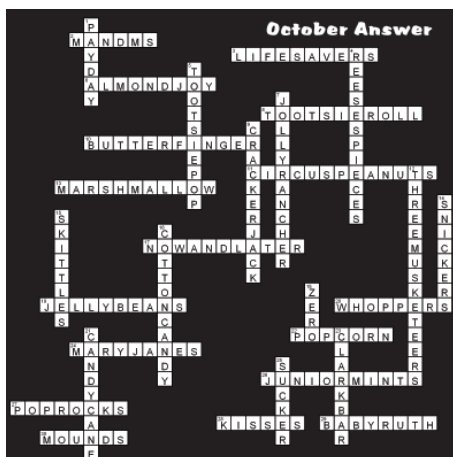
9	3	6	5	1	7	2	4	8
5	4	2	8	3	6	9	7	1
1	8	7	2	9	4	5	6	3
8	1	4	6	7	2	3	5	9
2	5	9	3	4	8	7	1	6
6	7	3	1	5	9	4	8	2
4	6	1	7	2	3	8	9	5
7	2	5	9	8	1	6	3	4
3	9	8	4	6	5	1	2	7

SUDOKU EASY

Instructions:

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

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





Discovering Your Child's Learning Style, Passions and Bent

individual learning styles and passions, there are some phenomenal books

Do you have a budding football player, a talented musician, artist, dancer, historian, electronic or computer genius? Is there something special about your child, and you would like to learn how to incorporate that into their education?

Discovering your child's learning style unravels the mystery of who they are, what their individual passions, bents, and talents are, which helps determine how they are wired and potentially their career! You can wrap learning around each individual child, exploring those unique interests, then incorporate them into a lifestyle of learning in the home. Ultimately you challenge and encourage your kids forward into a lifelong love of learning!

It starts by paying attention to your child. Some are phenomenally talented, excel effortlessly, while others struggle. Each child has unique abilities, some are just more obvious. Parents tend to focus on struggles, rather than successes, which is not the most effective way to teach or learn. Do you learn better if you began with one of your talents or passions, and then expand that frame of reference to something you struggle with? We love to quilt. Quilts make perfect sense to us, they are a giant puzzle sewn together. Yet, geometry does not naturally appeal to anything in my brain. Thinking of geometry as a gigantic quilt allows our little brains to wrap easily around the concept of geometry and truly begin to "see" it. Geometry goes from abstract

to familiar. Teaching kids to pull an abstract concept into a practical talent is a lifetime skill that will help them convert the difficult into the familiar and build a confident framework for learning anything!

Building on talent and interests takes creativity and time, but reaps incredible results. Caitlyn loves dance, devoting years to learning, encouraged by her parents. She has taken that natural bent and created "Dancing For God," for homeschoolers teaching ballet and creative movement. This busy Senior is teaching, administering a mini dance school, choreographing routines, designing outfits for the kids to perform in, scheduling performances and encouraging 2 dozen kids each week, while practicing for the Nutcracker, finishing high school herself and doing all the normal Senior stuff. Her raw talent for dance has translated into a very unique dance school with unlimited potential!

One technically inclined family travels the country recording conferences. The boys love technology like Dad, and each learns a new part of the family business, setting up mikes, wiring speakers, using cameras, troubleshooting errors and running the computers in the background, while Dad supervises. They learn, earn and travel the U.S. Talents and bents explored with kids can translate normal kids into budding entrepreneurs in demand before they even graduate!

Discover more about your child's

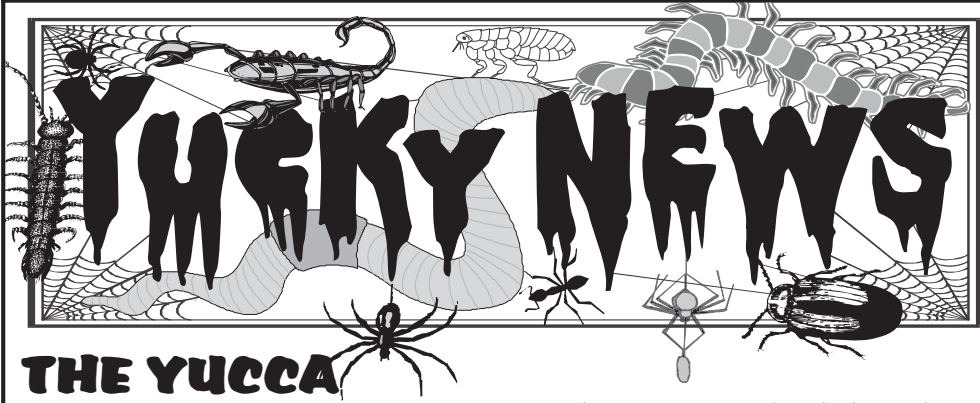
that will inspire you and help you learn more. **Discover Your Child's Learning Style** by Mariaenna Willis and Victoria Kindle-Hodson, is one of the best tools to zero in on HOW kids learn, their natural strengths and preferences and how they perceive the world differently, teaching parents how to focus on strengths, not their weaknesses and includes assessments and tests. Isn't it great that we don't have to be naturally brilliant to encourage our kids, we just have to read great books and apply them! Cynthia Ulrich Tobias' book **The Way They Learn** will teach you how to discover and teach to your child's strengths. Cathy Duffy's has compiled two books into one, **100 Top Picks for Homeschool Curriculum**: Choosing the Right Curriculum and Approach for Your Child's Learning Style.

Challenge you to begin to learning about each of your children's unique talents, learning styles and bents. **FPT**

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

Teacher: "Why did the Pilgrims sail to America?"
Student: "Maybe they missed their plane."

Teacher: "Why do we have a Thanksgiving holiday?"
Student: "So we know when to start Christmas shopping!"



THE YUCCA HELPS THE YUCCA

By: B.Thompson

In the world around us, there are many examples of how one living organism helps another, so that each benefits. Scientists call this **symbiosis**. Sometimes one animal helps another animal; sometimes one plant helps another. And, as strange as it may sound, sometimes one plant will help an animal, or one animal will help a plant.

Consider, for example, the case of the yucca moth and the yucca plant. A female yucca moth flies into the flower of the yucca plant, where she finds pollen. She collects that pollen in special pouches on her body. She then flies away to another yucca plant. The first thing she does when she gets to this new plant is go to the base of the flower and drill a small hole. She then lays a single

egg, and pokes it into that hole in the flower.

Once that is done, she then flies to the top of the flower, crawls down into it, and unloads from her pouches the pollen she collected earlier. After a short while, the flower into which she placed the pollen will then produce a large number of seeds. The yucca moth's egg, in the meantime, has hatched and now is eating some of those seeds, which help it grow until it can fly away on its own. The rest of the yucca plant's seeds will be scattered to the nearby ground, to become new yucca plants.

These two organisms could not exist without each other. The yucca plant must have the yucca moth to pollinate; the yucca moth must have the yucca plant in which to grow its egg. Each is dependent on the other for its existence. It is amazing how the delicate balance of life often depends on one person, plant or creature depending on another. **FPT**

Sudoku Really Hard answer from last month

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

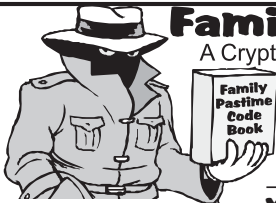
Hard answer from last month

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

Sudoku Easy Answer From last month

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

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.

“ GQJVRGB DHKYVFEOI YFG YQZO

YNQEO JQ JVO KOGOLOI EOGEO QW ”

BKFRJHIO WOK YFCRQB WFRNA FGI WKROGIE.

If you need a clue look on page 18. Look for the answer next month.

Courtland Milloy



Pamper Your Pet (or Your Favorite Pet Owner) This Holiday Season

Every holiday shopping list has them - those people who are impossible to buy for, either because you just don't know what they'd

like or because they already have everything you can think of. If they're among the 63 percent of U.S. households that own pets, especially pets they love to pamper, you're in luck.

Pets become part of the family, and a devoted pet owner is sure to appreciate a gift that caters to their favorite four-legged companion. If you're thinking that catnip or a chew toy don't seem like very festive gifts, you're right. But the pet market has gone upscale, with humans spending an estimated \$38.4 billion on their pets in 2006, according to The American Pet Products Manufacturers Association. You'll find a range of gift possibilities that reflect the strength of this growing market, from clothing outfits to canopy beds to fancy food dishes.

For the pet or pet owner who has everything, the artisans at Arthur Court have designed a line of pet accessories that add a decorator touch to items pets need every day. The San Francisco-

based company, known by devotees worldwide for its sand-cast aluminum serveware inspired by nature, recently introduced a line of products devoted to dogs and cats.

The products combine form and function - all the items are practical yet beautiful. The pet treat jar, the company's most popular pet item, is an attractive glass jar that features Arthur Court's signature aluminum lid with a dog bone for a handle. The lid has "good dog" engraved on it, and a star-shaped "good dog" charm dangles from the rim. The cat jar lid features a kitten on a pillow playfully reaching for a dangling fish. Before you notice that the jar contains pet treats, it could easily be mistaken for a cookie jar, thanks to its distinctive style.

Other pet items include two sizes of pet food scoops, one for cats and one for dogs, as well as a cat-size and dog-size food dish. The

dog scoop, which holds one cup, has a bone for a handle, while the cat version features a fish handle and holds 1/2 cup. The cat bowl is engraved with "here kitty, kitty," the dog bowl with "good dog." The decorative leash holder has three hooks, each stamped with a paw print, and the words "let's go for a walk" engraved on the plaque.

And since it's the holidays, what dog or cat owner would want their pet to be without their own personalized holiday ornament? Arthur Court offers unique ornaments designed to display photos of your pet. The dog ornament is shaped like - what else? - a dog house, with "best

friend" over the door, a bone on one side and a dog dish on the other. The proud owner can insert their favorite picture in the dog house. And cats are not left out. Their ornament is an oval-shaped frame with a sleeping cat at the top and a whimsical fish charm hanging from the bottom.

Any of these high-quality pieces would be a welcome addition to the collection of pet lovers everywhere. Every time these pieces are used, the recipient will not only think of their beloved pet, but also of the

friend or family member who gave such a thoughtful gift.

For more information, and to see all of the company's wonderful aluminum serveware, visit www.arthurecourt.com. You can order online, or use the store finder tool to locate a retailer near you. **FPT**

Courtesy of ARA Content



DOG BISCUITS

(These are ACTUAL dog biscuits---Fido deserves a treat at Thanksgiving too!)

SUPPLIES:

- 3 1/2 Cups Flour
- 2 Cups Whole wheat flour
- 1 Cups Rye flour
- 1 Cups Cornmeal
- 2 Cups Cracked wheat
- 4 tsp Salt
- 1/2 Cups Dry milk
- 1 Egg
- 1 pack Dry yeast (1 T)
- 1 pint Chicken stock

If you have trouble finding some supplies, try a health food store.

HOW TO:

1. Dissolve yeast in 1/4 C warm water.
2. Add chicken stock and pour into dry ingredients.
3. Knead for 3 minutes, working into a stiff dough.
4. Roll dough into a 1/4 in. thick sheet and cut with cookie cutters
5. (Cutters shaped like dog biscuits are available).
6. Bake in 300 degree oven for 45 minutes,
7. Turn oven off and leave biscuits in oven overnight.
8. In the morning the biscuits will be bone hard.

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By Chris Joker

My Brother, Uncle Pete

My brother died last week. He was 47. Not really a good start to a Father Knows "Jest" column. I know. During the week, as we prepared to say goodbye I was reminded just how important family is. I know the idea of family being important has become a cliché but it shouldn't be. The dictionary defines cliché as "a phrase that is used excessively and has become a bit meaningless and even irritating" (similar to what my sister thinks of me). Before you read any further I want you to do me a favor. I want you to go call someone in your family and listen to them. Don't worry about talking just ask them what is going on with them and listen. I can no longer call my brother. Believe me I still talk to him but I can no longer listen.

My brother's name was Pete. After my children were born I started calling him Uncle Pete. I think it's because that as soon as my children were old enough to talk (and in my family that's like at 2 months, and then you can't get us to stop) they would run up to him yelling "UNCLE PETE!" just as loud as they could and then give him a big hug. They loved Uncle Pete. Uncle Pete was always fun. The fact that I called him Uncle Pete confused my girlfriend to no end. "Is he your Uncle or your Brother?" "Well I am from East Tennessee", I would reply. "So it's quite possible that he's both". I know

that last comment will offend someone so let me go ahead and apologize. I know it's a false stereotype but I am trying to deal with my grief and interject some jest into this column. If you were offended you need a little more Pete in you. I hope you have no idea how hard it is to write this. I have already had to stop several times. Following my Brother's funeral service we had a reception to celebrate Uncle Pete's life. Although he was only 47 years old he



Me and Uncle Pete

had quite a life. Uncle Pete lived with Cystic Fibrosis, for those of you who don't know CF is a fatal lung disease with no cure so he truly lived each day as if it were his last. Uncle Pete was passionate about things he cared about and didn't waste time with things that didn't matter to him. After Uncle Pete died I was talking to my sister and she said,

"I always wished I had a little bit more of Pete in me." What she meant was that so many times we get carried away with the little things that don't matter, somebody cuts us off in traffic and we get all upset...why? Are we going to be 2 minutes late? So what? I recently spoke with a friend whose elementary school daughter helps with the car line at school. She told me there are parents who actually yell at her daughter if she doesn't close their car door right or asks them to move their car forward to wait for their children or some other meaningless thing. Are people crazy???? How can you let this bother you and how can anyone possibly yell at an elementary school student about it? You need a little more Pete in you.

To try and live up to the high standard of a Father Knows Jest column I would like to share a few "Pete Stories" with you. When growing up Pete and I made sport of

tormenting our sister. We became quite good at it as I'm sure her therapist will attest. I remember Pete and I would tell my sister Tracy that we had had it and were going to run away from home. We invited her to join us and we told her to pack all her stuff and meet us in the kitchen at midnight. So that night at the stroke of midnight there was little Tracy dressed in her pink pony pajamas, in the kitchen with all her belongings neatly packed in her Barbie suitcase. All the while Pete and I were sound asleep in our beds with nothing packed in anything. What's worse is she must have fallen for that half a dozen times. To this day Tracy cannot take the garbage out. We used to tell her we were going to put her out for the garbage man. Every Tuesday and Thursday morning, around garbage pick-up time, Tracy could not be found anywhere. She still will not walk by a dumpster and if she sees a garbage truck in her rearview mirror she pulls over until it is safely out of site. The truth is the garbage men would have rejected her. When we were kids we played this game where you had to be the first one to a spot at the top of the steps. I don't remember why you had to get to the spot first but you did. If Tracy ever made it to the spot first we would look at each other and say, "we moved the spot, it's over here now." Poor Tracy never did get to the spot first. Pete could not only dish it out, he could take it as well. For the past 7 years we had each cooked at the North Carolina Chili Championship. Every year I would have someone distract him long enough for me to put a can of Alpo (the same can) in front of his cooker. Shortly after this those enjoying the cook-off would come by for samples. They would look at the can of Alpo, look at Pete and then politely pass on his chili.

Uncle Pete's funeral drew a standing room only crowd. Everybody loved Uncle Pete. I did too and I will miss him. **FPT**

Smart Ways to Save on Your Energy Bill

(NewsUSA) - The average U.S. annual home energy bill is \$1,600. But consumers who get serious about energy efficiency can see that amount go down significantly.

Officials with World Energy Solutions (stock symbol: WEGY), an energy services company based in St. Petersburg, Fla., note that there are plenty of things within a homeowner's control when it comes to energy efficiency. "Most energy efficiency measures will pay for themselves in five years or less," said Jeff Stokes, vice president of World Energy Solutions. "If you do not plan on being in your home for that long, there are also a number of measures that cost little or nothing, but will still provide significant savings."

It is common knowledge that turning down the hot water heater can save on energy use. What's less known is that placing an insulating



cover around the unit prevents loss of heat. And installing low-flow showerheads and sink aerators will reduce waste

- Sealing cracks around windows is important, of course, but be sure to use curtains and blinds to control the amount of sunlight (and thus radiant heat) coming in, letting more in on bright winter days and blocking the intense rays in the heat of summer.

- Landscape wisely to control the amount of sunlight naturally. Trees and shrubs that drop their leaves in the fall should be planted around the southern face of your property.
- Turning thermostats down a bit will

help, but consider purchasing a programmable thermostat to automate and optimize this process.

- You wouldn't let your vehicle run idle continually, so check around the house for those purring computers, warmed-up printers, charging razors and other gadgets. Put them in sleep mode; better yet, turn them off entirely.

- It's wasteful to do small loads in the dishwasher. Wait until you have a full load of

Please see Save Energy on page 19

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EXIPRATION: (just like my father-in-law)

I reckon it won't NEVER EXPIRE!!

Memorable

Continued from page 1

leaf place mats and napkins, and the complimentary Toscana Harvest china collection, featuring plates, bowls, baking dishes and coffee mugs graced with scalloped details in brilliant shades of pomegranate, pumpkin, eggplant and lime.



ARA

Once the table is set, you can move onto ambiance. Put seasonal candles on the table, and throw a log in the

fireplace, if you have one. If you don't, a great alternative is the Elizabeth Ventless Jel Fuel Fireplace offered by HomeVisions.com. This ventless fireplace made of solid hardwoods can be set up on any wall. It includes a realistic looking double log and two cans of jel fuel. One can of jel fuel lasts 2 to 3 hours. (Not a heat source; for decorative purposes only.)

Another decorative accent to consider is an additional place for people to sit both before and after the meal. Montgomery Ward offers an

inexpensive upholstered nook set that doubles as a storage bench, available online at wards.com. The four-piece set includes one single, one corner and two double benches. After the holidays, it can serve as a place where the family can enjoy breakfast, and the kids can do their homework.

For more home decorating ideas for the holidays and beyond, log on to www.charleskeath.com, www.homevisions.com or www.wards.com. **FPT**

Courtesy of ARA Content

How can you tell a male turkey from a female turkey?
The male is the one holding the remote control.

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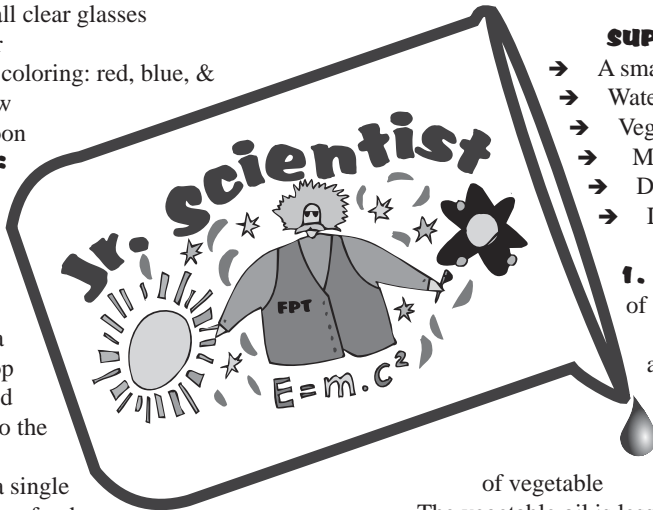
ALWAYS WEAR SAFETY GOGGLES, READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION! By: Family Pastime Staff

Mixing Colors/Diffusion:
SUPPLIES

- 4 small clear glasses
- Water
- Food coloring: red, blue, & yellow
- A spoon

HOW TO:

1. Fill 3 of the glasses with water.
2. Add a single drop of red food coloring to the 1st glass.
3. Add a single drop of blue food coloring to the 2nd glass.
4. Add a single drop of yellow food coloring to the 3rd glass.
5. Watch as the dye diffuses around into the water. It makes neat cloud-like formations.
6. Stir the dye in each of the glasses with the spoon until it is thoroughly mixed. You should now have a glass of red water, one of blue water, and one of yellow water.
7. Now, pour a small amount of yellow water into the 4th glass.
8. Then, pour a small amount of blue water into the 4th glass. The water in the 4th glass should now be green!
9. When you are ready, empty the 4th glass. And pour a small amount of yellow water into the 4th glass.
10. Then, pour a small amount of red water into the 4th glass. The water in the 4th glass should now be orange!
11. When you are ready, empty the 4th glass.
12. Now, pour a small amount of red water into the 4th glass.
13. Then, pour a small amount of blue water into the 4th glass. The water in the 4th glass should now be purple!



Density of liquids-
What floats on what?:

SUPPLIES

- A small clear glass
- Water
- Vegetable oil
- Maple syrup
- Dish detergent
- Ice cube

HOW TO:

1. Add small amount of water to the glass, approximately 1/3 full.
2. Now about the same amount of vegetable oil.

The vegetable oil is less dense than water, and should float on top!

3. Now about the same amount of maple syrup.

The maple syrup is more dense than water, and should sink to the bottom!

You should be able to see 3 distinct layers, syrup on the bottom, water in the middle, and oil on top!

Another variation is to pour in the syrup, put oil on top, and then slowly add the water.

The water will sink past the oil, but float on the syrup - effectively filling in the middle. In the process of sinking through the oil, it will make water "bubbles", which will eventually burst and make the middle water layer.

Continuing the experiment, now place a small ice cube in the mixture. It should float not on top, but within the oil layer, above the water layer. As the ice melts, water will form on the outside of the cube, and eventually fall through the oil and into the water! If the ice cube is oblong, it will make one side heavy and the ice cube will tip so that the light part of the ice is on top and the heavy water-coated part falls to the bottom

of the oil.

Other variations would be to add dish detergent to the mix. With the one that I used, it floated above the syrup, but below the water. Salt added went to the bottom, but sugar cubes floated on the syrup.

Surface tension of Water:

- A kitchen pan
- A clean toothpick
- Water
- Pepper
- Liquid dish detergent

HOW TO:

1. Fill the pan about 1/2 full with water. Sprinkle pepper onto the surface of the water. Most of it should float.

2. Touch the tip of the clean toothpick to the surface of the water. Nothing should happen.

3. Touch just the tip of the toothpick into the dish detergent (You only need to get a very tiny amount of detergent on the toothpick).

4. Touch just the tip of the toothpick to the surface of the water for just a moment. The pepper particles should *run away!* Touch the surface again just for a moment in a different place. You should be able to make little "islands" of clear water.

If you leave the tip in for a long time, the pepper should all get pulled to the edge of the pan.

The detergent weakens the surface tension of the water where the tip touches it, allowing the strong section to pull the pepper. **FPT**

Why did the police arrest the turkey?
They suspected it of fowl play.

What key has legs and can't open doors?
A turkey

Turkey Tacos**SUPPLIES:**

- 1 tablespoon vegetable oil
- 2 cups left-over turkey, chopped.
- 1 small sliced onion
- 1 small sliced bell pepper
- 1 package (1.25 ounces) Taco Seasoning Mix
- 3/4 cup water
- 2 tablespoons sour cream
- 1 package (12) Taco Shells, warmed
- 1 medium chopped tomato
- 1 1/2 cups (6 ounces) shredded cheddar cheese
- Taco Sauce

HOW TO:

1. Heat oil in large skillet over high heat.
2. Add onion and bell pepper;
3. Cook until tender.
4. Add turkey, stirring occasionally, for 4 to 5 minutes .
5. Stir in seasoning mix and water.
6. Bring to a boil.
7. Reduce heat to low;
8. Cook, stirring occasionally, for about 10 minutes.
9. Stir in sour cream.
10. Fill shells with turkey mixture
11. Top with tomato, cheese & sauce.

Sweet Potato Fries**SUPPLIES:**

- 2 TBS Thawed orange juice - concentrate
- 1 tsp Onion powder
- 1/2 tsp Salt
- 1/8 tsp Ground red pepper (cayenne)
- 1 lb Sweet potatoes, cut into -1/2" sticks

HOW TO:

1. Line a cookie sheet with foil
2. Spray with cooking spray
3. In a medium bowl combine orange juice concentrate, onion powder, salt and cayenne.
4. Add potato sticks and turn to coat.
5. Arrange coated potato sticks on the oiled foil on a single layer.
6. Bake 10 min; turn carefully,

Kid Friendly Recipes**Broccoli Salad****SUPPLIES:**

- 4-5 cups Broccoli flowerettes
- 1/2 red onion, sliced
- 1/2 cup cheddar cheese, grated
- 1/2 lb. bacon, fried and chopped
- **Dressing** (mix separately)
- Combine 1 cup Miracle Whip
- 2 Tablespoons vinegar
- 6 Tablespoons sugar
- Mix well

HOW TO:

1. Combine all ingredients
2. Mix with dressing.
3. Chill and serve.

Pumpkin Pancakes**SUPPLIES:**

- 1 cup all-purpose flour
- 1/4 cup packed brown sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg
- 1 large egg, lightly beaten
- 1 TBS canola oil
- 1 cup nonfat milk
- 1/3 cup pure pumpkin

HOW TO:

1. Whisk flour, sugar, baking powder, salt, cinnamon, ginger and nutmeg together in a medium bowl.
2. Combine egg, oil, milk and pumpkin in a small bowl.
3. Stir pumpkin mixture into dry ingredients.
4. Let stand five minutes.
5. Scoop 1/4 cup of batter on to a hot griddle or nonstick skillet sprayed with cooking spray.
6. Turn pancakes when bubbles appear and edges are cooked, after about 2 minutes.
7. Cook for 1 1/2 minutes on second side.

Pumpkin Dumpkin**SUPPLIES**

- 1 15 oz can pumpkin
- 1 cup evaporated milk
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 package butter flavored yellow cake mix
- 1 cup chopped pecans
- 1 cup butter melted

HOW TO:

1. Stir together first 5 ingredients.
2. Pour onto a lightly greased 13 x 9 inch baking dish.
3. Sprinkle cake mix evenly over pumpkin mixture
4. Sprinkle pecans evenly over mixture
5. Drizzle butter over pecans.
6. Bake at 350 for 1 hour or until golden brown
7. Remove from oven and let stand 10 min. before serving.

PUMPKIN BARS**SUPPLIES:**

- 4 eggs
- 2 C. pumpkin
- 2 C. flour
- 1 TBS. soda
- 1 C. chopped nuts
- 2 C. sugar
- 3/4 C. melted butter
- 2 TBS. baking powder
- 1/2 TBS. cinnamon

HOW TO:

1. Mix eggs, sugar, pumpkin and butter
2. Sift together dry ingredients.
3. Combine dry with batter
4. Stir in nuts.
5. Pour batter onto greased & floured pan.
6. Bake for 25 minutes at 325
7. Cool and frost.

FROSTING

- 1 (3 oz.) cream cheese, softened
 - 6 TBS. butter
 - 1 TBS. vanilla
 - 1 TBS. milk
 - 3 C. powdered sugar
1. Combine ingredients and beat well.
 2. Spread on bars.
 3. Sprinkle with chopped nuts.

PARENTING

Tips for Helping Kids Manage Holiday Cash



(NewsUSA) - **A**ccording to the AARP, grandparents spend \$30 billion annually on their grandchildren.

As children receive monetary gifts in lieu of toys, clothes and other items, the holiday season is an opportune time for parents to teach their kids about personal finance basics and the responsibilities associated with managing their own money.

“By using a bit of creativity, it’s easy to teach children important monetary habits that will last a lifetime,” said Mark Resnick, director of sales for NetBank, the country’s oldest active Internet bank.

NetBank offers the following ideas designed to provide children with rewarding ways to use their holiday gift money:

- Place holiday gift money into a money market account, CD or other savings vehicle. By doing so, your children will be able to see their money grow along with them. As part of the initial investment, have them write down their short- and long-term savings goals. Review these goals periodically and show children how quickly they can be reached by not spending all of their money right away. Encourage them to begin saving for college with part of their allowance, or wages, each month for their education.
- Teach children about the gift of sharing.

The holiday season is the perfect time to think of others. Help your children find a local charity to donate their money to, or go shopping together for a new toy or clothes for another child in need.

- Show your children the ABCs of banking. By opening a bank account in your child’s name, you can teach the responsibilities associated with money management.

A fun and easy way to manage money together is through an online banking account. According to a recent study from the Pew Internet and American Life Project, 87 percent of teens between the ages of 12 and 17 use the Internet.

“A monetary gift is one a child will never outgrow. It gives them the opportunity to make to make responsible and independent decisions,” Resnick says.

For more information on banking online, visit www.netbank.com. **FPT**

Holiday Favorite Snack Mix

This holiday season, while your kids may have visions of sugar plums dancing in their heads, you most likely have other things whirling around in your mind. Things like getting all the gifts purchased, wrapped and mailed. Or planning the big family gathering. Or baking 12 dozen cookies for your neighborhood cookie exchange.

Every recipe box needs a couple of no-fail, easy-to-make, fun to eat snacks that are good for a crowd, especially during this busy time of

year. Homemade Chex mix fills the bill - it’s quick to put together so you get to enjoy the party, and people just can’t stop eating it.



Original Chex Party Mix has been a part of celebrations for years. For a change of taste, try this sugar and spice variation, it is sure to be a welcome addition to any party.

Sugar ‘n Spice Snack

Prep time: 15 minutes
Start to finish: 2 hours, 5

minutes. **Makes:** 21 servings (1/2 cup each)

Ingredients:

- 2 cups Corn Chex cereal
- 2 cups Rice Chex cereal
- 2 cups Apple Cinnamon Cheerios cereal

- 3 cups dry-roasted peanuts
- 2 egg whites
- 2 tablespoons orange juice or water
- 1 cup sugar
- 1 teaspoon ground cinnamon

Preparation directions:

- 1.** Heat oven to 300 F. Spray with cooking spray or grease 15x10x1-inch pan.
- 2.** In very large bowl, mix cereals, corn snacks and peanuts. In small bowl, beat egg whites, orange juice, sugar and cinnamon, using wire whisk or hand beater, until foamy. Pour over cereal mixture, stirring until evenly coated. Spread in pan.
- 3.** Bake 45 to 50 minutes, stirring every 15 minutes, until light brown and crisp. Cook completely, about 1 hour. Store in airtight container.

Recipe tip: The baked-on egg white and sugar mixture creates a unique crispy coating on the cereals. For great recipe ideas and party tips go to www.chex.com. **FPT**



Fun Family Events NOVEMBER

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. All Saints' Day
2. National Men Make Dinner Day,
Hands On, Art Studio: 11/1-11/5 Found Objects Sculpture
3. Sandwich Day, Cliché Day
Hands On Museum 11/3-15 Festival of Trees
4. Sadie Hawkins Day
JCPL- Family Storytimes 2 PM
5. JCPL- Movie @ Your Library 2 PM
6. Saxophone Day
Hands On, Art Studio: 11/612 Mini-Playground
JCPL Family Storytimes 6:30 PM
7. Election Day
JCPL- Two's Time (age 2) 10 AM *Register
 Preschool Pals (age 3-5) 11 AM *Register
 K-1 Story Stretchers 4 PM (K-1st)*Register
8. Cook Something Bold and Pungent Day,
JCPL- Two's Company (2 Year Olds) -10 AM
 Preschool Storytimes (ages 3-5) -11AM
9. Guinness World Record Day, Vietnam Veterans Memorial Day
JCPL- Tales & Talk Adult Book Group 10:30 AM -Fast Food Nation by Eric Schlosser
 -Friends of the Library (FOL) 5:30 PM
 -K-1 Story Stretchers (K-1st) 4 PM Register
10. Area Code Day, Marine Corp Birthday
11. Veterans Day
Bristol, Veterans day parade, 10 a.m
Jonesborough, Gem, Jewelry and Gift Show- visitor's center 10am-5pm
Science Hill High School, Midnight Madness on the Hill 7PM, 423-913-3202
JCPL- Bilingual (Spanish/English) Storytime with Señor Fernando De Sousa 1 pm
12. I Need A Patch for That Day
Jonesborough, Gem, Jewelry and Gift Show- visitor's center 10am-5pm
13. Gingerbread House Day,
Hands On, Art Studio: November 13-19 - Pinch Pot: Play with clay
JCPL Family Storytimes 6:30 PM
14. American Teddy Bear Day, Young Readers Day
JCPL- - Consumer Shopping Safety: lecture

on shopping scams & ways to protect your finances by JCPD @ 6:30 PM. WAGS Family Research Helpers @ 6:30 - 8 PM
JCPL- Two's Time (age 2) 10 AM *Please Register
 Preschool Pals (age 3-5) 11 AM *Please Register
 B & C's - (2nd - 5th Grade) 4 pm - *Register
 TEEN Game Night @ 6:30 PM - *Please Register
15. America Recycles Day, National Bundt Day,
JCPL- Two's Company (age 2) -10 AM
 Preschool Storytimes (age 3-5) 11 AM
16. Great American Smokeout
JCPL- Tales & Talk Adult Book Group @ NOON
 -Fast Food Nation by Eric Schlosser
 B & C's (2nd - 5th Grade) 4 pm - *Register
 Blue's Puppy Visit 10:30 AM
17. Homemade Bread Day
BMS, Speedway In Lights Daily 6-10 p.m.
18. Married To A Scorpio Support Day
Johnson City "Toyland" Christmas Parade 10 am
Kingsport Christmas Parade, 2:40 p.m. Main St.
Kingsport, 64th Santa Train, 7:30 a.m. - 3 p.m
Kingsport Renaissance Center rm 239, Arts4Kids workshop, 10 a.m. to noon. How children can use their imagination to create cartoon illustrations. www.kingsportARTS.org.
Sycamore Shoals, New Traditional Arts Workshops (and Friday, 12/8) 9 am - 4 pm \$50/session- includes supplies. 423-543-5808 to register
ETSU ASTRONOMICAL OBSERVATORY Stars Blow Gas' STAR PARTY OPEN-HOUSE 7:30pm - 9:30pm 423-439-8418
JCPL- Family Storytimes 2:00 PM
19. Have A Bad Day Day
20. Name Your PC Day
Hands On, Art Studio: 11/20-30 - Snoopy Sculpture or Comic Creations
JCPL Family Storytimes 6:30 PM
21. Pumpkin Pie Day, World Hello Day
JCPL- Two's Time (age 2) 10 AM *Please Register
 Preschool Pals (3-5 Year Olds) 11:AM - *Register
 K-1 Story Stretchers (K-1st Grade) 4PM*Register
22. Humane Society Anniversary Day
JCPL- Two's Company (age 2) 10 AM
 Preschool Storytimes (age 3-5) 11 AM
23. Thanksgiving Day
Johnson City Up and At 'Em Turkey Trot -5K

Road Race and Family 5K Fitness Walk. Johnson City Parks & Recreation at (423) 283-5827
24. Black Friday, D.B. Cooper Day, Flossing Day, Sinkie Day
Knoxville, Volunteer Landing, River Lights Boat Parade
25. Blasé Day, Aura Awareness Day
Jonesborough, Lighting of the Tree at the Court House. www.jonesboroughtn.org
Jonesborough, Holiday Craft Show & Sale-
Jonesborough, (through 12/16) St. Nick Nights- www.jonesboroughtn.org
Hands On Museum, Celebrate Thanksgiving With The Peanuts Gang
26. Erwin Christmas Parade, 9:30 AM
Hands On Museum, T-day W/ Peanuts Gang
JCPL- Movie Library 2 PM - Chronicles of Narnia - The Lion, the Witch and the Wardrobe
27. JCPL Family Storytimes 6:30 PM
28. Rockefeller Center Christmas Tree Lighting
JCPL- Two's Time (age 2 10 AM *Please Register
 Preschool Pals (age 3-5) 11AM -*Please Register
 Sr High Coffee House 6:30 PM -Please Register
29. Electronic Greetings Day
JCPL- Two's Company (2 Year Olds) - Wednesdays & Thursdays @ 10:00 AM
 Preschool Storytimes (3-5 Year Olds) - Wednesdays & Thursdays @ 11:00 AM
30. Computer Security Day, Stay Home Because You're Well Day
Hands On Museum, Santa's Little Helper Workshop (12/7,14 and 21) 5:30-7:30pm children ages 4-10 can make and wrap gifts for friends and family. \$10-members/\$12-non-members
JCPL- Unplug the Christmas Machine by Gail Campbell @ 7:00 PM
 Explorers (Kindergarten - 5th Grade) 4 PM - *Please Register
DECEMBER
1.
2. Downtown Kingsport, 2nd Annual DKA Gingerbread House Contest, 423-246-6550

Across

- 1. What we celebrate on the 4th Thursday in November.
- 3. That thing that hangs off the turkey's beak
- 4. Although many people think they grow in water, this is not true.
- 5. How long the first Thanksgiving lasted
- 10. A television tradition on Thanksgiving
- 11. We watch it happen in the streets of NY
- 13. That fleshy red growth at the turkey's neck
- 15. Pull me and hope for the big half
- 16. Some like them lumpy.
- 17. Once a contender for our national bird
- 19. Where the Pilgrims landed
- 22. After the feast you will be full of this instead of the bird.
- 23. Also found on an airplane
- 24. Famous Pilgrim ship

Down

- 2. A southern Thanksgiving feast would not be complete without this.
- 3. These are not yams
- 6. The sound a tom turkey makes
- 7. The Number 2 favorite main dish
- 8. The day after Thanksgiving.
- 9. These are not sweet potatoes
- 12. Buddy Rich played with them and ate them.
- 14. After that, everything else is
- 18. Pie staple.
- 20. Of all the vegetables this one hears the best.
- 21. They came over on the Mayflower

Save Energy

continued from page 13

dirty dishes.

- Keep your refrigerator and freezer well-stocked to maximize efficiency. The food will retain the cold and allow less cold air to escape when the doors are opened.
- When shopping for new appliances, purchase those that are labeled as energy efficient.

To learn more about energy-saving approaches from World Energy Solutions, visit www.wesinc.net. **FPT**

Catch up on all the local happenings. Read Family Pastime Magazine back issues online. www.familypastime.com



If the Pilgrims were alive today, what would they be most famous for? Their age!

What did the turkey say before it was roasted?
Boy! I'm stuffed!

To whom it may concern:



Over time we have observed how festively you have decorated your house, thus, we have dubbed you "The Holiday House". This year, however, we have noticed that you have failed to decorate so festively. We think of your house as a neighborhood landmark and ask you to decorate as well this year. You always have Santa on the roof at Christmas, the Easter bunny in the yard at Easter, Uncle Sam's hat in the window on the fourth of July, and a witch on the porch on Halloween. You hand out the best candy at Halloween. We, the undersigned, request that you begin decorating again.

Thank you,
The neighborhood children

"To whom it may concern:
Over time we have observed how festively you have decorated your house, thus, we have dubbed you "The Holiday house." This year, however, we have noticed that you have failed to decorate so festively. We think of your house as a neighborhood landmark and ask you to decorate as well this year. You always have Santa on the roof at Christmas, the Easter bunny in the yard at Easter, Uncle Sam's hat in the window on the fourth of July, and A witch on the porch on Halloween. You hand out the best candy at Halloween. We, the undersigned, request that you begin decorating again.

Thank you,
The neighborhood children"

The holiday house went undecorated for much of October so the neighborhood children took matters into their own hands with the above letter. The day after receiving the letter, the house was decorated.

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HEALTH MATTERS

By: Patsy Meridith



An estimated 15 million Americans have been diagnosed with type 2 diabetes and 41 million with pre-diabetes, which increases risk of stroke, heart attack, neuropathy and kidney disease. At Natural Foods Market, we provide an awareness of how diet and lifestyle reduces risk of this disorder, as well as controls it. How to Prevent and

Treat Diabetes with Natural Medicine by Dr. Michael Murray is an excellent source of information, as well. In New Scientist Magazine, the U.S.D.A. reported results from a study conducted at their Nutrition Research Center of the effects common foods had on diabetics. It was found that the common spice cinnamon reduced blood sugar, as well as cholesterol, by as much as 30% by activating insulin receptors. Many of our customers have told us it helps them. Cinnamon is available in powder or soft gels.

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

Favorite Homemade Gifts

Tell us about your most favorite homemade gift. It can be one you gave or received for any occasion. We would like to share fun homemade gift ideas next month.

Send an e-mail to gifts@familypastime.com, mail your story to: Family Pastime Magazine P.O. Box 3161 Johnson City, TN 37602-3161 or fill in the online form At www.familypastime.com

Why can't you take a turkey to church?
 Because they use such FOWL language

Why did the Indian chief wear so many feathers?
 To keep his wigwam.

Ships of the Pilgrims

Concord
 Mayflower
 Supply
 Fortune
 Sparrow
 Charity
 Swan
 Anne
 Little James
 Amity
 Abigail
 White Angel
 Lyon's Whelp

Talbot
 George Bonaventure
 Lyon
 Four Sisters
 Hand Maiden
 Mary & John
 Winthrop Fleet
 Pluogh of Woolwich
 Bird
 Clement & Job
 Elizabeth Bonaventure
 Elizabeth & Dorcas
 Jonas

Neptune
 William & Jane
 Recovery
 William
 Hercules
 Regard
 Christian
 Francis
 Griffin
 Planter
 Hopewell
 Elizabeth
 Diligence

Love
 Pied Cow
 Bachelor
 Truelove
 Bevis
 Hector
 Dilligent
 Confidence
 Martin
 Unity
 Rebecca
 James

Why did Johnny get such low grades after Thanksgiving?
 Because everything is marked down after the holidays.

SUDOKU HARD

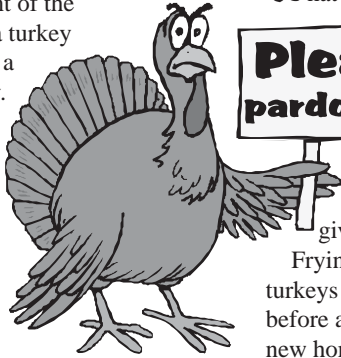
Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once. Look in next month's issue for the answer to this month's puzzle.

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

Pardon Me!

By: Pastime Staff

Each year the President of the United States pardons a turkey before Thanksgiving at a White House ceremony. Nobody really knows where the tradition started. Some claim that Harry Truman pardoned a turkey in 1947, but the Truman Library has been unable to find any evidence for this. Another story asserts that the tradition started with Abraham Lincoln pardoning his son Tad's pet turkey. Although neither story can be substantiated as the origination of the



tradition, both have been quoted in recent presidential speeches.

What is definitive is that each year at Thanksgiving time, a turkey—and its alternate (An alternate is chosen just in case the first bird is unable to perform its duties)—is pardoned. For the last fifteen years, the turkeys have been given to Kidwell Farm, a petting zoo at Frying Pan Park in Herndon, Virginia. The turkeys would receive a last minute pardon before arriving, and were then led to their new home at the Turkey Barn after enduring a turkey “roast” full of poultry humor and history.

In 2005, the turkeys were flown to Disneyland in California where they served as honorary

grand marshals for Disneyland's Thanksgiving Day parade. Now they will spend the rest of their lives at a Disneyland ranch.

In 2005, President Bush gave two turkeys named Marshmallow and Yam a last-minute reprieve. The two turkeys hail from Henning, Minnesota, for the third time, the American public was allowed to vote for the turkeys' names on the White House web site. After 12,726 votes were cast the names Marshmallow and Yam narrowly came out on top with 27% just behind were Wattle and Snood with 26%, Democracy and Freedom tied for 3rd choice with Blessing and Bounty getting 20% of the vote and pulling up the rear was Corn and Maize with only 7%. The 2004 turkeys were named Biscuit and Gravy, and in 2003, Stars and Stripes. Keep an eye on the whitehouse website (www.whitehouse.gov) to see when you can cast your vote this year.

FPT

Tips for Safe Holiday Road Travel

(NewsUSA) - Preventive auto maintenance is the best way to assure hassle-free driving through the woods and to Grandma's house this holiday season. Here's advice from the pros at the nonprofit National Institute for Automotive Service Excellence:

- **Engine performance:** Get engine driveability problems (such as hard starts, rough idling, stalling and diminished power) corrected at a good repair shop. Cold weather makes existing problems worse. Replace dirty filters including air, fuel and PCV.
- **Oil:** Change your oil and oil filter as specified in the manual.
- **Cooling system:** The cooling system should be flushed and refilled as recommended. The level, condition and concentration of the coolant should be checked periodically. The tightness and condition of drive belts, clamps and hoses should be checked by a professional auto service technician.
- **Windshield wipers:** Replace old blades. If your climate is harsh, purchase rubber-clad (winter) blades to fight ice buildup. Carry an ice-scraper.
- **Heater and defroster:** They must be

in good working condition for passenger comfort and driver visibility.

- **Battery:** The only accurate way to detect a weak battery is with professional equipment. As part of routine care, scrape away corrosion from posts and cable connections; clean all surfaces; and re-tighten all connections. Avoid contact with corrosive deposits and battery acid. Wear eye protection and rubber gloves.
- **Lights:** Inspect all lights and bulbs; replace burned out bulbs. Periodically clean road grime from all lenses.
- **Exhaust system:** Your vehicle should be placed on a lift and the exhaust system examined for leaks. The trunk and floorboards should be inspected for small holes. Exhaust fumes can be deadly.
- **Tires:** Worn tires will be of little use in winter weather. Examine tires for

remaining tread life and uneven wearing and cupping. Check the sidewalls for cuts and nicks. Don't forget your spare, and be sure the jack is in good condition.

- The National Institute for Automotive Service Excellence is dedicated to improving the quality of automotive service and repair through the voluntary testing and certification of automotive technicians. ASE-certified technicians wear blue and white ASE insignia and carry credentials listing their exact areas of certification. Their employers often display the blue and white ASE sign. Visit www.ase.com for seasonal and year-round car care tips. **FPT**

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2006 Football Schedule



Date	Opponent	Location	TV	Time	Outcome
Sept. 2	California	KNOXVILLE	ESPN	5:30 PM	W 35-18
Sep. 9	Air Force	KNOXVILLE	PPV	7:00 PM	W 31-30
Sep. 16	Florida	KNOXVILLE	CBS	8:00PM	L 21-20
Sep. 23	Marshall (hc)	KNOXVILLE	PPV	4:00PM	W 33-7
Sep. 30	Memphis	Memphis	ESPN	TBA	W 41-7
Oct. 7	Georgia	Athens	ESPN	7:45	W 51-33
Oct. 21	Alabama	KNOXVILLE	TBA	TBA	W 16-13
Oct. 28	South Carolina	Columbia	TBA	7:45	
Nov. 4	LSU	KNOXVILLE	TBA	TBA	
Nov. 11	Arkansas	Fayetteville	TBA	TBA	
Nov. 18	Vanderbilt	Nashville	2:00	TBA	
Nov. 25	Kentucky	KNOXVILLE	2:00	TBA	
Dec. 2	SEC Championship	Atlanta	CBS	6:00	

Cut along dotted line and put on fridge by placing magnets in designated areas.

If April showers bring May flowers,
 what do May flowers bring? Pilgrims

Which side of the turkey has the most
 feathers? The outside

How can you make a turkey float?
 You need 2 scoops of ice cream,
 some root beer, and a turkey.

Why did the turkey cross the road?
 It was the chicken's day off

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Brayden



Matthew



Cassidie

Close to home.



Ryan



Gaelen



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Danielle

*"That's where
the doctors are
for kids."*

Michael



Austin



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