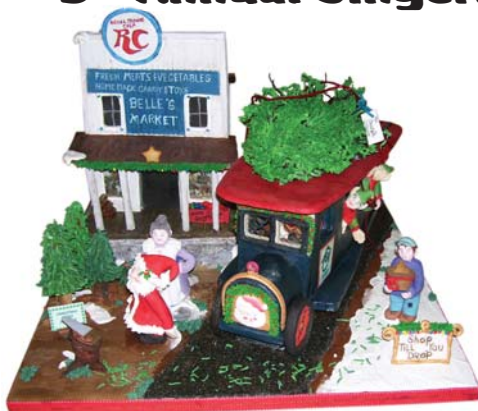


NOVEMBER 2007



THE magazine for the WHOLE family Volume 2 Issue 11

Downtown Kingsport Association's 3rd Annual Gingerbread House Contest



challenge their imaginations to build their "Dream House".

The Contest will be on Saturday, December 1, 2007, which will coincide with the Downtown Merchants' Open House and the Christmas Tree Lighting Ceremony in Church Circle. During the contest, Regions Bank will be hosting an Open House with special entertainment from 4:00 until 9:00 pm. The houses will be on display in the Regions Bank lobby at Church Circle throughout the holiday season, from November 27, 2007 until January 2, 2008.

The prize categories are:

5-7 yrs	\$50	\$25
8-12 yrs	\$150	\$100
13-17 yrs	\$150	\$100
18 yrs +	\$150	\$100
Family Plus	\$150	\$100
Professional	\$250	\$150
Santa's Choice	\$100	

The "Family Plus" Category is new this year and is defined as a group of 5 or more

Please see "Gingerbread House Contest" on page 12

It's Time! Time to start planning for the Downtown Kingsport Association's 3rd Annual Gingerbread House Contest. So, gather your friends and family up for some fun in the kitchen creating a culinary work of art. It's a time for everyone—kids and adults to explore their creative talents and to

IN THIS ISSUE:

1. Write a Novel
1. Gingerbread House Contest
3. Fun Turkey Facts
12. Healthy Holiday
14. Family Night
17. Guy's Guide to Gift Giving
20. Smart Food Choices
23. Hands On! Museum

REGULAR FEATURES:

4. Family Finance
5. Father Knows Best
6. Home Cure
7. Say What?
8. Family Pet Spot
9. Homeschooling
10. Double Take
10. SUPER SUDOKU
13. Parenting
14. Creature Feature
15. Jr. Scientist
16. Recipes
18. Events Calendar
19. Crossword Puzzle
20. Yucky News
21. Crypto-Gram

PARTICIPANT



Write a Novel in November

The Young Writers Program of National Novel Writing Month is a fun, seat-of-your-pants approach to novel writing. Participants begin writing November 1 (or any time in November). The goal is to write a novel by midnight, November 30. The word-count goal for our adult program is 50,000 words, but our Young Writers

Program encourages teachers and students to work together to set reasonable, yet challenging, word-count goals.

The only thing that matters in NaNoWriMo is output. It's all about quantity, not quality. The kamikaze approach forces you to lower your expectations, take risks, and write on the fly.

Make no mistake: you will be writing a lot of strange stuff, and some of it will be just plain bad.

Please see "Write a Novel" page 4



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THE Magazine for the WHOLE Family

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MARY CHRISTMAS

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NOVEMBER WEEKLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • National Fig Week: 1-7 • World Communication Week: 1-7 • National Care Week: 3-9 • National Animal Shelter Appreciation Week: 4-10 • National Long-term Care Awareness Week: 4-10 • Dear Santa Letter Week: 5-9 • Kids' Goal Setting Week: 5-9 • Green Ribbon Awareness Week: 12-18 | <ul style="list-style-type: none"> • Childrens' Book Week: 12-18 • National Hunger & Homeless Awareness Week: 11-17 • World Kindness Week: 12-18 • Home Care Aide Week: 11-18 • Farm-City Week: 16-22 • Family Week: 18-24 • Game & Puzzle Week: 18-24 • Bible Week: 18-25 • Better Conversation Week: 19-25 • Travelers with Disabilities Week: 11/25 - 12/2 |
|--|---|

OCTOBER 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 • Learn Chinese Month • Lung Cancer Awareness Month • MADD's Tie One On For Safety Holiday Campaign (11/16-12/31) • Military Family Appreciation Month Link • National Adoption Month • National AIDS Awareness Month • National Alzheimer's Disease Month | <ul style="list-style-type: none"> • National American Indian Heritage Month • National COPD Awareness Month • National Family Caregivers Month • National Georgia Pecan Month • National Home Care & Hospice Month Link • National Hospice Month • National Inspirational Role Models Month • National Life Writing Month • National Marrow Awareness Month • National Novel Writing Month • National Peanut Butter Lovers Month • National Pet Cancer Awareness Month • National Pomegranate Month • National Roasting Month • National Scholarship Month • Prematurity Awareness Month • Vegan Month |
|---|--|

Fun Turkey Facts:

- Ben Franklin, in a letter to his daughter, proposed the turkey as the official United States bird.
- In 2005, the average American ate 16.7 pounds of turkey.
- In 2005, Turkey was the # 4 protein choice for American consumers behind chicken, beef and pork.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- The wild turkey is native to Northern Mexico and the Eastern United States.
- The male turkey is called a tom.
- The female turkey is called a hen.
- The turkey was domesticated in Mexico and brought to Europe in the 16th century.
- Wild turkeys can fly for short distances up to 55 miles per hour.
- Wild turkeys can run 20 miles per hour.
- Tom turkeys have beards. This is black, hair like feathers on their breast. Hens sometimes have beards, too.
- Turkeys' heads change colors when they become excited.
- Canadians consumed 305 560 695 pounds of turkey in the year 2005.
- Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the United States.
- Turkeys can see movement almost a hundred yards away.
- Turkeys lived almost ten million years ago.
- Turkey feathers were used by Native Americans to stabilize arrows.
- Baby turkeys are called poults and are tan and brown.
- Most of the turkeys raised for commercial production are White Hollands.



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Teach Your Children to Be Savers and Investors

steps, including the following:

- Reward children for saving. Children, like adults, tend to repeat behavior that is rewarded in some way. So, if you want your children to become good savers, you might want to match their contributions, either fully or partially, whenever they put money away, whether it's in a big jar or a bank account. Once they've saved a certain amount, you may want to let them withdraw part of it to purchase something they want.
- Exhibit restraint in spending. When you want to teach your children an important lesson, what you do is sometimes more important than what you say. So, if you want to stress the importance of delaying immediate gratification and avoiding excessive debts, you might want to talk about something like your car, if it's older, and say you wish you could get a new one. When your child asks why you don't, you can respond that you don't have the money for it now, and you don't want to borrow too much money to get one, because that would just mean a big payment later on.

Ideally, our children should learn good behavior from us. But when it comes to living within our means, and saving and investing for the future, we're not setting such a good example. Consider the following:

- Savings are low — The personal savings rate in the U.S. in 2006 and 2005 was negative — something that hadn't happened since the Great Depression. Thus far in 2007, the savings rate has crept into positive territory, but it's still anemic.
- Debt is high — Household debt, as measured by the ratio of debt payments to disposable personal income, has reached record highs over the past couple of years.

Of course, your children aren't responsible for our discouraging savings and debt trends. But if you'd like to help them boost their chances for achieving financial stability in their adult lives, you can take a number of

- Explain principles of investing. Even fairly young children can typically understand what it means to invest in stocks, if it's carefully explained to them. Use examples of the companies with which they may be familiar — Disney, McDonald's, etc. — and stick to the basics, such as the ability of anyone to own small pieces of these businesses. You might even decide to buy a few shares of one of these stocks and, along with your children, follow its returns.
- Give examples of inflation. If you want your children to become financially literate, they'll need to understand the effects of inflation. Start them out with simple examples, such as the cost of candy or milk when you were a child versus those costs today. Then, explain that as the cost of virtually everything goes up over time, you need to put some of your money in investments that can potentially grow faster than the rate of inflation.

By following these basic suggestions, you can help your children develop financial behaviors to serve them well throughout their lives. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

"Write a Novel"

continued from page 1

But that's a good thing. By forcing yourself to write so intensely, you are giving yourself permission to make mistakes, to forgo the endless tweaking and editing. For 30 days, you get to lock that inner editor in the basement, let your imagination take over, and just create!

As you spend November writing, you can draw comfort from the fact that, all around the world, other National Novel Writing Month participants of all ages are going through the same joys and sorrows of producing the Great Frantic Novel.

In 2006, over 79,000 adults participated through our main site,

and 15,000 young writers participated through our Young Writers Program. This year we are expecting over 100,000 kids, teens, and adults total to take on this challenge.

So, to recap:

What: To meet your word-count goal, and write a novel from scratch in one month's time. You will be able to enter your chosen word-count goals in your profiles starting November 1.

Who: You! We can't do this unless we have some other people trying it as well. Let's write laughably awful yet lengthy prose together.

Why: The reasons are endless! To write freely without having to stress over quality. To be able to make

references to passages from our novels any chance we get. To be able to mock real novelists who take far longer than 30 days to produce their work.

When: Sign-ups begin October 1, 2007. Writing begins November 1. To be added to the official list of winners, you must reach your word-count goal by November 30 at midnight. Once your novel has been verified by our web-based team of robotic word counters, the celebration begins.

For more information and to sign-up go to: www.ywp.nanowrimo.org **FPT**

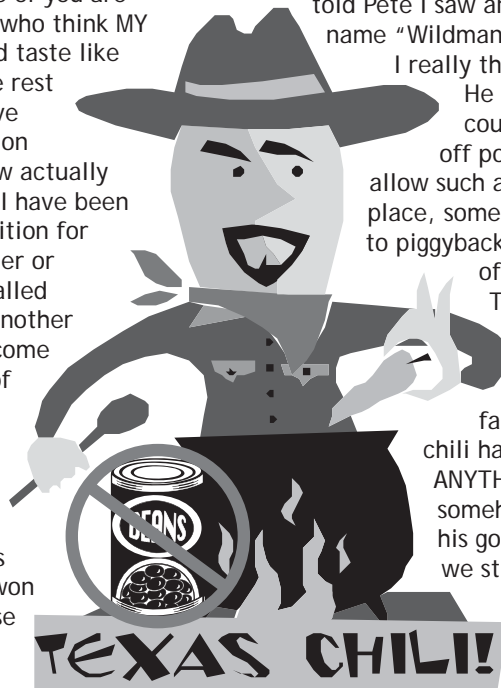
? If April showers bring May flowers, what do May flowers bring?...Pilgrims
? Which cat discovered America?Christofurrry Columbus



By Chris Joker

It's a Little "Chili" Out There!

Chilly weather means...CHILI. Everyone has his or her own idea of what chili should taste like. Some of you are right. The one's of you who think MY chili is what chili should taste like are the right ones. The rest of you are wrong! I have been cooking competition chili for many years now actually I should rephrase that, I have been cooking chili in competition for many years now, whether or not MY chili could be called "competition" chili is another matter. Actually I did come in second in the state of North Carolina...once about 20 years ago, you know back when there were lots of hard core competitors. Not like today when it's easy to win (I haven't won again, obviously because I want to give others a chance). Every Fall the boys and me pack up our stuff and meet at Tanglewood in Clemmons North Carolina for the NC chili championship to benefit the March of Dimes. There are four principals and a bunch of stragglers, now that I think about it, none of the stragglers have ever returned for a second year...hmmmm. Maybe it's the fact that we camp-out and don't bathe for two days or maybe its because the only thing we eat for two days is chili and chips. In any case the four guys who make it every year are; me, cooking under the Joker's Wild banner, My brother-in-law twice removed Rob (he WAS married to my ex's sister... I like him, so I retained custody), cooking under the banner of "Mega Hurts" chili, yeah he's a geek, Greg Kaufman cooking under the banner of



"Chili con Kaufman" and my brother Pete cooking under the banner "Wildman" and any other wild male-type moniker we could think of and here's why; three years ago Pete only cooked under the name "Wildman" but that year, as we were picking up our cook's registration stuff I

told Pete I saw another chili with the name "Wildman's" chili. Honestly I really thought I did, really.

He was furious. How could the "chili cook-off powers-that-be" allow such a thing to take place, someone else was trying to piggyback on the good name of "Wildman" chili.

This was awful close to copyright infringement! Never mind the fact that "WildMAN" chili had never won ANYTHING. It was somehow an affront to his good chili name. So we started telling him that we saw a chili using the name "Wild dude", and Wild guy", and "Wild

gentleman", and Wild boy", and "Wild fellow", etc. SO, the next year he entered chilis under all of those names, I think he single-handedly increased the money raised by the March of Dimes that year by 20%.

We (and by "we" I mean... me, because those other guys haven't a clue) cook Texas-style chili. You know, chili the way the good lord meant it to be. Texas-style has NO BEANS, that's right I said NO BEANS. It also does not have any vegetables floating in it. No onion, no peppers, no tomatoes, NOTHING FLOATING. We use these things we just use dried, powdered or liquefied, variations of them. Also the meat is

beef. Just beef. Not pork, not chicken. BEEF! With the possible exception of a little venison, rattlesnake, squirrel, Opossum or whatever type of road kill you come across on the way to the cook-off. Texas-style chili also is NOT made with ground beef. No! Its cubed beef, about the size of the tip of your little finger, which the tip of my little finger may or may not have been a secret ingredient in the winning chili from years ago...oh so many years ago, but I digress. The cook-off now has 3 categories, Texas-style, Creative Fee-style (yes you can put beans, rice, grits, cocoa puffs or whatever you want in this one) and last year they added vegetarian. Yes, vegetarian. I don't know, to me vegetarian chili is kind of like kissing your sister. It's still a kiss but... Actually it's exactly like kissing MY sister because just as with eating some stranger's vegetarian chili there is a good chance it will make you sick to your stomach. Recognition is given for the top 10 placing chilis. Last year, the first year of vegetarian, they had 8 entries so, naturally, every entry won. This drove Pete crazy. He started saying you could enter anything under vegetarian chili, "you could enter ice-cream, that's what I'm going to do next year, enter ice-cream for vegetarian chili." You may remember from an earlier column that my brother Pete passed away last year so this year in honor of Pete we entered Wildman and Wildman's chili under his name. Wildman's chili was entered in the vegetarian category. Yes, we entered ice cream. It was his favorite, mint-chocolate chip with peanuts and chocolate sauce. We bought some dry ice and managed to keep it frozen until turn in time. I would have LOVED to see the faces of the judges when they opened the container and found ice cream. Alas, they only gave 3 prizes for vegetarian chili this year and apparently, ice cream did not make the cut.

Please see "Chili" on page 7



Home Cure Ear Infections and Aches

It is important to know what is causing an earache, as different causes should be treated differently.

Swimmer's Ear is a fungal infection, and almost any type of fungus is quickly and effectively treated with vinegar.

Swimmer's Ear: Mix white vinegar 50/50 with clean water. Drop into ear, and wiggle ear to ensure it goes all the way in. the vinegar creates a pH environment that is inhospitable to fungus, and the little bit of extra water will run out and not cause further problems as long as you dry your ear carefully.

Take a clean long sock, most likely a men's sock, put about a cup of rice in the sock and heat it in the microwave for about a min. then put it on the ear that is hurting and take some pain medicine. not only does this take away the pressure causing the pain but if you do this often enough it will drain the build up in your ear

Earache relief

Use ajwain oil as an eardrop

Put sweet oil inside the hurt ear and then stick a cotton ball inside it and lay down on the opposite side.

For bad ear aches/infections squeeze lemon juice in your ear, keep it in for a few seconds, and then let it drain out. I put a towel over the ear so it doesn't drain onto your hair. The lemon has to do with changing the PH levels in your ear. The bacterium is a base, and if you add the lemon, an acid, it neutralizes the PH levels in your ear so that the bacteria cannot live in there!

4 BIG Tablespoons of garlic, some water,

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

enough olive oil to fully cover the bottom of a saucepan, chopped onion. Let the mixture simmer in a saucepan (stir occasionally) until the garlic looks chunky and dry then strain the juice into a bowl or cup and use an eye dropper to put it into your ear hold your head sideways for about 5-10 min..

Garlic oil. Just break open a capsule and pour it in your ear. Lay down on the opposite side for a few minutes. About 20 minutes later the pain should be gone

Use the warmed juice of mango leaves as eardrops.

It really is all about heat, no matter what you use really. Just a warm liquid or heating pad

Use a capful of regular hydrogen peroxide in the affected ear. Hold the head tilted and keep in ear for about 5 minutes, and then turn head and drain onto a cloth for several minutes

Place a drop of garlic oil or lobelia extract into the ear and rub softly. Do this three to four times daily.

Heat a saucer in hot water, then wrapped it in a towel and put in on the opposite ear that is hurting.

If you have an earache try using a blow dryer to blow heat into your ear.

Use the juice of marigold leaves as ear drops.

Take hops in capsule or tea form to help the healing process.

Crush a small onion, take a dab of cotton wool and soak it into its juice. Turn your head to the side, and slowly press the cotton wool, so that the juice drips into the ear. (Onions have an anti-inflammatory effect)

Baby oil. Take a spoonful and warm it (NOT hot). Then pour it in the hurt ear and lay on the opposite side.

Warm grated onion slightly in microwave,

and drop a few drops of juice into ear with dropper

Dip a q-tip in Vicks rub and put in your ear but not deep then put a piece of cotton in your ear but leave some out so you can pull it out then put a heat pad on the sore ear and lay down.

Soak a cotton swab in rubbing alcohol (isopropyl) and gently swab the sensitive tissue within the ear canal.

Apply ice to the affected ear to help with pain. Apply a warm baked onion to the affected ear to help with inflammation.

Warm baby oil and drop it in your ear, lay on the opposite side

Mix a Tsp of peanut butter with a tsp of olive oil and heat in the microwave for one min.. until it becomes a light syrup take a swab or cotton ball and place mixture on the tip and insert in ear make sure you leave enough out to pull it out when you are finished it really works!

Melt some margarine and use an eyedropper to squeeze it into your ear. Keep it in for about 5 minutes and then let it drain on a towel.

Large (important so as it doesn't get lost!) garlic clove warmed in the microwave for a few seconds then placed just inside the ear canal will treat infection and soothe away pain.

Warmed bread placed against the outer ear will draw out infection and soothe.

Grind a few basil leaves and extract some juice. Apply 2 drops inside the ear.

Boil 3-4 cloves of Garlic in some water. Mash them and add a pinch of salt. Wrap this poultice in a flannel or woolen cloth and place on the aching ear.

Pour some garlic juice in the paining ear. Its antibiotic qualities help to relieve the pain.



Say WHAT???

"Lucky break"

Meaning:

Good luck, good fortune, stroke of good luck

Origin:

The most likely origin seems to come from the game of pool or snooker. In pool or snooker, the game begins with the balls arranged in a set position. The first player then uses the cue ball to break the formation. The "break" is largely a matter of chance; the skill in pool comes into play AFTER the break. With a good or lucky break a skilful player can go on to pocket many of the balls towards winning the game. A bad or unlucky break gives the other player the opportunity to play and pocket balls towards winning the game.

Another possible origin is from the "break" or interruption in a street performer's act during which he would pass around a hat for the audience to show their appreciation by putting in money. If

the performer had a "lucky break" he would get a lot of money.

A lucky break may also originate with the wishbone. The tradition with a wishbone is that two people grab the bone, one on each side and pull until the bone breaks each person making a wish while doing so. The person who gets the "long half" of the wishbone will have his or her wish come true. If the wishbone breaks evenly, both parties get their wishes. So a lucky break would leave one with either the larger half or at least an even size to the other person's. **FPT**

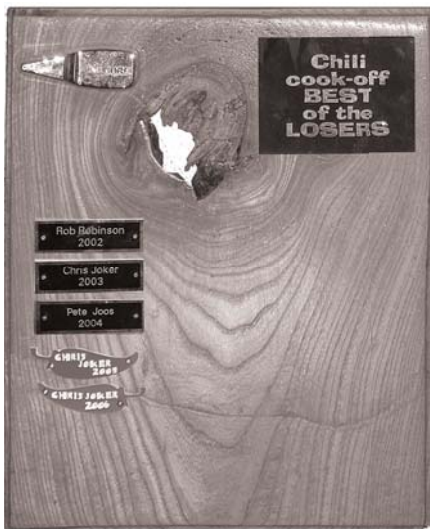
? Why did Johnny get such low grades after Thanksgiving?

Because everything is marked down after the holidays

Chili

continued from page 5

About 6 years ago we (my motley crew of crude, smelly men) decided we were tired of not winning so we did what any self-respecting competitor would do given the same circumstances. That's right we created our own award, the "best of the losers" award. The plaque is made from an old knotty board with a slightly used almost shiny toilet flusher attached to make it slightly crudeassy (crude AND classy). I had my friends Phil and Mickey at the Trophy Shop engrave a metal plate, which reads, "Chili Cook-Off Best of the Losers". They agreed after I promised to let them hide the plaque in the back while they did the work and to never mention to anyone that they had done the work, so don't tell



"BEST OF THE LOSERS"

anyone. Also please don't mention to them that I stole a Trophy shop sticker to put on the back to give it a sense of authenticity. Every year after we are not announced as official winners we go back and check the judge's scores for our chilis. Actually this year we didn't even wait for the official announcement we went straight back to check the scores since we knew we wouldn't be getting an official award anyway. Whoever does best out of our group wins the "Best of the Losers" so far I am a 3-time winner? Loser? My children are so proud. Anyway the second chili we entered for Pete was in the Texas-style category. We combined all of our chilis into one entry and guess who was the best of the losers?

Wildman chili pulled it out. So next Fall if you are in the mood for some good chili be sure to come by the March of Dimes Chili Championship in Tanglewood, NC. Just don't stop by our booth because, again I said if you are in the mood for some "good" chili. **FPT**

Last month's HARD answer

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

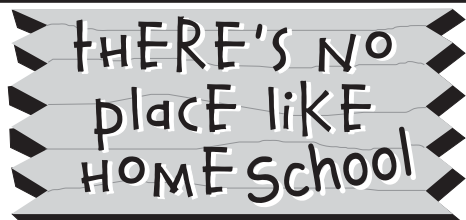
SUDOKU REALLY HARD

Instructions on page 21

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



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



Does a Stress Free Holiday Season Exist? 10 Great Tips to De-stress Your Christmas

By: Lisa Baughn

Are you already fantasizing about a stress free holiday season but thinking it is nothing more than an elusive dream? If you are like most homeschool families, the holidays can turn into a deluge of invitations to serve, go and do, punctuated with children events, Christmas plays, church performances, recitals and the Nutcracker, with a few family events and traditions hurriedly thrown in for good measure, not to mention those out of town relatives you'll be hosting for two weeks! Here are 10 great tips to help de-stress your life this Christmas season!

1. Call a family meeting! Define what stress means in YOUR family, what activities cause it and then eliminate as many as you can. Take the time to listen to your children, you will be amazed at how honest and concise they can be about their favorite holiday traditions and also about what they do not want to do!
2. Create a Holiday Budget for gifts, food, entertaining and whatever you plan to do during the holidays. Stick to it and breathe a sigh of relief that you are not running all over town, spending wildly without thought.
3. Get organized early this year! Yes, notice this is NOVEMBER! Download Flylady's FREE Holiday Journal at www.flylady.net/pages/holidaycruising1.asp You have created a thoughtful family holiday plan

already, so write it down, plan it out, and work your plan! Includes lots of space for menu planning and helpful hints.

4. Advent celebration is a wonderful way to slow down and really focus on Christ, the Reason for the Season. December 2 is the first Sunday of Advent 2007. Advent books can be found at www.christianbook.com and a free Advent e-mail.
5. Create a Jesse Tree, including ornaments at www.eriesd.org/jesstree.htm Devotionals at www.crivoice.org/jesse.html
6. Decide that this year, SCHOOL can be CHRISTMAS! Create the Jesse Tree, do Advent, etc, and give yourself permission to be okay with it! Never forget that we are teaching our children how to live life. Not only will it reduce the frenetic pace of the season, but also it will help your children learn a great life lesson, holidays planned with less stress.
7. Collect all of your favorite Thanksgiving and Christmas books in a big basket. Let everyone choose a book, and read aloud to the whole family (counts as school!)
8. Batch cook ahead! Purpose to feed the freezer for extra holiday meals on those crazy nights when you do opt to be out. Begin now to stockpile casseroles in the freezer that are perfect to save a night of cooking later! Make one a week from now until Christmas, and you will have over a week of delicious, home cooked dinners. For recipes go to www.theprudentwife.com and click on Simple Holidays. These aren't

the healthiest, but they are better than fast food (and help you stay on budget)

9. Decide, as a homeschool family, that it is okay, this one little year, if you don't do EVERYTHING! Give yourself permission to relax, and then do it. How many Christmas seasons are begun with that ever-expanding promise to simplify and take it easy, yet we never find time to do it! Let there be space on your calendar...and fight the urge to fill it in.
10. Stress Buster Extraordinaire -- Learn a new phrase and use it! "No, thank you!" It may tickle the tongue and feel absolutely foreign, rolling off like mud, but you will quickly get used to it and be thrilled with the peace it will give you!

You can have less stress this Christmas season, but it takes effort! Stop by my new website, www.theprudentwife.com and sign up for our newsletter for holiday recipes, ideas and ways to save time, money and sanity! And look for more information on the 2nd Annual Tri-Cities Midwinter Conference and Book Sale, the first weekend in February! **FPT**

- • • • •
- **ATTENTION HOMESCHOOLERS**
- ages 5-12. Join Hands On November 8 at 2pm for a FREE videoconference with the Smithsonian Museum of American Art in honor of Veteran's Day. "America's Signs and Symbols" is a program studying the color, design, and passion of patriotic art. Pre-registration is required and class size is limited to 30 students. Please call Hands On!
- • • • •

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

- Minnesota, North Carolina, Arkansas, Virginia, Missouri and California are the leading producers of turkey in 2005. These states produced 166 million of the 256 million turkeys raised in 2005.
- Illinois produced 2.9 million turkeys in 2005 and ranked 15th in turkey

production in the United States.

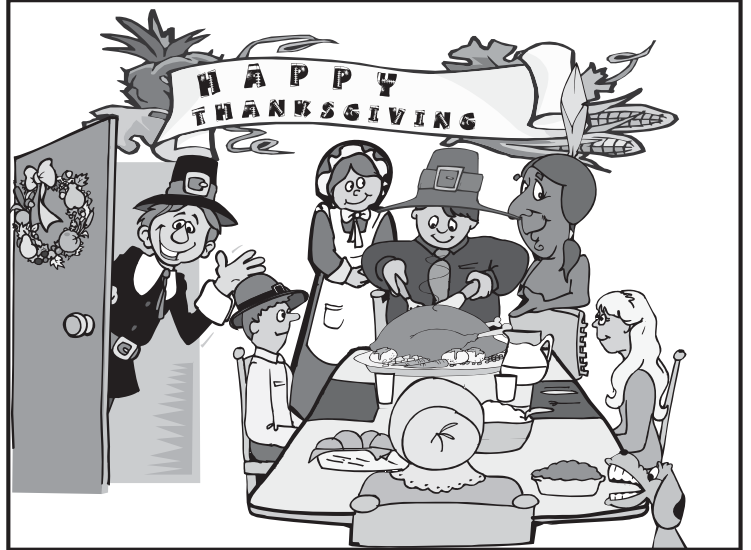
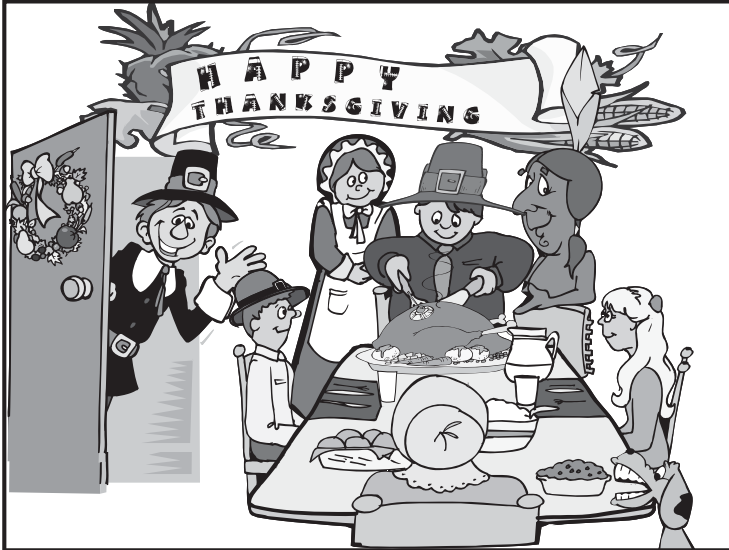
- A 16 week old turkey is called a fryer. A five to seven month old turkey is called a young roaster and a yearling is a year old. Any turkey 15 months or older is called mature.
- The ballroom dance the "turkey

trot" was named for the short, jerky steps that turkeys take.

- Turkeys don't really have ears like ours, but they have very good hearing.
- Turkeys can see in color.
- A large group of turkeys is called a flock.
- Turkeys do not see well at night.

DOUBLE TAKE

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



SUPER SUDOKU

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

Potato bowl
Turkey
Girl chair
Door height
Pilgrim bonnet
Girl bow
Apron pocket
Glass of milk
Placemat
Milk pitcher
Tie
Dog car
Boy mouth
Boy nose
Wreath
Pie
Feather
Dad hat buckle
Rolls
Doorknob
ANSWERS
DOUBLE TAKE

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

Easy Answer From last month

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

? What happened when the turkey got into a fight?

... He got the stuffing knocked out of him

? Why did the turkey cross the road?

...It was the chicken's day off



Senior Safety Begins in the Home

Household accidents can happen at any time and to people of all ages, but the likelihood increases exponentially with age. According to the National Center for Injury Prevention and are the leading and serious injury

Control, falls cause of death among Americans age 65 and older. Additionally, two-thirds of those who fall will end up doing so again within six months. So, what can you do to ensure that an older loved one stays safe in both their home and yours?

The following safety tips will keep your older loved ones safe in the home:

- Make sure to keep electric cords and small items out of the high-traffic areas of your home. Vision begins

to decline later in life, and it can be easy to stumble over hard-to-spot hazards lying on the floor.

- Because the majority of slips and falls take place in the bathroom and around the tub, efforts to improve safety in this area should be a primary point of focus. The Archimedes Bath Lift by firstSTREET helps fragile seniors rediscover the luxury of a warm, relaxing bath by giving them a fully immersible, remote-controlled bath chair that can gently raise and lower an individual into the water as they choose, helping to prevent slips and falls.

- All bath mats, rugs and runners should have slip-resistant backing. Periodically lift all rugs and inspect the backing to see whether it needs to be replaced.

- At older ages, we are much more susceptible to burns from hot water. To

prevent this, set the temperature of your water heater below 120 degrees.

- Keep a fire extinguisher handy in the kitchen, and make sure it's easily accessible. Check the gauge every month to make sure the extinguisher is still full, and teach seniors the correct way to use it should a house fire ever occur.

- Check all stair railings,

both inside and outside the home, to be sure they are safe and secure.

For more information on the Archimedes Bath Lift or other home products for seniors, call toll-free (800) 807-6304 or visit www.BathLiftDirect.com. **FPT**

Courtesy of NewsUSA

- A domesticated male turkey can reach a weight of 30 pounds within 18 weeks after hatching.
- Turkeys are related to pheasants.
- Commercially raised turkeys cannot fly.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.
- Wild turkeys spend the night in trees. They especially like oak trees.
- Wild turkeys were almost wiped out in the early 1900's. Today there are wild turkeys in every state except Alaska.
- Turkeys are believed to have been brought to Britain in 1526 by Yorkshireman William Strickland. He acquired six turkeys from American Indian traders and sold them for tuppence in Bristol.
- Henry VIII was the first English King to enjoy turkey and Edward VII made turkey eating fashionable at Christmas.
- In England, 200 years ago, turkeys were walked to market in herds. They wore booties to protect their feet. Turkeys were also walked to market in the United States.
- For 87% of people in the UK, Christmas wouldn't be Christmas without a traditional roast turkey.
- Turkey breeding has caused turkey breasts to grow so large that the turkeys fall over.
- June is National Turkey Lover's Month.



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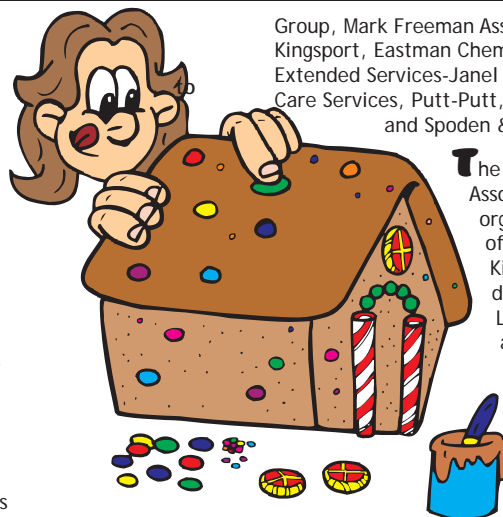
Gingerbread House Contest

Continued from page 1

working together. A group can consist of a family, church groups, civic groups, neighbors, or businesses. The "Professional" Category is defined as any person who is employed as a culinary professional, including (but not limited to) chefs, bakers, pastry chefs, etc. and any person who creates gingerbread houses to sell at retail stores, craft fairs, flea markets, retail websites, etc. The Kingsport Public Library has Gingerbread House cookbooks and videos available for your use. Entries must be made primarily of gingerbread and entirely of edible products, except for the base. There is a place for everyone, whether you want to create your own gingerbread house or if you just want to admire what others have created. Everyone can participate by voting for their favorite in the "Santa's Choice".

The deadline register is Friday, November, 16, 2007. Applications may be picked up at the Downtown Kingsport Association, located at 140 W. Main Street in Downtown Kingsport or by visiting the website at www.downtownkingsport.org. For more information, contact the Downtown Kingsport Association at 423-246-6550.

Thanks to the generous sponsorships of: Regions Bank, Holston Medical



Group, Mark Freeman Associates, The Oaks of Kingsport, Eastman Chemical, Domtar, Oak Hill Extended Services-Janel Croy, Care Central Senior Care Services, Putt-Putt, East Tennessee Masonry, and Spoden & Wilson.

The Downtown Kingsport Association is a non-profit organization with the mission of making Downtown Kingsport a preferred destination for people to Live, Work, Shop, Learn, and Relax. DKA is a 2007 Certified National Main Street Program. **FPT**

Alterations For A Healthy Holiday

By: Maggie Morris



Chef Carl Behnke

A Purdue University chef says a little extra planning can go a long way toward preparing holiday meals that are healthier and still taste special.

"Start by cooking stuffing separately," said Carl Behnke, a

chef instructor in hospitality and tourism management. "If stuffing is cooked inside the turkey cavity, it acts like a sponge that absorbs uncooked juices. It cooks so slowly it's difficult to reach a safe serving temperature."

Behnke said slight changes to traditional holiday dishes could make them low-fat and guilt-free, such as with:

- **Cookies:** Cut butter to half of the recipe's recommendation and substitute an equal amount of cream cheese for a unique flavor.
- **Gravy:** Use cornstarch dissolved in cold water, known as a slurry, as a low-fat thickening agent. Slowly whisk it directly into boiling liquid and stop when it reaches the desired

consistency.

- **Cream dishes:** Substitute low-fat or fat-free evaporated milk. There may be a slight flavor change when doing this, so compensate with fresh herbs and seasonings.
- **Mashed potatoes:** Use cream cheese instead of butter and low-fat yogurt or evaporated milk instead of cream. When used in combination with strong flavors such as roasted garlic or chives, this variation can create a satisfying new item that stands alone and won't be compared with the traditional standard.
- **Vegetables:** sauté in olive oil blended with canola or vegetable oil instead of butter. For roasting, use olive oil cooking spray to lightly

coat carrots, parsnips, potatoes, beets, turnips, rutabagas or hard squash, such as butternut or acorn squash. Roast until a paring knife easily slips out of the vegetable. **FPT**



THE magazine for the WHOLE family

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PARENTING

The Family That Plays Together Stays Together

Children are only children a very short time before they head out into their own lives, busy with friends, college, jobs and, eventually, their own families. Research shows that children who enjoy a strong family life become happier and more successful adults.

One of the most effective ways to strengthen a family is to create a family fun night, an evening set aside each week when the family gathers to spend time together. According to Alvin Rosenfeld, M.D., and creator of www.nationalfamilynight.org, family time spent together strengthens the unit and "is what eventually makes for a good, meaningful family and a truly strong nation."

The format can vary, but families are encouraged to forgo electronic entertainment such as TV and video games and create activities that promote conversation and interaction among family members. Board games, arts and crafts, skits, talent shows, even team competitions playing ping-pong and foosball bring the

family together.

The challenge for many families, however, is where to hold a fun night. It can be too messy for the living room, requires more space than a bedroom, and mom certainly doesn't want it in the kitchen. The basement would be the perfect location but that's often a cold,

recently moved into a new home and wanted a room that would give their family a place to play together. Although the Gagnons have a large home, they wanted their play area to be separate from the rest of the house to make their family time special. Their solution was to convert their unfinished concrete basement into a warm, inviting

space that includes a large family playroom. "Finishing our basement has changed our family life," says Gagnon. "I never had a basement growing up, but since we finished our basement, we spend most of our time with our children down there." Best of all for the Gagnons, the project was completed in about two weeks.

The quick completion time was achieved by forgoing traditional drywall



Courtesy of Owens Corning

dark space with a concrete floor and concrete walls.

Keelin Gagnon, from Cold Springs Harbor, N.Y., has three children. She and her husband

construction. Instead, the Gagnons converted their basement using a system specially designed for finishing

Please see "Family Night on page 14

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Family Night

continued from page 13

basements that offers a variety of valuable advantages over drywall. The Owens Corning Basement Finishing System is installed with virtually none of the mess and dust involved with traditional drywall construction. It consists of walls made of fiberglass insulation faced with an attractive, stain-resistant fabric. "When we do art projects, the kids love to tack their work on the walls when they're done," says Gagnon. "And when we have an art fun night, I don't worry about the kids getting paint or crayon on the walls because they clean up so easily."

Family fun night can get a little rowdy in the Gagnon's home so it helps that their space can withstand physical play. Whether it's a wayward Frisbee

or roughhousing gone awry, the walls help cushion the impact. If family fun night gets noisy, that's OK, because the walls feature acoustic insulation that helps absorb sound, unlike drywall, which reflects and echoes sound. And the basement is energy efficient, as well. The walls are insulated so the basement stays cozy in the winter and cool in the summer, and since the walls let moisture pass through them, the Gagnons worry less about mold and mildew in their basement.

The basement has become the family's favorite room in the house and the Gagnon kids are clamoring for family fun night every night of the week. "I don't even have to schedule family fun night any longer. The kids love the basement so much that we always end up down there in our spare time," says

Gagnon.

The Basement Finishing System is installed by certified installers. For additional information or to locate an installer in your area, call (800) BASEMENT or visit www.BasementFinishingSystem.com. **FPT**

Courtesy of ARAcontent

Turkey Cooking Tips To Prevent Food Poisoning

- ➔ Keep turkey in its original wrapping, refrigerated until ready to cook.
- ➔ Be sure the sell-by-date has not expired.
- ➔ Defrost a frozen turkey by refrigeration or a cold-water bath. Don't defrost a turkey at room temperature.
- ➔ Bacteria can multiply on outer layers before inner layers have defrosted.
- ➔ Allow one day for every 5 lbs. in the refrigerator. In a cold water bath, change the water every 30 minutes. A 20 lb. turkey will take 12 hours to defrost in cold water.
- ➔ Don't leave an uncooked thawed turkey out of the refrigerator longer than two hours.
- ➔ Use a meat thermometer to check if the turkey is done. The turkey should cook until the internal temperature reaches 180-185 degrees.
- ➔ Pierce the turkey in the thickest area of the thigh, making sure the juices run clear not pink.
- ➔ Remove the stuffing immediately after the turkey is cooked. Don't stuff the bird the night before cooking.
- ➔ Don't leave leftovers out on the counter longer than three hours.
- ➔ Store the turkey and stuffing separately. Don't store leftover stuffing in the bird.
- ➔ Store leftover turkey in the refrigerator and use within 3-4 days. Store leftover stuffing and gravy in the refrigerator and use within 1-2 days.
- ➔ Don't re-freeze a thawed uncooked turkey.

CREATURE FEATURE

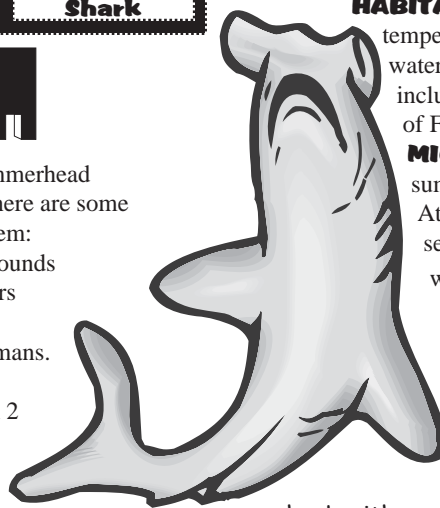
By: Georgia Teich

Great Hammerhead Shark

DIET: stingrays, grouper, catfish, sharks, crabs & squid.

HABITAT: Found in temperate & tropical water worldwide including both coasts of Florida.

MIGRATION: In summer along the Atlantic Coast seeking cooler water.



What happens when you cross a great white shark with a cow?

I don't know... but I wouldn't want to milk it.

The tales of the great hammerhead shark may be legend, but here are some undisputed truths about them:

Weight: 500 to 1,000 pounds

Life span: 20 to 30 years

Danger: Ranked 7th in unprovoked attacks on humans.

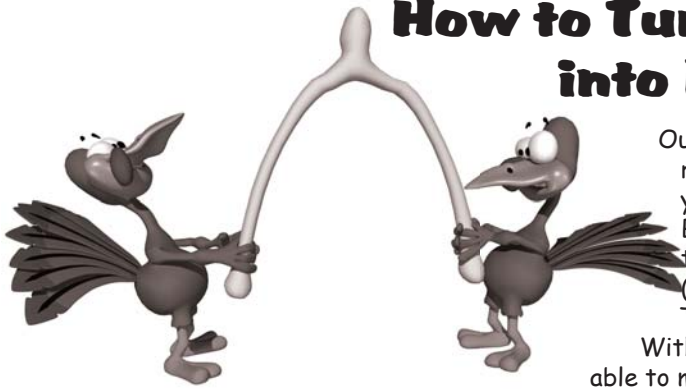
Length: Largest of the hammerhead species, born 2 ft. matures to 7 to 8 ft, but can grow to 13 to 20 feet long.

Features: Wide-set eyes resembling the head of a hammer; dorsal fins; gray-green on topside, off-white underside; serrated, triangular teeth

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

By: Family Pastime Staff

How to Turn a Wishbone into Rubber



The purpose of the following experiment is to show the importance of calcium in our diet. Our bones need calcium to stay strong so that we can do things like run, jump, and play. We get calcium in dairy foods such as cheese, yogurt, and milk, and in vegetables like broccoli, spinach, and kale. But what happens to bones if they don't have enough calcium? In this experiment we use vinegar, which is a form of acetic acid ($\text{HC}_2\text{H}_3\text{O}_2$), to eat away and dissolves the calcium in the wishbone. This simulates the effect of not getting enough calcium in your diet. Without calcium, bones lose their rigidity and will not be as able to make new bone cells.

SUPPLIES:

- Cleaned wishbone (or other bone)
- A second bone (the second bone will be your control— controls give a baseline against which to compare experimental results)
- 2 jars, large enough to fit the bones, with lids white vinegar (5%)

HOW TO:

1. Ask an adult to cut as much meat off the bones as possible
2. Put the wishbone bone in one jar
3. Fill the jar with enough vinegar to cover it
4. Put the other bone in the other jar (no vinegar)
5. Put the lids on both jars
6. Let the bone soak for two days, then pour off the vinegar.
7. Check the bone to see if you notice it getting "rubbery"
8. Check your results against the

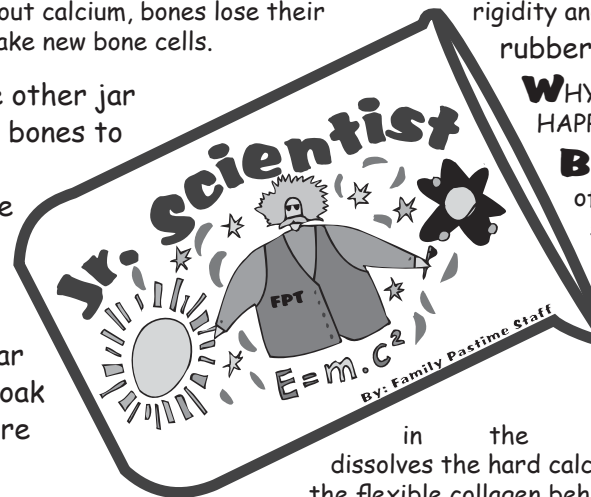
bone in the other jar

9. Return the bones to their jars.

10. Add some fresh vinegar to the wishbone jar and let it soak for two more days.

11. Check them again.

12. The flexibility of the vinegar soaked bone increases each time you check it. Repeat this procedure until the wishbone becomes as soft and flexible as



rubber

WHY THIS HAPPENS:

Bones are made of hard minerals such as calcium carbonate and a soft material called collagen. The acid

in the vinegar dissolves the hard calcium, leaving only the flexible collagen behind. Calcium is essential for strong teeth, bones, and a healthy diet. Milk and other dairy products are primary sources of calcium, as are dark green, leafy vegetables. Many foods have been fortified with added calcium. By eating a wide variety of foods with calcium, you can help make sure to get the calcium you need each day to stay strong and healthy. **FPT**

- Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.
- The five most popular ways to serve leftover turkey is as a sandwich, in stew, chili or soup, casseroles and as a burger.
- Eating turkey does not cause you to feel

- sleepy after your Thanksgiving dinner. Carbohydrates in your Thanksgiving dinner are the likely cause of your sleepiness.
- 50 percent of U.S. consumers eat turkey at least once per week.
- Turkey is low in fat and high in protein.
- White meat has fewer calories and less fat than dark meat.
- For their first meal on the moon, astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets.

- Turkeys will have 3,500 feathers at maturity.
- Turkeys have been bred to have white feathers. White feathers have no spots under the skin when plucked.
- Most turkey feathers are composted.
- Turkey skins are tanned and used to make cowboy boots and belts.
- The costume that "Big Bird" wears on Sesame Street is rumored to be made of turkey feathers.

Aunt B.G.'s Chickpea and Roasted Pepper Soup

SUPPLIES:

- 2 TBS extra-virgin olive oil
- 1 med onion chopped
- 1 clove garlic minced
- 2 15 oz cans chickpeas drained
- 4 C chicken stock or vegetable broth
- 1 bay leaf
- 1 TBS chopped rosemary
- 1 8oz jar roasted peppers cut in strips
- Salt & pepper

HOW TO:

1. Heat oil in large saucepan over medium high
2. Add onion and sauté, stir constantly until lightly browned (5-7 minutes)
3. Add garlic and sauté for 1-2 min...
4. Add chickpeas and rosemary, mix well.
5. Pour in stock
6. Add bay leaf, reduce heat to med-low.
7. Puree jar of red peppers in blender or food processor and add to soup
8. Simmer one hour

Easy To Make Chocolate Chocolate Cookies

SUPPLIES:

- 1 pkg chocolate fudge cake mix
- 2 large eggs
- 1/2 C butter or margarine, melted
- 1/4 cup packed brown sugar
- 1 tsp vanilla extract
- 1 cup semi-sweet chocolate chips
- 1/2 cup chopped nuts

HOW TO:

1. Preheat oven to 350
2. Place cake mix, eggs, melted butter, brown sugar & vanilla in large bowl.
3. Stir with spoon until well blended.
4. Stir in chocolate chips and nuts.
5. Drop by level tablespoon onto greased baking sheets.
6. Bake at 350 for 12 minutes for chewy cookies or 14 minutes for crisp cookies.
7. Cool 2 minutes on baking sheets.
8. Remove to cooling racks and cool completely.
9. Store in airtight container.
10. Makes 3 1/2 to 4 dozen cookies.

Kid Friendly Recipes



Joker's Almost Famous Peanut Sauce

Great on Pasta and good for Carnivores and Herbivores alike

SUPPLIES:

- 3 TBS Peanut butter
- 1 TBS Teriyaki sauce
- 1 TBS Soy Sauce
- 1 tsp Garlic (fresh or dry)
- Favorite hot sauce Pinch Sugar
- 1 tsp cooking oil (I like Olive)
- Water
- Favorite Pasta
- (Optional) cut up cooked or canned white chicken or shrimp

HOW TO:

1. Cook pasta as per usual
2. While pasta cooks:
3. Heat 1/2 to 1 cup water until hot (microwave or stove)
4. Put peanut butter in mixing bowl
5. When water is hot slowly mix enough with the peanut butter to achieve a consistency similar to whipping cream.
6. Add the rest of the supplies (you can vary these to your taste and the desired viscosity of the sauce)
7. Put pasta in dish and add chicken or shrimp if desired then spoon over sauce and mix-in. Don't put too much sauce it is pretty rich.

Layered Taco Dip

SUPPLIES:

- Large can of refried bean (1st layer)
- Guacamole (2nd layer)
- 1 C sour cream and 1 C mayo mixed with taco seasoning (3rd layer)
- Chopped tomatoes (4th layer)
- Chopped olives (5th layer)
- Chopped onions (6th layer)
- Shredded cheese (top layer)

HOW TO:

1. On low heat bake in oven until cheese is melted

French Toast Fingers

SUPPLIES:

- 2 eggs
- 1/4 C milk
- 1/4 tsp salt
- 1/2 C strawberry preserves
- 8 slices day-old white bread
- Confectioners' sugar, optional

HOW TO:

1. In a small bowl, beat eggs, milk and salt; set aside.
2. Spread preserves on half the slices of bread
3. Top with the remaining bread
4. Trim crusts
5. Cut each sandwich into three strips
6. Dip both sides in egg mixture
7. Cook on a lightly greased hot griddle for 2 minutes on each side or until golden brown.
8. Dust with confectioners' sugar if desired.

Healthy Oatmeal Cookies

SUPPLIES:

- 1/2 C whole-wheat flour
- 1/2 C all-purpose flour
- 1 tsp baking powder
- 1/3 C vegetable oil
- 2/3 C packed dark-brown sugar
- 1 large egg
- 1 tsp pure vanilla extract
- 1/2 C rolled oats (not quick-cooking)
- 1/2 C dried currants or raisins
- 1/2 C chopped walnuts
- 1/2 C dark chocolate chips

HOW TO:

1. Preheat oven to 350 degrees.
2. In a medium bowl, whisk together flours and baking powder; set aside.
3. In a large bowl, whisk together oil, sugar, egg, and vanilla.
4. Add flour mixture, and stir to combine; mix in oats, currants, walnuts & chips
5. Roll into balls
6. Place on cookie sheets
7. Bake until lightly browned, 15 to 17 minutes, rotating sheets halfway through.
8. Cool 5 minutes on sheets, then transfer cookies to a wire rack to cool completely.

A Guy's Guide to Gift Giving, a.k.a The Guide to Delighting the Wonderful Women in Your Life

Right about now, most men are faced with the classic shopping quandary: What gift will delight the special woman in my life? Closets and drawers, shelves and storage bins are already filled to overflowing. Stuff she's got, but time, not. Time to kick back and take it easy for a few days or even a few hours; time for pampering. Between home and work, e-mail and cell phones, women struggle with an endless list of household and child-rearing chores. It's no surprise that they feel there's never enough "me" time. This year the answer is simple for every guy seeking

by men. Starting in 2004, gift cards replaced apparel as the gift purchase of choice, with approximately two-thirds of consumers purchasing at least one of them. So men, out with the sexy nightie and in with the plastic. Your lady wants a say in her gift this year and chances are, she'll choose to be pampered.

Guys, gift cards are the easiest way to give luxurious indulgence with the least amount of energy. For the

women on your list - including wives/girlfriends, mothers, sisters, and daughters - who have everything but time to relax, the gift of a getaway is a pampering gift card from your favorite getaway location.

For the gift of a relaxing B&B escape, one idea is The Getaway Gift Card from BedandBreakfast.com, welcomed at nearly 4000 B&Bs in the United States and Canada and

conveniently sold in \$50 and

\$100 denominations in thousands of Costco, Wal-Mart, CVS, and Rite Aid stores. Stuck on ideas for the perfect present? Wrap your gift of getaway in a new travel cosmetic case, enclosed handsome carry-on suitcase, and you have a gift that's sure to thrill. Another idea - pick up a wicker basket, and fill it with a bottle of wine or sparkling cider, two champagne flutes, a small box of fine chocolates, and a gift card, setting a romantic mood before you even leave home.

If you'd rather do your shopping online, just go to www.BedandBreakfast.com where you can buy and instantly print a customized B&B gift card, complete with your personalized message and choice of design. You can even upload a photo of you and your lucky lady



Jack and Jill room at the Inn at Main, Elizabethton

right onto your BedandBreakfast.com gift card.

Best of all, BedandBreakfast.com gift cards have no fees, expiration or blackout dates, and shipping is always free. Order from your own computer and in less than five minutes you have a gift that's sure to bring a smile and a kiss or maybe even two. For a fancier touch, call 800-GO-B-AND-B, and gift cards can be sent from BedandBreakfast.com in foil-lined envelopes with a free 64-page directory, a \$5.95 value. And guess what? She won't be the only lucky one. She'll surely want to take you along, so you get to enjoy your gift together!

A "pamper-me" gift card will be the hottest gift this holiday season. While you're at it, couldn't you use some pampering too? Buy the gift of getaway for her and get a little pampering for you too. **FPT**

Courtesy of ARA Content

- Israelis eat the most turkeys.....28 pounds per person.
- The caruncle is a red-pink fleshy growth on the head and upper neck of the turkey.
- Turkeys have a long, red, fleshy area called a snood that grows from the forehead over the bill.
- The fleshy growth under a turkey's throat is called a wattle.
- Turkey eggs hatch in 28 days.



Inn at Main, Elizabethton

the ideal gift - a ticket to pamper-land in the form of a gift card for a relaxing bed-and-breakfast getaway will be her favorite gift this holiday season.

The hottest new trend in retailing, gift cards are a guy's dream gift and a lady's delight. Archstone Consulting's 2007 Holiday Gift Card Survey examined the shopping habits of more than 1,000 Web users, finding that gift card purchases are expected to increase 25 percent over 2006. During the 2007 holiday season, \$35 billion in gift card sales are predicted, with the average American family spending \$184 on gift cards. According to the survey, men spend on average 32 percent more than women on gift cards and 90 percent of the highest per gift card expenditures (\$200-plus per card) are purchased



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. National Men Make Dinner Day
2. Plan Your Epitaph Day
3. Cliché Day, Sandwich Day
Hands On Art Studio Design safety warning label for your home and make a firefighter's hat!
JCPL, Family Storytimes 2 pm
4. Daylight Saving Time Ends, National Chicken Lady Day, Use Your Common Sense Day
Hands On Art Studio Design safety warning label for your home and make a firefighter's hat!
5. JCPL, Family Storytimes 6:30 pm
6. Saxophone Day
JCPL Two's Time (age 2)* 10 am, Preschool Pals* (age 3 - 5) 11 am, JCPL, K-1 Story Stretchers* (K-1st) 4 pm
7. Bittersweet Chocolate with Almonds Day
JCPL, 2's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11am
8. Cook Something Bold and Pungent Day, Jonesborough Library Homeschoolers' Workshop with Sonya Haskins 2 p.m. (423) 753-1830
Hands On 2pm - America's Signs & Symbols
Attention homeschoolers ages 5-12. 2pm FREE videoconference of Veteran's Day. Limited to 30 students. Please call Hands On!
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11am, JCPL, Adult Book Group Tales & Talk The Tender Bar by J. R. Mehringer 10:30 am, JCPL, K-1 Story Stretchers* (K-1st) 4 pm Registration required
9. Guinness World Record Day, Vietnam Veterans Memorial Day
Sycamore Shoals 25th annual Christmas craft show 11/9-11 free call (423) 543-5808 for hours
Johnson City, Charles Building downtown City Youth Ballet Celebrates 80 years of classical ballet in the Tri-Cities 7-11 pm call 975-5489 for reservations
10. Area Code Day, Marine Corp. Birthday
Sycamore Shoals 25th annual Christmas craft show 11/9-11/11 Admission is free call (423) 543-5808 for hours
- Bristol VA/TN Veterans Day Parade Downtown State Street 10:00 AM 276-466-4009
Hands On Art Studio Show our Veterans how much you appreciate them by adding your drawing to a mural for the VA Hospital.
JCPL, Bilingual Storytime Spanish / English 2 pm
11. Veterans Day
Sycamore Shoals 25th annual Christmas craft

- show 11/9-11/11 free call (423) 543-5808 for hours
Elizabethton Downtown Christmas Open House - Refreshments, special holiday promotions and all the merchants will be open
Hands On Art Studio Show our Veterans how much you appreciate them by adding your drawing to a mural for the VA Hospital.
12. I Need A Patch for That Day
JCPL, Family Storytimes 6:30 pm
 13. Young Readers Day, World Kindness Day
Elizabethton - Fraser Fir Tree Lighting Activities with local choirs and refreshments. 5:30 p.m. more information 547-3850. Free admission.
JCPL Books & Beyond* (grades 2 - 5) 4 pm
Hands On Feed the Hungry Bring in a non-perishable food item and receive \$1 off admission. All items donated to 2nd Harvest Food Bank.
JCPL Two's Time (age 2)* 10 am, Preschool Pals (age 3 - 5)* 11 am, JCPL, Watauga Association of Genealogists will assist individuals with their family research 6:30
 14. National American Teddy Bear Day
Hands On Feed the Hungry Bring in a non-perishable food item and receive \$1 off admission. All items donated to 2nd Harvest Food Bank.
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11am
 15. America Recycles Day, Great American Smokeout, National Bundt (Pan) Day
JCPL, Two's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11am, JCPL, Adult Book Group Tales & Talk The Tender Bar by J. R. Mehringer noon, JCPL Books & Beyond* (grades 2 - 5) 4 pm Registration required
 16. International Day for Tolerance
Hands On 6:30 Try your luck at the Hands On! Raffle. One grand prize of \$1,000 & five \$100 prizes. Call (423) 434-HAND x. 108. must be 18
Hands On 6:30 - 11:00 pm - Night of Lights Gala Take a Ride on the Polar Express and kick off the holiday shopping season. (423) 434-HAND
 17. Homemade Bread Day,
Johnson City Seniors' Center, 7th Annual Thanksgiving Celebration of Religious and Cultural Diversity, Bring: Potluck dish for every two people in your party indigenous to your culture and Canned food to benefit: Second Harvest Food Bank of Northeast Tennessee. Call 423 283-9329 for reservations, limit of 90 persons.
Hands On Art Studio 11/17- 11/25 - Shine a light

- of thanks by creating a popsicle stick lantern.
JCPL, Family Storytimes 2 pm
18. Mickey Mouse Day, Push-button Phone Day
 19. Have A Bad Day Day
JCPL, Family Storytimes 6:30 pm
 20. Name Your PC Day, National Adoption Day, JCPL 2's Time (age 2)* 10 am, Preschool Pals (age 3 - 5)* 11 am, JCPL, K-1 Story Stretchers* (K-1) 4 pm
 21. Pumpkin Pie Day, World Hello Day, JCPL, 2's Company (age 2) 10 am, Preschool Storytimes (age 3 - 5) 11am
 22. **Thanksgiving Day**, Humane Society Anniversary Day, Turkey-Free Thanksgiving Day
 23. Black Friday, Buy Nothing Day, Flossing Day, National Salesperson's Day, Sinkie Day, You're Welcomegiving Day
Abingdon, VA Barter Theatre A Christmas Carol begins info 276-628-3991 www.barthertheatre.com
Natural Tunnel State Park Christmas at the Tunnel 11/23-12/29, caroling, holiday lights and Santa 276-940-2674, naturaltunnel@dcv.virginia.gov
 24. International Aura Awareness Day
Hands On - Learn steps you can take to make a difference in energy consumption. Receive a FREE compact florescent bulb while supplies last.
 25. Blasé Day, Shopping Reminder Day
Hands On - Learn steps you can take to make a difference in energy consumption. Receive a FREE compact florescent bulb while supplies last.
 26. JCPL, Family Storytimes 6:30 pm
 27. JCPL 2's Time (age 2)* 10 am, Preschool Pals (age 3 - 5)* 11 am
 28. Rockefeller Center Christmas Tree Lighting Day
 29. Electronic Greetings Day
JCPL, Explorers *(K - 5th) JENNY KILGORE from Sycamore Shoals 4 pm, Adult Book Group Tales & Talk The Tender Bar by J. R. Mehringer 7 pm
 30. Computer Security Day, Stay Home Because You're Well Day
- Dec. 1 Tipton Haynes, Visions of Christmas 1861 more info 423-926-3631
Elizabethton Christmas Parade starts at 10:00 a.m. Candy, Santa and lot of floats will be there, information (423) 547-3850.
Dec. 1 Tipton Haynes, Visions of Christmas 1861 more info 423-926-3631
Elizabethton Christmas Parade starts at 10:00 a.m. Candy, Santa and a lot of floats will be there, information (423) 547-3850.

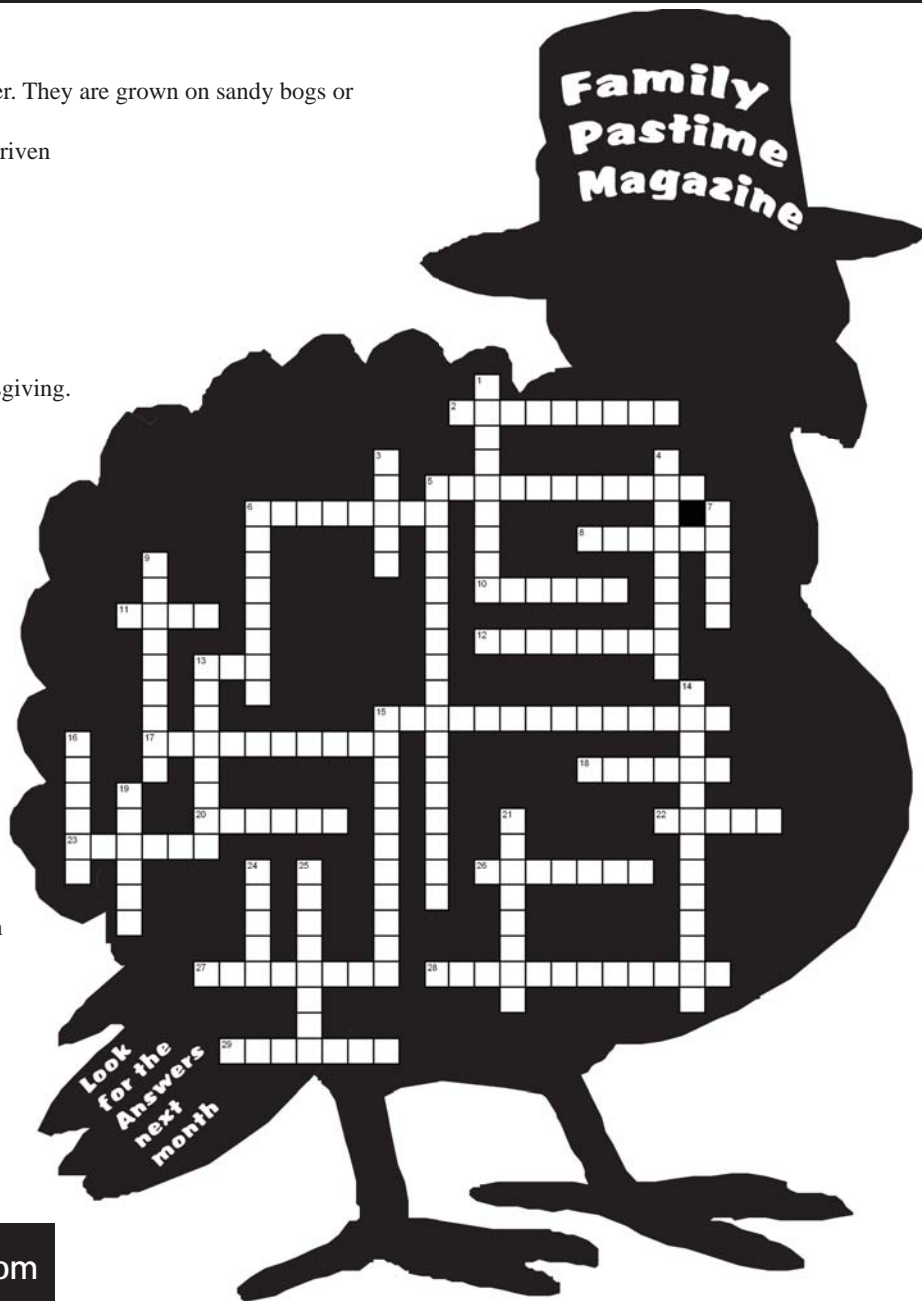
Crypto clue: e=n *Please Register 434-4458

Across

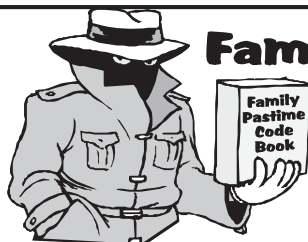
2. Pilgrim's ship.
5. Contrary to popular belief, these do not grow in water. They are grown on sandy bogs or marshes
6. The make of car the Pilgrims probably would have driven
8. Helps keep your bird moist.
10. The sound a male turkey makes
11. National turkey lover's month.
12. Month of Thanksgiving
13. Adult male turkey.
15. Creamed spuds.
17. Horn of plenty.
18. Comes to your house or you go to theirs for Thanksgiving.
20. Wild turkeys live in every state but this one.
22. Serve me in a boat.
23. Ben Franklin's choice for our national bird.
26. Traditional Thanksgiving pie
27. Pull on me and make a wish.
28. A day of thanks.
29. "Surprise" package inside your raw turkey

Down

1. Tribe that attended our first Thanksgiving.
3. What a baby turkey is called.
4. These seem to last forever after Thanksgiving.
5. This officially starts the day after Thanksgiving.
6. Wore funny hats with buckles on them
7. Where turkeys often sleep.
9. Part of a turkey and used on percussion instruments
13. On what day is Thanksgiving always held?
14. For his first meal on the moon he ate roast turkey in foil packets
15. People watch this on Thanksgiving too. It's full of hot air.
16. On which Thursday is Thanksgiving held.
19. Native American name for a turkey.
21. What goes into a turkey?
24. Length of the first Thanksgiving feast.
25. A lot of people lie on the couch and watch this on Thanksgiving Day.



www.mybusinesshasnowwebsite.com



Family Crypto-Time Last month's answer

"I would rather sit on a pumpkin and have it all to myself than be crowded on a velvet cushion."
 O I N S G T J X V D B J E O V N H X Z S I Z R O H X H T
 D X U B O V X G G V N I Q E B G W V D X H K B F J N L T B T
 N H X U B G U B V F S E D O N H. ~Henry David Thoreau



Whether you call it puke, regurgitate, blow chunks, ralph, blow chow, deliver street pizza, yell for Hughie, throw up, upchuck, gut soup, barf, buying a buick, vomit or any of the over 500 different names listed on the internet, it's the same stuff who's official name is or emesis. It is the forceful expulsion through the mouth of the contents of one's stomach.

Sometimes puke tastes bitter, sometimes it tastes sour. Sometimes it tastes like the food you just ate, and it's often the color of what you last chowed on. So if you recently enjoyed aunt Mabel's famous blueberry pie you might sprog out a lovely blue shade of nuggets. A red popsicle might produce a splendid red colored earl. Sometimes puke may be green, but not necessarily because you ate green beans. Barf looks green when a chemical called bile (pronounced: byel) mixes with it. This will happen if the food that comes back up is squeezed from your intestines into your stomach and then up your throat. Always tell a parent if your puke looks green.

No matter what color your hurl is, though, it usually stinks — no matter what you last ate. The process is initiated by stimulation of the vomiting center of the brain by nerve impulses from the gastrointestinal tract or other part of the body. The vomiting center then sends out nerve impulses that precipitate spasmodic muscular contractions of the stomach wall and downward spasms of the diaphragm. The pressure generated

as; if you have a virus or other germs in your stomach or intestine, eat food with lots of bacteria (bak-teer-ee-uh) in it, feel very nervous, or spin too fast, it may be triggered by stimuli which might indicate the possibility of poisoning, such as motion sickness, or sight of decayed food, or seeing other people vomiting.

As yucky as it can look and feel, the "Technicolor Yawn" is pretty normal. Everyone has puked during his or her life, even your mom or dad. When you're sick with the stomach "flu" you may need to puke, and there's not much you can do about it. Sometimes being nervous or eating too much food is all it takes to upset your stomach. In these cases, you often can help your stomach by relaxing and taking a few slow deep breaths.

Another cause of "Uploading some chunkware" is something called motion sickness. Motion sickness is a sick feeling that some people get from riding in cars, boats, airplanes or crazy rides. To prevent a "Tango With The Toilet" live a hygienic life to avoid bad bacteria infections. Drinking small amounts of clear, sweetened

Arfie McBarfie

By: I.M. Yuckee

then forces the contents of the stomach up and out your mouth. Your "Talking to Ralph on the big white phone" may have any number of causes such

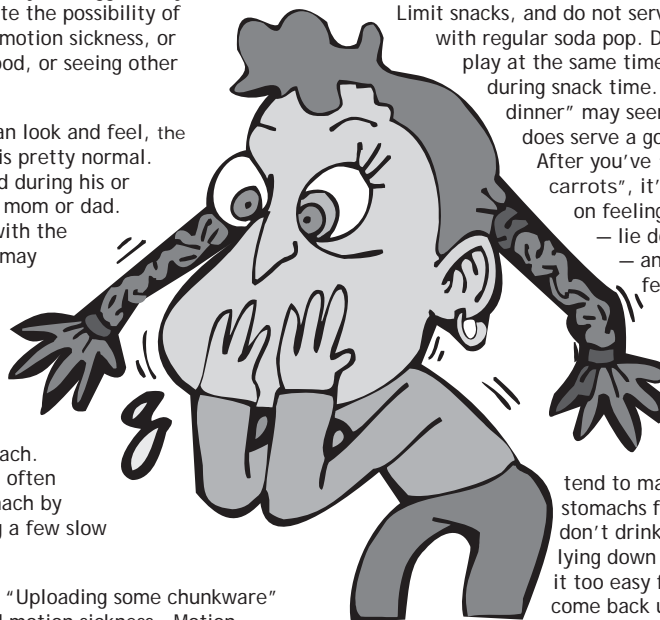
liquids such as soda pop, fruit juices (except orange and grapefruit because these are too acidic) and popsicles. Drinks containing sugar calm the stomach better than other liquids. Rest either in a sitting position or in a propped lying position. Activity may worsen nausea and may lead to vomiting. For children, control persistent coughs and fever with over-the-counter medicines. To treat motion sickness in a car, children should sit so he or she faces the front windshield (watching fast movement out the side windows can make the nausea worse).

Limit snacks, and do not serve sweet snacks with regular soda pop. Don't let eat and play at the same time. Take a break during snack time. "Throwing your dinner" may seem yucky but it does serve a good purpose.

After you've "Whistled carrots", it's time to work on feeling better. Relax — lie down or sit down — and, when you feel well enough, try to take a few sips of water. Don't drink soda or fruit juices right away, because they

tend to make upset stomachs feel worse. Also, don't drink while you're lying down — that makes it too easy for the liquid to come back up. Drink little bits at a time and catch

your breath in between sips. You'll most likely begin to feel better pretty quickly. **FPT**



Make Smart Food Choices this Holiday Season

By: Amy Bragagnini



The winter holiday season is upon us, and with it comes the once-a-year opportunity to join with friends and family in celebrations

steeped in deep tradition. 'Tis also the season when exercise routines are put to rest and replaced, instead, with plans to cook, shop, decorate and pass plate after plate of sugar cookies, walnut balls and coconut macaroons.

The exact definition of the winter season varies from culture to culture, but in the United States it is generally considered to be the period beginning with Thanksgiving and ending with New Year's Day. Within that period of nearly six weeks exist far too many opportunities to overeat in the name of celebration. In fact, the average U.S. citizen gains five pounds during these festivities, and a majority of people fail to take this weight off from year-to-year.

This doesn't mean you have to be a Grinch this season. It is a time to celebrate, so deprivation is not an option. Instead, make a few concessions and be realistic with your goals. By making better choices this year, you may only have to lose a pound or two- instead of five-before spring. Here's how:

1. Eat a light, healthy meal before the big celebration-fruits and vegetables are high in soluble fiber, so they make you feel fuller

Please see "Smart Choices" on next page

Smart Choices

continued from previous page

for a long time. Try an apple or carrots as a snack before heading to the big party.

- Limit your use of sauces or gravy-though yummy, they are often loaded with calories and fat. Take a pass and enjoy the nuances of the food on your plate.
- Cut down on sugar-if you keep the cookies, replace the eggnog with a tasty selection of reduced-sugar juices or teas. Try Old Orchard Healthy Balance brand of juice for a balance of flavor and low-calorie value.
- Bring a healthy dessert to pass-this way you can count on at least one dessert that

you know you can enjoy guilt-free. Go to healthybalance.com for healthy dessert ideas. You can share your recipes with others there, too.

- Take a walk after dinner- even a little exercise will help. Take in the sights, sounds and smells of the season, and burn some of those calories before going to bed.

The holiday season presents the biggest challenge of the year to your waistline. Try to make smart choices, and remember that moderation is the key to calorie control. If in the end you know you'll overdo it at the buffet line, make a plan to spend extra time on the treadmill so that you don't carry that extra holiday weight throughout the year. **FPT**

SUDOKU EASY

Instructions Below

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

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

....Their AGE!

SUDO-KID-U

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

SUDO-KID-U 1

			2
2			
3			
			4

SUDO-KID-U 2

2			
		4	
	1		
		3	

SUDOKU HARD

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

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

Sudoku Medium answer from last month

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



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- Follow the directions
- See your ad in next month's issue.

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



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.

CE GQXEMKLYZYEL PXF, XSS CZWV
XRWVYTX, JXRYSYWK KYG PCAE GC, PYEEWV
XG GQW KXRW RCRWEG - QXSJGYRW. ~Author Unknown

If you need a clue look on page 18. Look for the answer next month or online if you just can't wait.



SUDO-KID-U answers from last month

01

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

02

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

Back Pain & Sciatica

Tri-Cities, TN – Back, hip, and leg pains caused by degenerated, arthritis, bulging and herniated disc have confounded the medical community for years. Although medications, injections, physical therapy, traction and surgery can possibly give patients relief, it is usually temporary. Nine out of ten patients experienced the pain again within a relatively short amount of time after treatments. Now there is a back pain guide that you can receive for free entitled, *"The Severe Back, Sciatica, And Disc Pain Guide"* that helps to explain why conventional treatments often fail while revealing a relatively new surgery-free, non-invasive technology designed to treat severe low back, buttock and leg pain along with herniated and slipped discs.

To receive the guide free, call **1-888-851-5755** (Toll-free 24 Hour message) or go to: www.avoidlowbackurgery.com.



HEALTH MATTERS

By: Patsy Meridith

The American Academy of Pediatrics Advisory Panel to the FDA has recently warned that over-the-counter cough and cold medications designed for children, such as anti-histamines, cough suppressants and decongestants, should

be avoided in those under age six. The data shows these drugs don't work and could potentially cause side effects leading to more serious symptoms. At Natural Foods Market, we advise supporting your child's immune health by replacing refined sugary foods with plenty of fruits and veggies that contain immune-building antioxidants. We also recommend Buddy Bear Chewable Probiotics that are shown to have significant benefits for a child's immunity and Herbs for Kids children's herbal formulas such as Cherry Bark Blend, Sweet Echinacea and Chamomile Calm, all of which can also help strengthen your child's resilience during the cold season. As always, we guarantee your satisfaction.



Johnson City Crossing Near Old Navy
423.610.1000 www.NFMonline.com
10-8 Monday - Saturday 1-5 Sunday

Asked to write a composition entitled, "What I'm thankful for on Thanksgiving," a student wrote, "I am thankful that I'm not a turkey."

? Which side of the turkey has the most feathers?

The outside

? What kind of weather does a turkey like?

"Fowl" weather

? Why did the turkey cross the road?

To show that he was not chicken

- The Native Americans hunted wild turkey for its sweet, juicy meat as early as 1000 A.D. Turkey feathers were used to stabilize arrows and adorn ceremonial dress, and the spurs on the legs of wild tom turkeys were used as projectiles on arrowheads.
- Number of places in the United States named after the holiday's traditional main course. Turkey, Texas, was the most populous in 2005, with 492 residents; followed by Turkey Creek, La. (357); and Turkey, N.C. (269). There also are nine townships around the country named "Turkey," three in Kansas

Sudoku last month's Really Hard answer

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

Answer from last month

? Who complains after eating too much turkey at Thanksgiving dinner?
---The groan-ups!

? Why do turkeys eat so little?

...Because they're always stuffed.

SUPER SUDOKU

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



Entrance to the Clean Water Maze

Clean Water Maze Opens at Hands On!

By Kristine Carter

Hands On! Museum opened The Clean Water Maze a new feature exhibit last month. The exhibit will be open until January 19. Museum visitors will enter the maze, be transformed

rooms featuring rivers, lakes, streams, wetlands, estuaries, bays, and oceans within the water cycle, while landing on pollutants will send them to an urban storm drain and an unhealthy ocean. But the journey doesn't end there. These "water drops" can evaporate, condensate, precipitate and start again.

Through exploration, scientific inquiry, artistic expression and action visitors will experience the water cycle,

and TVA to highlight the river valley system, water safety, energy conservation, and preserving nature and wildlife.

The Clean Water Maze fosters an awareness of the connection and interdependence between all people and bodies of water, inspires people to act as

good stewards of water resources and understand their impact on the earth's water sources, promotes careers in science and art, and gets children and their families interested in these topics.

The Clean Water Maze is a fully interactive, hands-on, experience. Through play, scientific inquiry, art and action,



Terry Kazmier and her son Lucas, of Johnson City, practice their white water rafting

into a drop of water, and journey through different watershed habitats. At each decision point within the maze, they will spin a wheel to determine their next destination. Clean selections lead to new

understand the science behind water purity, and realize the power each individual has to make a difference by making cleaner choices. Developed with a focus on creativity by renowned marine life artist Wyland and the Association of Zoos and Aquariums, the exhibit joins the worlds of art and science to demonstrate the importance of water and how it connects us all.

The exhibit features fun interactive activities inside the maze and additional stations provided by Hands On! Museum

visitors learn how they can contribute to healthy, safe water in their community.

Hands On! Regional Museum is located at 315 East Main Street in downtown Johnson City. The museum offers daily programming and exhibits focused on the arts, sciences, and humanities for all ages. For more information please call (423) 434-HAND or visit www.handsonmuseum.org. **FPT**

A turkey farmer was always experimenting with breeding the perfect turkey. His family was fond of the leg portion for dinner and there were never enough legs for everyone. After many frustrating attempts, the farmer was relating the results of his efforts to his friends at the general store get together. "Well I finally did it! I bred a turkey that has 6 legs!" They all asked the farmer how it tasted. "I don't know" said the farmer. "I never could catch the darn thing!"

MESSAGE

Date. **Today** Time. **NOW!**

To. **Business Owners**

WHILE YOU WERE OUT
Customers were looking for you

From. **Family Pastime Magazine**

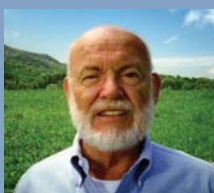
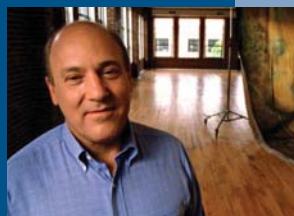
TELEPHONE. **423-676-4323**

Telephoned	✓	Please Call	✓
Reaches your potential customers	✓	Has great rates	✓
Wants to see you	✓	Has an opportunity for you	✓

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

Operator. *Chris Joker* **URGENT** ✓

Thank you, Tri-Cities!



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Johnson City Medical Center is a Top 100 Heart Hospital ranking 91st in the nation for heart procedures.

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Source: Joint Annual Reports for Wellmont and MSHA

Women's Health

More "miracles" are born at MSHA hospitals each year than any other hospital or healthcare system in the region.

Children's Health

The Children's Hospital at JCMC is the premier provider for children and one of only six St. Jude Affiliate Clinics in the world.

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