



THE magazine for the **WHOLE** family

Volume 4 Issue 4



IN THIS ISSUE:

- 4. A Picture-Perfect Turkey
- 5. Caregiver Community
- 10. Choosing The Right Dog Food
- 11. Flu Shots For Your Child And The Baby sitter
- 19. Children And Gardening

REGULAR FEATURES:

- 4. Family Finance
- 5. Family Tech
- 5. Senior Time
- 6. Home Cure
- 6. Say What?
- 7. Homeschooling
- 7. Crypto
- 8. Jr. Scientist
- 9. Kid Care
- 10. Family Pet Spot
- 11. Parenting
- 11. Double Take
- 12. Easy Being Green
- 12. SUPER SUDOKU
- 13. Creature Feature
- 13. Father Knows Jest
- 14. Recipes
- 15. Events Calendar
- 16. Crossword Puzzle
- 17. Yucky News
- 18. The Frantic Mom
- 19. Garden Guru

Turtle's Nest
TOYS TO GROW ON

3101 Brown's Mill Road
(Next to Outback Steakhouse)
Johnson City, TN 37604
(423) 283-9578

EXPRESS COURSE!

Official the **ELF** on the **SHELF** Retailer

Toys that spark your child's imagination and creativity

Not happy with your WEBSITE????

We can fix that!!!!

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

Web Design
Interactive CD-ROM
Business Cards
Full service
computer graphics

423.676.4323
www.renderforge.com

SEE YOUR BABY NOW!
2D, 3D, and 4D live motion ultrasound of your baby **IN THE WOMB!** Get a DVD, CD-ROM, **AND** still pictures to view over and over.

PRENATAL IMAGING CENTER

\$20 OFF

4D Ultrasound or Double Prints And Second CD of Ultrasound

Ultimate Bonding Experience With Your Unborn Baby

Call 423.844.4670 to make your appointment with Stork Vision Bristol*also at www.storkvision.com
*Owned and operated by Dr. Alan L. Gorrell, M.D., R.D.M.S., F.A.C.O.G.

MESSAGE

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

To. **Business Owners**

WHILE YOU WERE OUT
Customers were looking for you
From. **Family Pastime Magazine**

TELEPHONE. **423-676-4323**

Telephoned	<input checked="" type="checkbox"/>	Please Call	<input checked="" type="checkbox"/>
Reaches your potential customers	<input checked="" type="checkbox"/>	Has great rates	<input checked="" type="checkbox"/>
Wants to see you	<input checked="" type="checkbox"/>	Has an opportunity for you	<input checked="" type="checkbox"/>

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

Operator. *Chris Joker* **URGENT**

NOVEMBER WEEKLY OBSERVANCES

- National Patient Accessibility Week: 1-7
- World Communication Week: 1-7
- National Animal Shelter Appreciation Week: 2-8
- National Long-term Care Awareness Week: 2-8
- Pursuit of Happiness Week: 8-14
- National Hunger & Homeless Awareness Week: 9-15
- National Rad Tech Week: 9-15
- Perioperative Nurses Week: 9-15
- Fraud Awareness Week: 9-16
- National Young Reader's Week: 10-14
- World Kindness Week: 10-17

- Green Ribbon Awareness Week: 13-19
- American Education Week: 16-22
- National Geography Awareness Week: 16-22
- National Farm-City Week: 20-27
- Tellabration! Storytelling for Grownups Week: 20-23
- National Family Week: 23-29
- National Game & Puzzle Week: 23-29
- National Bible Week: 23-30
- Better Conversation Week: 24-30
- Travelers with Disabilities Week: 30-12/6

NOVEMBER MONTHLY OBSERVANCES

- American Diabetes Month
- Aviation History Month
- Celebrate Empty Nester Month
- Diabetic Eye Disease Month
- Epilepsy Awareness Month
- Family Stories Month
- Gluten-Free Diet Awareness Month
- I Am So Thankful Month
- Drum (Percussion) 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 COPD Awareness Month
- National Family Caregivers Month
- National Georgia Pecan Month
- Home Care & Hospice Month
- Inspirational Role Models Month
- National Life Writing Month
- National Marrow Awareness Month
- National Novel Writing Month
- Peanut Butter Lovers Month
- Pet Cancer Awareness Month
- National Pomegranate Month
- National Roasting Month
- National Scholarship Month
- NoSHAVember
- Prematurity Awareness Month
- Vegan Month

Last month's HARD answer

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

SUDO-KID-U 01 Last month's Answer

	2		
3			
4			
			1

Instructions:

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



Editor: Chris Joker
 Publisher: Family Media Group LLC
 Graphic Design and Magazine layout: RenderForge (www.renderforge.com)
Advertising Sales:
 Chris Joker 423.676.4323

How to contact us:

Phone: 423.676.4323
 Fax: 866.824.0825
 E-mail: editor@familypastime.com
To submit items for consideration please e-mail to editor@familypastime.com
 Or mail them to:
Family Pastime Magazine
 P.O. Box 3161
 Johnson City, TN 37602

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

Basic Subscription Rate:

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



What Does The Rescue Plan Mean To Individual Investors?

Lawmakers have agreed on a \$700 billion plan, called the Emergency Economic Stabilization Act of 2008, to revive the credit markets and restore the flow of credit to the U.S. economy. The legislation will, among other provisions, give the Treasury Department the ability to purchase up to \$700 billion in mortgage-backed securities and other troubled assets from banks and financial firms, though some of this spending authority will be subject to Congressional approval.

This rescue package has both supporters and detractors. Its proponents claim that you, as a taxpayer, will ultimately reap rewards when the Treasury eventually sells the currently distressed assets for a profit. However, while no one can say for sure when, or if, this will happen, it does seem likely that the bailout could have some real benefits for you as an investor.

Why? Because one of the most important goals of the bailout is to help “unclog” the credit markets and put more cash back into our financial system. The subprime mortgage crisis has sucked an enormous amount of liquidity from our markets; without this liquidity, banks have become unwilling, or unable, to extend credit to consumers and businesses. When businesses can’t get credit, they can’t expand their operations — and that

makes it hard for them to make a profit.

San investor, of course, you are looking for profitable companies in which to invest. So, to the extent that an infusion of liquidity may help the fortunes of many businesses, you now may face a brighter investment horizon.

Furthermore, the bailout may calm the financial markets — and calmer financial markets are more conducive to long-term investing. As an investor, you may find it hard to stick to your strategy when you see the stock market show giant gains one day, followed by huge losses the next.

Nonetheless, as you look ahead, don’t be surprised if some volatility continues, although it will hopefully be less extreme than what we’ve seen.

Fortunately, you can take effective action against market fluctuations, whatever their size, by diversifying your investments. Talk to your financial advisor about how to diversify your portfolio in a way that’s appropriate for your risk tolerance and time horizon. Be aware, however, that diversification, by itself, cannot guarantee a profit or protect against a loss.

Also, keep looking for quality investments. During market downturns, even quality stocks can lose value.

But these same stocks often recover quickly when the market turns around. Look for good, solid companies whose products are competitive and whose management has enunciated a strategy for future growth.

Here’s the bottom line: The government’s rescue plan may well help investors. But by following proven strategies, such as diversifying your holdings and investing for quality, you can build a portfolio that can navigate even the choppiest financial waters — without having to bail yourself out. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Sudoku last month’s Really Hard answer

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

A Picture-Perfect Turkey

The first step in roasting a picture-perfect turkey, say the experts, is to start with a quality roasting pan. Here are some tips to help you choose one:

- Avoid flimsy disposable roasters that can be unsafe and environmentally unfriendly. Instead, choose a Granite Ware roaster, which is very inexpensive, environmentally safe and will last a lifetime.



- Porcelain-on-steel roasters provide an even heat distribution for uniformly cooked, beautiful turkeys. Most hardware and retail stores carry a line of speckled porcelain-on-steel roasters called Granite Ware.
 - Dark-colored roasters absorb the oven’s energy and evenly distribute it.
 - Roast your turkey

at a constant 325° to 350° F. A 16- to 24- pound turkey takes approximately 12 to 15 minutes per pound.

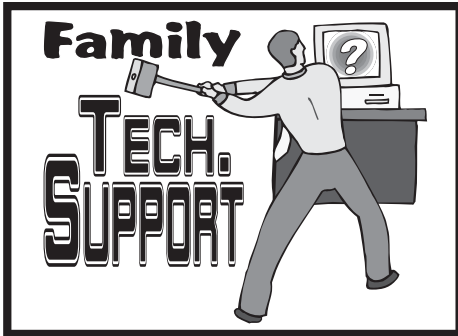
- Add water or broth to the pan to baste with and to keep the meat moist. Baste every 30 minutes.
- Use a meat thermometer to ensure thorough cooking. The deepest portion of the breast should read 170° F; the thigh, 180° F.
- Once finished, let the bird rest for about half an hour so the juices settle before carving. **FPT**

SUDOKU HARD

Instructions: On page 3

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

Blue Ridge Properties
 110 E. Mountcastle Dr.
 Johnson City, TN 37601
 Cell 423-292-6909
 Office 423-282-5182
 igirl01@aol.com
 www.brphomes.com
 www.easttennesseeeliving.net
Cindy McPherson
 Affiliate Broker, ABR



FREE Word And PowerPoint!

By: Chris Joker

or modification from its original design free of charge. In other words, you can use it for free. Just to be safe I ran it through the EULAnalyzer program we discussed a few months ago to see if it carried with it any spyware and it came back the cleanest I have ever seen.

Open Office 3.0 has six basic components: Writer, a word processor (like Word); Calc, a spreadsheet (like Excel); Draw, a graphics editor (Not in MS Office); Impress, a presentations program (like PowerPoint); Math, an equation editor (Not in MS Office); and Base, a database application (like Access). The interesting/different thing about Open Office is that all the different documents open in the same window, except they have different menu bars. Except for Base, where the form and query designer has a separate interface in which you work with the actual database forms, in the same window that you use for the other applications.



Open Office Writer looks and acts very similar to Microsoft Word (more like that of Word 2003 rather than 2007 but this would be an issue because????) so if you know Word you will not have to worry about learning a new program and if you or your children do not know Word, you can learn on Writer and then if and when you have to

use Word, you will already know it pretty well. I am writing this article with Writer right now. The other nice thing about Writer is it will open Word documents. So if someone sends you a file they created with Word, you can still open it. You can also save documents as Word documents as well as other document formats such as PDF (Word won't even do that), HTML, text and others. Writer also includes all the nice extras such as spelling and grammar check, thesaurus, word count, Drawing functions, format brush and other things just like Word. There is also a button to send your document as an e-mail.

For your children besides the word processor they will probably use Impress, which creates a slide show presentation like a PowerPoint presentation. Just like the word processor Impress will open PowerPoint presentations (created or exported from PowerPoint as 2003 or earlier) and save as a PowerPoint file, html and even Flash videos. It also includes templates to make getting started easier and the same type transitions as PowerPoint. Open Office's other programs work much the same way where you can open documents created in the Microsoft equivalent and save them as a Microsoft formatted file.

The program will work wonderfully for home and school use and in most cases will work fine for your office as well. **FPT**

Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

O.K. It's not actually the Microsoft brand name "Word" or the Brand name "PowerPoint" but it will pretty much do all the same things as the Microsoft Office programs. It's called Open Office and version 3.0 has just been released. It carries most of the power and in addition to the word processor and presentation program it also includes other parts that mimic the Microsoft Office Suite and you can have this whole suite of productivity applications for the small sum of... free. That's right FREE! You can download it at www.openoffice.org but beware it is 145 megabytes, so it may take a while to download. Open Office is an open-source replacement for Microsoft Office. Open Source means a program in which the source code is available to the general public for use and/

can learn on Writer and then if and when you have to

Caregiver Community



(NAPS)—**T**ens of millions of Americans currently serve as caregivers, and many are thrust into this role unexpectedly without knowing where to begin or how to go about protecting the health of an aging or ailing relative.

It is important to connect with other caregivers who understand the unique challenges you face every day—you're not in this all alone. One way to find support is by becoming part of an online community for caregivers, such as

ConnectingForCare.com, which was developed by Intel Corporation in collaboration with the National Family Caregivers Association to connect professional and family caregivers.

"There are currently very few ways for caregivers

to interact with each other to share information and emotional support, especially between family and professional caregivers," says Ian Ziering of "Beverly Hills: 90210" and "Dancing with the Stars," whose most important role was as a caregiver to his father, Paul, who until his recent passing suffered from kidney failure. "ConnectingForCare.com fills this void by promoting better communication and resource sharing between all caregivers and serving as an invaluable network of support."

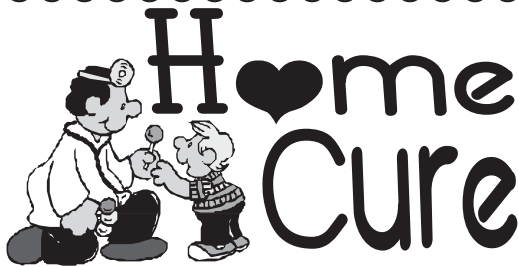
It also helps to remember you can't properly care for someone when you're overwhelmed yourself. That's why it's wise to accept offers of help and even suggest specific things others can do. Learn more at www.ConnectingForCare.com. **FPT**

? Q: What do you call a turkey with no feathers?
A: Dinner!!!

www.mybusinesshasnowwebsite.com

SUDOKU REALLY HARD

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



Home Remedies For Cough

WARNING: Some of these suggestions contain honey. Honey can cause infant botulism. So honey should never be given to infants under 12 months of age.

- Fill one cut lemon with black pepper powder and salt and suck it to reduce the intensity of cough.
- Add a pinch of ground white pepper in one teaspoon of pure honey. Take 2-3 times a day for 4-5 days.
- Simple cold and cough can be cured with the regular eating of grapes.
- Take 1-3 teaspoons of black pepper, long pepper, and dry ginger in equal proportions and make a mixture. Take this mixture of powder with honey 2-3 times.
- In winter eating garlic at night with meals twice a week will provide relief.
- A combination of honey with grape juice is highly beneficial for cough.
- Make a paste of 1/4 teaspoon of red pepper, 1/4 teaspoon of ground ginger, 1 tablespoon of apple cider vinegar, 1 tablespoon of honey, and 2 tablespoon of water. Mix them well and take 1 teaspoon of this mixture whenever you have cough problem.
- Gargling with warm spinach juice is very helpful in dealing with dry cough.

- In case of dry cough mix half spoon of Cuscus grass in 3-4 teaspoons of coconut milk. Add one teaspoon of honey and drink at night before going to bed.
- Grind 7/8 of a cup of raisins with water and add about 7/8 of a cup of sugar and heat the mixture till it turns saucy. This sauce formed should be taken in a dose of 1/3 cup at bedtime daily.
- A tea made from aniseed and basil should be taken regularly for immediate relief from cough.
- For dry cough soak almonds in water until soft, remove the brown skin, make a fine paste with 1/3 cup of butter and sugar. Take twice a day in the morning and evening.
- Extract the juice from an onion, mix it with honey and take it 2-3 times a day.
- One medium sized onion, the juice of one lemon and one cup boiling water. Add honey and drink 2-3 times a day.
- Pour 1 cup of boiling water on 1 teaspoon of Marjoram and leave it for 10-15 minutes and then drink. Repeat 3 times everyday.
- Boil some eucalyptus leaves and mint leaves in water then inhale the vapors.
- Dry, hacking coughs respond to honey in hot water, tea, or lemon juice. Do not give honey to children younger than 1 year of age.
- Elevate your head with extra pillows at night to ease a dry cough.
- Add a pinch of ground white pepper to one teaspoon of pure honey. Take 2-3 times a day for about 4-5 days.
- If you have cough due to cold then just drink tea made of ginger 3-4 times a day or just eat raw ginger, this will subside your cough.
- 2 tablespoons of honey mixed with one

- cup of orange juice and drink it.
- Prepare a cough syrup from baked onion juice, comfrey tea, and honey. Drink daily.
- Add salt to warm water and gargle as many times as possible during the day.
- Prepare a paste using 1/4 tsp of red pepper, 1/4 teaspoon of ground ginger, 1 table spoon of apple cider vinegar, 1 table spoon of honey, and 2 tablespoon of water. Mix them well and take 1 teaspoon of this mixture whenever you have cough.
- Inhale the steam of boiling plain water by covering your head region with the towel. Be sure to take deep breaths of air in-between steam. You may cough in the beginning and every thing will be fine in 10 minutes.
- Boil some garlic cloves in water, and drink it. You can add sugar to improve the taste.
- Boil some water then add three cloves of garlic, one teaspoon of oregano. Boil for 4-5 minutes. Drink directly or add it in milk and drink.
- Mix: 1/2 cup boiling milk and 1/2 cup cold soda. Drink slowly.
- Add 1 teaspoon of honey to 1 cup of warm milk and drink.
- Boil 5 garlic cloves in 2 cups of water; take the cloves out and drink the warm water.
- Eat fresh and dried apricots.
- Drink grapefruit juice mixed with a teaspoon of honey.
- Smear olive oil on your chest.
- Grind a big onion and put it into a jar with honey, mix well and close the jar. Drink 1 tablespoon from the juice, twice a day
- Drink herbal tea with cinnamon.

"Home Cures" are meant as suggestions on ways to deal with common health issues. We make no guarantee that they work or that they are without side effects. Please consult your physician before attempting any of these suggestions. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161



Let's Talk Turkey

Say WHAT???

By: Family Pastime Staff

Wait a minute; Turkeys don't really "talk" do they? Of course not, so what does it mean to "Talk Turkey?"

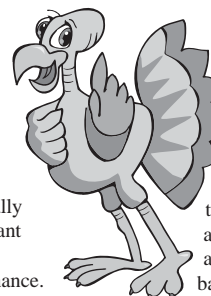
MEANING:

To speak plainly about a difficult or awkward subject to discuss something seriously, usually to do with

business or money. Such as; "Let's talk turkey about your credit history, shall we?"

ORIGIN:

Apparently there are several possible explanations for the origin. It seems originally the expression was used to describe a pleasant conversation. A young man said, or "talked turkey" to an attractive girl, if he had the chance. This might be because a young man in such a situation might get so tongue-tied that his speech could be compared to the gobbling of a turkey another examination is the phrase started from the "nature of family conversation around the Thanksgiving dinner table." You know, everybody's happy, full, and on his or



her best behavior.

As is often the case, the definition changed over time. This phrase was recorded in its present meaning by about 1840. However, the circumstances are open to debate. One thought is it had to do with the actual sounds a turkey makes. Turkey gobbling was a distinct and natural sound on frontier farms so, to "talk turkey" might have meant to skip the pleasantries and get right to what's important, because farmers are a busy bunch. Another theory claims that way back when, a settler and a Native American went hunting for birds, and caught an equal number of turkeys and buzzards. When the pilgrim divided the game, he took the two turkeys, leaving the buzzards for his companion. Being rather annoyed at the outcome, the Native American responded, "Stop talking birds, let's talk turkey." **FPT**

THERE'S NO PLACE LIKE HOME SCHOOL

Fabulous Freebies For Homeschoolers

By: Lisa Baughn

With the economy in a wild sway, the stock market bouncing up and down, escalating prices at the grocery store and gasoline pump, homeschoolers are finding their budgets pinched more than ever. Most homeschool families are single income families.

How do you provide the fun "extras" that homeschoolers love to do? Well, how about a column full of fabulous freebies for homeschoolers! And I have even put this on my blog available at: www.ThePrudentWife.com/blog

Sign up for a weekly e-mail at Jim Erskine's site, full of fabulous freebies at www.homeschoolfreebie.wholesomechildhood.com Jim offers all sorts of weekly freebies! Jim also runs www.homeschoolradioshows.com offering great recordings. You are sure to love the stuff he has on his sites.

We have bought literally dozens of Dover coloring books over the years in everything from Ancient Rome to the Civil War; they are a wonderful resource for making history come alive. Visit their site at www.store.doverpublications.com and click on Free Samples for fun pages that change and can jazz up the cold winter days ahead.



Free books anyone?? 514 free children's books can be found at www.mainlesson.com/displaybooksbytitle.php Henty books can be found at www.henty.ae6gn.com. Project Gutenberg has www.gutenberg.org over 25,000 free books waiting for you to download.

Free writing forms about at: www.zaner-bloser.com/zbfontsonline/index.htm

How about trying some free recordkeeping software at www.homeschooltracker.com, which will help you, track grades!

Homeschool Helper Online has a cornucopia of things including of free homeschooling unit studies and lapbooks, free homeschool worksheets, notebooking pages and coloring sheets, free character studies, free computer lessons and other homeschooling helps at www.homeschoolhelperonline.com

Enjoy Unit Studies found at www.happyhomeschool.familyclassroom.net/Archives.shtml or www.homeschoolshare.com along with lots of other free goodies!

Want to try your hand at notebooking? This site has lots of free ideas just waiting for you. www.notebookingpages.com/index.php?page=Free-Homeschooling-Resources

Wanted to try Lapbooking but not sure how? www.squidoo.com/lapbooking

Some favorite science resources can be found at Bill Nye www.eyesofnye.org and the Free Science Experiment of the Week at www.krampf.com/news.html, or go to www.familypastime.com and click on past issues. There are over three years of past issues and everyone features a Jr. Scientist column with experiments.

Math resources include www.freemathworksheets.net and www.livingmath.net

Everyday homekeeping ideas about at my website www.ThePrudentWife.com full of great FREE ideas for your home to help you save time, money and sanity.

Now, reading this it all sounds wonderful, but who wants to go to all that time, trouble and effort to completely TYPE all of these from a magazine into a browser? Well, to make your life easier, just go to my blog at www.theprudentwife.com/blog/?p=246 for live links where you can just click and go! There are many more in the post too!

Enjoy the freebies! **FPT**

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a "Lifestyle of Learning" educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling e-mail them to homeschooling@familypastime.com. Lisa is launching a new website soon (www.ThePrudentWife.com) 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!

KIDS LOVE USBORNE BOOKS!
 Fun, educational Usborne Children's books will stimulate the joy of reading in your child.
 Earn FREE books by having a Home Show, E-Show or Book Fair.
 Browse our online catalog.
 Register to win a \$50.00 drawing.
www.BestLovedKidsBooks.com
 888-630-READ (7323)
 Earl Garretson Independent Educational Consultant

SUDO-KID-U 1
 Instructions: On page 3

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

Q: Why did pilgrims' pants always fall down?
A: Because they wore their belt buckle on their hat!

Q: What happened when the turkey got into a fight?
A: He got the stuffing knocked out of him!

Family Crypto-Time In the encrypted phrase below each letter represents another letter (such as Q is actually A). The object is to decode the phrase. Through trial and error you will determine which letters replace which.

HFG IPFU CJRC W6TC NMQFLM CJRC QDLTC CJKPIITVDDBP
 XDBPML CJMIM URT FPM QDTM, FAX PKCBOM KRMLDZKP
 UFRKP TKHDPV, "XFP'C QMMX CJMR. DQ HFG QMMX CJM
 CJMH'AA PMOML AMKOM." ~Dylan Brody
 Look on the Fun Family Events page for a clue. Look for the answer next month.



Kid Care

Brought
to you
by:



The Children's Hospital
AT JOHNSON CITY MEDICAL CENTER
Mountain States Health Alliance

FIRE SAFETY: Keeping Your Family Safe From The Dangers Of Fire

BY: Joanna Swinehart,

As the weather becomes cooler outside, we start to turn up the heat inside. The alternate heating sources to keep our families warm are often the cause of home fires. According to the U.S. Fire Administration (USFA), more than 4,000 Americans die and 20,000 are injured each year in fires, many of which could be prevented. More than 400 children 9 years old and younger die in house fires each year. To keep your family safe from such a tragedy, learn about house fires yourself and take the time to talk to your child about fire safety and prevention.

**Fire is FAST:
Time is crucial.**

A small flame can become a major fire in less than 30 seconds. In only minutes, black smoke and flames can fill and engulf a house. Most fires occur in the home when people are sleeping, so if you wake up to a fire, you will only have time to escape. You won't have time to grab valuables.

**Fire is HOT:
Heat is more dangerous than flames.**

The heat of a fire alone can kill. Room temperature in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this extremely hot air will scorch your lungs and can melt clothes to your skin. This is why it is important to stay low to the ground in a fire.

**Fire is DARK:
Bright flames produce black smoke.**

The black smoke created by the flames of a fire can cause complete darkness in a fire. If you wake up to a fire,

you may not be able to see and may have trouble finding your way out of your home. It is very important that you have memorized an escape plan and remain calm while searching for a safe way out of your home.

**Fire is DEADLY:
Smoke and toxic gases are more deadly than flames.**

Fire uses up the oxygen you need to breathe and produces smoke and poisonous gases that can kill if inhaled. Even inhaling small amounts of these can make you drowsy, disoriented and short of breath. This is why it is important to keep your mouth covered by a damp cloth, if possible, while finding your way out of a fire.

Here are some important talking points to discuss with your children to prepare them for waking up to a fire in the home:

- They should never hide or take time to gather up toys or other belongings.
- Fires are scary and confusing.
- Fires can be loud, burn fast and their smoke can make a room very dark.

Now that you know how to explain the characteristics of a fire to your child, here are some facts you need to know about children and fires to keep your family safe:

Fire Escape Plan

All families should have a pre-determined fire escape plan and should practice it frequently. Being prepared will help you remain calm and enable you to get out of your house as quickly as possible. Here are some tips to help you develop your fire escape plan:

- Find two (2) ways out in case one way is blocked.
- Before opening any door in a fire, feel it first. If it is hot, there may be fire on the other side, so try to get out another way.
- Crawl on the floor to avoid heat and smoke.
- Pick a safe and easy-to-remember place outside the home to meet the rest of the family.
- Call 911 AFTER escaping from the fire.
- Stay outside no matter what. Do NOT go back inside for anything.

Curious Kids and Fires

Children are naturally curious about fire and set more

than 35,000 fires every year. Children who play with fire usually do so in bedrooms, closets and under beds. Check these areas for evidence that your child might be playing with matches. Supervision is crucial to deter children from developing fire-setting behavior.

To curb a child's natural curiosity about fire, talk to your child about fire safety. If your child has an interest in fires, fire fighting or fire trucks, plan a visit to your local fire station for a tour and tips on fire safety. At home, create opportunities for learning about fire safety:

- When cooking, let your child help by getting the pot and putting together the ingredients.
- When using the fireplace, allow your child to bring the firewood and tools.
- If using candles, let the child check to make sure the candle fits snugly in the candle holder.
- Ask for your child's help when changing or testing the batteries in your smoke alarms.

Encourage your kids to be "Junior Fire Safety Inspectors." Teach them to be on the lookout for things that may start a fire:

- Matches and lighters
- Old and worn-out electrical cords
- Too many cords plugged into a socket
- Candles burning in an empty room
- Clothes and blankets near space heaters or lamps

If a child sees any of these fire safety violations, tell him or her not to touch anything, but to get an adult right away.

The most important part of fire safety is prevention. A working smoke alarm may be the difference between life and death in the event of a fire. Be sure that smoke alarms are installed on each floor of your house, especially outside of bedrooms. You will sleep better knowing you are safe and prepared if you wake up to a home fire. For additional information regarding fire safety, visit www.usfa.dhs.gov. **FPT**

Joanna Swinehart, Communications and Outreach Coordinator for The Children's Hospital at JCMC.



Next month: Kid Care
Looks at:
Safe Toys and Gifts

Choosing The Right Dog Food

By: Emillie Loh

When choosing the type of dog food to feed your dog, you need to consider his age, breed, your dog's activity level and also his health condition. For instance, puppies and older dogs will have different types of nutritional needs and you need to ensure your dog or puppy has sufficient consumption of this nutrition for a long and healthy life. It is best if you seek advice from your veterinarian before deciding on which dog food to feed your dog or puppy.

Two most popular choices of dog foods are:

Dry Dog Food. Feeding your dog with dry dog food, usually in small pieces of kibbles (coarsely ground grain in the form of pellets), is perhaps one of the most popular choices among dog owners. However, not all dog food brands use high quality natural ingredients. Be sure to read the ingredients listed before purchasing. **Here are some guidelines to help you:**

No Preservatives, Artificial Colors and Flavors. Generally, natural dog food contains no preservatives, artificial colors or flavors. Avoid those that are labeled "chemical additives as a source of flavor".

Color. Look at the color of the dog food; generally dog food made from natural ingredients is in soft

earth tones. Other colors may indicate some source of additives.

Type of meat. Avoid brands labeled "includes meat by-product". Choose one that is made from natural meat such as chicken, lamb or liver.



Raw Dog Food. Many veterinarians believe feeding your dog with raw dog food is the healthiest. Raw dog food contains all natural and unprocessed ingredients. A healthy raw dog food meal usually contains 40% meat, 30% fiber and 30% starch. When preparing a meal for your dog, be sure to include some source of vegetables and starch in addition to the uncooked meat such as liver, beef, lamb and etc. Vegetables such as broccoli, carrots and yams are excellent sources of fiber and starch for

your dog. **FPT**

Feeding Your Dog Table Scraps

Until about 20 years ago most dogs could still eek out a living on table scraps. With the advent of modern merchandising methods, both the quality and the quantity of the usable scraps has declined. Meats are sold already trimmed and boned, carefully wrapped in cellophane and cardboard, and ready for cooking without additional alterations. Frozen foods have eliminated trimmings from vegetables, and dairy and poultry products come from cartons and coolers, not cows and chickens. Everything is prepackaged in convenient quantities so that purchases can be adjusted to family appetites with almost no leftovers.

The scraps from a meal made from these pre-trimmed, pre-battered, pre-buttered, pre-cooked, and pre-packaged foods consists of only bits and pieces which are either inedible or unwanted by human beings. Such bits and pieces make neither a balanced nor an adequate diet for a dog.

The true value of today's table scraps are

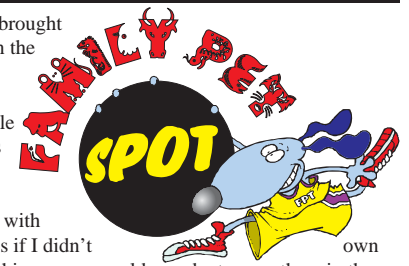
succinctly brought home when the dog owner who feeds his dog table scraps asks himself, "What would I do with these scraps if I didn't

a dog?" If his answer would be to save them in the refrigerator for his own next meal then a dog can probably eat the scraps, too. However, if he would throw the scraps into the garbage can, then he is literally feeding his dog garbage when he feeds table scraps.

There is an even greater danger in table scraps. In spite of their poor nutritional quality, table scraps frequently are quite palatable to a dog. All too often such table scraps are used with the idea of increasing the palatability of a less palatable, but better balanced, commercial food. Unless the scraps are finely chopped and blended with the commercial foods, most dogs will simply pick out the table scraps and leave the balanced food behind.

Most table scraps are full of fat and carbohydrates, yielding lots of calories and little else. As a consequence, the dog obtains a sizable portion of its daily caloric need from the useless scraps and loses his appetite entirely for the commercial food. By refusing to put table scraps on the food, a dog owner may feel he is forcing his dog to eat a food it does not want. But, in the long run, most dog owners will agree that it is better to starve a dog with concern than to kill it with kindness. **FPT**

Cat Article courtesy of I-Love-Cats.com



www.giftswithaheart.org

Gifts with a Heart
Gifts For All Occasions

(423)257-3780 or 477-3158

BLUE MOUNTAIN I.T. SOLUTIONS

Proudly Supporting Tri Cities' Small Businesses

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

Friendly - Experienced Technicians

www.bmits.com
support@bmits.com

Edward Jones
Lindsey Wortman

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

Making Sense of Investing

HOLIDAY PARTY TIME IS DECADES KARAOKE TIME!

Great for public OR private parties!

Christmas Parties • New Years Parties
Wedding Receptions • Bachelor/Bachelorette Birthdays • Family Reunions • MORE!

Call for FREE quote: 423-767-3765
423-753-6639

E-mail: MOF@comcast.net

PARENTING

Protect Your Child From Flu: Get Him Vaccinated—And The Baby-sitter, Too

You've done your homework, researching and interviewing to find the best care for your child, but is your caregiver—nanny, baby sitter, day care worker or family member—protected against the flu?

Flu takes a big toll on young children. Each year in the United States, an average of 20,000 children younger than 5 are hospitalized because of flu-related complications. As many as one in five children under age 5 may have to see the doctor or visit the ER or other urgent care for treatment for flu. Around 100 children die from this serious disease each year.

That is why the Centers for Disease Control and Prevention (CDC) recommends all children aged 6 months through 18 years get vaccinated against the flu. CDC also recommends that close contacts, especially family

members and caregivers, of children younger than 5 get a flu vaccine each year to provide added protection to this high-risk group.

Children under 6 months are too young to receive the flu vaccine, but they are among the most vulnerable to develop serious, even fatal complications from flu. This makes vaccination of their close contacts especially critical.

Anne Schuchat, Director of the National Center for Immunization and Respiratory Diseases at CDC.



The flu is a contagious disease that can cause symptoms such as high fever, sore throat, coughing, extreme tiredness, runny or stuffy nose, and even nausea and diarrhea in children. It can easily spread from person to person.

"Vaccination is the single best protection against the flu," says Dr. Schuchat.

While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during this flu season. The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.

For more information about the flu vaccine, contact your doctor or local health department. To find a clinic near you, visit www.flucliniclocator.org and enter your ZIP code. To learn more, call the CDC at 1-800-CDC-INFO or visit www.cdc.gov/flu. **FPT**

"To significantly decrease your child's chances of getting the flu, we encourage parents, all family members and caregivers to get vaccinated as soon as flu vaccine becomes available in your community," says Dr.

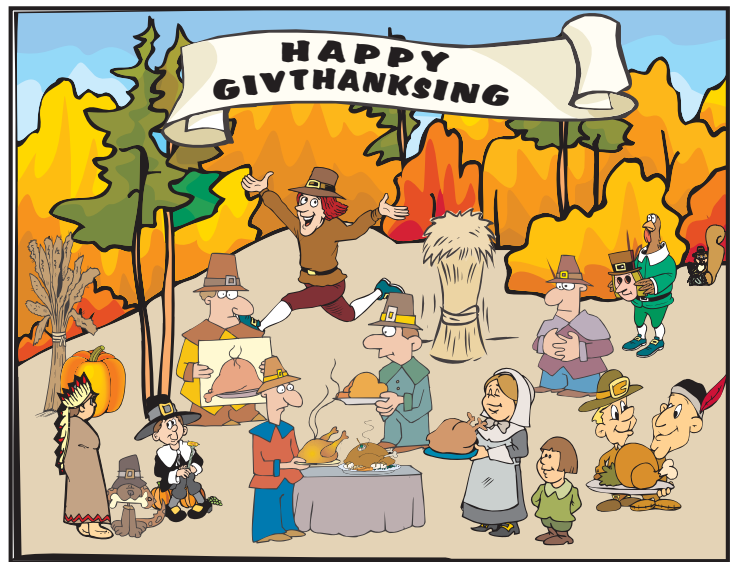
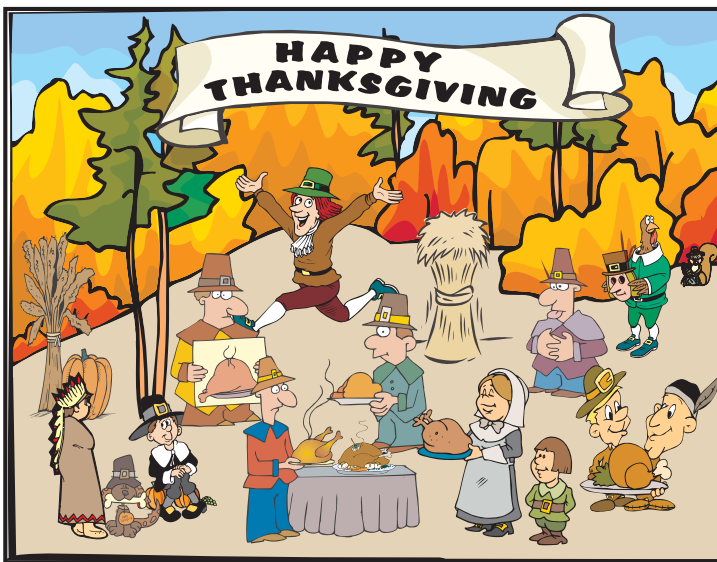
Senior Citizens Services
"ALL your needs Taken Care Of"

- Power of Attorney
- In Home Care
- Estate Admin.
- Errands
- All Appt.s
- More

LICENSED and BONDED P.S.S.A.
423-323-7208

DOUBLE TAKE

Find at least 23 differences in the two pictures (answers are on the bottom...no peeking!!!)



Answers: Banner, Tongue, Boy Belt, Turkey Turned around, Eye, Dog tag, Turkey head, Hat, Table skirt, Sleeve, Apron, Nose, Fingers, Waving arm, Dog bone, Pumpkin, Flower, Hat color, Feather color, Hay stalk tie, Squirrel tail, Puffy shirt, Hat tilt



Purr-fectly 'Green' Cat Care Tips

She can jump from the floor to the top of the refrigerator, or bound across your desk without disturbing a single sheet of paper. Your cat personifies the graceful, enviable sure-footedness of her species. But what about her eco-footprint?

With 88 million domesticated cats in the country (according to the National Pet Owners Survey by the American Pet Products Association), the question isn't just academic. Like their human companions, pets' modern lifestyles consume natural resources and can contribute to environmental issues like greenhouse gases and the waste stream.

"As consumers and responsible pet owners, we are all looking for ways to care for our pets' health and their environment," says Jill Cordes, host of America's first broadband pet channel www.Petstyle.com. "Many

of us are already putting eco-friendly practices into action in our own lives, from buying organic food to shopping with reusable bags and switching to natural household cleaners. Adopting 'green' pet care habits is a natural extension of our environmental consciousness."

You can become a "greener" cat owner with 10 simple steps, Cordes advises:

1. Give them shelter.

Overcrowding at animal adoption centers strains resources. You can help ease the

problem - and possibly save an animal's life - by adopting from a shelter rather than buying a cat from a pet store or breeder. You may also save money if you adopt from a shelter where many animals are likely to already be vaccinated, spayed or neutered. Visit www.aspc.com for more information.



2. Use protection. Get your cat spayed or neutered.

Unplanned, unwanted "deliveries" often wind up in shelters, contributing to the overcrowding problem. Plus, spaying and neutering can help reduce your cat's risk of developing uterine, ovarian, or testicular cancer.

3. Tag. you're it. Be sure your cat always wears a name tag (or license, if your municipality requires cats to be licensed). If he gets lost, the tag will help any good Samaritan who finds him return him to

you. Plus, you'll conserve the gas you would waste driving around the neighborhood hunting for him, and the paper for those "missing" posters.

4. Keep it clean - and gentle. Replace traditional pet care and cleaning products that may contain harsh chemicals with gentle, all-natural products.

5. Potty all the time. Choose environmentally friendly cat litter like ARM & HAMMER Essentials Clumping Cat Litter. It's made with natural biodegradable corn fibers which are sensible for the environment, and absorbs twice the liquid compared to regular clumping clay litter. Plus, the addition of baking soda eliminates odor problems instantly. Visit www.armandhammeressentials.com/litter.aspx to learn more.

6. Food for thought. Just as added hormones or pesticides in your food aren't good for you, they're not good for your cat, either. Look for pet food that is natural, organic and FDA-certified.

7. Quench their thirst. Change your pet's water and food bowl regularly to eliminate potential disease, insect or other pest infestations. Be sure to use filtered tap water rather than bottled water, which weighs on your wallet and the environment.

8. Play ball. Purchase toys made from sustainable fibers or recycled materials, or entertain your cat with homemade toys crafted from recycled materials, like a scratching pole made from old carpeting. And remember, you will always be her favorite - and most eco-friendly - toy.

9. Into the wild ... or not. Try to keep your cat inside as much as possible to avoid exposure to injury, illness and predatory wildlife. If your cat craves the outdoors, however, try to keep his outside time supervised in an enclosed area.

10. Purr-tanical gardens. In an enclosed space, plant a small garden in your backyard for your cat and stock it with cat-safe herbs and flowers. Just be sure kitty is always supervised, and stays in her own yard - otherwise you may find yourself having to explain her embarrassing visit to your neighbor's tomato patch. **FPT**

Courtesy of ARAcotent

SUPER SUDOKU Instructions: On page 3

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

THE magazine for the WHOLE family

Chris Joker
Editor

Vx: 423.676.4323 • Fx 866.824.0825
chris@familypastime.com

www.familypastime.com
2 Haven Lane • Johnson City, TN • 37604-9059

CREATURE
FEATURE

By: Georgia Tetch



PIGS

Ham is often the feast of choice for a

Thanksgiving dinner. I thought it would be fun to explore the world of pigs. The words swine, hogs and pigs refer to the animals of the porcine or pig family. Pigs are unique as they are the only animals that exist in all parts of the world.

They may take on different forms and characteristics, they can be found on every continent except Antarctica. Pigs are intelligent and learn quickly. They rank fourth in animal intelligence behind chimpanzees, dolphins and elephants. They learn their names by 2 or 3 weeks and respond when called.

Pigs have a snout for a nose (which they use to dig and find food), small eyes and a small tail, which is usually curly. Pigs have a thick body, short legs and coarse hair. The sound they make is "oink". They have four toes on each foot, but only walk on the two large ones.. People often say they "sweat like



(pork roast or ribs) cured or smoked (ham bacon and prosciutto). It is a common ingredient in (sausage salami and hotdogs).

a pig", but in reality pigs do not sweat because they do not have sweat glands. In order to keep cool and prevent sunburn they wallow in water or mud.

Farmers raise domesticated pigs as livestock. Mother pigs are called sows, father pigs are boars and babies are called piglets. Raising pigs is the most common 4-H livestock project. It doesn't require a large amount of money or expensive buildings and equipment and can be completed in four months. A healthy pig will gain from 1.5 to 1.8 pounds per day if

feed properly. A full-grown pig weighs between 200 and 240 pounds.

Pork is the culinary name for meat from the domestic pig. It is the most commonly consumed meat worldwide. Pork is eaten in various forms, cooked

Pigs are a source of food and leather. Recently they have been involved in biomedical research and treatments, especially for their eyes and hearts, which closely resemble those of humans.

Some pigs are called Feral (a feral organism is one that has escaped from domestication and returned, partly or wholly, to its wild state). The Feral pig population is growing rapidly and is of concern because they forage at night and damage crops, gardens and domestic livestock. They uproot large areas of land, eliminating vegetation. They compete for resources with other wildlife and they cause \$36 million in vehicular damage in the United States annually. Pigs are unique among domestic livestock in that they go wild quicker than anything else.

Potbellied Pigs originally were intended for display in zoos. They were imported into the US from Vietnam in 1984. These pigs are pets and give a whole new meaning to "bringing home the bacon". Like dogs pet pigs must go for walks; like cats they can learn to use the litter box. They like to be scratched, play fetch and they generally get along well with other domestic animals.

Guinea Pigs are not related to pigs they are members of the rodent family.

"Pigs in a Blanket" often refers to hot dogs or sausage wrapped in biscuit or croissant dough and baked. **FPT**

FATHER KNOWS BEST

By Chris Joker

A Thanksgiving To Remember.

Several years ago I decided it was time to have the family to my house for Thanksgiving. It would be the perfect, traditional Thanksgiving Feast, one everyone would always remember. I must add this was the first time I have ever done this and I'm pretty sure it will be the last time I not only invite them but they actually accept. Having never actually cooked a turkey before I gathered several roasted turkey recipes, it seemed easy enough. I also remembered that my sister had brought an awesome cranberry dish the year before so I had her send me the recipe. Not having room in my refrigerator for a turkey I decided to shop the day before Thanksgiving. I remember thinking how brilliant an idea this was and wondering

why more people don't do that. I went to the store with my list of ingredients for the turkey, stuffing, mashed potatoes and cranberries. The ingredients for the cranberries were cranberry relish, raw cranberries, oranges, apples, grapes, and nuts, sugar stuff like that. I had no trouble finding the fruits and nuts then I started looking for the cranberry relish, I spent a good thirty minutes looking for the cranberry relish. I was determined to do this on my own so I wasn't going to ask for help. How hard could it be to find cranberry relish? I spent another fifteen minutes looking. I finally found it in the deli section. I was so proud of myself. I began gathering the rest of the ingredients. I got to the turkeys, there were lots of small ones but, loving Thanksgiving leftovers, as I do, I opted for a 27 pounder. I bought my supplies and headed home. I was so proud of myself; I called my sister on the way home to tell her what a

fabulous feast we would be having. "I'm going to make that cranberry thing you made last year, I thought I was going to be out of luck when I couldn't find the cranberry relish, but I finally found it." Silence. Then she said, "Are you serious?" I said, "Yes, I know you thought I wouldn't be able to find that and would not be able to make it but I persevered and finally found it...it was in the deli section!" Then, uncontrollable laughter on the other end of the phone. "What? I asked" "You big Dork, Cranberry Relish is the name of the dish. That's what you are making with all of those ingredients! She said" Then silence on MY end of the phone. Trying my best to play this off as me joking with her I managed to hang up. She continued to laugh as I hung up. Putting my chagrin aside I began to put the groceries away. This is when I realized the bird was too big for my fridge. Not to worry, I would

Please see FJK on page 18

Sweet Potato Cupcakes

SUPPLIES:

- 2 C all-purpose flour
- 2 tsp. Baking powder
- 1 tsp. Ground cinnamon
- 1/2 tsp. Baking soda
- 1/4 tsp. Salt
- 1 C butter, softened
- 1-1/2 C sugar
- 3 eggs
- 1 17.2-oz. Can vacuum-packed sweet potatoes (unsweetened), mashed
- 1/2 tsp. Vanilla
- 1 Recipe Cream Cheese Frosting, below
- Finely shredded orange peel

HOW TO:

1. Preheat oven to 350
2. Line twenty four tin with cupcake cups
3. Stir together flour, baking powder, cinnamon, baking soda, & salt
4. Beat butter with an electric mixer on medium to high for 30 seconds.
5. Add sugar beat until light and fluffy, 2 mins.
6. Add eggs, one at a time
7. Beat low after each addition until combined.
8. Add sweet pot. & vanilla, beat til combined.
9. Add flour mixture; beat until combined
10. Fill cupcake cups. Bake 20 minutes or until tops spring back when lightly touched.
11. Cool in pan on wire rack for 1 minute.
12. Remove from pan and cool completely.
13. Frost (see Cream Cheese frosting below)

Turkey Nuggets

SUPPLIES:

- 1 1/2 cups water
- 1 egg yolk
- 1 1/2 cups all-purpose flour
- 1 TBS baking powder
- 1 tsp. salt
- 1 1/2 lbs. cooked white turkey meat, cut into 1-inch chunks
- Vegetable oil for frying
- Dipping sauce (ketchup, barbecue sauce, honey mustard, duck sauce etc.)

HOW TO:

1. In a medium-sized bowl, whisk the water and egg yolk.
2. Sift together the flour, baking powder and salt.
3. Add the flour mixture to the egg mixture and whisk until smooth, then refrigerate for 10 minutes.
4. Heat the oil to 350 degrees in a deep fryer; OR you can heat 2 inches of oil in a frying pan over medium-high heat.
5. Dip turkey chunks into the batter and fry for 4 to 5 minutes or until golden.
6. Drain on a paper towel and serve with your choice of dipping sauce.

Kid Friendly Recipes



E-2 Yummy Turkey

SUPPLIES:

- 1 (12 pound) whole turkey
- 1/2 C extra virgin olive oil
- 2 TBS salt
- 1 apple - peeled, cored and cubed
- Add to Recipe Box

HOW TO:

1. Preheat oven to 350
2. Rinse turkey inside & out
3. Pat dry with paper towels.
4. Rub olive oil and salt all over the bird.
5. Place apple pieces inside the cavity.
6. Place turkey breast side down in roasting pan.
7. Roast for 3 hours.
8. Remove from the oven and carefully turn the bird so breast side is facing up.
9. Return to the oven until the internal temperature of the thickest part of the thigh has reached 180
10. Allow the turkey to rest for about 30 minutes

Crunchy Sweet Potato Casserole

SUPPLIES:

- 3 C cooked riced sweet potatoes
- 2 TBS butter
- 1/2 C warm milk
- 1/2 tsp salt
- Miniature marshmallows
- 1/2 C chopped peanuts

HOW TO:

1. Add butter and salt to warm milk
2. Stir until butter is melted.
3. Blend with potatoes
4. Beat until light and fluffy
5. Add more milk, if needed
6. Pile potatoes into a buttered casserole
7. Preheat oven to 375°.
8. Bake casserole 20 minutes
9. Top with mini marshmallows & peanuts
10. Return to oven until marshmallows are lightly browned.

Cream Cheese Frosting:

1. In large mixing bowl with electric mixer on medium speed for 30 seconds beat one 8-ounce package softened cream cheese, and 2/3 C softened butter,
2. Add 2 tablespoons milk and beat until combined.
3. Beat in 8 cups powdered sugar, about 1/2 C at a time, until smooth.

Double Pumpkin Pie with Oat Crust

Oat Pastry:

SUPPLIES:

- 1 cup all purpose flour
- 1/3 cup quick-cooking rolled oats
- 1/2 teaspoon salt.
- 1/4 cup shortening
- Cold water

1. In mixing bowl combine flour, quick-cooking rolled oats, and salt.
2. Using pastry blender or two knives, cut in shortening until pieces are pea-size.
3. Sprinkle 1 tablespoon of cold water over part of flour mixture
4. Gently toss with fork. Push moistened dough to side of bowl.
5. Repeat, using 1 tablespoon water at a time, until all flour is moistened (4 to 5 tablespoons total).
6. Form into a ball. On lightly floured surface
7. Flatten dough.
8. Roll from center to edge into a 12-inch circle.

For Filling:

SUPPLIES:

- 1 recipe Oat Pastry, below
- 1 15-oz. can pumpkin
- 1 9-oz. jar pumpkin butter
- 1/2 tsp. ground cinnamon
- 3 egg whites, lightly beaten
- 3/4 cup fat-free milk

1. In bowl combine pumpkin, pumpkin butter, and cinnamon.
2. Add egg whites
3. Beat lightly with fork to combine.
4. Gradually add milk
5. Stir just until combined
6. Carefully pour filling into pastry shell, spreading to edges. To prevent over browning, cover edge of pie with foil.
7. Bake 25 minutes.
8. Remove foil. Bake 25 minutes more or until knife inserted near center comes out clean.
9. Cool on wire rack.
10. Cover and refrigerate within 2 hours.

For Pie:

1. Preheat oven to 450
2. Prepare and roll out Oat Pastry.
3. Line 9-inch pie plate with pastry.
4. Trim crust to 1/2-inch beyond pie plate.
5. Flute edges as desired.
6. Line with double thickness of foil.
7. Bake 8 minutes.
8. Remove foil and bake 6 minutes.
9. Cool on wire rack. Reduce oven temperature to 350.



Fun Family Events

NOVEMBER



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

- 1.** All Saints' Day, National Authors' Day, Sadie Hawkins Day, National Family Literacy Day
Hands On Use your creativity to piece together your very own collage.
- 2.** Cookie Monster Day, Daylight Saving Time ends, Plan Your Epitaph Day, Zero Tasking Day
Hands On Use your creativity to piece together your very own collage.
- 3.** National Traffic Directors Day, Cliché Day, Digital Scrapbooking Day, Fala Day, Sandwich Day
- 4. ELECTION DAY**, National Chicken Lady Day, Use Your Common Sense Day
Hands On - Knitting Workshop* 3:45-5:00 Make your own winter-wear four week workshop \$18 per person
- 5.**
- 6.** Guinness World Record Day, National Men Make Dinner Day, Saxophone Day
Hands On Frog Dissection Workshop* Ages 9-14, \$8 per person. 2:30-4:30
- 7.** Nick's Birthday National Bittersweet Chocolate with Almonds Day
- 8.** Abet and Aid Puntsters Day, Cook Something Bold and Pungent Day, International Tongue Twister Day, National Parents As Teachers Day
Hands On Work with clay and mimic techniques used by Auguste Rodin, **Hands On** Celebrate x-ray Day, take a look at some real x-rays, and learn about bones, Showing of the Trees. Get into the holiday spirit with a display of designer decorated trees, and other holiday items.
- Kingsport Civic Auditorium** Arts4Kids painting workshop 10 a.m. to 6 p.m 423.392.8420
- 9.** Kristallnacht, National Child Safety Council
Hands On Work with clay and mimic techniques used by Auguste Rodin, **Hands On** Celebrate

- x-ray Day, take a look at some real x-rays, and learn about bones.
- 10.** Area Code Day, Gingerbread House Day, Marine Corp Birthday
Court Appointed Special Advocates (**cASA**) of Northeast Tennessee will provide volunteer advocacy training beginning 11/10-12/15, Monday & Thursday from 6 p.m. to 9 p.m. 423-461-3500
- 11.** Death/Duty Day, Veterans Day, National Young Reader's Day
Hands On - Knitting Workshop* 3:45-5:00 Make your own winter-wear four week workshop \$18 per person
- 12.** Birth of Baha'U'Llah
- 13.** World Kindness Day
- 14.** Loosen Up, Lighten Up Day, National American Teddy Bear Day, National Donor Sabbath Days, World Diabetes Day
- 15.** America Recycles Day, I Love to Write Day, National Bundt (Pan) Day
Hands On paint WITH nature! Use real leaves to create an autumn picture.
- 16.** International Day for Tolerance, Transgender Day of Remembrance, World Day of Remembrance for Road Traffic Victims
Hands On paint WITH nature! Use real leaves to create an autumn picture.
- 17.** Homemade Bread Day
- 18.** Married To A Scorpio Support Day, Mickey Mouse Day, Push-button Phone Day
Hands On - Knitting Workshop* 3:45-5:00 Make your own winter-wear four week workshop \$18 per person
- 19.** National Educational Support Professionals Day, Have A Bad Day Day
Hands On Wicks and Wax Workshop* Learn old and new methods of candle making. 3:30-5:00

- 20.** African Industrialization Day, Great American Smokeout, Name Your PC Day, Universal Children's Day
- 21.** World Hello Day, World Television Day
Hands On 20th Annual Festival of Trees Night of Lights Gala - "My Favorite Things"
Abingdon Christmas Parade
- 22.** Alascattalo Day (About Alaska & humor), Humane Society Anniversary Day, International Aura Awareness Day, National Adoption Day, National Family Volunteer Day, National Survivors of Suicide Day (Saturday before Thanksgiving)
Johnson City Christmas Parade
Bristol Christmas Parade
Hands On Paint it, glue it, make it shine! Create a fabulous fall picture frame!
- 23.** You're Welcomegiving Day
Hands On Paint it, glue it, make it shine! Create a fabulous fall picture frame!
- 24.** Celebrate Your Unique Talent Day, D.B. Cooper Day
Bristol Downtown Christmas Open House 5:30-8 pm
- 25.** Shopping Reminder Day
Hands On - Knitting Workshop* 3:45-5:00 Make your own winter-wear four week workshop \$18 per person
- 26.** Tie One On Day
- 27.** Thanksgiving Day
- 28.** Black Friday, Buy Nothing Day, Flossing Day, Maize Day, National Salesperson's Day, Sinkie Day
- 29.** Electronic Greetings Day, International Day of Solidarity With The Palestinian People
- 30.** Computer Security Day, National Meth Awareness Day, Stay Home Because You're Well Day

Family Crypto-Time Last month's answer

**"AUTUMN IS A SECOND SPRING WHERE
QGMGDL YA Q APVULC AEJYLW OSPJP
EVERY LEAF IS A FLOWER".
PRPJF HPQI YA Q IHUOPJ - Albert Camus**

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: QNVCPIWSYZBHDLUETJAMGROKFX

What is a turkey's favorite dessert?
Peach gobbler!

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

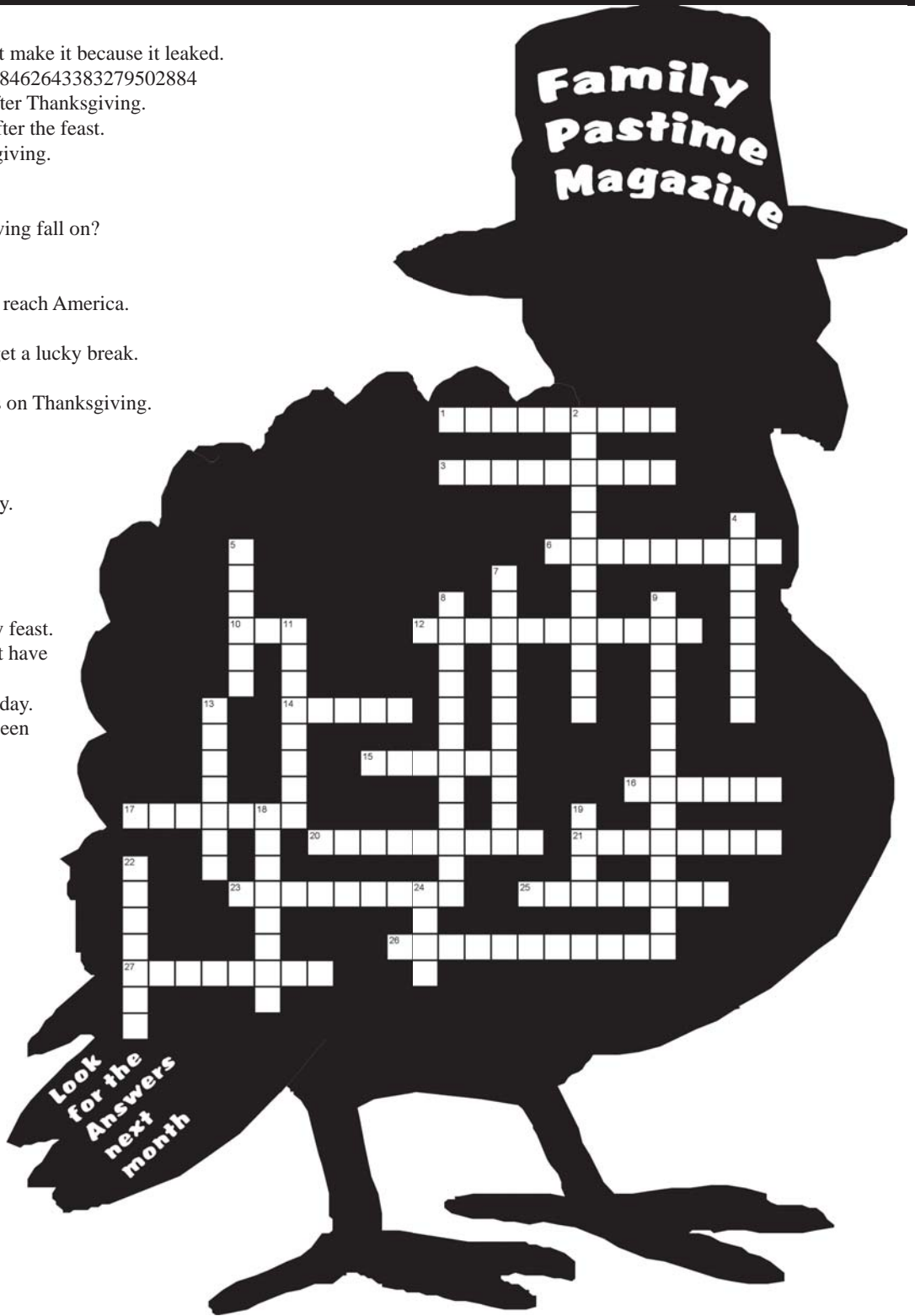
Crypto clue: o=v

Across

1. The other pilgrim ship. It did not make it because it leaked.
3. Pumpkin 3.141592653589793238462643383279502884
6. Great to eat weeks, and weeks after Thanksgiving.
10. Granddaddy always does this after the feast.
12. Big shopping day after Thanksgiving.
14. Also comes in a boat.
15. Keeps your bird moist.
16. Which Thursday does thanksgiving fall on?
17. Heart, liver, and gizzard.
20. One of the pilgrim's ships
21. Ocean Pilgrims sailed across to reach America.
23. Dark meat
25. Pull right on this and you will get a lucky break.
26. Grow in a bog.
27. Lie on the couch and watch this on Thanksgiving.

Down

2. I like this on my pie.
4. Another name for the field of play.
5. What we give on Thanksgiving.
7. See a giant dog or moose in this.
8. Pilgrims landed here
9. Some like them lumpy
11. Held the first Thanksgiving Day feast.
13. Surprise, Pilgrims really did not have these on their hats.
18. Thanksgiving is always on this day.
19. Is there really a difference between these and sweet potatoes?
22. The bird is before dinner, you are after.
24. Maize



SUDO-KID-U 2

Instructions: On page 3

		2	
	4		
2		1	



Naked Mole Rat By: I.M.. Yuckee

The naked mole-rat, *Heterocephalus glaber* (Mammalia: Rodentia), also known as the sand puppy, or desert mole rat is a burrowing rodent native to parts of East Africa. They are about four to five inches long, weighing about 2 ounces each. The exception is the

breeding female, who is typically much larger (six to eight inches long). They are virtually hairless, with the exception of whiskers and small hairs on their tail, both aiding in feeling their way around their underground environment. These hairs help quite a bit because they have very small eyes and that are almost sightless. They also have small ear pinnae, but their hearing is acute, as evidenced by their



large repertoire of social vocalizations. Because of their lack of fur and long teeth, naked Mole rats kind of look like tiny walruses. Their sense of smell is very important, and they are also very sensitive to vibrations in the ground and the movement of air currents. The animal appears to be naked at first glance, but a few pale-colored hairs are scattered about the body and tail, there are prominent vibrissae on the lips, and a fringe of fine hairs is present along the edges of the feet. This fringe helps to collect and sweep back loose soil during digging. The wrinkled skin is pinkish or yellowish in color. The hind feet have five clawed digits and mole rats have no sweat glands.

The naked mole rat could live its whole life underground inside the burrow without seeing daylight. Because of this, they are very protected from predators. In fact, the only major predators they have are snakes. Also because of their underground lair, they have adapted quite well to available food sources, which are roots, tubers, and all kinds of geophytes. They are strictly herbivores, with the exception of dead pups (pups are what you call naked mole rats), which they will eat to conserve energy. The burrow has a large communal nest chamber that is either unlined or partly floored with dry vegetation. Radiating outward are a series of foraging tunnels usually

about just over 1 inch wide and 6 to 16 inches below the surface. One system was estimated to have more than 900 feet of such passages. There is much branching of the tunnels in the vicinity of food supplies. Bolt holes, reaching depths of about 28 inches, are sometimes present and may serve as emergency refuges. Above the burrow are the mounds of excavated earth, which are uniquely volcano-like in shape and in the presence of a central, unplugged hole. Digging is done primarily with the incisor teeth, and the feet are used to kick and push the loosened earth. An individual near the surface may work alone, but deeper burrowing

is done by relay. One animal remains where the tunnel is to begin for a while, loosening the soil and kicking it backward. Behind this animal is a chain of several others. When enough earth has accumulated, the first animal of the chain pushes the soil backward with its hind feet through the tunnel to a point near the surface and then takes a place at the end of the chain. Meanwhile,

the other animals of the chain have advanced in position by straddling the one moving to the rear. Near the surface another individual remains for a while to collect the soil brought up by the others and kick it out through the central hole of the forming mound. At irregular intervals, this individual and the one doing the drilling are relieved by other members of the team.

Naked mole rats do not drink; they obtain all the water they need through their food. They eat primarily geophytes (A geophyte is an herbaceous plant with an underground storage organ—bulbs). This diet is high in cellulose, which is difficult to digest. Naked mole rats have high densities of gut fauna that aid in digestion. They also regularly practice coprophagy (the consumption of feces---EEWWWWW), which allows them to maximize their uptake of nutrients from their food.

Since the mid 1950s naked mole rats have been studied profoundly because of their individuality and unique place in the animal kingdom. The first colony captured and held in captivity was in the 1970s. Many of those original colony members are still alive in captivity, so it is unknown exactly how long their lifespan is. It is projected to be around 20-30 years, which makes them the longest-living mammal of their size. **FPT**

Please Support Family Pastime Advertisers!

SUDOKU Medium Instructions on page 3

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

SUPER SUDOKU Answer from last month

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

THE FRANTIC MOM

By: Donna Gaskell Gordon

Do the words “the holidays” fill you with anxiety?

Is your family calendar for the entire season so chock a block with performances, parties and obligations by mid November that you are exhausted before you begin? Are you wondering if Santa is going to deliver the extra time and money to pull off that elusive “perfect” holiday that everyone expects of you? Stop, let’s regroup and let The Frantic Mom pull the plug on this insanity and help you refocus your attention and talk you down from the high wire.

How you celebrate the holidays is as varied and unique as the family that you inhabit, but the core of that celebration should be your family. Kids, especially young ones, often get lost in the shuffle of the myriad of events that friends, family, school, and houses of worship present at this time of year. Add in competing in-laws expectations and holiday travel and you have the makings of “Mixed Nuts”, when you were

Unplugging Holiday Stress

envisioning “It’s a Wonderful Life”.

The easiest way to prevent this is to simplify. Ask your family what they like the best about the holidays and what they like the least. Now ask yourself, and then listen to the answers. Now implement them. not to cling to what you have always done, and instead start some new traditions. Time worn traditions can just wear out.

I love to bake from scratch, but my kids would just as soon do slice and bake cookies with their Dad. The annual Holiday photo and newsletter is expensive, labor intensive and has a short deadline. You could e-mail a photo greeting; better yet see if your kids will take over as editors and

It is easy to get caught up in the frenzy that has become the holiday season. Just say no to all those extra holiday duties, and gift exchanges. Let someone else be the volunteer of the year in 2008. This season give your family and yourself the gift of refocusing on the little culture that is your family. Haul out the baby photos,



yearbooks and home movies. Forget about rushing to every event and vote on a few or better yet, stay home, and reconnect. Play a board game or watch a movie together. Fully engage when you play Candyland or Monopoly. Begin a holiday chapter book and take turns being narrator. See if they will let you into their world by talking about what yours was like when you were their age. Compare notes.

As this world becomes more intense and complicated our family time becomes that much more precious. Before you know it they will be off to college. This holiday season; make time for new family memories by eliminating the busy for the important. **FPT Book for thought:**

The 3 Big Questions for a Frantic Family A Leadership fable...about restoring sanity to the most important organization in your life by Patrick Lencioni

Find Games, Books, and Movies for families:

- Www.leapsandboundscatalog.com
- Www.familylife.com
- Www.read-aloud-books.com
- Www.CommonSenseMedia.org

FKJ *continued from page 13*

put it in my chest freezer in the basement (it really seemed like a good idea at the time). I did my calculations on how long the turkey would have to cook based on it’s weight—15 minutes per pound, as a sidebar I also discovered that you plan on about 1 pound of turkey per person when deciding what size turkey to buy. I really should have done this BEFORE buying the turkey. Since I was only planning on 11 people (and 4 of those are kids) I think I bought too big of a bird. Do you know how hard it is to convince 16 people the day before thanksgiving that they should drop their family plans and instead come to your house for Thanksgiving? I began referring to the huge turkey as “Gigantor”. So 27 pounds, 15 minutes a pound I’m looking at 6 hours and 45 minutes. With an hour of prep time on the bird and wanting to eat about 3:00 I would need to begin preparation about 7:00 am. I can do that. 7:00 Thanksgiving morning I get the turkey out of the freezer. Two things, 1) a 27-pound turkey is very slippery. I learned this when I dropped said turkey on my toe. A 27-pound

turkey when dropped from a distance of about three feet onto a human toe will tend to break the toe. Grimacing and hobbling I took my turkey to the kitchen for preparation this is when I realized 2) my 27 pound turkey was frozen solid. Checking on the Internet I found that the safest way to thaw a frozen turkey is in the refrigerator, never mind that gigantor would not fit into my fridge, if he did it would take about 6 days for him to thaw in the “safest” way. O.K. forget the safest way, what else you got? I found the “quick” thaw method. Put the turkey in the sink and cover with cold water. I can do that. It turns out that “quick” means ½ hour per pound or roughly 13 hours. While this might give me the extra time needed to get an additional 16 people to come to dinner, it really wouldn’t be good for my perfect Thanksgiving feast. That’s when I thought about the microwave oven method of thawing the turkey. This would have worked perfectly if I had only bought one of those small turkeys. It turns out Gigantor was about twice the size of my microwave oven. Have you ever seen a butcher shop? They have a big band saw they use to slice

through frozen meat. I have a band saw in my shop. Oh, yes I did! In case you ever need to do this I found, after three blades and two bottle of rubbing alcohol (I had to sterilize the blade) that a variable tooth bi-metal blade works best. I quartered Gigantor figuring I could easily re-assemble the pieces in the roasting pan after they were thawed. THIS is when it hit me that I did not have a roasting pan. I did, however have several small baking pans (four to be exact) that a quarter of a thawed 27-pound turkey would fit into just perfectly. Dinner was a little late (9:30-ish) but fortunately we all had delicious deli-prepared cranberry relish to tide us over. **FPT**

Q: Why don’t you eat fish on Thanksgiving?

A: Because Thanksgiving never falls on a FRY-day.

Q: What always comes at the end of Thanksgiving?

A: The letter “g”!

Q: Why did the turkey sit on the tomahawk?

A: To hatchet.



Introducing Children To Fall Gardening Fun

By: Dr. Leonard Perry ~Extension Professor, U. V.

Gertrude Jekyll, the celebrated English garden writer, thought so much of introducing children to the joy of gardening that she devoted a classic 1908 book, *Children and Gardens*, to the subject. In it she suggested that "... autumn is the time to plant little gardens."

Many parents find gardening an excellent way to spend quality time with their children, teach lessons such as environmental awareness and the workings of nature, and have a liberal dose of good old-fashioned family fun. Jekyll had an additional thought. She felt that it was not so much the vegetable or flower garden but the pure fun of digging in the dirt that was the real key to instilling an interest in gardening in children. Fall, with its many garden tasks, offers plenty of this kind of fun. Raking leaves into piles, for example, is work to an adult but can be satisfying for a child.

Planting is another pleasant chore for young and old. Autumn is the season to plant trees, turf grasses, and spring-blooming flower bulbs such as tulips, daffodils, hyacinths, and crocuses. Children will especially have fun with "naturalizing," the planting of bulbs to achieve

a natural look. It's easy to do. Just grab a handful of bulbs, toss them out on the target area, and plant them where they fall.

Fall is also the season to reseed the lawn, fix bare spots, or even renovate the entire lawn. Although a full-scale renovation is probably not a job for children, reseeding small areas can be fun for them. Their active participation in the process may help parents convince them to stay off newly seeded areas, thus giving the new grass a chance.

In her writings, Jekyll suggested that children begin their gardening experience by helping their parents tend to existing plantings. Later, they should be given a spot of their own in which to create a small garden. She advised her readers not to put the children's garden in a marginal area or back corner but to give them a prime location where they can take pride in showing off their accomplishments.

Jekyll also firmly stated that "...children should be provided with proper tools." In her day, acceptable implements had to be custom-made by clever country blacksmiths. Today, child-sized tools including trowels, spades, rakes, hoes, blunt weeding tools, small wheelbarrows, and baskets for weeding and harvesting,

are available through mail order catalogs or many garden centers. You may want to buy now for gift giving this Christmas.

Of course, fall with its apple picking, and many outdoor activities is only the beginning of gardening as a family. Come spring, when you are enjoying your new lawn or spring-flowering bulbs, take time to involve your children in planning and planting the flower and vegetable garden.

Gertrude Jekyll, thinking back to her own youth, wrote that she thought at that time there were "...only two types of people in the world--children and grown-ups--and that the world really belonged to children. And I think it is because I have been more or less a gardener all my life that I still feel like a child in many ways." **FPT**

Q: What smells the best at a Thanksgiving dinner?

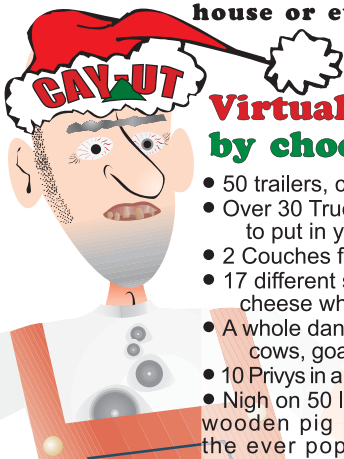
A: Your nose

Q: What's the best thing to put into a pumpkin pie?

Q: Your teeth!

MARY CHRISTMAS

Fer ever'one on yer list git 'em a copy of **Virtual Redneck** so they kin design thar dream doublewide, cabin or shack from the "relative" comfort of thar mother-in-law's trailer, diddy's house or ever which in-law has a computer.



Set up yer Virtual Redneck life-style by choosing from:

- 50 trailers, cabins, shacks, and big 'ol mansions
- Over 30 Trucks, cars, tractors and other vehicles to put in yer yard
- 2 Couches fer yer lawn or porch
- 17 different stains to put on 'em (such as: beer, cheese whiz, Grandpa, and leaky puppy)
- A whole dang passel of critters (such as: dawgs, cows, goats, chickens and stuff ya'll can shoot)
- 10 Privys in a variety of colors, sizes 'n configurations.
- Nigh on 50 lawn ornaments (silhoutte people, wooden pig planters, little boy peeing and the ever popular woman showing bloomers)

**ORDER ONLINE AT:
WWW.VIRTUALREDNECK.COM**

UNIONJACK
Plumbing Services and Repairs
423.470.2690 or 423.257.4990
UP FRONT PRICING!!!

- Full Service Repairs • Pumps
- Pressure Washing • Water treatment solutions
- Gas lines, Logs, Ranges & Fireplaces
- Water heaters --including Rinnai tankless
- Full house plumbing & inspections
- Water/Sewer line Repair & Replacement

Full Clean up after the job!

www.unionjackplumbing.com

PAT & JOHN HITECHEW
Owners

(423) 282-3761

JACK MILLER BODY SHOP, LLC.

EST. 1948

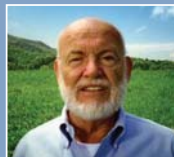
YOUR **5 STAR** MUFFLER DEALER

FREE ESTIMATES

200 WESLEY JOHNSON CITY, TN



Celebrating 10 Years: 1998-2008. "Thank you, Tri-Cities!"



It's about more than just the surveys that say people prefer Mountain States.

It's about more than winning the state's Excellence Award for quality or having a Top 100 Most Wired Hospital or even Tennessee's first Magnet Hospital for nursing excellence.

It's about choice.

More people choose Mountain States Health Alliance

Source: Joint Annual Reports for Wellmont and MSHA

Heart Care

Johnson City Medical Center is a Top 100 Heart Hospital ranking 67th in the nation for heart procedures.

Cancer Care

More people choose the Regional Cancer Center at Johnson City Medical Center for their care.

Women's Health

More "miracles" are born at Mountain States' 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.



Ask-A-Nurse • 1.800.888.5551
www.msha.com

*We know you have a choice for health care.
Thank you for choosing the hospitals of
Mountain States to serve your healthcare needs.*



- TENNESSEE
- Johnson City Medical Center • Indian Path Medical Center
 - The Children's Hospital at Johnson City Medical Center • Woodridge Hospital
 - James H. & Cecile C. Quillen Rehabilitation Hospital • Indian Path Pavilion
 - Johnson City Specialty Hospital • North Side Hospital
 - Sycamore Shoals Hospital • Johnson County Community Hospital
 - Blue Ridge Medical Management Corporation • Blue Ridge Physician Group
 - Mountain States HomeCare & Hospice
- VIRGINIA
- Smyth County Community Hospital
 - Russell County Medical Center
 - Norton Community Hospital • Dickenson Community Hospital