

NOVEMBER 2009

FREE

# Family Pastime Magazine

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THE magazine for the **WHOLE** family

Volume 5 Issue 4

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Contest**  
See Page 15

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

RenderForge (www.renderforge.com)

Contributing writers:

Lisa Baughn, Donna Gaskell Gordon,

Georgia Teich, Michael Bloch

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:

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**NOVEMBER WEEKLY OBSERVANCES**

- Animal Shelter Appreciation Week: 1-7
- Patient Accessibility Week: 1-7
- World Communication Week: 1-7
- Pursuit of Happiness Week: 8-14
- Rad Tech Week: 8-14
- Fraud Awareness Week 8-15:
- Young Reader's Week: 9-15
- World Kindness Week: 9-16
- American Education Week: 15-21
- Farm-City Week: 20-26
- Bible Week: 22-29
- Family Week: 22-28
- Game & Puzzle Week: 22-28
- Teens Don't Text and Drive Week: 22-28
- Better Conversation Week: 23-29

**NOVEMBER MONTHLY OBSERVANCES**

- American Diabetes Month
- American Indian Heritage Month
- Aviation History Month
- Family Stories Month
- Gluten-Free Diet Awareness Month
- Drum Month
- Military Family Appreciation Month
- Adoption Month
- Alzheimer's Disease Month
- Family Caregivers Month
- Georgia Pecan Month
- Home Care & Hospice Month
- Inspirational Role Models Month
- Life Writing Month
- Long-term Care Awareness Month
- Novel Writing Month
- Peanut Butter Lovers Month
- Pomegranate Month
- Roasting Month
- Scholarship Month
- Sweet Potato Awareness Month
- NoSHAVEmber
- Vegan Month

**Help Students Write A Better Future**

(NAPSI)-In2Books is an eMentoring program that helps third- through fifth-grade students build reading, writing and thinking skills through the support of online mentors.

Thousands of students across the country will be expecting pen pals this fall. In2Books is now signing up adult volunteers for the 2009-10 program.

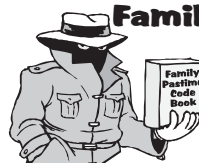
Throughout the school year, pen pals and their matched students read five books across different genres and exchange online letters about the important

issues in the books.

What does it take to be a pen pal? Volunteers must be able to dedicate a few hours a month and are required to pass a standard background check for which there is a nominal processing fee. The program's books can be found at libraries, bookshops or online bookstores.

To learn more about In2Books and to become a pen pal, visit [www.in2books.com/penpal08](http://www.in2books.com/penpal08). **FPT**

**Family Crypto-Time-Last Month's Answer**



A grandmother pretends she doesn't know who you are on Halloween.  
 L QJLCYTGRKJ ZJKUKCV VRK YGKVC'U  
 MCGS SRG BGN IJK GC RIXXGSKKE. -Erma Bombeck  
 Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ  
 Cipher: LOFYKAQRPMXICGZHJVUNESTBP

**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.

Last Month's Medium answer SUDO-KID-U 1 SUDO-KID-U 01 Last month's Answers SUDO-KID-U 02

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

2			
			2
	4		
		3	

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

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



# Home Dandruff Cure



Dandruff (also called scurf

and historically termed Pityriasis capitis) is the excessive shedding of dead skin cells from the scalp. dandruff symptoms include a dry flaky scalp, the condition is often caused by an overly oily scalp, accelerated skin cell growth and certain fungi. The various contributing factors in the cause of dandruff are: Poor nutrition, Deficiency of zinc, Fungus (malassezia furfur), Yeast infections, Over use of alkaline soaps and shampoos

- Wash Your Hair on a regular basis. If your shampoo stops working to keep the dandruff away, try rotating three brands of dandruff shampoo (each with a different formulation), using each for a month.
- Lather twice. The first lathering and rinsing gets rid of the loose flakes and the oily buildup on your hair and scalp. It sort of clears the area so the second lathering can get to work. Leave the second lathering of shampoo on your hair at least five minutes before rinsing it off.
- Take 10 drops of juniper essential oil and mix it with 1 ounce of jojoba oil. Apply it to your scalp and massage it in thoroughly. Leave on for 15 to 30 minutes and then shampoo as usual.
- Warm up 1 cup of apple cider vinegar, pour it on the scalp and then wrap a towel around your head and leave it on for about an hour.

• Create a hair rinse by boiling 4 tablespoons of dried thyme in 2 cups of water for about 10 minutes. Strain the mixture and allow it to cool. When

hair is damp, pour half of the mixture on hair and gently massage into scalp. Repeat with remaining solution. Do not rinse.

- Hot steam bath is highly beneficial for the hair and scalp. Massage hot oil and wrap a hot damp towel on the head for few minutes.
- Immerse peels of lemon in coconut oil for 8-10 days in sunshine. Now sieve and apply on the hair.
- Mix beetroot juice in vinegar and apply on the scalp.
- Rub the juice of snake gourd over the scalp.
- Mix 2 tablespoons of fresh apple juice to 2 tablespoons of warm water, apply on hair, rub, leave for 10-15 minutes and then rinse. Repeat this process 2-3 times a week.
- Massage your scalp with the mixture of olive oil and almond oil; leave it for five minutes after you feel the burning sensation. Rinse properly.
- Soak two tablespoons of fenugreek seeds in water overnight. Grind the softened seeds in the morning, apply this paste on the scalp and leave it for half an hour. Then wash hair with ritha solution or shikakai.
- Add cider vinegar to the final rinsing water after.
- Expose head to the rays of the.
- On stove heat 10.5 Oz. of coconut oil with 1 tsp of black pepper. When it starts boiling, remove from heat, sieve with a fine cloth and keep in a bottle. Massage into scalp nightly.

- Use one teaspoon of fresh lime juice for the last rinse while washing.
- Mash beetroot leaves in henna paste and apply on the head.
- Massage the hair for half an hour with curd which has been left open for 3 days.
- Wash the hair with green gram powder in curd twice a week.
- Beat two eggs, add two TBS of water. Wet hair and apply mixture. Massage and leave on for 10-15 minutes. Then rinse with lukewarm water.
- After showering, take 2-3 tablespoons of the original Listerine and dab it into your scalp. Massage for a minute and leave it there for 5 minutes. Rinse completely and towel dry.
- Wet your hair then take a handful of baking soda and rub it all over your scalp and wait for 2-3 minutes. Rinse your hair thoroughly. Skip a day from regular shampoo if you are using baking soda because the salt can dry your scalp and hair.
- Rub a combination of 1 part sulfur powder, 2 parts surgical spirit, 1 part almond oil and 4 parts rose water or distilled water on your.
- Prepare a homemade mixture of 1 TBS fresh lemon juice with 3.5 Oz. witch hazel in 6 3/4 fluid Oz. of water and use it on washed hair.
- Crush and powder two aspirin tablets and add it to your shampoo. Leave the mixture on your scalp for two minutes. Rinse and wash properly to remove the aspirin particles completely from the scalp.
- Apply Aloe Vera gel on your scalp 10-15 minutes before you plan to wash your hair.

"Home Cures" information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Family Pastime Magazine, Family Media Group LLC, the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Send a "Home Cure" that works your family to homecure@familypastime.com or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161

## Black Friday

In the United States, Black Friday is a term for the Friday after Thanksgiving which is the beginning of the traditional Christmas shopping season.

Black Friday is not an official holiday, but many employees have the day off (with the exceptions of those employed in Retailing and Banking), which increases the number of potential shoppers. Retailers often decorate for the Christmas and holiday season weeks beforehand. Many retailers open very early (some at

5 am or earlier) and offer doorbuster deals and loss leaders to draw people to their stores. Although Black Friday, as the first shopping day after Thanksgiving, has served as the unofficial beginning of the Christmas season at least since the start of the modern Macy's Thanksgiving Day Parade in 1924, the term "Black Friday" has been traced back only to the 1960s.

The term "Black Friday" originated in Philadelphia in reference to the heavy traffic on that day. But more recently, merchants and the media have used it instead to refer to the beginning of the period in which retailers go from being in the red to being in the black (i.e., turning a profit).

Black Friday is often referred to as the busiest retail shopping day of the year, but this is not always accurate. While it has been one of the busiest days in terms of customer traffic, in terms of actual sales volume, from 1993 through 2001 Black Friday was usually the fifth to tenth busiest day. In 2002 and 2004, however, Black Friday ranked second place, and in 2003 and 2005, Black Friday actually did reach first place. The actual busiest retail shopping day of the year in the United States (in terms of both sales and customer traffic) usually has been the Saturday before Christmas. **FPT**

**Q:** What happened when the turkey got into a fight?

**A:** He got the stuffing knocked out of him.

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## Everyone Wins When You Make Charitable Gifts

**Family Financial Focus** It's Thanksgiving time again. Like everyone, you have many things in your life for which you are thankful. And you may want to show your appreciation for what you have by making a gift to a charitable organization. If you do, both you and the charitable group can come out ahead.

Of course, it's no secret that 2009 has been a pretty rough year, with most of us feeling the effects of the recession in one way or another. Consequently, you may feel that you can't really afford to make charitable gifts right now. But there's probably never been a more urgent need for these gifts, as the distressed economy has led to a decline in contributions for charities across the country. Furthermore, your charitable gift can provide you with some distinct economic advantages.

Specifically, by making charitable contributions, you can gain these tax benefits:

- *You can take an immediate tax deduction.* If you itemize your taxes, you can deduct your contributions to charitable organizations, as long as they are "tax qualified." (Be sure to ask the organization if it has tax-qualified status.) Your tax deductions for charitable contributions are generally limited to 50 percent of your adjusted gross income. (If you want to claim a deduction for the 2009 tax year, you'll need to make your contribution before Jan. 1.)
- *You can avoid capital gains taxes.* If you want to support a charitable group, you're not limited to making cash contributions — you can also donate other assets, such as stocks or real estate. If you've held these assets for a long time, their value may have risen considerably, despite the volatility of the financial and real estate markets the past couple of years. If they have appreciated, and you wanted to sell them, you'd have to pay capital gains taxes on your profits. But if you donate these assets, you can avoid the capital gains liability while still claiming the tax deduction.

- *You can remove assets from your taxable estate.* In 2010, the estate tax is repealed, but it will be back in 2011. Estate taxes can be heavy, and if your heirs aren't prepared for them, they may have to sell assets to pay them. To possibly help avoid this problem, you may want to reduce the value of your taxable estate. One way of doing this — and of also receiving an immediate income tax deduction — is to donate assets, such as investments and property, to a charitable group. If you want to still enjoy the benefits of these assets while you're alive, you could transfer them to a charitable remainder trust, which can then sell them and reinvest the proceeds, out of which you could receive an income stream for life. Upon your death, the charity you have designated will receive the remainder of the trust's assets. (To properly establish this type of trust, you'll need to work with a qualified legal advisor.)

As you can see, the old saying "when you give, you also receive" is certainly true when it comes to making charitable donations. So, during the upcoming holiday season, be as generous as possible — to charitable groups and to yourself. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

**Last Month's Answer**

Family Pastime Magazine

Q: Why do turkeys go gobble, gobble?  
A: Because they haven't learned good table manners!

Q: How can you send a turkey through the post office?  
A: Bird-class mail!

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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 Daylight Saving Time ends Authors' Day Zero Tasking Day
- 2.** All Souls Day Cookie Monster Day Plan Your Epitaph Day, Traffic Directors Day  
**JCPL** Family Storytime 6:30 pm
- 3.** Cliché Day, Sandwich Day, Election Day  
**JCPL** Two's Time\* (age 2)10 am, **JCPL** Preschool Pals\* (age 3-5) 11 am, Adult Resume Writing & Computer skills\* 1:00-4:30 pm
- 4.** Chicken Lady Day, Use Your Common Sense Day, Candy Day  
**JCPL** Two's Company (age 2) 10, Preschool Storytimes (age 3 - 5) 11 am, Adult Internet Job Searching & Email\* 1-4:30 pm  
**Johnson City.** Auditions for **Johnson City's** Got Talent competition, 5 pm Carver Recreation Center. Age groups: 3-6, 7-12, 14-17, and 18 and older. No entry fee. call 461.8831.
- 5.** Diwali, Men Make Dinner Day, Donut Day  
**JCPL** Two's Company (age 2) 10, Preschool Storytimes (age 3 - 5) 11 am, Explorers\* (K-5) 4 pm, Sit! Stay! READ!\* (1-5th) 6:30 - 7:30 pm Read to a Certified Therapy Dog for 15 minutes
- 6.** Pumpkin Chunkin Days, Basketball Day  
**Johnson City.** **Johnson City's** Got Talent competition, Carver Recreation Center 7 pm. Call 461.8831. Free.
- 7. Nick's Birthday,** Hug-a-Bear Day ,Fala Day, Tongue Twister Day, Bittersweet Chocolate with Almonds Day, Sadie Hawkins Day
- Kingsport** Civic Auditorium, History Room, 10, 11 AM & 1, 2, 3 PM. Arts4Kids youth workshop with local potter and woodworker Michael Ripper. Greeneville Woman's Club Holiday Bazaar, Hal Henard Elem School. featuring handmade crafts, food and more.
- 8.** Abet and Aid Punsters Day, Cook Something Bold and Pungent Day, Parents As Teachers Day  
**Jonesborough** Veterans Day Celebration, Visitors Center auditorium. 2 pm
- 9.** Parade Day  
**JCPL** Family Storytime 6:30 pm, **JCPL** TEEN Game Night\* @ 6-7:30 pm
- 10.** Marine Corps Birthday, Area Code Day  
**JCPL** Two's Time\* (age 2)10 am, **JCPL** Preschool Pals\* (age 3-5) 11 am, Family Research/Genealogy help by Watauga Association of Genealogists 6:30
- 11.** Veterans Day **JCPL** Closed - Veteran's Day

- 12.** First Balloon Crosses the Pacific  
**JCPL** Two's Company (age 2) 10, Preschool Storytimes (age 3 - 5) 11 am, Sit! Stay! READ!\* (1-5th) 6:30 - 7:30 pm Read to a Certified Therapy Dog for 15 minutes, Adult Book Group\* 11 am Tales & Talk - The Mists of Avalon by Geraldine Brooks
- 13.** Kindness Day, Guinness World Record Day  
**JCPL** AFTER HOURS PARTY\* (K-5th) from 6-8 pm  
**Sycamore Shoals** Christmas Craft Show Free admission 10-4:30
- 14.** American Teddy Bear Day  
**JCPL** Chess with Ralph Roller (K- 5th) 10AM -NOON, Sit! Stay! READ!\* (1-5th) 11-noon. Read to a Certified Therapy Dog for 15 minutes, Bilingual Storytime (Spa/Eng) 2 pm  
**Sycamore Shoals** Christmas Craft Show Free admission 8-4
- 15.** America Recycles Day, I Love to Write Day  
**Sycamore Shoals** Christmas Craft Show Free admission 1-4
- 16.** Button Day  
**JCPL** Family Storytime 6:30 pm
- 17.** Homemade Bread Day  
**JCPL** Two's Time\* (age 2)10 am, Preschool Pals\* (age 3-5)11 am, K-2 Story Stretchers\*(K-2)4pm
- 18.** Mickey Mouse Day, Married To A Scorpio Support Day, Push-button Phone Day  
**JCPL** Two's Company (age 2) 10, Preschool Storytimes (age 3 - 5) 11 am
- 19.** Great American Smokeout, World Toilet Day, Have A Bad Day Day, Use Less Stuff Day  
**JCPL** Two's Company (age 2) 10, Preschool Storytimes (age 3 - 5) 11 am, Sit! Stay! READ!\* (1-5th) 6:30 - 7:30 pm Read to a Certified Therapy Dog for 15 minutes, TEEN New Moon Premiere Event\*, **JCPL** Adult Book Group\* 7pm Tales & Talk - The Mists of Avalon by Geraldine Brooks
- 20.** Children's Day, Cat Days, Name Your PC Day  
**Hands On!** Annual Night of Lights Gala\*
- 21.** World Television Day, World Hello Day, Adoption Day, Family Volunteer Day  
**Hands On!** Annual Night of Lights Gala\*  
**Kingsport** the Santa Train roll in at 3:08 p.m. Santa and Wynonna Judd will then throw toys off the **Kingsport** Chamber's platform in the front lawn. The Parade will begin at 3:15 p.m. starting on Main Street. **Kingsport.**

- 22.** Humane Society Anniversary Day
- 23.** Cashew Day  
**JCPL** Family Storytime 6:30 pm
- 24.** Celebrate Unique Talent Day, D.B. Cooper Day  
**JCPL** Two's Time\*(age 2)10 am, Preschool Pals\* (age 3-5) 11 am
- 25.** Shopping Reminder Day  
**JCPL** Two's Company (age 2) 10, Preschool Storytimes (age 3 - 5) 11 am
- 26.** Thanksgiving Day, Cake Day  
**JCPL**, Hands On Closed - Happy Thanksgiving!
- 27.** Black Friday, Flossing Day, Sinkie Day, You're Welcomegiving Day **JCPL** Closed  
**Hands On!** Black Friday Fun Workshop!\* Looking for something fun for the kids to do while you hit all of the great sales? 8-12:30 \$10 ages 6+.
- Jonesborough** Annual Holiday Craft Show & Sale, International Storytelling Center Bristol, Viking Hall, Annual Country Christmas Craft Show Fri. & Sat. 9 a.m.-7 p.m.; Sun. 1-5 p.m.
- 28.** Aura Awareness Day  
Bristol, Viking Hall, Annual Country Christmas Craft Show 9 a.m.-7 p.m.; Sun. 1-5 p.m.  
**Jonesborough** Annual St. Nick Nights Toy Drive. Enjoy the lighting of the town tree, carriage rides, "reindeer" llama kisses, visits with Santa, free storytelling, music and caroling. Children are encouraged to bring an unwrapped gift for St. Nick to deliver to disadvantaged children. All family activities and entertainment are FREE. Shopping hours are extended. Historic **Jonesborough.**
- Erwin** Christmas parade 10 am
- 29.** Electronic Greetings Day  
Bristol, Viking Hall, Annual Country Christmas Craft Show 1-5 p.m.
- 30.** Cyber Monday, Computer Security Day  
**JCPL** Tree Lighting with Story & East Tennessee Children's Choir 6 pm

**Christmas Parades**

- Kingsport:** November 21, 3:15
- Erwin:** November 28, 10:00 am
- Bristol:** December 3, 7:00 pm
- Johnson City:** December 4, 6:00 pm
- Abingdon:** December 5, 11:00 am
- Gate City:** December 5, 7:00 pm
- Elizabethton:** December 5, 6:00 pm
- Greeneville:** December 6, 2:00 pm
- Blountville:** December 12, 2:00 pm

\*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447 **6=N=9** Crypto clue: N=9



By Chris Joker

# Rocketeers

Last year for Christmas, I gave my son, Milo, a cool rocket kit. I got it on sale, close-out, it was like ten bucks. What a bargain! It was awesome! It included, everything needed to send two mini rockets (like 4 inches tall) racing into space. I know it did because written on the package, right under CLOSE-OUT; it said "everything needed to send two mini rockets racing into space". It was one of those gifts where it was too cold to use it at Christmas-time so we put it on the shelf until the weather was warmer. It was September before we remembered it. It was a warm September Sunday afternoon, one of the few dry ones we had this September. We grabbed the kit and raced to the park. Having previously sent a rocket "racing into space" and having it land deep in the woods, never to be seen again, we knew that the launch site should be way out in the middle of the park so that the rockets would not end up lost in the woods. We trekked WAY out into the middle of the park with our AWESOME rocket kit which

included everything we needed to send two mini rockets racing into space. After a short five minute hike we found an appropriate site and opened the kit. This is when we discovered that apparently "everything needed to send two mini rockets racing into space" does not include wadding, rocket engines and batteries for the ignition system. Apparently "everything" isn't what it used to be. Having sent a rocket racing into space before, Milo and I were savvy enough to know in order to get a rocket racing into space you really do need wadding, engines and batteries. After shouting some cleverly disguised expletives, we packed the rocket kit back up and headed to the hobby store to complete our "everything". Wadding, \$five.00, batteries \$6.00 and engines (you have to buy in packs of 4) \$12.00. We had choices on the engines so we, of course, went with the ones that would send our rockets racing the fastest and the farthest into space. We got out for \$23.00. This is about the time it occurred to me why this "awesome, all inclusive" rocket kit was on close-out. The thing about these

rocket engines is that they only work once and a flight lasts about 10 seconds so you can see how an afternoon of rocketeering can run up the bucks. By this time it was getting dark and we really did want to actually SEE our rockets racing into space so we headed home to wait for another weekend. This was a particularly wet September. We did not have a dry weekend again until October. It was approaching the chilly temperatures of the past December when we first put the rocket

kit on the shelf. We bundled up and took our kit, wadding, engines and batteries and headed back out to the park. As I mentioned before, we had previous rocket experience. Our experience was from a few years ago when my brother gave me a kit where you had to put the rockets together. Milo's kit also had two rockets but they were already put together, all 4 inches of them. With the previous kit we only managed to fully complete one rocket and partially complete the other. The completed rocket is the one that now resides somewhere deep in the woods next to the park. The launch of that rocket was spectacular. It soared high into the sky and then deployed a parachute. We watched as it gently drifted back towards earth. We continued to watch as the wind caught the parachute and carried it deep into the thick woods at the edge of the park. These mini, pre-built rockets did not have parachutes so we would not have to worry about them drifting into the woods however we, again decided going to the center of the park would be the best spot to launch. After our five minute walk with our kit and the added extra "everything" we needed to send two mini rockets racing into space, we again found the perfect spot, for what we would come to refer to as "Command Central". Now it was time to assemble the launch pads. You know, you would think that given our last experience in pretty much this same spot we would have read the directions before the five minute hike to "command central". Yes, THIS time we truly did have EVERYTHING we needed to send two mini rockets racing into space however, to put the launch rods together, one needed to pound them on a hard pavement such as...pavement. We looked around only to discover we had stupidly left the pavement five minutes back in the parking lot. After hiking BACK to the parking lot, we were able to get the rods together. Another five minute hike and we were back at command central. We put in the wadding, the engines and the igniters; we then set our rockets on the launch pads and attached the leads to the igniters. Milo had the black one, I had the orange one. As anyone who has ever experienced a rocket launch, be it NASA or home rocketeers, knows you CANNOT launch without an extravagant count down so we started 10...9...8 (you know how the rest goes) LIFT OFF! We held in the safety key and pressed on the ignition button....nothing. We took out the safety keys told mission control to get some coffee and we checked the whole set up. We put the safety keys back in and started the count down again 10...9...8...yadda...yadda LIFT OFF. The orange rocket raced into space. The black one did not.

Please see FKJ on page 16



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## HAPPY HOLIDAZE

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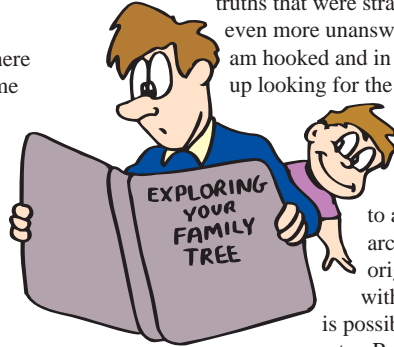
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# Genealogy

**H**ave your kids ever asked you where your ancestors came from while they



I have found a Pandora's Box filled with: rascallions, Indians, dead ends, mysteries, truths that were stranger than fiction, and even more unanswered questions. Now I am hooked and in his memory have taken up looking for the answer.

**T**wenty years ago, researching your genealogy was confined to actually going to an archive in the county of origin of a family. Now, with the Internet, searching is possible from your home computer. Records that used to

require tedious charts and graphs on huge pieces of paper can be tracked with a mouse click. The National Archives in Washington has many online tools and lessons to help orient a beginning genealogist. Modern research tools include software for charting and keeping family trees, magazines and websites with advice and ratings, and all kinds of web connections and blogs to explore. Both free and paid records can be accessed via web searching.

**I**f N.E. Tennessee is your family's ancestral home the luck of the Irish is with you. Our region is home

to two centers whose archives are vast and available for research; the T. Elmer Cox Historical Library in Greeneville and the Archives of Appalachia at ETSU in Johnson City. I have found the personnel in both centers very helpful, patient and knowledgeable with new researchers.

**D**on Miller, the director of T. Elmer Cox said, "We have information on NE Tennessee and Western North Carolina families, not just Greene County families. In the last century it was common for families to move around back and forth across the mountains. We are fortunate to have collected records from many locations which are now housed together at T. Elmer Cox." With these records and Don's help, I was able to locate my Greene County cousins by following a 19<sup>th</sup> century ancestor from marriage bond to obituary.

**A**lso, before you throw away grandma's old papers and artifacts, call and check with these two centers to verify if what you think is junk has historical value. As the family historian, I was given a box of old photos and papers, and have rescued a Tusculum yearbook from the 1930's and some newspapers and war ration books from World War two. I wish you a Happy Thanksgiving and good searching.

www.rootsweb.com free records and online lessons  
www.archives.gov National Archives  
www.ggcp.org /cox.htm T.Elmer Cox Library  
www.etsu.edu Archives of Appalachia  
How To Do Everything with Your Genealogy by George G. Morgan  
The Family Tree Resource Book for Genealogists by Sharon Carmack and Erin Nevius **FPT**



were playing Pilgrims and Indians and getting ready for the first Thanksgiving? This simple question usually comes up in Kindergarten and is given the most basic answer and forgotten. Genealogy is a great way to connect generations. Thanksgiving is a perfect time to start a family conversation. Kids can provide the tech skill set and grandparents can provide the stories that can spark a lively ongoing dialog and perhaps a new joint hobby.

**T**he tale I always heard was an Irish lad met a beautiful Cherokee maiden and settled in Greene County, Tennessee. That answer worked for me until my uncle retired and started researching his roots in 1983. His simple question was where in Ireland had that boy come from and when did he immigrate? He figured this would take one trip from Miami, FL. to Greeneville, TN. Instead, it required more trips and more time than he had left. Before he died, he asked me to take up the search and now I continue what he began. In my quest

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# Preparing Your Car For Winter

(ARA) - **A** few minutes in the garage before the bitter cold hits could help prevent a more time-consuming and unpleasant experience during the winter. Cold weather will only make existing problems worse, according to the experts at the nonprofit National Institute for Automotive Service Excellence (ASE). It's a good idea to read the owner's manual and follow the manufacturer's recommended service schedules.



**H**ere are a few more winter car tips that are easy and simple to do:

- Tires - Worn tires can be extremely dangerous in rain, snow and on ice. Examine tires for remaining tread life and uneven wearing. Be sure to check the sidewalls for cuts and nicks as well. All-season radials or winter tires are a wise investment for those who must drive in inclement weather regularly. Check tire pressure and rotate the tires as recommended. Don't forget to check your spare and be sure the jack functions properly.
- Cooling system - Regularly check the level, condition and concentration of the coolant. A 50/50 mix of antifreeze and water is usually recommended. Check hoses for cracks and leaks.
- Windshield wipers - Check wiper blades and replace them if needed. Rubber-clad blades can fight ice buildup. Stock up on windshield washer solvent. If you don't have an ice scraper, get one before you need it.

- Battery - If your battery is beyond its recommended service life, replace it. Top any low battery cells with distilled water. Clean and tighten battery terminals to ensure electricity gets to the starter on chilly mornings. If there's corrosion, clean it with a mixture of baking soda and water and put on a set of battery washers to keep corrosion from coming back. Make sure the battery terminals and hold-downs are tight. Clean and lubricate hinges and the hood latch.
- Fuel - It's important to keep gas lines from freezing in cold weather. A full gas tank will help keep moisture and ice from forming. Particularly cold weather may

warrant a fuel deicer. A block heater is another option that is fairly inexpensive and easy to use.

- Motor oil - The easiest way to protect and improve the performance of your car is to upgrade to a high-performance synthetic motor oil and change the oil regularly. Synthetic motor oils have better low-temperature fluidity and a lower coefficient of friction than mineral-based motor oils. This helps ensure easier start-ups on cold weather days. Some motor oils, such as Royal Purple, are actually formulated with molecules that chemically bond with engine components for continuous engine protection. Additionally, Royal Purple motor oil has been shown to improve fuel economy, reduce emissions and increase horsepower and torque. **FPT**

**Q:** Why did the police arrest the turkey?  
**A:** Because they suspected it of fowl play!

**Sudoku** last month's Really Hard answer

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

**Sudoku Really Hard** Instructions: On page 2

2				6		9	8	
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		2				8	5	
6	5		3					2

# Family Pastime Magazine Introduces FREE Classified Ads

**R**eaders of Family Pastime Magazine may now post free non-commercial classified ads in the online version of Family Marketplace. If you, a family member or not-for-profit group has something to sell, trade or give away simply go to [www.familypastime.com](http://www.familypastime.com), click on the Marketplace button, register and post an ad--for FREE. The ads can run for up to a month without re-submitting and may also include photos. Categories include, Automobiles, Appliances, Tools, Pets, Yard sales and more. If the appropriate category is not there simply put it under "other" category and Family Marketplace will create a category for it. If you don't see what you are looking for post something under the "wanted" category. If you have any questions send an e-mail to: [vclassified@familypastime.com](mailto:vclassified@familypastime.com). **FPT**

Courtesy of ARAContent

# SUDOKU HARD

Instructions: On page 2

2					1		4	5
7		3	6			1		
	9			2				3
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		5	8		2	3		
	3			1				9
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		7			3	4		6
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# Joy to the World ~ Let Earth Receive Her King!

By: Lisa Baughn

years ago, and our lives have never been the same. With a little planning in November, your family can join us in celebrating Advent this year.

## What Is Advent?

**A**dvent means the coming, or arrival and comes from the Latin word Adventus, meaning to come. Advent is a celebration of the first coming of Christ, long foretold in scripture, of His virgin birth in a stable in Bethlehem. Advent also looks longingly forward to His glorious 2<sup>nd</sup> coming as Christ the King, also foretold in scripture, which we wait in joyful anticipation for still. Advent is a time of quiet preparation, a time of prayer, a time of thanksgiving for all the Lord is, and a time of reflection on His blessed birth.

**M**any families new to Advent can think it sounds wonderful, but don't quite understand how to pull together their own personal Advent celebration. It is really quite easy, if you use the resources at our website [www.theprudentwife.com](http://www.theprudentwife.com) (search for Advent since we are redesigning the site!)

**Y**ou can probably pull most of the things you need out of your own Christmas items, table accessories, candles, etc. If this is your first Advent, please don't worry about making it perfect and getting caught up in "doing it right." It is not for humans to be perfect, but to celebrate the One who is perfect, and the author and finisher of our

## Creating an Advent Celebration

**T**he Celebration of Advent begins Sunday, November 29, 2009. You can easily pull together your own Advent celebration this year.

**O**ne of the joys of celebrating advent is creating your own Advent Wreath, and lighting the special Advent candles. It is the ideal family project that can easily be changed from year to year. The wreath can have a modern emphasis, be homemade, made out of children's handprints joined in a circle, be rustic and primitive or even elegant and formal. Traditionally, the Advent wreath was made of evergreens symbolizing the everlasting life of Christ. Holly berries sprinkled in with the evergreens symbolize the blood of Jesus, shed for the remission of sins. Wreaths are made into a circle, showing us the eternal nature of the Lord, He is eternity.

**A**dvent wreaths can be easily made from materials readily available. If you have evergreens in your yard, or neighbors' yard, ask if you can cut off a few. Fashion the evergreens into a circle, using wire or another wreath to hold them together. You can use any sort of greenery. At the Tipton-Haynes house today we saw magnolia leaves entwined with evergreens, holly, and various shrubs and bushes that are still pretty and green. This would make a beautiful, natural wreath for free!

## Candles of Advent

**C**hrist IS the light of the world. Four candles are placed in the Advent wreath, 3 purple and one pink. The purple candle symbolizes royalty and repentance. The pink candle is the joy of the Savior that the angels sang so eloquently of at His birth. Your devotional will have much more on the symbolism than can be written here!

**T**he 1st Sunday Symbolizes HOPE with the Prophet's Candle- Jesus is coming

**T**he 2nd Sunday Symbolizes FAITH with the Bethlehem candle- Mary & Joseph's journey to Bethlehem

**T**he 3rd Sunday Symbolizes JOY with the Shepherd's Candle- Joy at the coming birth of Jesus

**T**he 4th Sunday Symbolizes PEACE with the Angel's Candle- The Message of the Angels: "Peace on Earth, God Will Toward Men"

## Advent Ideas and Books to Pull the Celebration Together

**I**t is impossible to get all of the Advent information into one little column, so I have to send you to my website to see a bevy of different Advent wreaths and ideas. We also list some exciting devotional books that your family want to devour, the children will look forward to the Advent reading! Go to [www.theprudentwife.com](http://www.theprudentwife.com) and search for Advent! You will find everything you need to create an Advent Celebration in 2009! Ideas abound and this section is continuously being expanded! **FPT**

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

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## SUDOKU Medium

Instructions on page 2

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

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## Getting the Stink out of Your Dog

**FAMILY SPOT**

**D**og owners who live near a forest, beside a river, or on a farm will be quick to tell you that there is something about stinky, decaying, items that appeals to dogs. It doesn't seem to matter if it is black swamp water, dead fish, or a pile of slimy manure, if it stinks and can be rolled in, the dog is happy. While smelling like a walking barking sewer system is a dogs idea of heaven on earth, its owners are normally less than enthusiastic. The odor emitting from their pet means that they have to take time out of their busy day to either take their pet to the pet groomer and have it bathed, or they have to bath their dog themselves. Even then there is no way that they can be sure that the offensive odor will wash out of the dog's coat.

**D**og experts believe that dogs roll in things like dead fish, road kill, and manure in an attempt to disguise themselves. What nobody know is why they feel the need to camouflage their scent. It could be a throwback to the days when they hunted their dinner, if the prey couldn't smell them, they stood a better chance of capturing something to eat. Another reason dogs might

feel the need to hide their scent is protection. They might be trying to hide from potential predators or other packs of once feral dogs. Maybe stinking like a landfill made it easier to be accepted into another pack. On the other hand it's possible that dogs roll in the stinkiest object they can find just because it feels good. Nobody really knows for sure why dogs feel the need to smell.

**T**he quickest, most efficient way to remove odor from your dog's coat is to wash your dog. Try to use a shampoo that is specifically designed for dogs. Human shampoos can strip the dogs coat of its natural oils, leaving the skin unprotected and open to rashes and infections. Dog shampoos are made to clean the dog's coat, without stripping it of the natural oils. If the dog's stink is especially strong, like the scent of a skunk, bathing the dog in tomato juice is one of the quickest ways to remove the smell.

**I**f you have dog that consistently rolls in stinky, smelly items, you may want to consider taking him to a professional pet groomer and having his coat clipped. While the shorter hair won't prevent your dog from rolling in the smelly items, the shorter coat will be easier for you to wash, and will dry faster.

**I**f you have bathed you dog and still notice a strong odor whenever it is in your presence the source of the smell might not be the dog's coat but a more serious health problem. When your dog has dental issues he has breath the smells so foul you can smell it throughout your entire house. Strong breath odor can also indicate more serious diseases such as kidney failure and diabetes. Dog's are also prone to having anal sacs that become impacted and infected, and therefore extremely stinky. If washing your dog does not seem to take care of the odor you will want to take your dog to your veterinarian and have the stinky problem officially diagnosed so that treatment can begin. **FPT**

Courtesy of www.i-love-dogs.com



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**Chris Joker**  
Editor  
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chris@familypastime.com  
**www.familypastime.com**  
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## Worried About Cold & Flu? Boost Your Immunity

**(NewsUSA) - I**t's a common story -; a child comes home from school with a headache and fever. Within a week or two, every person in the house has caught the flu.



**S**wine flu may be in the news, but seasonal flu shouldn't be ignored -- according to the Centers for Disease Control and Prevention (CDC), more than 200,000 people are hospitalized with flu each year, with 36,000 dying from flu-related causes.


**T**he CDC predicts that 2009 will see an early-starting flu season. The combined threat of H1N1, or swine flu, and seasonal flu may cause more hospital stays and deaths than normal, making it especially important to protect your family from flu.

**B**ecause children face a higher risk of developing flu-related complications, the CDC recommends that all children aged 6 months to 19 years receive seasonal flu vaccinations. Seniors, pregnant women and those caring for children too young to be vaccinated should also get flu shots.

**B**ut for the most part, avoiding the flu

isn't much different from avoiding any other illness -; you need a strong immune system during all seasons. Boosting the immune system can help children and adults avoid catching the flu, as well as lessen the severity

Please see Immunity Boost on next page



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# What To Expect When You're Getting Older



**(ARA)** - The signs of aging aren't always as obvious as a few more wrinkles and grey hairs. The body naturally changes as you get older, but what exactly can you expect and how do you make sure you're aging in a



healthy way? which makes you susceptible to fracture. Your muscles and joints also lose some flexibility and strength.

**T**o help your body stay flexible and to keep your bones strong, get the recommended daily amount of vitamin D and calcium and engage in weight-bearing exercises like walking, climbing stairs and light weight training.

### Eyes

**E**xperienced eyes have thinner retinas with lenses that are less clear. Focusing on objects close up may become more difficult and you may be sensitive to glaring lights, particularly when driving at night. Common eye conditions include glaucoma and cataracts.

**E**at a healthy diet full of fruits, vegetables and whole grains and get regular eye exams to help catch any problems early.

### Ears

**H**earing loss is one of the most common conditions reported in aging adults. The thickening of eardrums can cause you to have difficulty hearing high frequencies and you may notice an increase in ear

wax.

**A**void prolonged exposure to loud noises and wear hearing protection when doing noisy tasks like mowing the lawn. Have your hearing checked regularly.

**I**f you've got health concerns or questions about what you can expect as you get older, a great resource to have on hand is the Mayo Clinic Family Health Book, 4th edition. You'll have great information at your fingertips including:

- Preventive screening recommendations and tests to consider based on your age
- Hundreds of pages of fully updated information on diseases and conditions
- How to protect yourself and prepare for flu pandemics
- How to make sense of your symptoms
- A medication guide

**A**lso included is general information designed to help you navigate the changes and health care decisions that come as we get older.

**F**or more information and healthy aging tips, visit MayoClinic.com. To purchase your copy of the Mayo Clinic Family Health Book, 4th edition, visit Bookstore. MayoClinic.com. **FPT**

Courtesy of ARAContent

healthy way?

**T**he experts at Mayo Clinic offer a list of things to look for as you age, and tips on how you can stay healthy:

### Heart

**A**s you get older, your heart must work harder to pump the same amount of blood through your body. Your blood vessels may narrow if hardened deposits of fat have formed on your arteries. This can lead to high blood pressure (hypertension).

**Y**ou can help prevent high blood pressure by maintaining a healthy weight, exercising regularly and reducing your salt intake.

### Muscles, joints and bones

**Y**our bones shrink in size and density as you age,

## Immunity Boost

*continued from previous page*

and duration of symptoms if they do fall ill.

**S**trengthening one's immune system isn't rocket science. Healthy food, adequate sleep and regular exercise all help the immune system function at top capacity. Dietary supplements, such as high-quality probiotic microorganisms ("good" bacteria), may also help boost immune function.

**O**ne study published in the journal "Pediatrics" found that probiotic supplements caused a significant reduction in fever, cough and runny nose in children. A separate study, conducted in Sweden, revealed that patients taking probiotics were less likely to develop respiratory infections, like the common cold.

**F**oods like yogurt do contain probiotics, but supplements contain higher concentrations. Vidazorb

chewable probiotic supplements (www.vidazorb.com) are delicious, don't require refrigeration, are shelf-stable for up to two years and are easy to take, even on a queasy stomach. **FPT**

### Thanksgiving Day Family Game SUPPLIES:

- ➔ Chopsticks
- ➔ Unshelled walnut
- ➔ Acorn
- ➔ Cranberry
- ➔ Pea
- ➔ Small plates

**RULES:** Each person at the table gets a plate. One person has the items on his plate. The object is to use the chopsticks to transfer each item from largest to smallest to the person's plate on the player's right without dropping them. If they drop one they must start all over again. Try to pass the items all the way around the table back to where they started.

**Edward Jones**

**Lindsey Wortman**

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### Brown Rice Leftover Turkey Soup

#### Supplies:

- 1 C diced sweet red pepper
- 1/2 C chopped onion
- 1/2 C sliced celery
- 2 garlic cloves, minced
- 2 TBS butter
- 6 C reduced-sodium chicken broth
- 1 tsp dried thyme
- 1/4 tsp pepper
- 2 C cubed cooked turkey breast
- 1 C instant brown rice

#### HOW TO:

1. Sauté the red pepper, onion, celery and garlic in butter for 5-7 minutes or until vegetables are tender.
2. Add broth, thyme and pepper. Bring to a boil.
3. Reduce heat; cover and simmer for 5 minutes.
4. Stir in turkey and rice.
5. Bring to a boil; simmer, uncovered, for 5 minutes or until rice is tender.

### Cheesy Green Bean Casserole

#### SUPPLIES:

- 1 can (10 3/4 OZ) Condensed Cream of Mushroom Soup
- 1/2 C milk
- 2 slices bacon, cooked and crumbled
- 3/4 C shredded Cheddar cheese
- Dash ground black pepper
- 4 C cooked cut green beans
- 1 1/3 cups French Fried Onions

#### HOW TO:

1. Stir soup, milk, bacon, 1/2 C cheese, black pepper, beans and 2/3 C onion in a 1 1/2-quart casserole.
2. Bake at 350 for 25 minutes or until the bean mixture is hot and bubbling.
3. Stir the bean mixture.
4. Sprinkle with the remaining onions & cheese.
5. Bake 5 minutes or until onions are golden brown.

## Kid Friendly Recipes



### Leftover Turkey Barbecue Bake

#### SUPPLIES:

- 1 1/2 C cut-up cooked turkey
- 1/3 C chili sauce
- 2 TBS honey
- 1 tps soy sauce
- 1/4 tps red pepper sauce
- 1 small onion, sliced and separated into rings
- 1 1/2 C Bisquick mix
- 1/3 C cold water
- 1 C shredded mozzarella cheese (4 OZ)

#### HOW TO:

1. Pre-heat oven to 375.
2. Stir together turkey, chili sauce, honey, soy sauce, pepper sauce and onion; set aside.
3. Stir Bisquick mix and cold water until dough forms; beat 20 strokes. Pat dough into rectangle, 12x6 inches, on ungreased cookie sheet with hands dusted with Bisquick mix; pinch edge, forming 1/2-inch rim. Spoon turkey mixture onto dough.
4. Bake 25 to 30 minutes or until edge of crust is light brown. Immediately sprinkle with cheese.

### E-Z Pumpkin Casserole

#### SUPPLIES:

- 2 C pumpkin puree
- 1 C evaporated milk
- 1 C white sugar
- 1/2 C self-rising flour
- 2 eggs
- 1 tsp vanilla extract
- 1/2 C butter
- 2 pinches ground cinnamon

#### HOW TO:

1. Preheat oven to 350
2. Combine all ingredients (cinnamon to taste).
3. Spoon into a casserole dish.
4. Bake at 350 degrees for 1 hour.

### Leftover Turkey Pot Pies

#### SUPPLIES:

- 1 (16-oz.) package frozen Mixed Vegetables
- 2 C leftover Turkey, cubed small
- 1 (12-oz.) jar Turkey Gravy (or leftover)
- 1/2 tsp ground Sage
- 2 1/2 C leftover Mashed Potatoes (or make from instant)
- 1/4 LBS American Cheese, shredded

#### HOW TO:

1. Heat oven to 350
2. Spray individual Ramekins, or Custard Cups with non-stick spray. Set aside.
3. Cook vegetables according to package directions. Drain well.
4. If using instant potatoes, prepare mashed according to package directions, leaving out the butter.
5. Mix vegetables, gravy and sage together.
6. Divide between cups and top with potatoes. Set cups on heated baking sheet.
7. Bake 15 to 20 minutes or until potatoes have a nice brownness to them.

### Pumpkin Pancakes

#### SUPPLIES:

- 1 C flour
- 1 pinch baking soda
- 2 TBS sugar
- 1/4 tsp cinnamon
- 1/8 tsp ginger
- 1/8 tsp nutmeg
- 1 egg well-beaten
- 1 1/4 C milk
- 2 TBS melted shortening
- 1/2 C canned pumpkin, cooked

#### HOW TO:

1. Combine flour, soda, sugar and spices.
2. Combine egg, shortening, pumpkin and milk
3. Mix wet and dry ingredients, beating until smooth.
4. Fry on hot, lightly greased griddle.

Q: How many cooks does it take to stuff a turkey?

A: One, but you really have to squeeze him in!

Q: Why can't you take a turkey to church?

A: Because they use such FOWL language.

Q: Why did the turkey sit on the tomahawk?  
A: To try to hatchet!

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

### Easy Answer From last month

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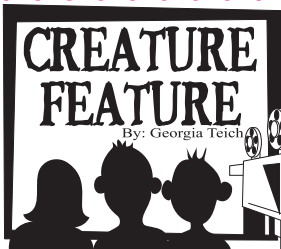
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# ALLIGATOR

By: Georgia Teich

Alligators are described as a "living fossil" from the age of reptiles, having survived on earth for 200 million years. They are only native to the United States and China.

The average adult alligator weighs 800 + pounds and 16 feet long. The majority of alligators inhabit Florida and Louisiana with over a million in each state. It is believed they live 35 to 50 years. American alligators live in brackish (water that has more salinity than fresh water, but not as much as seawater) and fresh water, ponds, marshes, rivers, lakes and swamps. Southern Florida is the only place where both alligators and crocodiles live side by side. They can run at speeds up to 20

mph for a very short distance.

When they are young they eat fish,

worms, and insects. When they are mature, their main prey is smaller animals they can kill and eat in a single bite. When they prepare to consume food that cannot be eaten in one bite they allow it to rot or they spin it into bite size pieces. The muscles in their jaws are for biting and gripping prey. The muscles that close the jaws are powerful, however the muscles for opening the jaw is comparatively weak. As a result a person can hold the jaws closed with their bare hands. A strip of duct tape is enough to prevent an adult alligator from opening its jaws. These carnivores primarily feed at night.

The courtship ritual begins in April and involves



touching, rubbing, blowing of bubbles and vocalization. The female builds a nest of decomposed vegetation which provides heat to incubate the eggs. She will lay 25 to 60 eggs. The sex of the offspring is determined by the temperature of the nest. Incubation temperatures of 86F and higher produce a clutch of females; those 93F and higher produce entirely males known as hatchlings. A mother will provide protection for her young for approximately one year. Baby alligators have an "egg tooth" that helps them get out of their egg during the hatching time. They also have a flat tail that propels them forward while they swim.

There are alligators in Tennessee. The Knoxville Zoo has a Chinese alligator. It is very small and at risk, therefore it is not on exhibit. The Tennessee Aquarium has several American alligators. One baby is in Discovery Hall and about eight juveniles and a six foot adult female in the Delta Swamp. The Memphis Zoo has both species of alligators on display a female American alligator (*Alligator mississippiensis*) and a female Chinese alligator (*Alligator sinensis*). **FPT**



## Eating Crow

"To Eat Crow" (archaically, eating boiled crow) is an American English expression

in the woods without any food and manage to catch a crow, you should put it in a pot with one of your boots, boil it for a week, and then eat the boot.

Its original form, to eat boiled crow, first appeared in the 1850s in America. Its exact origin is unknown but there are a number of explanations.

It may be related to the English idiom to eat humble pie. The English phrase is something of a pun as "umbles" were the intestines, offal (entrails and internal organs) and other less valued meats of a deer. Pies made of this were known to be served to those of lesser class who did not eat at the king's/ lord's/governor's table. Another dish likely to be served with humble pie is rook pie (rooks being closely related to crows). So eating crow may be the American version of "umble," since the Oxford English Dictionary defines crow as meaning "intestine or mesentery (A fold of tissue which attaches organs to the body wall) of an animal" and cites usages from the 1600s into the 1800s

One suggestion of the origin is from an article published in the Atlanta Constitution in 1888 claims that, towards the end of the war of 1812, an American went hunting and by accident crossed behind the British lines, where he shot

a crow. He was caught by a British officer, who, complimenting him on his fine shooting, persuaded him to hand over his gun. This officer then leveled his gun and said that as a punishment the American must take a bite of the crow. The American obeyed, but when the British officer returned his gun he took his revenge by making him eat the rest of the bird. This is such an interesting explanation of the phrase's origin that it seems a shame to point out that the first recorded "in context" citation (where "eating crow" is associated with humiliation) did not occur until 1877, where it is "to eat boiled crow" and since this story takes place much before 1877 and makes no mention of boiling the bird it is unlikely the actual origination also it seems highly unlikely that the British officer would have returned the gun to the American. **FPT**



## Say WHAT???

By: Family Pastime Staff

which refers to humbling

yourself by admitting that a previously (and often strongly) stated opinion was wrong or incorrect. The origin seems fairly obvious: Crows are notoriously disagreeable birds, in every respect. Scavengers, they are not suitable for eating. The crow is one of the birds listed in Leviticus chapter 11 as being unfit for eating. The meat of the crow, being a carnivore, is presumably rank and extremely distasteful, and the experience is easily equated to the mental anguish of being forced to admit one's fallibility however, the origin is ultimately definitively unknown. An old joke among outdoorsmen holds that if you get lost

More than 40 million green bean casseroles are served on Thanksgiving.



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# Share - It's Good For The Environment

By: Michael Bloch

Quite often I'll buy a tool, appliance or item to do a job knowing that I may never use it again.

There are so many things we accumulate for single or very infrequent use. This is great for the companies that produce these items and the marketers that promote the products; not so good for the environment.

For example, I have a wood splitter with a steel head weighing seven pounds. Just on carbon emissions involved with the production of the steel for the head, that comes to around 7 pounds of carbon dioxide. Then there's the energy related emissions for the machining of the steel, the creation of the handle, shipping to the store and it goes on and on. On top of all this are the other environmental impacts associated with the creation and transportation of this item.

While my wood splitter is something that I use regularly, I have plenty of garden and carpentry tools that haven't seen any work for years; quietly rusting away in my shed.

Across the USA and other countries, tool sharing services are popping up that operate a little like a library. Items such as gardening implements, hand and power tools are donated or loaned to the sharing service. These items can then be "checked out" by members who are able to use the item for X amount of time; just like a library book. Often membership in these services is free or at a very low cost. The groups are usually organized by neighbors in a street or a local community group.

If there isn't a tool sharing arrangement in your community; consider starting up yourself. It's probably best to research the topic a little as the concept does have some pitfalls you'll want to avoid. For example, you'll probably want to avoid incorporating tools in your service that are delicate and/or require frequent repair.

There's a great article on Mother Earth News (motherearthnews.com) about setting up a tool sharing program that will help ensure your project has the best chance of success.

Even if setting up or participating in a tool sharing service isn't really your thing; perhaps you can dig around in your shed and find tools that you rarely use or have multiples of and donate them to a local service.

involving them can provide fresh eggs as well. There are a lot of backyard chicken farmers out there who have an egg surplus!

Sharing is not only a great way to lessen your impact on the environment, but can also save you money! **FPT**

Courtesy of www.greenlivingtips.com

## Kingsport Christmas Banner Art Contest Winners

The Arts Council of Greater Kingsport (ACGK), in conjunction with the Cultural Arts Division of the City of Kingsport announced the winners of this year's Christmas Banner Art Contest. In the elementary school division Jacob Isaac was awarded third place, Corey Miler was awarded second place, and Jordan Malone was the first place winner. In the middle school division Daniel O'Neal was our third place winner, Lin Liu was our second place winner, and our first place winner was Delanie Boyd. In the high school division Whitney Calhoun placed third, Caitlin Maines placed second, and Dulcie Satler placed first. Our over all best in show winning entry was submitted by Aubrey Baker, of Dobyns-Bennett High School.

The Best in Show winning entry will be recreated into holiday banners that will be displayed along Main Street in downtown Kingsport throughout the holiday season. Additionally, the three first place winning entries and the best in show entry will be printed on yard flags and sold as a means to generate funds to further arts awareness and education to area youth. The yard flags will be available for sale at the Christmas Connection, the Junior League Holiday Market, and Kingsport Town Center. **FPT**

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy answered, "No ma'am, they're dead."

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Neighborhood food sharing  
Sharing doesn't have to stop at tools of course. I've heard of neighborhoods where residents who grow their own vegetables share with each other in a very organized way.

One of the challenges of growing your own food is the feast vs. famine scenario - at certain times you'll have far too much of a certain veggie, and none of another variety.

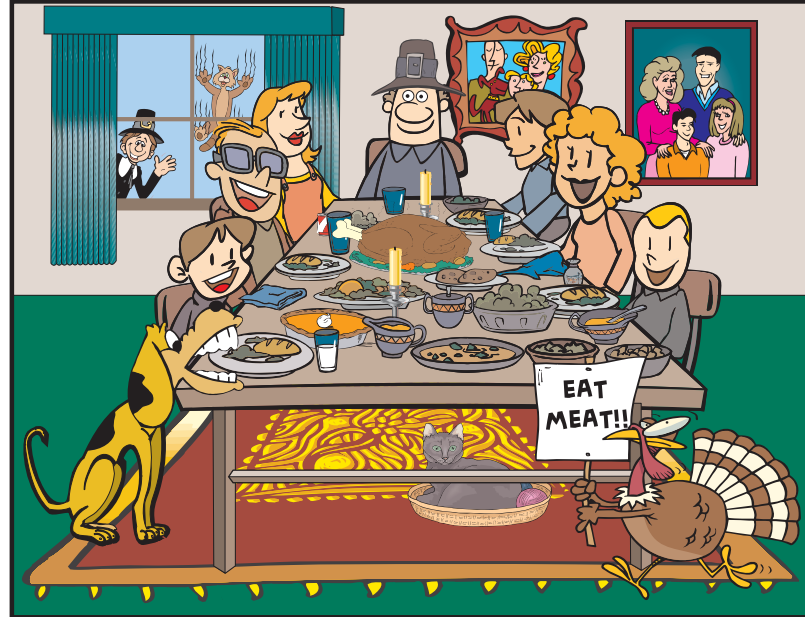
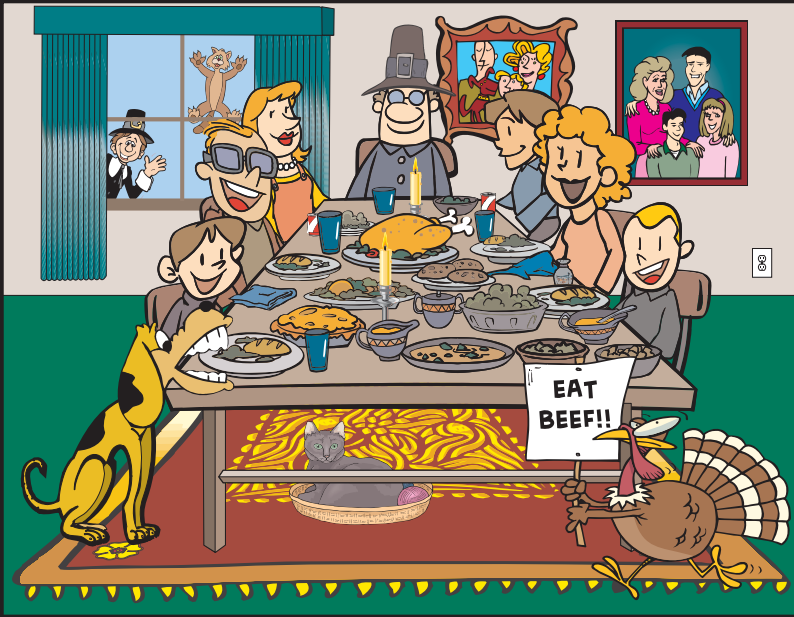
People in food sharing programs get together and figure out who will be planting what and when - and share the harvest with each other. It's a great way to cut food waste and ensure a steady supply of fresh fruit and vegetables!

If you have someone in the street with chickens,



# DOUBLE TAKE

Find at least 30 differences in the two pictures (answers are on the bottom...no peeking!!!)



Candles, Hand in Painting, Turkey, Turkey Sign, Glasses, Ear, Tail Feathers, Cat on rug, Flower on rug, Dog Tail, Buttons, Shirt collar, Rug Tassel, Hat, Plate, Shirt Color, Waving Pilgrim cuff, Outlet, Milk, Pitcher, Curtains, Cat under table, Necklace, Table legs, Frame, Pie, Mouth left, Mouth Right, Potatoes

## Win \$5000 In New Video Contest

(NAPS)—Whether you think the customer is always right or that vendors can't always be wrong, a new contest gives you a chance to cash in on a frustrating, funny or bizarre customer service story. The interaction, real or fictitious, could have been caused by miscommunication, poor technology or virtually anything else. To enter, you simply create a video showcasing your "I can't believe this is happening" moment and submit it for a chance to win \$5,000.

Video entries, up to four minutes in length, can be based on real or fictitious scenarios that showcase a humorous and entertaining interaction between a caller and a customer service representative/call center agent, telemarketer or automated voice system. Whether they deal with rude agents, over-the-top customer requests or poorly implemented communications technology, all submissions are welcome, from customers and customer service reps alike.

The contest, called "Outrageous Interactions," is sponsored by Interactive Intelligence, a top 10 ranked provider of call center software designed to improve customer service. In addition to the \$5,000 grand prize, the company is also offering monthly prizes, such as merchandise and tech gadgets, to those submitting videos

throughout the contest. "Everyone, without exception, has had a wacky, weird, or frustrating experience with a call center agent or poorly implemented call center system," said Interactive Intelligence senior vice president of worldwide marketing, Joe Staples. "So everyone can relate to this contest. Through these video submissions, we look forward to a dynamic and entertaining exchange, highlighting the most outrageous facets of both sides of the customer service experience." For rules and sample video submissions, visit the Web site [www.oivideocontest.com](http://www.oivideocontest.com). The site also has information

on a possible bonus prize for early-bird submissions. Entrants will be asked to submit their videos via a free YouTube upload service. Videos will be screened by the company and then reposted on its contest site for public viewing. Near the end of the contest, all qualifying video submissions will be judged by a panel of industry experts to produce a short list of finalists. The short list will be voted on "people's choice" style, with the winner selected by popular vote.

Don't think you're the video-producer type? You can still visit the Web site, [www.oivideocontest.com](http://www.oivideocontest.com), to be entertained by the videos as they are posted. **FPT**

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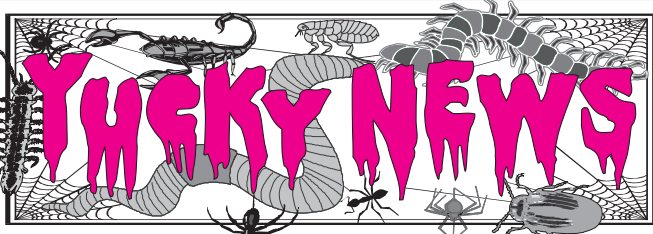
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# HEAD CHEESE

**Head Cheese** may not be yucky to you but it seems yucky to me. First off Head cheese is really not cheese, it's more of a sausage or cold cut. Secondly it is head. Or at least it is made from parts of a head. Meat pieces from the head of a calf or pig (sometimes a sheep or cow) is used to make it. Head cheese originates from Europe where the meat pieces are blended in aspic, with onion, black pepper, allspice, bayleaf, salt and/or vinegar. It may also include meat from the feet, tongue and heart. It is usually eaten cold or at room temperature as a luncheon meat. It is sometimes also known as souse meat, particularly if pickled with vinegar.



melting. To prepare head cheese, the cook must procure the head of a freshly slaughtered pig or calf. The head must be carefully washed and scraped clean. If the head is a pig's, the bristles are shaved or plucked. If another animal, such as a calf or cow, the head is skinned. The head is split or quartered and the eyes are removed and usually discarded. The ears are removed and the ear canals cleaned of wax. The split or quartered head

meat. The cooled meat mixture is then poured into pans or molds and refrigerated until set. The collagen that has leached into the cooking liquid from the marrow and cartilage of the head will gel the stock upon cooling. When cold and solidified, the head cheese is removed from the mold, sliced, and served.

The cooking process is where head cheeses diverge according to culture and taste. Some cooks add a pig's foot along with the skull for added collagen. Ingredients vary by culture and region, thus altering the color of the head cheese accordingly. In Southern Louisiana, in the United States, head cheese, also known as souse, is traditionally flavored with vinegar and hot sauce. Vinegary Pennsylvania Dutch souse is also made with the addition of a pig's foot, and occasionally the tongue of the animal.

Germany's presskopf features vinegar or pickles and may also contain beef tongue. Denmark's style is spiced with thyme, allspice, and bay leaves and served with pickled beets and mustard. Head cheese in England is called brawn, and in Scotland, it goes by the name potted heid. In Latin America, you can find it on the menu as queso de cabeza, and in Mexican markets, look for queso de puerco. Head cheese is also available in Hungary, disznósajt; Croatia, tlačenica; and Estonia, sült. The latter variety of head cheese often features the addition of green vegetables and carrots. In France it is called fromage de tête. **FPT**

Historically meat jellies were made of the cleaned (all organs removed) head of the animal, which was simmered to produce stock, a peasant food made since the Middle Ages. When cooled, the stock congeals because of the natural gelatin found in the skull. The aspic may need additional gelatin in order to set properly. Head cheese is traditionally eaten slightly chilled or at room temperature, to prevent the gelatin from

is then simmered in a large stockpot until the meat is so tender that it falls off the bone. The skull is removed from the cooking liquid and allowed to cool enough so that it can be handled. The meat is then picked off the skull and chopped.

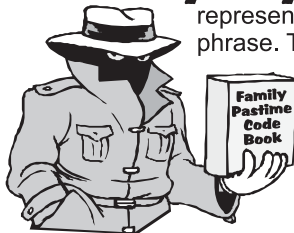
Seasonings and sometimes vegetables are added to the chopped meat. The cooking liquid is strained and added to the chopped

**FKJ** continued from page 6 We visually followed the orange one up, up, up and then we lost sight of it. I assume this is where a parachute would have been helpful. 30 minutes later we gave up all hope of ever finding the orange rocket again and concentrated on the black one. It was a thing of beauty when it raced into space. Milo and I watched it very carefully and were certain we both knew exactly where it landed. We took off to retrieve it. He went north

and I went south. We were both wrong. 30 minutes later we gave up hope on ever finding the black rocket again. Maybe choosing the engines that shot the rockets racing into space the fastest and furthest wasn't the best choice. Now we had two engines and no rockets. Back in the command vehicle (my mini-van) we had the second rocket from the kit my brother gave me, it was almost finished. What the heck, we headed back to get it. On the way, we came

across the orange nose cone, 10 yards from that was the rest of the orange rocket. Awesome. We retrieved the partially completed rocket from the command vehicle, McGuivered the cone back onto the orange rocket (duct tape) and set them both on the pads. We never saw the orange rocket again. **FPT**

**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.



**NCSGEBIDQDGI JDGGKOB NSEK KDIENKKG CVAOI**  
**NV UOKUSOK. NCKT SOK YVGBALKJ DG NRKXQK**  
**LDGANKB. CSXH-NDIKB NSEK NRKXQK LDGANKB**  
**NCDB DB EVN YVDBYDJREYK. ~Erma Bombeck**

Q: What did the turkey say to the shopper?  
 A: I here there is a special on chicken!  
 Q: Why didn't the turkey eat dessert?  
 A: Because he was stuffed!!  
 Q: What can you be thankful for at Thanksgiving?  
 A: That you're not a turkey!

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**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 pilgrims 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. Lay 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 2

			4
	1		
		3	
	2		

Last month's **HARD** answer

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

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Answers in next  
month's issue

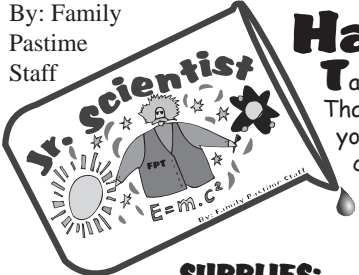
**SUDOKU- EASY**

Instructions: On page 2

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

**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



# Hard and Soft Water

Tap water in many parts of the country contains minerals that can interfere with the cleaning ability of detergents. That's why water softeners are popular in these locations. Water softeners remove these minerals. In this experiment, you will make "hard" water from distilled water, which contains no minerals, and is therefore "soft." You can then compare the "sudsing" ability of a detergent in soft and hard water.

**SUPPLIES:**

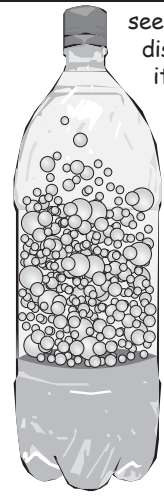
- 2 cups distilled water
- 1 teaspoon Epsom salts
- 2 empty and cleaned 2-liter plastic soft-drink containers, with screw caps
- Several drops of liquid dish soap (not the kind for automatic dishwashers)

**HOW TO:**

Pour 1 cup of distilled water into each of the empty soft-drink bottles. Add 1 teaspoon of Epsom salts to one of the bottles. Swirl the bottle until the Epsom salts dissolve. Add

several drops of liquid dish detergent to both bottles. Seal the bottles with their caps. Shake both bottles. A large amount of suds will form in the bottle without Epsom salts. Far fewer suds will form in the bottle containing the Epsom salts.

The suds formed in this experiment are made of tiny bubbles. The bubbles are formed when air is trapped in a film of liquid. The air is trapped when it is shaken into the water. The film of liquid surrounding each bubble is a mixture of water and detergent. The



see.) No suds are formed because automatic dishwasher detergent is formulated so that it does not form suds. Suds create problems in a dishwasher. They interfere with the movements of the washing arms, and they are difficult to rinse off of the dishes.

The minerals that make water hard usually contain calcium and magnesium. In this experiment, you made water hard by adding Epsom salt, which is magnesium sulfate. Calcium and magnesium in water interfere with the cleaning action of soap and detergent. They do this by combining with soap or detergent and forming a scum that does not dissolve in water. Because they react with soap and detergent, they remove the soap and detergent, thereby reducing the effectiveness of these cleaning agents.

This could be overcome by adding more soap or detergent. However, the scum that is formed can adhere to what is being washed, making it appear dingy.

Water can be softened in a number of ways. An automatic water softener connected to water supply pipes removes magnesium and calcium from water and replaces them with sodium. Sodium does not react with soap or detergents. If you don't have an automatic water softener, you can still soften laundry water by adding softeners directly to the wash water. These softeners combine with calcium and magnesium, preventing the minerals from forming a soap scum. **FPT**

molecules of detergent form a sort of framework that holds the water molecules in place in the film. If there were no detergent, the bubbles would collapse almost as soon as they are formed. You can see what this would look like by repeating the experiment, but leaving out the detergent. You may also want to try this with water out of your tap and comparing it to the distilled water and soap to see if it is harder than the distilled water.

This experiment will not produce suds if detergent for a dishwashing machine is used. (Try it and

## SUPER SUDOKU

Instructions: On page 2

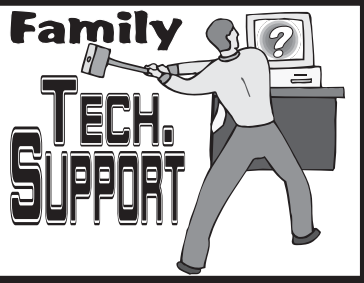
		9			B	D		A			C	3		5	
C	D		F				5	8						6	
		5	6	7	A		9				F	E	C	B	
A		2		6	C			3	D				7	9	
D		7		B		3		9			0	4	F		
						5	0	4	C			9	B	8	
	C		E		4	9	A		3	7	D			5	
4			1	E	7				B	F			D	A	
	2	4			E	C				B	3	F		D	
8				9	0	1		E	5	4		A		B	
0		B	9			4	D	F	1						
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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

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# Safer Internet Shopping

**M**ore and more people are shopping on the Internet. More and more identity theft and

credit card fraud is being committed on the Internet so here are a few tips and ideas to help keep you safe while shopping online.

your browser's help file or contact the makers of your browser if you are unsure how to use this function. If everything looks good, the company or individual(s) running that web site have provided you with a safe means of communicating your sensitive information. The web page is "secure". If it is not, do not put in your credit card information.

- Inspect your purchase carefully as soon as you receive it. Contact the seller as soon as possible if you discover a problem with it. Tell the seller in writing about any problems you have, ask for a repair or refund, and keep a copy of your correspondence. Many companies will not accept (or not confirm acceptance) without Return Merchandise Authorization (RMA) code clearly marked on the return package. If you require one for a return be sure to get it and return the product within the allotted time frame.
- Carefully review your credit card and bank statement each month for unauthorized charges and notify your credit card company or bank immediately if you notice any charges you didn't authorize.
- Check rankings with [www.bbbonline.org](http://www.bbbonline.org). **FPT**

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

An industrious turkey farmer was always experimenting with breeding a better 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. "Well I finally did it! I bred a turkey that has 6 legs!"

They all asked the farmer how it tasted.

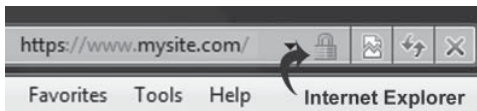
"I Don't know" said the farmer. "I never could catch the darn thing!"

## SUPER SUDOKU Answer from last month

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

- Do not click on a link in an email. Even though the great offer you just received in an email may appear to come from the company it purports to represent, it may be a scammer spoofing the site. If the company is Bob's Awesome Pet Supply don't just click the [bobsawesomepetsupply.com](http://bobsawesomepetsupply.com) link in the email, either type Bob's Awesome Pet Supply in your favorite search engine and go from there or simply TYPE [bobsawesomepetsupply.com](http://bobsawesomepetsupply.com) in the address bar of your browser.
- When you get to the site you may shop and put things in your shopping cart however, when it comes to entering your credit card information be sure the page where you are entering that information is secure. This will mean that your sensitive information is encrypted during the ordering process. To do this:

1. Check the web page URL (web address) usually, the address will begin with the letters "http". On a with a secure connection the address displayed should begin with "https" - note the "s" at the end which stands for SECURE. You must see this on the page where you enter your credit card information.
2. Check for the "Lock" icon. There is a de facto standard among web browsers to display a "lock" icon somewhere in the window of the browser. Be sure it is somewhere on the browser itself, NOT just

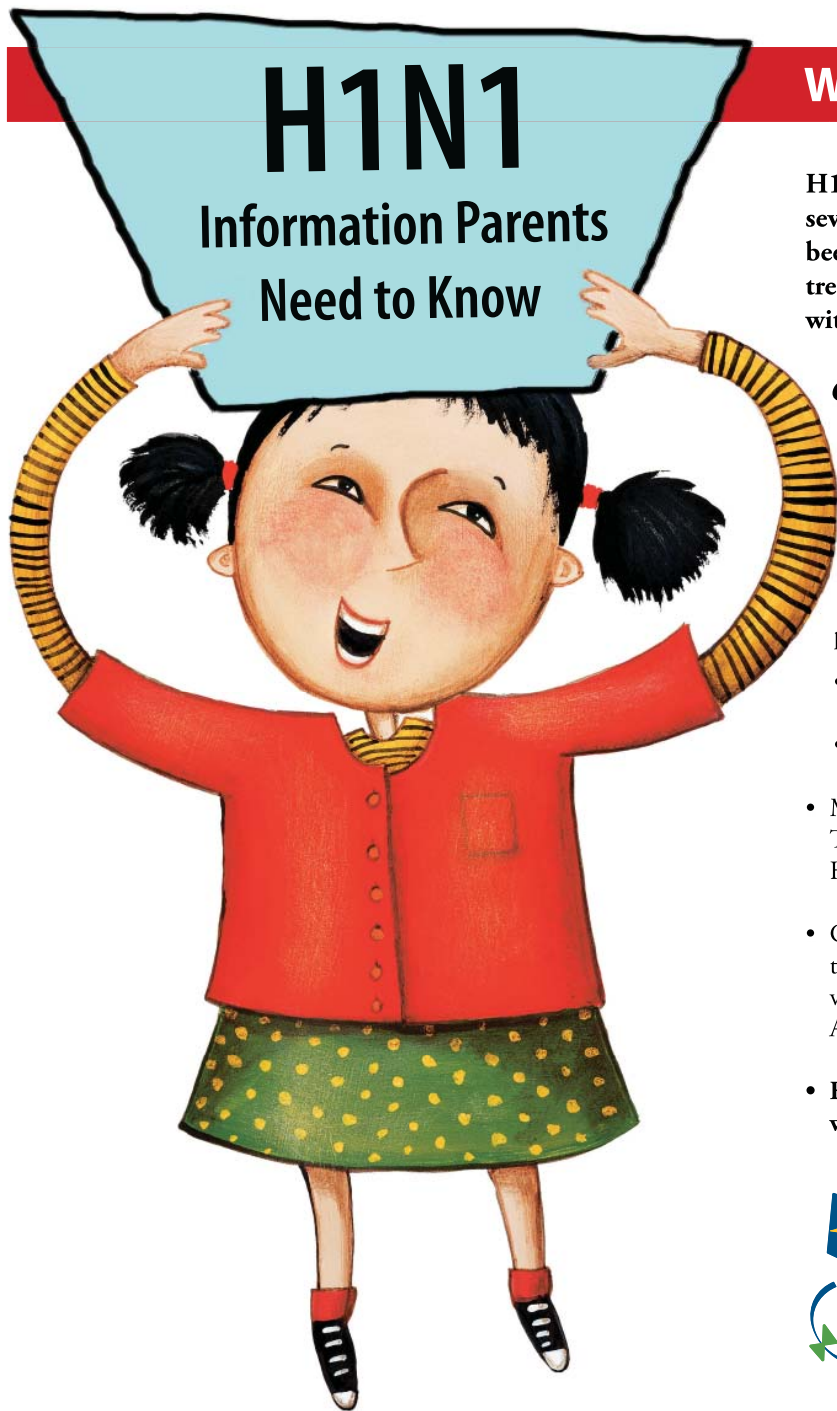


an image on the web page. The location of the lock will depend on which browser you are using. This lock is not just a picture it is an actual icon which means you can click on it and it will display the details of the site's security. This is important to know because some fraudulent web sites are built with a bar at the bottom of the web page to imitate the lock icon of your browser! This makes it necessary to actually click the icon. It is also very important to KNOW YOUR BROWSER! Check



- Download the most recent version of your browser.
- Don't Rely on a Professional Looking Website as Proof of a Company's Quality or Good Reputation. Con artists hope that a glitzy Web site or flashy e-mail ad will blind consumers into falling for a scam.
- Before submitting personal information to a site, read their privacy policy to find out how the information may be used and whether it will be sold or shared with other businesses. If you don't like what you read, shop somewhere else.
- Determine the company's refund and return policies before you place an order. If they can't offer concrete commitments on how they will handle any potential problems reconsider doing business with them.
- Never give out your password. When creating a password, avoid using established numbers, such as your house number, birth date, etc. If the site asks you to create an account with a password, never use the same password you use for other accounts or sites.
- Be sure you have a thorough understanding of everything involved before placing an order. Be clear on the price and any shipping and handling charges. Know the terms of any product or service guarantees. Find out how long it will be before you receive your order. Federal law requires that goods and services be delivered within 30 days, unless a different delivery period is specifically stated by the merchant.

- You should print out and date a copy of terms, conditions, warranties, item description, company information, even confirming e-mails, and save them with your records of your purchase.
- The same laws that protect you when you shop by phone or mail apply when you shop in cyberspace. Under the law, a company must ship your order within the time stated in its ads. If you decide to pay by credit card or charge card, your transaction will be protected by the Fair Credit Billing Act. If you are not comfortable entering your credit or charge card account number online, call it in to the company's 800 number or fax it.



# H1N1

Information Parents  
Need to Know

## WHAT YOU NEED TO KNOW

H1N1 INFLUENZA is a new virus causing mild to severe illness in people. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

*Children, pregnant women and people with chronic medical conditions are at the highest risk of serious complications from H1N1 influenza.*

- A vaccination for H1N1 influenza will soon be available to protect against influenza illness. The Centers for Disease Control (CDC) recommends that the following priority groups receive the vaccination:
  - People who live with or care for children younger than 6 months old
  - People ages 6 months to 24 years old
- Mountain States Health Alliance is working with the Tennessee and Virginia Departments of Health to make the H1N1 vaccine available to these groups.
- Contact your healthcare provider or local health department to find out how your family can receive this important vaccination. For general questions about the H1N1 flu call Ask-a-Nurse at 800-888-5551.
- **For more information, please visit [www.cdc.gov/H1N1FLU/](http://www.cdc.gov/H1N1FLU/)**

