

OCTOBER 2007 **FREE**

Family Pastime Magazine

THE magazine for the **WHOLE** family Volume 2 Issue 10



HAPPY HALLOWEEN



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THE Magazine for the WHOLE Family

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**Gray Library Teen Advisory Group
Car Wash**

WHERE:
Gray Library



WHEN:
Saturday,
October 6
11a.m.-3p.m.

The Gray Library Teen Advisory Group (TAG) is having a car wash at the Gray Library on Saturday, October 6, 2007 from 11:00 a.m. to 3:00 p.m. The teens are raising money to furnish their new teen area. The cost will be \$5.00 for cars or small trucks and \$7.00 for vans and larger trucks.

Support your local library
- come and get your car washed!

OCTOBER WEEKLY OBSERVANCES

- | | |
|--|--|
| <ul style="list-style-type: none"> • The LAST week to register to vote in US general elections: 1-7 • Customer Service Week: 1-7 Link • Financial Planning Week: 1-7 • Work From Home Week: 1-7 • Spinning & Weaving Week: 1-7 • No Salt Week: 2-9 • World Space Week: 4-10 • Physicians Assistant Week: 6-12 • Emergency Nurses Week: 7-13 • Fire Prevention Week: 7-13 • Home-Based Business Week: 7-13 • Magic of Differences Week: 7-13 • Infection Prevention Week: 16-20 • Kids Care Week: 21-27 • Character Counts Week: 21-27 • National Food Bank Week: 21-27 • Forest Products Week: 21-27 • Massage Therapy Week: 21-27 • School Bus Safety Week: 21-27 • Mystery Series Week: 7-13 • National Carry A Tune Week: 7-13 | <ul style="list-style-type: none"> • National Metric Week: 7-13 • Nuclear Medicine Week: 7-13 • Squirrel Appreciation Week: 7-13 • Improve Your Home Office 8-12 • National Chestnut Week: 14-20 • National School Lunch Week: 14-20 • Build Your Business with Business Cards Week: 14-20 • Credit Union Week: 14-20 • Veterinary Technician Week: 14-20 • Week without Violence: 14-20 • Teen Read Week: 14-20 • World Rainforest Week: 14-20 • Freedom From Bullies At Work Week: 15-21 • Businesswomen's Week: 15-19 • Health Education Week: 15-19 • Pastoral Care Week: 21-27 • Freedom of Speech Week: 22-28 • Celebrate Job Loss Week: 23-27 • Disarmament Week: 24-30 • International Magic Week: 25-31 |
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OCTOBER MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Adopt A Shelter Dog Month • Celebrate Sun Dried Tomatoes Month • Celebrate The Bilingual Child Month • Children's Magazine Month • Christmas Seal Campaign (10/1-12/31) • Church Safety and Security Month • Class Reunion Month • Diversity Awareness Month • Eat Better, Eat Together Month • German-American Heritage Month • Go Hog Wild - Eat Country Ham • Halloween Safety Month • Head Start Awareness Month • Health Literacy Month • Advantage" Month • National Go On A Field Trip Month • National Liver Awareness Month • National Medical Librarian Month • National Orthodontic Health Month • National Pajama Month • National Physical Therapy Month • National Popcorn Poppin' Month • National Reading Group Month • National Roller Skating Month • National RSV Awareness Month • National Sarcastic Awareness Month • National Seafood Month • National Spina Bifida Awareness Month • Spinach Lovers Month • Talk About Prescriptions Month • Vegetarian Month | <ul style="list-style-type: none"> • Women's Small Business Month • Workplace Politics Month • International Starman Month • International Strategic Planning Month • Long Term Care Planning Month • Lupus Awareness Month • National Animal Safety and Protection Month • National Bake and Decorate Month • National Book Month • National Breast Cancer Awareness Month • National Canine Good Health Month • National Caramel Month • National Chili Month • National Chiropractic Month • National Communicate With Your Kids Month • National Construction Toy Month • National Cookie Month • National Crime Prevention Month • National Dental Hygiene Month • National Ergonomics Month Link • National Work and Family Month • National SIDS Awareness Month • Organize Your Medical Information Month • Pastor (Clergy) Appreciation Month • Photographer Appreciation Month • Polish American Heritage Month • Positive Attitude Month • Right Brainers Rule! Month • Self-Promotion Month |
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Strike a Balance Between Saving for Retirement, College

If you have young children, you may want them to attend college someday - and you may want to help them pay for it. At the same time, you also need to save for a comfortable retirement lifestyle. Are the two goals compatible?

There's no easy answer to this question. But one thing seems clear: For many parents, saving and investing for their children's future is every bit as important - and maybe more so - than saving and investing for their own. In fact, two-thirds of parents said they would postpone retirement if necessary to help pay for their children's college education, according to a survey by Alliance Bernstein Investments, Inc.

Parents have good reason to believe that investing in a college education will pay off for their children: Over the course of their lifetimes, college graduates will earn, on average, about \$1 million more than high school graduates, according to the U.S. Census Bureau.

So, since a college education appears to be

quite valuable, shouldn't you do everything you can to help pay for it?

Ultimately, you'll have to weigh your potential college contributions against your need to save for your own retirement. On one hand, you'd like to help your children as much as possible; as a parent, you don't want your children saddled with enormous debts when they leave college. But on the other hand, that type of reluctance may be based more on emotion than on a sound financial strategy. After all, college graduates seem to find a way to eventually pay off their loans. Furthermore, your children may be able to find grants, scholarships and work-study opportunities. Many students can earn a decent amount of money at summer jobs, too.

Nonetheless, you still may feel obligated to pay something toward your children's college education. But if you're going to help pay for college, be smart about it. For example, think twice before borrowing from your 401(k). Such a move will slow the growth potential of your retirement funds and it could prove costly in other ways, too. For one thing, if you leave your job, voluntarily or involuntarily, you'll need to repay your 401(k) loan completely, usually within 60 days. If you can't, the

balance will be considered a taxable distribution - and you may even have to pay a 10 percent penalty on it.

Instead of tapping into your 401(k), IRA or other accounts you've designated for retirement, look for other ways to help build your children's college funds. You might decide to open a Section 529 plan, which offers tax-free earnings potential, provided the money is used to pay for higher education costs. You can put whatever you can afford into a Section 529 plan, along with gifts from grandparents or other relatives. Contributions are tax-deductible in certain states for residents who participate in their own state's plan. Please note that a 529 College Savings Plan could reduce a beneficiary's ability to qualify for financial aid. You might also want to consider a Coverdell Education Savings Account, which offers another tax-advantaged way to save for college.

As you already know, much of your life involves balancing acts of one type or another, so you should be able to handle one more - college for your kids against a comfortable retirement for you. By making the right moves, though, you may be able to reach an "equilibrium" that works for everyone. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative



Coats for Kids Day

King College is now collecting adult and children's winter coats for the tenth annual "Coats for Kids" Day, which will be held on Saturday, October 20. The event is a partnership with King College, Compton's Cleaners and Laundry and YWCA's "Week Without Violence."

Donated coats may be dropped off at either of the two Compton's Cleaners locations in Bristol. Those locations are Compton's Cleaners and Laundry at 310 19th Street, Bristol, Va., and Holston View Cleaners at 1504 King College

Road, Bristol, Tenn. Monetary donations designated for Coats for Kids can also be taken to the administration building at King College.

"The Bristol community has truly rallied behind Coats for Kids as more than 350 winter coats were collected last year," said Bronson Pasko, associate dean of students at King. "We are grateful that so many community members and organizations are supporting our students' service project. Together, we are ensuring that children in our own community have the coats, scarves and gloves they need to make it through the winter."

King College student volunteers will greet families and help youth select winter coats in the Student Center Complex on Saturday, October 20 from 10 a.m. until 1 p.m. Members of King's Students in Free Enterprise (SIFE) will serve donuts for breakfast, and the Education Department will provide carnival games and face painting. The YWCA is holding its annual Youth-a-pa-looza, an event of the Week Without Violence. Several area agencies and organizations will provide information about their programs and services while providing entertainment for the children.

FPT

FATHER KNOWS BEST

By Chris Joker

When you live so close to two huge lakes you HAVE to own a boat. Welcome to justification 101. I once talked myself into buying a new 4WD SUV because I might have to get to the hospital in the snow... it could happen. It didn't, I'm just saying. So I had justified buying a boat. Well, to have a boat you need a trailer hitch, right? O.K. technically you don't HAVE to have a hitch, plenty of boats are too big to trailer so they just stay in the lake all the time. Justifying THAT expense may be beyond even my considerable justification skills. O.K. let's go with the premise that I must have a hitch, I mean how would it be for me to find a boat and NOT have a hitch? I guess I could go sit in the boat and have a picnic at the place I buy it, really not that much fun. Besides, I had this theory that the hitch would hold some sort of boat magnetism, which would somehow draw a boat to it. Deciding to buy a hitch and actually finding a hitch for a mini-van, two totally different things. I discovered there aren't a lot of trailer hitches just laying around for mini-vans. Hitches for pick-up trucks now those you can find anywhere. I actually saw a special advertised for a pizza place offering, "a free trailer hitch for your truck when you buy a large 2-topping pizza. ...Hmmm could this be justification for buying a new 4WD truck? I could work that justification however my small boat budget would then be shot. My friend John Hitchew suggested I contact his friend Wayne at DOOZY in Johnson City, so I called and sure enough within 3 days Wayne had found and installed a hitch on my mini-van (I think I detected snickering).

Owning a Boat Does NOT Make You a Captain!

Now all I had to do was sit back and wait for the boat to be magnetically drawn to the hitch. Driving through Greeneville, the boat magnetism kicked in, I found the perfect little bow-rider with an 85 horsepower outboard (and when I say "perfect" I mean it was within my budget). Driving back to Johnson City I smiled as I was now a first-time boat owner. I turned up the radio to drown out the sounds of my transmission grinding-



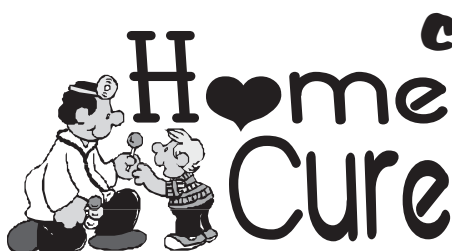
--I'm sure the fact that the song blaring from my speakers "The Wreck of the Edmund Fitzgerald" was simply a coincidence. Being a first-time boat owner, I really wanted to make sure we did everything correctly so, of course, the first thing we had to do was... name the boat, duh. My brother-in-law (Doug Miskew---I mention this because he actually threatened to sue me if I used this name, which I didn't but I don't want there to be any confusion about the origination of the name) suggested the name, "bow movement" pretty good name but you know with the threat of a lawsuit I instead settled on the "QE3" (and just to avoid any potential lawsuit from the Carnival Corporation---QE does not stand for

Queen Elizabeth. No, it stands for Quite Expensive). With the boat properly named I was ready for her maiden voyage. Not so much. Apparently there are a "few" things you need onboard to safely operate a boat in the water. You must have PDFs (personal flotation devices---life jackets) for everyone on the boat, some rope (you know to tie the boat to the dock---who knew?), an anchor, a flair (I bought 2 so I could try one---you know purely for safety sake, NOT because it was awesome to shoot off a flair), a whistle (I really don't know why I need this, maybe to direct traffic in some sort of boat-rush hour emergency or maybe to officiate a game of water basketball), an air horn (again not really sure about this one, maybe to cheer on your water basketball team), a floaty key ring (as if I would need that-ha), a fire extinguisher, really? I mean you know what puts out fires, right? Water and you are completely surrounded by... WATER! I was jazzed when I read you should have a radio, I like the idea of boating with tunes, I bought one with a CD

Please see "Father Knows Best" on Page 7

SUDOKU REALLY HARD
Instructions on page 21

	4			5		6
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		3		6		
	2	8		7		
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Common Cold

Common Cold Symptoms include, Soreness of throat, running nose, sneezing, a rise in temperature, headache, chill, aches and pains in the body, and loss of appetite. The skin around the nostrils may become sore. A cold normally begins in the nose and throat, then moves on to affect all parts of the body. Cold germs work on destroying some of your body's healthy cells, and this is what makes you feel the symptoms of the cold, like body aches and pains, etc. When you have a fever, it is actually your body at work trying to fight off the enemy germs that have invaded it.

Although there is no "magic bullet" some common cold home cures include:

- One lemon diluted in a glass of warm water, with a teaspoon of honey added to it. This should be taken once or twice daily.
- Garlic soup is an old remedy to reduce the severity of a cold, and should be taken once daily. The soup can be prepared by boiling three or four cloves of chopped garlic in a cup of water.
- Ginger is an excellent remedy for colds and coughs. About 2 and a half teaspoons of ginger should be cut into small pieces and boiled in a cup of water. It should then be strained and half a teaspoon of sugar added to it. Drink hot.
- Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding the tea leaves, It may be taken twice daily.
- Lady's fingers are highly valuable in treating irritation of the throat and a persistent dry cough. About 3.5 ounces of lady's fingers should be cut into pieces, and boiled down in 17 ounces of water to make a decoction. The steam from this decoction may also be inhaled once or twice a day to relieve throat irritation and a dry cough.
- A teaspoon of the paste from the root of the bitter gourd plant, mixed with an equal quantity of honey,

given once a night for a month, acts as an excellent medicine for colds.

- Half a teaspoon of fresh turmeric powder mixed in about 1 ounce of warm milk taken once or twice daily.
- Vitamins are probably the best addition you can take every day to help your immunity system ward off colds as well as other illnesses. Vitamin C can be taken as a nutritional supplement (75 mg for adults and 35 mg for children), and it can be found in many foods such as citrus fruits, some vegetables, and rose hips. Vitamins A and E are especially helpful in the immunity system also.
- During the severe stage of the cold, when fever is present, the patient should abstain from all solid foods and only drink fruit and vegetable juices, diluted with water. After the acute symptoms are over, the patient can gradually return to well-balanced diet, consisting of seeds, nuts, grains, vegetables, and fruits.
- Avoid meat, fish, eggs, cheese, and starchy foods.
- Echinacea is an herb that acts as nature's antibiotic. It helps to boost the body's immunity system and thus aids in fighting off the infection and illness. Like every other herb, or prescription drug, it should be taken at the onset of the first symptoms of a cold. Follow the directions on the bottle or consult your health care professional to find out the recommended dosage amount.
- Goldenseal is another herb that acts as a natural antibiotic, and can be taken to help your body in its battle against the cold. It helps to relieve nasal, as well as lung congestion, among other symptoms.
- Garlic, as well as onion, is sometimes taken for the relief of congestion and minor infections. They are good in helping reduce the amount of mucous in the nasal cavities too. Garlic is also said to aid in the cleansing of the body's blood. And, true or not, it has been said that if you cut several onions in half and place them around your home, you and your family will not get any more colds.
- A sure-fire remedy for a sore throat is to gargle with a strong solution of table salt and warm water. Gargle several times a day. The salt helps to relieve that uncomfortable burning in your throat. Natural zinc lozenges are another one of nature's sore throat-fighters.
- For dry and stuffy nose, try normal saline or salt water nasal drops made by adding 1/4 teaspoon of table salt to about 4 ml lukewarm water. Make a fresh solution every few days keeping it in refrigerator. Use a clean dropper to instill 1 to 2 drops in each nostril about 3 to 4 times daily.
- Garlic juice made by adding few drops of garlic oil to a teaspoonful of onion juice and diluting it in a cup of water is helpful for common cold.

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



Say WHAT???

WHAT IT MEANS:

Decide a course of action as you go along, using your own initiative and perceptions rather than a pre-determined plan or mechanical aids. To do something without planning, to change course midstream, to figure things out as you go.

Origin
This is early aviation parlance. Aircraft

Flying By The Seat of Your Pants

initially had few navigation aids and flying was accomplished by means of the pilot's judgment. Pilots had to rely on their innate sense of balance to detect changes in movements of the plane, transferred to the pilot's body by the contact with the seat. Pilots can feel the reactions of the plane in response to their actions at the controls. Being the largest point of contact between pilot and plane, most of the feel or feedback comes through the seat of the pants. If you are "flying by the seat of your pants" your are responding to the feedback received.

The term emerged in the 1930s and was

first widely used in reports of Douglas Corrigan's flight from the USA to Ireland in 1938.

That flight was reported in many US newspapers of the day, including this piece, entitled 'Corrigan Flies By The Seat Of His Pants', in The Edwardsville Intelligencer, 19th July 1938:

"Douglas Corrigan was described as an aviator 'who flies by the seat of his pants' today by a mechanic who helped him rejuvenate the plane which airport men have now nicknamed the 'Spirit of \$69.90'. FPT

Father Knows Best

Continued from page 5

player too, nothing but the best for the QE3. O.K. By the time I had purchased ALL the stuff I needed I had almost spent again as much as I spent to buy the boat the boat in the first place.

I was a little worried about the mini-van being able to launch the boat, o.k. I was really more concerned about the boat launching THE MINI-VAN!!!! Just to be safe I had my friend Kristi follow me in her big Chevy Pick-up truck you know, so I would have something to pull my van back out of the lake. When we got to the ramp the first thing I noticed was that there were a whole bunch of pick-up trucks with trailers and not a single mini-van. To my delight the van launched the QE3 with no problem (now all I had to do was try not to worry about pulling it out after our maiden voyage). I got in the boat and turned the key nothing. I turned it again, nothing. I pumped the gas bulb, cranked it, nothing, I closed the choke, nothing, I opened the choke, nothing, I wanted to choke the guy who sold me the boat when Kristi looked at me and said, "shouldn't the motor be down in the water?" Uh, yeah, I knew

that. When you trailer your boat you adjust the trim so that the motor is raised up then when you put the boat in the water you tilt the motor back down to start it. Who knew? Kristi knew. Finally we load up 2 adults (well, ONE adult and me) and 3 kids ages 3 to 12 and set out on our maiden voyage. Note to self, don't take the boat into shallow water... again. I mean do you REALLY need three blades on your propeller? Two should be plenty. After what I now fondly refer to as "the shallow water incident", we took the boat out into deeper water and decided to anchor and enjoy a delicious picnic. Note to self, buy a longer anchor line. We had a great time exploring Watuaga lake, that is until we ran out of gas. Here's the thing, when you run out of gas in your car you can call someone to come help or walk to a gas station, guess what, you really can't do either of those on the lake. Also, the radio that you were supposed to have onboard, not really an am/fm/cd thing, more of a two-way radio, you know so you can "radio" for help. On the plus side I was able to keep up with the progress of the U.T. game as I sat motionless on Watuaga Lake. I also discovered what the

air horn is for. Apparently you blow it so that it scares the three-year-old so that they scream loud enough to attract a passing boat that can tow you into a marina. I also discovered that if you think gas is expensive at the gas station, try buying at a marina. All in all, not a bad maiden voyage, I mean nobody got hurt anyway and the van did manage to pull the boat back out of the lake so as long as the transmission holds I imagine we will enjoy many more days on the lake in the QE3, that is AFTER I buy a spare gas tank. **FPT**

Last month's HARD answer

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



Costumes OK, But Keep Pets Safe at Halloween

By: Maggie Morris

Halloween is an exciting and fun-filled holiday, but pet owners need to take precautions so that it's not spooky for their four-legged friends, says Lorraine Corriveau, wellness veterinarian at Purdue University's School of Veterinary Medicine.

"Costumes on pets are becoming increasingly popular, but people need to use common sense," Corriveau says. "I like to dress up my own dog Josie, and she has fun, too. But costumes can be dangerous if they restrict normal movements or breathing. Don't secure outfits with rubber bands that may constrict uncomfortably."

Costumes on people may frighten many pets and cause them to behave strangely, Corriveau says. Protect both children and pets by keeping your pet secluded in a quiet, safe area during trick-or-treat time.

Corriveau says other potential hazards related to Halloween celebrations for dogs and cats are:

- **H**alloween candy - Dogs (and some cats) will help themselves to candy if left within reach. Chewy candy and gums can potentially choke pets or cause intestinal obstructions. Foil wraps and popsicle or

lollipop sticks also can become lodged in pets' throats or digestive tracts.

- **C**ocoa - Chocolate is toxic to both dogs and cats. It takes only 8 ounces of milk chocolate (and only 1.5 ounces of unsweetened chocolate) to cause

especially if they are black or dark colored. Over the years, there have been reports of cats, especially black cats, being injured or tortured around Halloween. If your outdoor cat is difficult or impossible to keep indoors, consider boarding the pet during the holiday.

- **T**rick-or-treating - Taking the dog along trick-or-treating can be problematic because of costumes and the unusual noise level, which can frighten even the most social of dogs and result in unexpected behaviors. It's best to leave pets at home, but if they come along, make sure they wear a reflective tag and are more visible at night. **FPT**



Lorraine Corriveau, wellness veterinarian at Purdue's Small Animal Hospital, helps her dog Josie get ready for Halloween with a princess costume. (Purdue News Service photo/David Umberger)

toxicity in a 10-pound dog. For cats, the toxic doses are even lower. If your pet consumes chocolate, please contact your veterinarian or the Animal Poison Control Center at (888) 426-4435.

- **F**ire - Candles in jack-o'-lanterns and other decorative displays may attract curious pets and cause burns or may be knocked over by curious cats or wagging tails and create a fire hazard.

• **D**ecorations - Decorations, especially those that are stringy (such as fake cobwebs), can cause life-threatening digestive conditions if swallowed.

- **P**eople - Keep outdoor cats inside on the days surrounding Halloween,



Family Pastime Magazine
Answer from Last Month

SUDOKU Medium

Instructions on page 21

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

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We all want our Children to grow up and magically have a love of books and reading, but how does that translate into reality in a modern world ruled by mass media, movies, computers, cell phones, Web 2.0, video games and more all competing for our Children's time? How can we inspire our Children to choose books instead of video games? How do we take a family currently focused on mass media and get them reading and loving books? And how do we instill a love of books if we never quite developed one?

Stand by for some great answers as I interview the Queen of Books, Jan Bloom of www.BooksBloom.com who is coming to our area this month. Jan is a delightful friend, author and hilarious homeschool speaker. Bloom has written two books that are essential for every homeschoolers' library, *Who Should We Then Read?* with over 140 authors of good books for children and young adults and *What Should We Then Know?* Interviewing Jan is a breath of fresh air – she is inspirational, passionate and a genius at introducing Children to the best books!

How do you grow a booklover out of your Children?

Have some great books! Do more than just go to the library, check out, read and return them – OWN BOOKS! When we own things, we possess them, and we possess what we love. Teach your children to own books and take care of them! And let your Children see their

Interview with the Jan Bloom – The Queen of Books

By: Lisa Baughn

parents reading for pleasure.

The number one KEY to make a booklover out of your Children –

Read good books to your children before they can read. Once they can read on their own, find life changing books that increase their imaginations.

If you want to get your Children off mass media, read Marie Winn's *The Plug In Drug: Televisions, Computers and Family Life* for great ideas. Then try:

- Limiting your Children's time with video games, movies, & TV
- You will understand the whole electronic stimulus to Children's brains
- Realize it steals childhood and they don't get to read

What do you do if your Children "hate to read?"

Evaluate the reasons **why** they hate to read. They may have never read a book, or had a book read to them that is totally captivating! If you've never experienced anything great – how would you ever know it is great? Does your child have a video (movies, TV, computer) addiction problem? Is there some short circuit in your child's brain that prevents them from reading well? Get that assessed, the educational aspect of reading can be greatly enhanced this way.

What is your favorite book?

Chronicles of Narnia – no doubt! I like fantasy, good stories about who I am in the world and the world I live in. I love the Chronicles story, C.S. Lewis makes intangible concepts so concrete. My husband Gary loves true life, high adventure, cutting edge books, about adventures, explorers and risk takers. He really likes *Safely Home* by Randy Alcorn. As we travel to seminars, we always listen to books on tape, currently a story

about computer hackers, a modern book that our son in the Navy would love!

When you introduce Children to great books, you are building character into their lives, a love of the world, a love for the world, getting to know people and understand motivation. Books are a better way to get to know people, understand motives, thoughts, memories and what drives people. You get behind the surface in the way a movie never can. Books are a much more complete way to learn about the world, rather than the "surfacey", visual world of media, or the "be anything you want" in the computer world. We need to understand real life and real people!

You don't want to miss Jan and Gary Bloom seminar October 19 and 20th right up the road in Abingdon, VA. Why drive 45 miles? Because you will never find a selection of used books like this, and you'll be inspired by the Blooms live and in person! Jan will be autographing copies of *Who Should We Then Read* and if you mention you are a **Family Pastime** reader, you get it for ½ off! Well behaved Children are welcome. For more information, pre-registration book deals and coupons, go to www.writeinjoy.org **FPT**

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

What happened to the guy who
didn't pay his exorcist?
He was repossessed

DOUBLE TAKE

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



- DOUBLE TAKE ANSWERS
- Sign
 - Sign ghost eyes
 - Jack-o-lantern nose
 - Jack-o-lantern nose on bag
 - More bats
 - Frankenstein scar
 - Wolfman pants
 - Trick or treat ghost eyes
 - Trick or treat ghost hand
 - Boo t-shirt
 - Lil Frank bag
 - Lil Frank head
 - Jack-o-lantern tooth
 - Witch's hat
 - Frankenstein's tongue
 - Frankenstein's sucker
 - Frankenstein's socks
 - Wolfman tooth
 - Ghost sign hand
 - Witch wart

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

SUPER SUDOKU

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

Easy Answer From last month

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



Seniors and Loneliness: Tips for Overcoming Isolation

For millions of seniors, loneliness can have a very serious affect on their physical and mental health; but there are many ways to overcome loneliness and improve their quality of life.

Emotional isolation is linked to elevated blood pressure in University of Chicago

seniors, a 2006 study indicated.

Lonely seniors have blood pressure readings up to 30 points higher than their socially connected peers, regardless of race, sex or other health factors, researchers found. Loneliness is also closely linked to depression, with more than 2 million of the nation's 64 million seniors suffering some form.

“Approximately 8.8 million seniors were living alone in America 17 years ago, according to the 1990 U. S. Census,” says Scott Perry, president of Bankers Life and Casualty Company, a national insurance company that specializes in serving the senior market. “The 2000 Census showed that number had climbed to 9.7 million. Experts agree it’s reasonable to expect the number of seniors living alone will continue to grow. Maintaining strong social networks can help seniors stay healthier longer, and enhance the overall quality of their lives as well.”

Older Americans are more prone to experience the kind of life changes that place them at greater risk for loneliness, including:

- Death of their spouse, relatives and friends;
- Retirement;
- Illness;
- Decreased physical mobility;
- Loss of the ability to drive; and
- Intentional reductions in their social networks to include only those who the senior feels close to.

Fortunately, there are many ways in which seniors, even those with significantly curtailed mobility, can prevent and combat loneliness. Finding the right mode of social interaction for you, can improve your health as well as your enjoyment of life.

Proven loneliness-fighting strategies include:

- Volunteering -- Volunteers live longer, have higher functional ability, lower rates of depression and less incidence of heart disease, according to a study by the Corporation for National and Community Service. In particular, research shows that seniors age 65 and older who volunteer had significantly lower rates of depression than their non-volunteering peers. “The life changes that come with age can easily make us feel isolated and less useful than we felt when we were working and raising our families,” Perry notes. “For those who are physically able, volunteering is a great way to connect with new people and renew your sense of purpose in life.”
- Joining Social and Support Groups -- Social interaction with people who have similar interests, or face similar challenges, not only combats loneliness, but can be a way to build new friendships as well. If your community has a senior center (and most can provide transportation assistance), take advantage of its programs and facilities. Call your local recreation or senior services department to learn what’s available in your area.
- Connecting

to Others on the Internet -- The number of seniors using the Internet more than doubled between 2000 and 2004. Seniors who face mobility challenges can find others with similar interests through a variety of resources and Web sites directed at seniors on the Internet.

Technology providers continue to develop products to make it easier for seniors to use the Internet, such as large-button keyboards and voice recognition software. Asking for help to get online can also be a great way to connect with tech-savvy grandchildren.

- Learning Something New -- Learning a new skill requires you to interact with a teacher and fellow students. Choose to learn a skill such as cooking or e-mailing, and the skill itself can help enhance your ability to interact socially with others. Local community colleges and city centers offer many courses appropriate for seniors.
- Maintaining Friendships -- Studies have found that friendships are often more important than family connections in fighting loneliness among seniors. Make a conscious effort to stay connected with friends by visiting with them in person or keeping in touch by phone, letter or e-mail.

For more information on senior topics, visit www.bankerslife.com and click “Senior Resources.” **FPT**

Courtesy of ARAcontent

Why don't angry witches ride their brooms?
They're afraid of flying off the handle

Who won the skeleton beauty contest?
No body

What do skeletons say before they begin dining?
Bone appetit !

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Forgot to Buy Your Halloween Costume? Now That's Scary!

Halloween is around the corner. You run to your local Target or Big K to find a costume, but all the cute ones

are gone. What do you do -- a ghost again? Not necessarily, says Jocelyn Leiser Herndon, an instructor in Fashion Design at The Art Institute of California - San Francisco.

"Two simple costume ideas that are great for both kids and adults are 'The Cat in the Hat' and a witch," says



Herndon. Several years ago, says Herndon, her brother came for a visit on Halloween. Short on time, Herndon had him purchase a black shirt and pants. With red and white felt to make the hat and a small amount of black fabric to make a tail she built around a coat hanger, Herndon finished off the costume using a pair of white gloves.

"For the witch, just about any black dress paired with striped socks or tights and black boots or shoes will do the trick," she says. For the hat, Herndon suggests picking up an inexpensive hat at any Halloween store (there are usually lots of these left, even after Halloween).

Another great costume for an adult is a cobweb. Pick up some cobweb printed fabric and make a poncho out of it by cutting a hole in the center for your head and wear with black clothes. For men, get a shirt that has spiders on it. For ladies, pick up a pair of spider covered tights (available at Halloween or specialty hosiery stores). For an added touch, buy a big furry spider from the decoration aisle and attach

it to your head with hair pins or elastic as if it's the spider in the web.

For the minimalist, a scary face is a simple way to go on Halloween. There are many good one-time-use inexpensive latex scarves available in all sorts of shapes and sizes these days, says Herndon. To enhance the "boo" factor, Herndon uses the following fake blood recipe (not suitable for eating, she cautions):

- 1 ounce red food coloring
- 1 tablespoon blue food coloring
- 2 ounces water
- 1 pint light corn syrup
- Combine ingredients. Scare at will.

To learn more about The Art Institutes, visit www.artinstitutes.edu/nz. The Art Institutes (www.artinstitutes.edu) is a system of more than 35 locations located throughout North America providing an important source of design, media arts, fashion and culinary arts professionals.

FPT

Courtesy of ARAccontent



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PARENTING

How to Comfort a Cranky Baby

If your baby wakes up in the middle of the night crying uncontrollably, what is the first thing you would do? Most parents say they would rush over to the crib, pick the baby up and try to offer comfort.

If hugging, talking and singing a song doesn't work, check to see if the baby needs a diaper change or is hungry; but what do you do if none of these tricks calm your baby? According to the American Academy of Pediatrics, extreme fussiness that doesn't let up, even when the child is being comforted, could be a sign of illness, so you should take the baby's temperature. But as any parent who has had to deal with a fussy baby will tell you, that can be easier said than done.

While you often can tell if your child is warmer than usual by feeling the forehead, only a thermometer can tell if he or she has a fever and how high the temperature is. Ordinarily, a rectal reading of 97.9 to 100.4 degrees Fahrenheit, an oral reading of 95.9 to 99.5 degrees Fahrenheit and an ear reading of 96.4 to 100.4 degrees Fahrenheit is considered normal, while higher readings indicate fever; but good luck getting an accurate reading from a baby who is flailing about and screaming. The thermometer must be in place for a minute or longer.



Well, now there's some good news for parents struggling with this dilemma. The Kidz-Med Thermofocus, the world's first non-contact clinical thermometer, is now available in the United States. Introducing the innovative NeverWake Technology, there is no need to touch, startle, upset or wake your child with this thermometer.

All you have to do to obtain an accurate reading of your child's temperature is hold the thermometer perpendicular to the forehead, and using infrared technology, within in a few hundredths of a second, the Thermofocus will carry out a sequence of up to 125 calculations. It will then deliver an

accurate reading of the child's temperature on a digital display. In a nutshell, a simple point, press and release produces an instant reading.

Fever under 101 degrees Fahrenheit generally don't need to be treated unless the child is uncomfortable. To ease the pain your baby may be experiencing, the American Academy of Pediatrics recommends you give them acetaminophen or ibuprofen.

Dosage depends on the child's age and weight. Check with your doctor for his or her recommendation.

According to Dr. Richard G. Lagueruela, director of surgical services at Miami Children's Hospital, "It's extremely accurate and children of all ages aren't even aware their temperature is being taken, so there's no need to restrain an infant or child. Obtaining an accurate temperature is trauma free: no earpiece, mouth probe, or rectal entry required. It's safe, accurate, and painless. The Thermofocus

Please see "comfort" page 21

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Jack-O-Lantern Contest
Johnson City Public Library
Children of all ages
bring a painted pumpkin to the Youth Services Desk. Pumpkins will be on display throughout October. Judging will take place Monday, October 29th.
Judging will be in the following categories:
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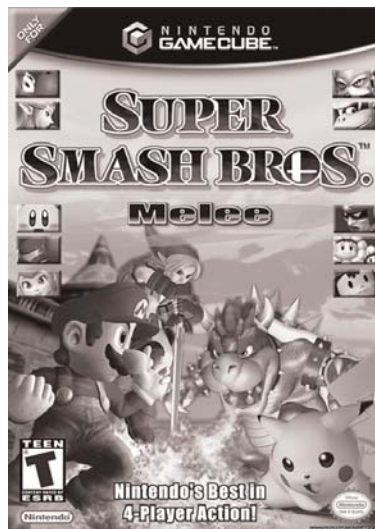


Super Smash Brothers Melee

By Luke Lawrence of Kingsport, age 13

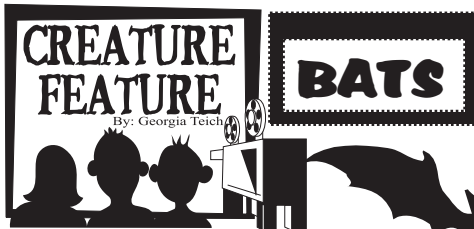
Super Smash Brothers Melee is basically a remake of Nintendo 64's Super Smash Brothers. This game's graphics are much clearer than those of the original as it is much newer. Also, Super Smash Brothers Melee has more characters than the older version. In addition to the original eight or so characters, you can play as: Bowser from the Super Mario series, Ganondorf from the Legend of Zelda series, or Mewtwo from the Pokemon series, among several others. In Super Smash

Brothers Melee you choose a character and use it to fight other characters. Each character can punch and kick as well as use unique special moves (for example, Bowser can breathe fire.) In single player mode you can fight computer-operated enemies in order to win more characters, or stages on which to battle. This version also features has more options than the last one. For example,



this version has trophies. Trophies are little models of players, games, items or stages. If you look at the trophies in gallery mode, you can see more detailed information on the subject of the trophy. In verses mode two people can fight each other at the same time. In verses mode you can play special melee. Special melees are normal verses battles except with a fun twist. For example, in Giant Mode all the characters are super-sized. In this version there are items, which give your

character additional powers. For instance, the beam sword allows you to swing a mighty laser beam sword, the laser gun allows you to shoot a mighty laser gun (duh), and the cloaking device allows you to become invisible. This version of the game also has many more stages to battle on than Super Smash Brothers. This adds to the fun because of the change of scenery. Super Smash Brothers Melee is rated T (Teen) for animated violence and cartoon violence. I really think that it should be rated E (Everyone) because you don't kill anyone during game play. If someone is defeated, the game says K.O. (knock out). In several games you actually do kill the bad characters and many of those games are still rated Everyone. In conclusion, I really enjoyed this game and would recommend it to anybody. **FPT**



of bats world wide. Most bats are insectivores or feed on fruit and juices. Only three species sustain themselves with blood. Bats locate pray by emitting high pitched sounds and listening to the echoes, also known as "sonar". They make all kinds of sounds to communicate with each other. Bats are closely associated with vampires who are said to be able to shapeshift into bats, fog or wolves.



FPT

A bat is a mammal, sometimes referred to a "flying rodent". Their most distinguishing feature is that their forelimbs are developed as wings making them the only mammals in the world naturally capable of flight. Because their wings are much thinner than birds, bats can maneuver more quickly and more precisely than birds. There are estimated to be about 1,100 species

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!**



SUPPLIES:

- Marshmallows (or Peeps)
- Paper plates or paper towels
- Microwave oven
- Toothpicks (optional)
- Food coloring (optional)

HOW TO:

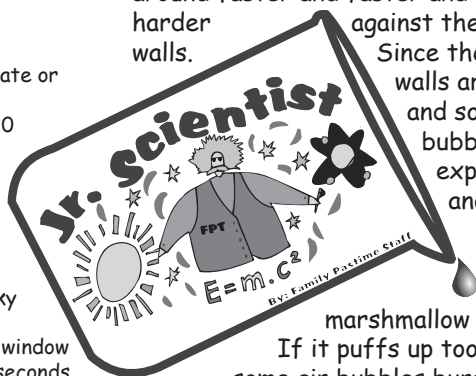
1. Put two marshmallows on a paper plate or paper towel.
2. Heat the marshmallows for 30 to 60 seconds on the "high" setting. (Microwave temperatures do vary, so you might have to experiment with this. You probably don't want to heat the marshmallow for more than 2 minutes because it will turn dark brown and make a stinky, sticky mess.
3. Stand back and watch through the window of the microwave. After about 20 seconds, you'll see the marshmallows start to puff up. They'll grow into "monster mallows" about four times their original size!
4. When the microwave oven stops, take the plate out and put it on the counter (use caution as the marshmallows will be very hot.)
5. Wait a few seconds, then pull one marshmallow off and leave the other marshmallow on the plate. Is the marshmallow you picked up hollow inside? Is the inside the same color as the outside? After it cools enough you may eat it (with your parent's permission), is it soft or crunchy?
6. Now watch the one you left on the plate for a minute, it will shrink. When it shrinks back down, you can pull it with your fingers and make it into whatever shape you want. It will stay in that shape and get hard and crunchy. You can eat it, too.

WHY THIS HAPPENS:

Marshmallows are mostly sugar and water wrapped around a bunch of air

bubbles. When you heat marshmallows in your microwave oven, several things happen at once. The microwave oven makes the water molecules vibrate very quickly—which makes the water heat up. The hot water warms the sugar, which softens a little. The hot water also warms the air bubbles.

When you warm air in a closed container (the marshmallow), the gas molecules move around faster and push harder against the walls of the container. As the air in the bubbles warms up, the air molecules bounce around faster and faster and push harder against the bubble walls.



Since the sugar walls are warm and soft, the bubbles expand, and the marshmallow puffs up. If it puffs up too much, some air bubbles burst, and the marshmallow deflates like a popped balloon. When you take the marshmallow out of the microwave oven and it cools off, the bubbles shrink and the sugar hardens again. When the microwaved marshmallow cools, it's dry and crunchy. Presumably because some of the water in the marshmallow evaporates when it is hot. If you heat the marshmallow too long, it turns brown or black inside. That happens when the sugar gets so hot that it starts to burn.

PUT A FACE ON YOUR MONSTER:

Dip a toothpick into food coloring and draw a face on the marshmallow before you put it in the microwave oven. As the marshmallow expands, the face will get bigger and bigger.

By: Family Pastime Staff

THE MADNESS CONTINUES

With this experiment you will cause marshmallows to make funny faces and demonstrate a scientific principle called pressure (the application of a steady force upon another object).

SUPPLIES:

- Marshmallows
- Clear glass bottle with mouth large enough to accommodate the marshmallow
- Toothpick
- Food coloring
- Drinking straw
- Clay (or playdoh)

HOW TO:

1. Use the toothpick dipped in food coloring to draw a face on both flat ends of a large marshmallow (You may use a pen but then you will not be able to eat the marshmallow ...in the name of science, of course).
2. Drop the marshmallow into the glass bottle.
3. Wrap the clay (playdoh) around the straw about 1 inch from the end so that the clay forms a 'ring' around the straw.
4. Place the short end of the straw into the bottle. The clay should stop the straw from dropping all the way into the bottle.
5. Press the clay around the mouth of the bottle so that the bottle is completely sealed and no air can get in (or out).
6. Stand in front of a mirror so you can see the face on the marshmallow.
7. Suck air out of the bottle. Make sure there are not leaks in the clay.
8. Watch the face grow and contort.
9. Now stop sucking on the straw. What happens to the marshmallow then?

WHY THIS HAPPEN:

Although a marshmallow appears to be solid it is actually filled with many pockets. These pockets are filled with air (much like a sponge). When you suck the air out of the bottle you are decreasing the pressure inside the bottle, which causes the spongy solid - the marshmallow - to expand. When you stop sucking on the straw and remove the straw from your mouth the air rushes back into the bottle, increasing the pressure and causing the marshmallow to return to its original size. **FPT**

TERIYAKI CHICKEN & NOODLES

SUPPLIES:

- 16 oz dried oriental noodles (soba or udon) or linguine, broken in half
- 2 TBS oriental sesame oil
- 4 TBS vegetable oil
- 4 skinless boneless chicken breast halves, cut crosswise into 1/3-inch-thick strips
- 12 green onions, sliced on diagonal into 1-inch pieces
- 2 carrots, peeled, very thinly sliced on diagonal
- 1/2 tsp dried crushed red pepper
- 12 TBS teriyaki sauce

HOW TO:

1. Cook noodles in large pot of boiling salted water until just tender.
2. Drain well and return to pot.
3. Add sesame oil and toss to coat.
4. Heat vegetable oil in heavy large skillet over high heat.
5. Sprinkle chicken with salt and pepper.
6. Add chicken to skillet and sauté until no longer pink, about 2 minutes.
7. Add sliced green onions, carrot and crushed red pepper. Stir-fry until vegetables are crisp-tender but still bright in color and chicken is cooked through, about 2 minutes longer.
8. Add noodles and teriyaki sauce and toss to blend well.

Super Simple Tuna Noodle Casserole

SUPPLIES:

- 1 box of Kraft Mac N Cheese
- 1 large can tuna, drained
- 1 can cream of mushroom soup
- 1 can peas, drained
- crushed potato chips

HOW TO:

1. Make Mac N Cheese according to package
2. Stir in remaining ingredients except potato chips. Pour into buttered casserole
3. Sprinkle with crushed potato chips and bake at 350° about 30 minutes, or until hot and bubbly.

Kid Friendly Recipes



Chewy Granola Bars

SUPPLIES:

- 1 C brown sugar, packed
- 1/4 C sugar
- 1/2 C butter, softened
- 2 TBS honey
- 1 tsp vanilla extract
- 1 egg
- 1 C all-purpose flour
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 1/2 C quick cooking rolled oats
- 1 1/4 C crispy rice cereal
- 1 C chopped pecans or other nuts
- 1 C chocolate chips or raisins
- 1/3 C toasted wheat germ

HOW TO:

1. Grease a microwave baking dish about 12-X 8-inches.
2. In large bowl, cream sugars with butter until light.
3. Beat in honey, vanilla, and egg; blend well.
4. Gradually blend in flour, cinnamon, baking powder, and salt, beating at low speed of electric mixer.
5. Fold in remaining ingredients with a spoon
6. Press firmly into the prepared baking dish.
7. Microwave on MEDIUM (50%) for 7 to 9 minutes or until set.
8. Rotate dish 1/2 turn every 3 minutes.
9. The granola bars will firm up as they cool.
10. Cool and cut into bars.

Salsa Meatloaf

SUPPLIES:

- 1 pound ground sirloin beef
- 1/2 C salsa
- 1/2 C Italian seasoned bread crumbs
- 1/2 C shredded Cheddar cheese
- 1 egg, lightly beaten
- 3 cloves garlic, minced
- Dried parsley to taste

Spaghetti Casserole

SUPPLIES:

- 8 OZ Dried spaghetti
- 1/4 C Egg substitute
- 1/4 C Finely shredded Parmesan cheese
- 1/2 of 10-ounce PKG frozen cut spinach, thawed
- 3/4 LBS ground Turkey or lean ground beef
- 1/3 C Chopped onion
- 4 C Spaghetti sauce
- 3/4 C Shredded mozzarella
- 1 Green, red or yellow bell pepper
- Non-stick cooking spray

HOW TO:

1. Preheat oven to 350.
2. Spray an 8-inch square baking dish with non-stick cooking spray.
3. Cook spaghetti according to package directions, omitting salt and oil; drain. Toss with egg substitute and Parmesan cheese. Place in bottom of prepared baking dish.
4. Drain spinach in colander, pressing out excess liquid.
5. Spray large non-stick skillet with cooking spray.
6. Cook turkey (or ground beef) and onion in skillet over medium-high heat until meat is lightly browned, stirring to break up meat. Drain off fat.
7. Stir in spinach. Stir in spaghetti sauce. Spoon on top of spaghetti mixture in dish.
8. Sprinkle with mozzarella cheese.
9. Use small cookie cutter to cut decorative shapes from bell pepper (stars, etc.). Place on top of cheese in baking dish.
10. Cover with foil. Bake 40 to 45 minutes or until bubbling.
11. Let stand 10 minutes. Cut into squares and serve.

- Salt and pepper to taste

HOW TO:

1. Preheat oven to 350.
2. In a large bowl, mix the ground sirloin, salsa, bread crumbs, cheese, egg, and garlic.
3. Season with parsley, salt, and pepper.
4. Transfer to a 5x9 inch loaf pan.
5. Bake 45 minutes in the preheated oven, or to a minimum internal temperature of 160 degrees.

HALLOWEEN SAFETY

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. There is no real "trick" to making Halloween a real treat for the entire family. The major dangers are not from witches or spirits but rather from falls and pedestrian/car crashes. Many communities officially designate a "Beggars' Night" and assign specific hours for trick-or-treat activities.

BOTH CHILDREN AND ADULTS NEED TO THINK ABOUT SAFETY ON THIS ANNUAL DAY OF MAKE-BELIEVE.

MOTORISTS

The National Safety Council urges motorists to be especially alert on Halloween.

- Watch for children darting out from between parked cars.
- Watch for children walking on roadways, medians and curbs.
- Enter and exit driveways and alleys carefully.
- At twilight and later in the evening, watch for children in dark clothing.

PARENTS

BEFORE CHILDREN START OUT ON HIS/HER "TRICK OR TREAT" ROUNDS, PARENTS SHOULD:

- Make sure that an adult or an older responsible youth will be supervising the outing for children under age 12.
- Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
- Instruct your children to travel only in familiar areas and along an established route.
- Teach your children to stop only at houses or apartment buildings that are well lit and never to enter a stranger's home.
- Establish a return time.
- Tell your youngsters not to eat any treat until they return home.
- Review all appropriate trick-or-treat safety precautions, including pedestrian/traffic safety rules.

- Pin a slip of paper with the child's name; address and phone number inside a pocket in case the youngster gets separated from the group.

COSTUME DESIGN

- Only fire-retardant materials should be used for costumes.
- Costumes should be loose so warm clothes can be worn underneath.
- Costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of injuries on Halloween.)
- If children are allowed out after dark, outfits should be made with light colored materials. Strips of retro reflective tape should be used to make children visible.

FACE DESIGN

- Masks can obstruct a child's vision. Use facial make-up instead.
- When buying special Halloween makeup, check for packages containing ingredients that are labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow manufacturer's instruction for application.
- If masks are worn, they should have nose and mouth openings and large eyeholes.

ACCESSORIES

- Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry



sharp objects.

- Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective tape if children are allowed out after dark.
- Carrying flashlights will help children see better and be seen more clearly.

ON THE WAY CHILDREN SHOULD UNDERSTAND AND FOLLOW THESE RULES:

- Do not enter homes or apartments without adult supervision.
- Walk, do not run, from house to house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.
- Walk on sidewalks, not in the street.
- If there are no sidewalks walk on the left side of the road, facing traffic.


TREATS

TO ENSURE A SAFE TRICK-OR-TREAT OUTING, PARENTS ARE URGED TO:

- Give children an early meal before going out.
- Insist that treats be brought home for inspection before anything is eaten.
- Wash fruit and slice into small pieces.
- When in doubt, throw it out.

FPT

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www.nsc.org



From here. For here.

David Gebhardt
FINANCIAL CENTER MANAGER
VICE PRESIDENT, MOUNTCASTLE OFFICE

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Member FDIC



Fun Family Events OCTOBER



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 Child Health Day, Fire Pup Day, International Day of Older Persons,
2 Custodial Workers Day, Farm Animals Day
3 Balloons Around The World
4 Ten-Four Day
5 World Teachers Day, National Storytelling Day, World Smile Day
HANDS ON 6:30 pm - FREE Family Movie Night - **Monsters, Inc.** Enter to win a **Hands On!** Family Membership. Limited to the first 250 attendees. Animated. Rated G
Jonesborough, 35th National Storytelling Festival, October 5-7
Erwin 30th Unicoi County Apple Festival
6 Johnny Appleseed Day, Mad Hatter Day
HANDS ON Art Studio- Celebrate Columbus Day with mapmaking and stellar navigation
HANDS ON - Clean Water Maze Opens-the Wyland Clean Water Tour with a special guest speaker, Dr. Diane Nelson from ETSU
Jonesborough, 35th National Storytelling Festival, October 5-7
JCPL Family Storytimes 2:00 pm
Erwin 30th Unicoi County Apple Festival
7 Intergeneration Day, International Frugal Fun Day, Pulaski Day, World Communion Day, World Mental Health Day
HANDS ON Art Studio- Celebrate Columbus Day with mapmaking and stellar navigation.
HANDS ON - Clean Water Maze Opens- the Wyland Clean Water Tour with a special guest speaker, Dr. Diane Nelson from ETSU
Jonesborough, 35th National Storytelling Festival, October 5-7
8 Columbus Day, Cosmopolite's Day, Native Americans' Day
JCPL Family Storytime 6:30 pm
9 Leif Erickson Day, World Post Day
10 Emergency Nurses Day, International Top Spinning Day, National Bring Your Teddy Bear To Work & School Day, National Cake Decoration Day
11 General Pulaski Memorial Day
12 International Moment of Frustration Scream Day, World Egg Day
13 Clergy (Pastor) Appreciation Day,

International Newspaper Carrier Day, Navy Birthday, International Skeptics Day
HANDS ON Art Studio - Learn about textures and colors creating ocean themed rubbings.
HANDS ON- Visit With Dora the Explorer throughout the day. Pictures with Dora \$3.
JCPL Bilingual Storytime Span/Eng 2 pm
14 Be Bald and Be Free Day
HANDS ON Art Studio - Learn about textures and colors creating ocean themed rubbings.
HANDS ON- Visit With Dora the Explorer throughout the day. Pictures with Dora are \$3.
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
15 National Grouch Day
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
JCPL Family Storytime 6:30 pm
16 Department Store Day, World Food Day, National Boss's Day
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
17 Mulligan Day, World Menopause Day
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
18 Get Smart About Credit Day, Get to Know Your Customers Day
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
19 Evaluate Your Life Day
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
20 Bridge Day, Miss American Rose Day, Reptile Awareness Day, Sweetest Day, World Toy Camera Day
JCPL TEEN READ WEEK LOL @ Your Library :)Laugh Out Loud:)14-20th
HANDS ON Art Studio - Draw a spooktacular Halloween silhouette!
HANDS ON - Community Art Project Join us as we create an art project for the whole community! Bring something to weave on our giant loom. A piece of your favorite blanket, Grandpa's old necktie, a pretty piece of fabric, etc.
JCPL Family Storytimes 2:00 pm

21 Sunday School Teacher Appreciation Day
HANDS ON Art Studio - Draw a spooktacular Halloween silhouette!
HANDS ON - Community Art Project Join us as we create an art project for the whole community! Bring something to weave on our giant loom. Ribbon, a piece of your favorite blanket, A pretty piece of fabric, etc.
22 International Stuttering Awareness Day, National Color Day
JCPL Family Storytime 6:30 pm
23 National Mole Day, TV Talk Show Host Day
JCPL Teen Mystery night Tuesday 6:30 pm Register @ 423-434-4458
24 Lung Health Day, United Nations Day, World Development Information Day
25
26 FRANKENSTEIN FRIDAY:
27 Cranky Co-workers Day, Navy Day, Make A Difference Day
HANDS ON 9am - 11am - Water Clean-up Put your Wyland Clean Water commitment into action. Join us at the **Boone Lake** swimming area at 9 am to begin water clean-up. Children must be accompanied by an adult. Gloves, trash bags, and bottled water will be provided. Wear comfortable shoes. All children who participate will receive a FREE one-day pass to **Hands On!**
28 Mother-in-Law Day, Chocolates Day, Separation of Church & State Day
JCPL Movie Theater Salem's Lot 2:00 pm
29 Internet Day
JCPL Come dressed for a Costume Parade 6:30 pm. Children will parade throughout the library. A special storytime to follow
JCPL Family Storytime 6:30 pm
30 Create A Great Funeral Day, Haunted Refrigerator Night, National Candy Corn Day
31 HALLOWEEN, Books for Treats Day, National Caramel Apple Day, National Knock-Knock Jokes Day, National Magic Day, National UNICEF Day, Samhain

crypto clue: n=h *Please Register 434-4458

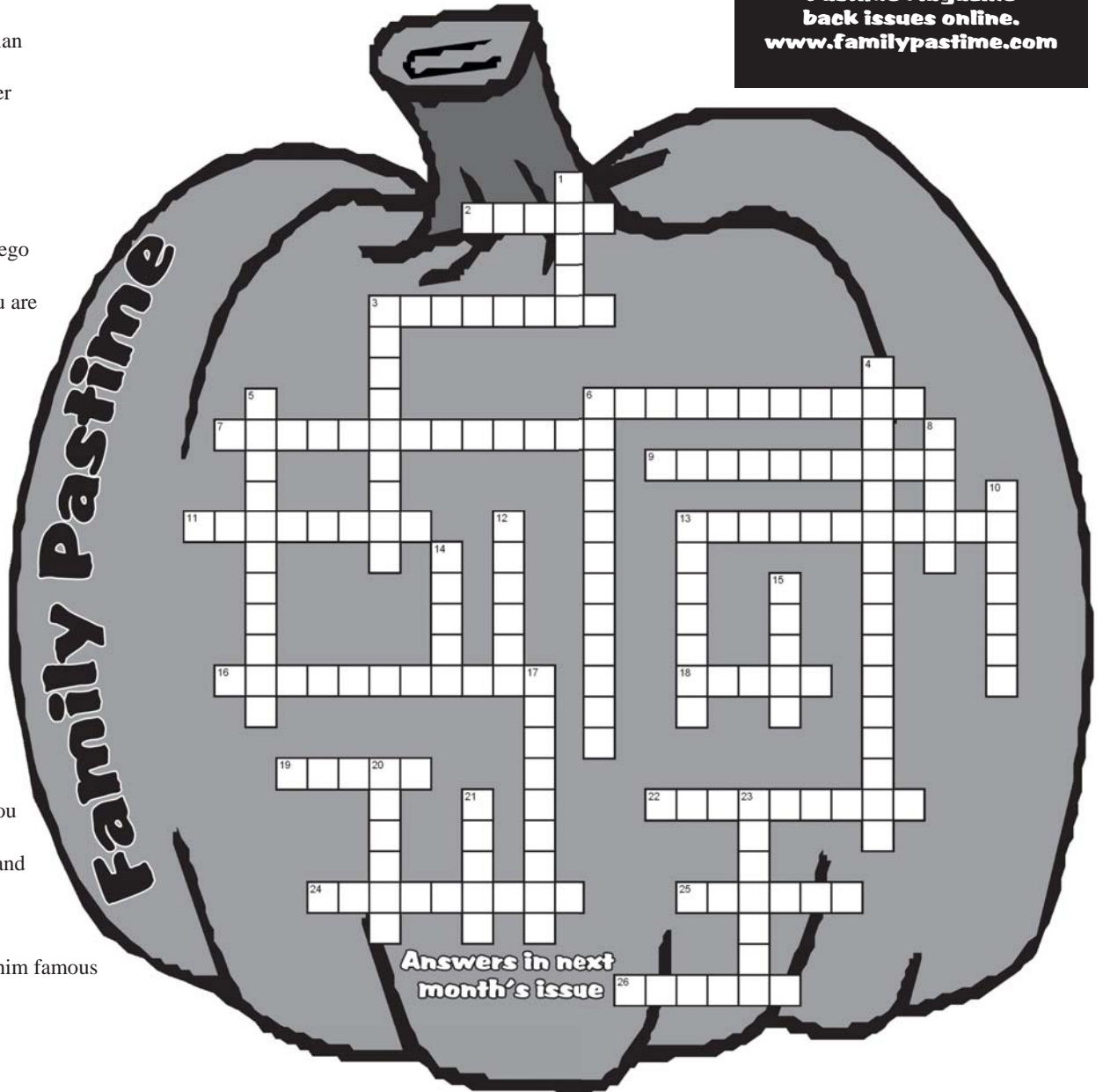
Across


- 2. Beelzebub
- 3. Clark Kent
- 6. Might own a Dalmatian
- 7. On the beat
- 9. Luke, I am your father
- 11. I ain't go no body
- 13. Rah, rah, rah
- 16. Fuzzy gardener
- 18. Dick Grayson
- 19. Samantha Stevens
- 22. Peter Parker's alter ego
- 24. I'm a goofy goober
- 25. Helps you when you are sick or hurt
- 26. The Dark Knight

Down

- 1. Silent but deadly
- 3. Frighten birds
- 4. All dressed up to go riding and no place to put my hat
- 5. Diana Prince
- 6. Boris Karloff played him in 1931
- 8. I do
- 10. Military dude
- 12. Alive again
- 13. Bovine female child
- 14. Poltergeist
- 15. Thank you, thank you very much
- 17. Steal from the rich and give to the poor
- 20. Bovine male child
- 21. Comes with a halo
- 23. Bram Stoker made him famous

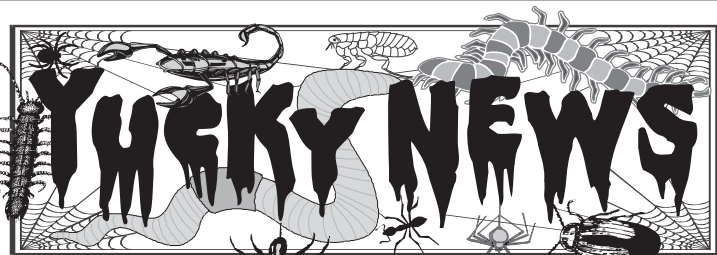
Catch up on all the local happenings. Read Family Pastime Magazine back issues online. www.familypastime.com





Family Crypto-Time Last month's answer

"Nobody in football should be called a
WBVBZK PW RBBUYEJJ CMBSJZ YA OEJJAZ E
genius. A genius is a guy like Norman
NAWPSC ENAWPSC PC E NSK JPGA WBLFEW
Einstein".
APWCUAPW ~Joe Theismann



Yucky, "Halloweeny" Recipes



Tongues. on Toast

SUPPLIES:

- 8 slices white bread
- 8 slices bologna
- Mustard

HOW TO:

1. Cut each slice of bread into the shape of lips, with a slit in the middle.
2. Cut the bologna into strips that look like tongues.
3. Insert the bologna into the slits in the lips (so it looks like the tongues are hanging out of the mouths).
4. Cover the bread with mustard and broil until the bread is golden brown.

BLOODY DEVIL DOGS

SUPPLIES:

- Hot Dogs
- Hot Dog buns
- Ketchup

HOW TO:

1. Cook hot dogs as you would typically
2. With CLEAN scissors or a knife, cut out little triangles on the top part of the buns facing out. When done, the bun will look like a mouth with the upper teeth showing.
3. Place hot dogs inside the bun, then put on ketchup.

Enucleated Werewolf Eyes

SUPPLIES:

- 1 (12 oz) PKG ground sausage, raw and thawed
- 2 pints fresh mushrooms
- 1 (8 oz) package softened cream cheese
- 1 C shredded sharp cheese
- 3/4 C dry bread crumbs
- Dash cayenne pepper or Tabasco sauce
- 1 tsp garlic powder
- Salt and pepper to taste
- Pre-made pesto sauce
- Mayonnaise

HOW TO:

1. Preheat oven to 350
2. Clean mushrooms and pull out the stems. leave caps whole. Save the stems for cooking later.
3. In a large bowl, combine everything else besides the mushrooms, the pesto and mayonnaise, mix well.
4. With a spoon fill each mushroom with a scoop of the filling and place filling side up on a lightly greased cookie sheet (with sides, or else you'll have a grease fire in your oven...) Bake for 25 - 30 minutes, until browned thoroughly.
5. Allow to cool for 10 minutes. Arrange on some lettuce leaves or kale on a platter. Mix 4 TBS pesto (you can use tomato sauce if you'd like 'red' eyes) with 4 TBS mayonnaise in a small bowl. With a small spoon, "dot each eyeball" with a gob of the mayo mixture

Kitty's Hairball Surprise

SUPPLIES:

- 1 lg Spaghetti Squash
- 1 pint Ricotta Cheese
- 2 C shredded mozzarella
- 1 C grated Parmesan
- 1 C prepared tomato sauce
- 1/2 C heavy cream

HOW TO:

1. Cut squash in half,
2. Place halves in a large baking dish with 1/2 cup of water, cover with foil, and bake at 350 for 1 hour. Let cool and scoop the middle out of the shell.
3. In a small saucepan, over medium heat combine tomato sauce and cream. Cook until boiling, and simmer for 15 min., stirring occasionally.
4. In large casserole dish combine and mix well the squash, sauce, and cheeses.
5. Salt and pepper to taste, add some crushed red pepper flakes if you enjoy spicy food.
6. Bake at 350 for 30 minutes.
7. Serve these delicious "hair balls".

Eyeballs on Optic Nerve Platter

SUPPLIES:

- 6 hard-boiled eggs
- 1/4 C plus 2 Tbs. mayonnaise
- 2 heaping teaspoons mustard
- Salt and white pepper
- 6 pimento-stuffed green olives
- 2 C cold boiled noodles

HOW TO:

1. Cut through hard cooked egg about 1/3 of the way from the tip, just enough to scoop out yolk.
2. Mash cooked yolk in bowl with a fork.
3. Stir in mayonnaise, mustard, white pepper and salt to taste.
4. Mix thoroughly and fill egg white eye socket with mixture.
5. Smooth yolk mixture. Sprinkle with a red spice powder
6. Press olive into yolk mixture so pimento is facing out. Lay out cold noodles on platter and lay deviled eggs on the noodles (they'll help them stay upright).

SWAMP PUNCH - make a typical punch (cranberry juice, frozen orange juice WITH PULP, and ginger ale, or even good ol' orange juice WITH PULP) and then add some green and blue food coloring until it turns a sort of yucky gray color. The PULP is very important 'cause it looks TOTALLY YUCKY. In the punch you can float A FROZEN HAND - take a plastic dishwashing glove and fill it with red Kool-Aid or cranberry juice or red fruit punch. Then freeze it carefully, trying to keep all the fingers from bending too much. When frozen, carefully peel off or cut away the glove and place the frozen hand in the punch. Float a little light plastic spider or two in the punch.

Why Deer Have Short Tails

By: Rhia Joker, 12-years-old, Johnson City

Once, the deer had long tails, just like the mountain lions. But now they have short ones. Why? Listen closely; gather round and I will tell you now. Here's how the story goes.

On a bright cool morning in the early fall, Deer and her fawn were out grazing in the meadow. They heard a rustle in the bushes, "Is that you, rabbit?" Deer asked thinking that he might want some company on this beautiful morning. Then, something jumped out of the bushes and grabbed Fawn. "Oh NO!" Cried Deer. She ran off after the cougar who had taken Fawn. She saw fawn in the clearing. "Fawn!" she cried. "Mama!" Be carefull! Fawn Shouted. She felt a sharp tug at her tail and turned around to see Cougar. She had to go to Fawn! She pulled hard and her tail came off! "Mama!" cried Fawn. "Your Tail!"

"It's alright, darling," answered Deer. After that, the deer always had short tales. **FPT**

Comfort continued from page 13

will revolutionize the health industry and make a difficult part of parenting a delight!"

Among the benefits of Thermofocus that Dr. Lagueruela and his colleagues like best:

- You don't have to wake, or startle, a child when they are sick to take their temperature.
- The infrared technology is completely safe.
- Parents can rest assured they are getting an accurate reading.
- The method is totally hygienic

Not only does the Thermofocus take the temperature of the body, but it can also be used to take the readings of baby's food, bottle, bath water and even room temperature. All you have

to do is point the thermometer in the direction of the item being tested and you'll get an accurate reading back almost immediately.

To learn more about the Kidz-Med Thermofocus, which is available for purchase online direct from the distributor, log on to www.kidzmed.com. **FPT**

Courtesy of ARAContent



Family Crypto-Time

A Cryptogram is an encrypted phrase in which each letter represents another letter. The object is to decode the encrypted phrase. Through trial and error you will determine which letters replace which.

O I N S G T J X V D B J E O V N H X Z S I Z R O H X H T
 D X U B O V X G G V N I Q E B G W V D X H K B F J N L T B T
 N H X U B G U B V F S E D O N H.

~Henry David Thoreau

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

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

SUDO-KID-U 1

	4		
			3
		2	
2			

SUDO-KID-U 2

		2	
2			
	1		
			4

SUDOKU EASY

Instructions Below

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

SUDOKU HARD

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

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

Sudoku Medium answer from last month

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

SUDO-KID-U answers from last month

01

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

02

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

Where do baby ghosts go during the day?
Daycare centers

Who did Frankenstein take to the prom?
His ghoul friend

What's a monster's favorite play?
Romeo and Ghoullet

What do witches put on their hair?
Scare spray

What do you get when you cross Bambi with a ghost?
Bamboo

Sudoku last month's Really Hard answer

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

Back Pain & Sciatica

Tri-Cities, TN – Back, hip, and leg pains caused by degenerated, arthritis, bulging and herniated disc have confounded the medical community for years. Although medications, injections, physical therapy, traction and surgery can possibly give patients relief, it is usually temporary. Nine out of ten patients experienced the pain again within a relatively short amount of time after treatments. Now there is a back pain guide that you can receive for free entitled, "The Severe Back, Sciatica, And Disc Pain Guide" that helps to explain why conventional treatments often fail while revealing a relatively new surgery-free, non-invasive technology designed to treat severe low back, buttock and leg pain along with herniated and slipped discs. To receive the guide free, call 1-888-851-5755 (Toll-free 24 Hour message) or go to: www.avoidlowbackurgery.com.

What kind of mistakes do spooks make?
Boo boos

What kind of cereal do monsters eat?
Ghost Toasties

HEALTH MATTERS

By: Patsy Meridith



If you're one of the 40 million Americans affected by joint pain, you may be looking for a more natural alternative that can safely and effectively give you relief. Researchers have found that Montmorency Tart Cherries are

10 times more effective in reducing joint and muscle pain and inflammation than aspirin. A rich source of anthocyanins and flavonoids, Montmorency Tart Cherries not only reduce the pain of arthritis and gout, but also have been shown in clinical trials to inhibit the growth of carcinomas of the breast, prostate and ovaries. They contain a significant amount of natural melatonin, known to help regulate sleep patterns, and the potassium in them can help to lower blood pressure. We've had many customers tell us about the relief they've gotten using Montmorency Tart Cherry Juice Concentrate. It's easy, effective and can be used safely with other meds. As always, we guarantee your satisfaction.



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

answer from last month

What does a ghost eat for lunch?
A BOOlogna sandwich

Where do mummies go for a swim?
To the dead sea

SUPER SUDOKU

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

How To Carve An Award Winning Jack-O-Lantern



1. Be sure to pick a pumpkin that is not past its prime, NOT ROTTEN. Try to find one without any nicks or soft spots. Choosing a pumpkin with smooth skin, rather than deep ridges, will make applying a pattern much easier
2. Don't try to cut a perfectly round top. Instead, draw a six-sided lid (hexagon) on top of your pumpkin. It's easier and will hold up better. Another idea for pumpkins that won't stand up straight is to cut off the bottom instead of the top.
3. Now pull out as many seeds and stringy innards as you can by hand, and then use a pumpkin scraper or spoon to scrape the inside clean.
4. If using a pattern (free patterns are available for download at: www.pumpkinlady.com/pattern.htm) cut away excess paper from the pattern with scissors. Attach the pattern to the pumpkin with tape or straight pins (make sure the surface is dry so the tape will stick!) If you have trouble viewing your poked out pattern, rub a little flour, cornstarch or baby powder into the dots. The dots will turn bright white and your design will be easily visible
5. Use a pumpkin poking tool, awl, or nail to poke small, shallow holes through the paper. poke holes about 1/16" to 1/8" apart along design lines. Do not push poker all the way into the pumpkin. Use just the tip to poke through the paper and outer pumpkin skin. Check to see that all the lines have been transferred, then remove the pattern.
6. Use a carving saw (recommended over a knife!) into a poked line. Begin sawing out each section. Remember, saws don't twist and pumpkins don't give! To prevent your saw from breaking, saw curved areas carefully, gently turning the saw the direction you wish to go while you continue to saw. Work from the center of the design outward to avoid putting pressure on areas already carved. Start with inner-most or smallest features before moving outward. Carve "inside" lines of each feature before "outside" lines. The outer edges are always cut last. Don't bend or twist the tool, try to make the cuts straight into the pumpkin. To make sharp corners, always remove the tool and re-insert it at another angle. Push cut pieces out from the inside, with your finger. To remove large pieces more easily, cut them into smaller pieces first.
7. Put the "lantern" in Jack-O. Battery lights are great for pumpkin lighting. However, if insist on the traditional candle; light the candle and then, about a minute or two later, blow it out and observe the inside top of your pumpkin. You'll see a dark area singed by the candle's flame. Carve a chimney hole into this area, just over an inch wide, to allow the flame's heat to escape. Now, relight the candle and Jack-O will now be a lantern. **FPT**

Recipe HELP!!!

Family Pastime Magazine is planning to produce a recipe book for the holidays. We have lots of great recipes from the past 2 years but we are looking for more. If you have a great family recipe you would like to share send it to us along with a little info about you so we can properly credit you. If you are a restaurant chef or know one, we would love to have ideas from you as well. We will be happy to credit the restaurant.

Send submissions to:
recipes@familypastime.com
 or
RECIPES Family Pastime Magazine
P.O. Box 3161
Johnson City, TN
37602-3161

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Handwashing is the simplest, most effective thing everyone can do to reduce the spread of germs.



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