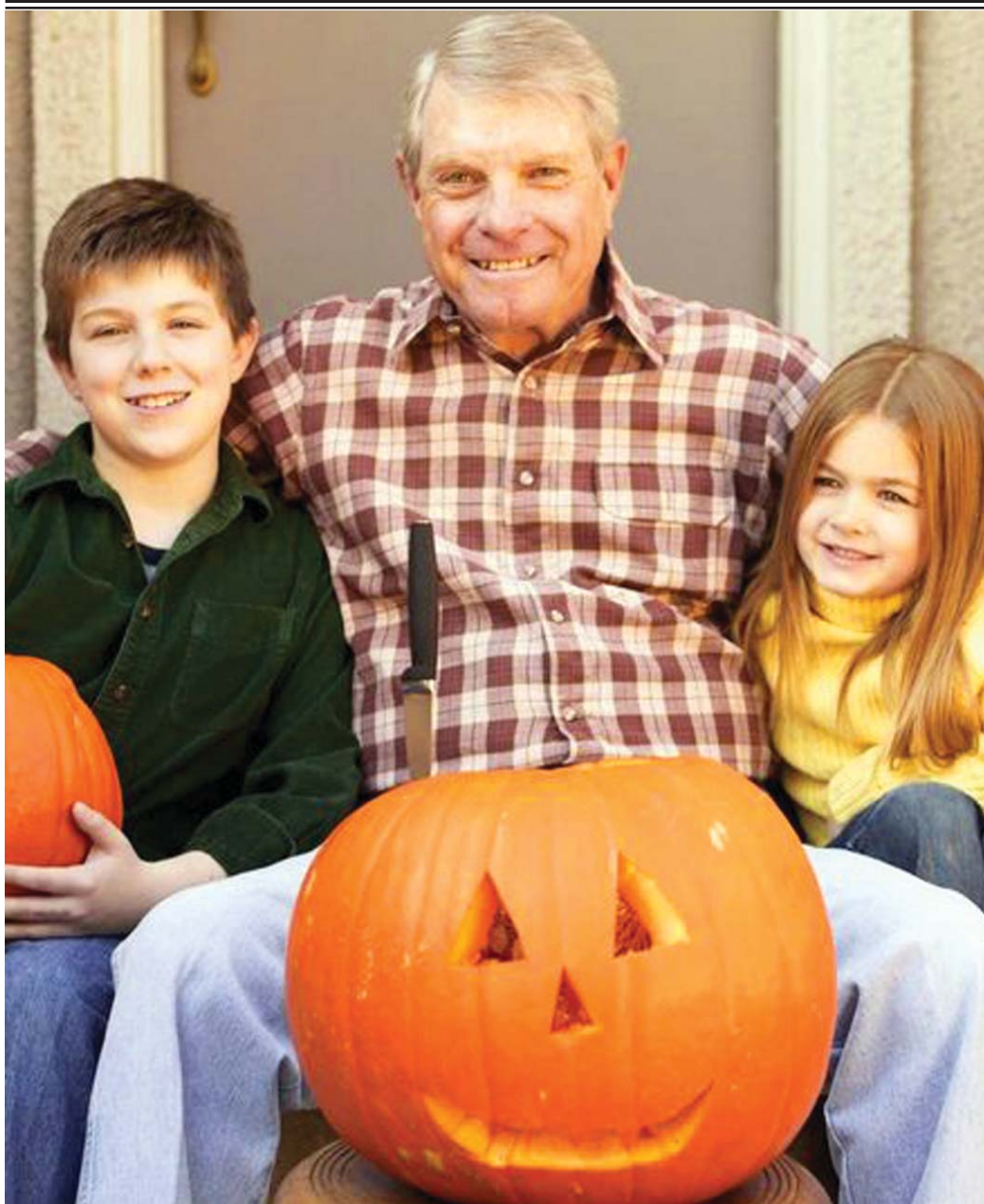




THE magazine for the **WHOLE** family

Volume 4 Issue 3



IN THIS ISSUE:

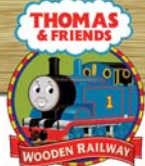
- 7. Win Super Bowl Tickets!
- 11. Mountain City's First Annual Pumpkin Festival
- 11. Silly Costumes
- 12. Trick-or-Treat For A Cause
- 13. Jack O'Lantern Carving Tips
- 19. Halloween Safety Tips

REGULAR FEATURES:

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



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



Great Train SALE!

LIMITED TIME OFFER Valid from
October 15 - November 30th, 2008
While Supplies last

Up To 65% OFF



Sodor Collector Pack LC99133

FREE Playboard

With The Purchase
Of An Island Of
Sodor Playtable



\$60 Value!



FREE
Thomas And Toby Gift Pack
When You Purchase \$24.99 Or More
Of Any Thomas Wooden Railway
Bridge/Tunnels/Destinations/Tracks
Thomas And Toby
Gift Pack LC09738A

**Up To
40% OFF**

**Buy ONE Get ONE
HALF OFF**
Of Equal or Lesser Value



Lights And Sounds Thomas LC99043



Lights And Sounds James LC99043

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

PRENATAL IMAGING CENTER

\$20 OFF

**4D Ultrasound
or
Double Prints
And Second CD
of Ultrasound**

Ultimate Bonding Experience With Your Unborn Baby

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

**Not happy with
your WEBSITE????
We can fix that!!!!**

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

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

423.676.4323
www.renderforge.com

MESSAGE

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

To. **Business Owners**

**WHILE YOU WERE OUT
Customers were looking for you**

From. **Family Pastime Magazine**

TELEPHONE. **423-676-4323**

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

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

Operator. *Chris Joker* **URGENT**

OCTOBER WEEKLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • Children's Week: 1-7 • No Salt Week: 2-9 • World Space Week: 4-10 • National Work From Home Week: 5-11 • Emergency Nurses Week: 5-11 • Fire Prevention Week: 5-11 • Magic of Differences Week: 5-11 • Mental Illness Awareness: 5-11 • Carry A Tune Week: 5-11 • Metric Week: 5-11 • Customer Service Week: 6-12 • Financial Planning Week: 6-12 • Improve Home Office Week: 6-10 • Kids' Goal Setting Week: 6-10 • Spinning & Weaving Week: 6-12 • Physicians Assistant Week: 6-12 • Infection Prevention Week: 12-18 • Chestnut Week: 12-18 • Food Bank Week: 12-18 • School Lunch Week: 12-18 • Teen Read Week: 12-18 | <ul style="list-style-type: none"> • Freedom of Speech Week: 13-19 • Veterinary Technician Week: 13-19 • World Rainforest Week: 13-19 • Getting The World To Beat A Path To Your Door Week: 14-20 • Celebrate Micro Small and Home Business Week: 16-22 • Chemistry Week: 19-25 • YWCA Week without Violence: 19-25 • Infection Prevention Week: 19-25 • Kids Care Week: 19-25 • Character Counts Week: 19-25 • Food Bank Week: 19-25 • Massage Therapy Week: 19-25 • School Bus Safety Week: 19-25 • Businesswomen's Week: 20-24 • Health Education Week: 20-24 • Pastoral Care Week: 20-26 • International Magic Week: 25-31 • Peace, Friendship and Good Will Week: 25-31 • Give Wildlife a Break Week: 27-11/2 |
|--|---|

OCTOBER MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Adopt A Shelter Dog Month • Animal Safety & Protection Month • Bake and Decorate Month • Breast Cancer Awareness Month • Caramel Month • Celebrate Sun Dried Tomatoes • Children's Magazine Month • Chili Month • Chiropractic Month • Christmas Seal Campaign • Class Reunion Month • Clergy Appreciation Month • Crime Prevention Month • Dental Hygiene Month • Down Syndrome Month • Dyslexia Awareness Month • Eat Better, Eat Together Month • Emotional Wellness Month • German-American Heritage Month • Global Diversity Awareness Month • Go On A Field Trip Month • Halloween Safety Month • Head Start Awareness Month • Health Literacy Month | <ul style="list-style-type: none"> • Kitchen & Bath Month • Liver Awareness Month • Long Term Care Planning Month • Orthodontic Health Month • Photographer Appreciation Month • Physical Therapy Month • Polish American Heritage Month • Popcorn Poppin' Month • Positive Attitude Month • Right Brainers Rule! Month • Roller Skating Month • S.I.D.S. Awareness Month • Sarcastic Awareness Month • Seafood Month • Self-Promotion Month • Spinach Lovers Month • Squirrel Awareness Month • Stamp Collecting Month • Vegetarian Month • Window Covering Safety Month • Work and Family Month |
|---|--|

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.



THE magazine for the WHOLE family

Editor: Chris Joker

Publisher: Family Media Group LLC

Graphic Design and Magazine layout:

RenderForge (www.renderforge.com)

Advertising Sales:

Chris Joker 423.676.4323

How to contact us:

Phone: 423.676.4323

Fax: 866.824.0825

E-mail: editor@familypastime.com

To submit items for consideration please e-mail to editor@familypastime.com

Or mail them to:

Family Pastime Magazine

P.O. Box 3161

Johnson City, TN 37602

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

Basic Subscription Rate:

For a mere \$22, we will request that a uniformed government employee hand deliver the next 12 issues to a mailbox near you.

Send payment to:

Family Pastime Magazine

P.O. Box 3161 Johnson City, TN

37602-3161 or order online.



Scary Investment Moves Can Lead to Frightful Results

As we approach Halloween, you'll spot many ghouls, ghosts and graves, which you probably will find more amusing than frightening. However, whether it's Halloween or not, you can encounter things that truly might threaten your future well-being — such as scary investment moves.

Here are a few of these "terrifying tactics" you'll want to avoid:

\$ Investing too conservatively — When most people think of making investment mistakes, they're probably worried about investing too aggressively. And, of course, you don't want to take unnecessary risks. But what you might not realize is that "playing it safe" can be just as dangerous to your long-term goals. If you consistently put most of your investment dollars into fixed-rate vehicles, such as Certificates of Deposit (CDs) and Treasury bills, you might not even earn enough to stay ahead of inflation, much less achieve the growth you need to pay for a retirement that could last two or three decades. Consequently, you will need some exposure to growth-oriented vehicles,

such as stocks. While it's true that stock prices will fluctuate, and you do risk losing some or your entire principal, you can lessen this risk by purchasing quality stocks and holding them for the long term.

\$ Timing the market—Too many people jump in the market when they think it's going up and get out when they feel it's going down. But it's impossible for anyone to really predict market highs and lows — and if you base your investment decisions on this type of "market timing," you could end up hurting your progress toward your financial objectives. For example, if you stop investing when you think a slump is coming, but the market quickly turns around, you'll miss the opening stages of a rally, when the biggest gains are often recorded.

\$ Over-reacting to bad news — Wars, corporate scandals and natural disasters, among other occurrences, often send investors scurrying to the sidelines, convinced that the bad news will lead to a severe market decline. Typically, though, any decline following a significant, negatively perceived event, is short-lived, and, in many cases, the market recoups its losses and moves to higher

levels within a matter of months.

\$ Chasing "hot" stocks — You can get stock "tips" from everyone — friends, neighbors, magazines, the Internet, talking heads on television and so on. Some of these tips come from well-informed sources, while others do not, but they all have one thing in common — they're essentially worthless to you. For one thing, by the time you get a tip for a "hot" stock, it may already be cooling down. But more importantly, the stock may not be appropriate for your individual situation. If, for instance, you buy shares of a company that is very similar to other companies you already own, and an economic downturn affects the industry to which those companies belong, you will hurt, rather than help, your portfolio by purchasing the so-called hot stock. You're much better off by ignoring these tips and focusing on building a portfolio that is suitable for your risk tolerance, time horizon and long-term goals.

By avoiding these "scary" investment moves, you can help yourself achieve some results that aren't too frightful — in fact; they may eventually be sweeter than the best Halloween candy. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative



By Chris Joker

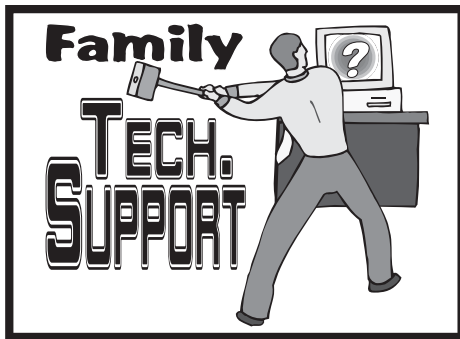
Holiday House

had a dog they helped me look for her when she "escaped". Of course since I said, "back when I HAD a dog" you have no doubt inferred that they aren't very good at finding dogs. They are, however REALLY good at decorating their house... their yard, their trees, their roof, their cars, their mailbox...you get the idea. I must confess that I truly do not know if they themselves are good at decorating and this goes back to my assumption that they are people because I have never really SEEN anyone decorate the house (or the yard, or the yadda, yadda). The decorations just seem to "Magically" appear the next day after a holiday. In other words when I go to bed on say Thanksgiving the house is all decorated with giant turkeys, cornucopia, a big inflatable Mayflower complete with billowing sails and some sort of salt water spray thing coming over the bow etc. when I wake up the next morning the giant turkey has somehow turned into a giant Santa, the

Mayflower has become a sleigh full of inflatable gifts and some sort of imitation snow spraying over the top of it etc. Six separate holidays in a row I attempted to stay up and get to the bottom of this. So there I sat thermos of coffee in hand determined to see the magic (not unlike waiting up to see Santa) when the next thing I know I am awakened by birds chirping and squirrels laughing at the drool running down my chin. The magic is done (not unlike waiting to see Santa). I have given up on seeing the magic and consigned my self to just enjoying the fruits of whoever's labor is doing the labor. Now you may be wondering about the six holidays in a row thing. Many people will decorate for Christmas, 4th of July and Halloween and that's about it. Not the Holiday house. They decorate for every holiday. And when I say every holiday I mean EVERY holiday. They don't care. Did you know you could actually purchase (I'm not saying I know where) a giant inflatable stapler? Well what better way to help you get into the spirit of secretaries day? Groundhog day consists of a large hole in the ground with a huge inflatable

I'm not much of a holiday decorator. Some people are holiday decorators. Some people have a problem. Don't get me wrong, I am all for decorating for the holidays however, like with anything, too much of a good thing can be... well, scary. O.K. scary would be good for Halloween but other than Halloween scary is not what one should be going for when decorating their house for a holiday. Scary Easter??? Not good. There is a house in my neighborhood; you probably have one in your neighborhood. We refer to it as "The Holiday House". I do not know the people (and I am 95% sure they are actual people as opposed to say elves or holiday fairies) that live there but I must say they seem really nice. They always wave when I drive by. Back when I

Please see "FKJ" on the next page



Best E-mail Practices By: Chris Joker

With so many people using e-mail so often I thought it might be a good idea to discuss some etiquette tips

- First, Always title your e-mail message Type SOMETHING in the "RE:" or "subject" field. It helps the mail receiver to organize and prioritize their messages.
- It's polite to start your e-mail with a greeting like Dear Mr. Duffenshmirtz, or Dr. Tolstoy:
- If you must CC (Carbon Copy) those on the message be sure those listed will not mind that everyone else on the list will see their address. If you do not wish others to see who all is receiving the message instead listing every person that is to receive the message you can put your address in the CC box and then everyone else's in the BCC (Blind Carbon Copy) box. This way they will only see your address.
- Be sure if you are replying to a message you do it correctly. If you are only responding to the sender hit "reply" and if you need to reply to everyone you hit "reply all".
- If continually replying back and forth to a message be sure to include the message thread. E-mail

programs often leave the previous message within the body of the text. Some people strip that out however if you leave it in it makes it easier for the one you are corresponding with to keep up with or re-read messages you are responding to.

- If you must send an attachment be sure to reference the attachment within the body of the message and if you attach a picture make sure you have optimized it for e-mail (see Family Tech. Support Family Pastime Magazine June 2008 available online).
- Do not write you message in all capital letters. IT LOOKS LIKE YOU ARE SHOUTING AT THE RECIPIENT AND IS MORE DIFFICULT TO READ.
- It's a good idea not to write anything you would not say in public. E-mail is not as private as you may think. Accidental forwards happen every day. Without additional setup, e-mail is not encrypted which means that your e-mail is "open" and could possibly be read by an unintended person as it is transmitted to your reader. To be safe you should never send: Usernames and passwords, Credit Card information, avoid sending sensitive information that could be potentially damaging to someone's career and/or reputation, including your own. Besides the potential for an accidental forward, your recipient may leave his e-mail open while they walk away or print it and leave it laying around.
- Written communication is easily misunderstood. If you are attempting to be funny or sarcastic use a smiley face after the remark to let your intentions be known. This does not necessarily keep you from potentially hurting someone's feelings though. It's rude to write something mean or derogatory, then place

a happy smiley at the end of the sentence. In business e-mails, try not to use these type comments and emoticons (a symbol or combination of symbols used to convey emotional content in written or message form) or abbreviations such as BTW (By The Way) and LOL (laugh out loud). The recipient might not be aware of the meanings of the abbreviations and in business e-mails these are generally not appropriate.

- E-mail signatures (a block of text and or image automatically appended at the bottom of an e-mail message) are a great way to make sure the recipient knows who sent the message and how to contact them.
- Always check your spelling. Many e-mail programs offer automatic spell check. Also re-read before you send. Spell-check won't catch grammar mistakes.
- Be careful with formatting. If you choose a cutesy font and the recipient does not have that font, it will NOT display the same way as you sent it. Safe fonts are Arial and Times New Roman. If you must use colors, use a color that is easy to read on the background.
- I recommend not replying to spam. I feel that by replying to Spam or by "unsubscribe", you are confirming that your e-mail address is 'live'. Confirming this will only generate even more Spam. Instead, hit the delete button or use e-mail software to remove Spam automatically.
- Be sure to have anti-virus software configured to at least check all incoming messages. **FPT**

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

FKJ continued from the previous page

groundhog and an intricate lighting display to simulate the sun rising every 10 minutes. Last year they added a giant lit scoreboard to keep track of the short winter/long winter count. Rumor has it that years ago, before the latest giant inflatable holiday decoration craze, they actually had 2 trained groundhogs that they would rotate (originally it was one but apparently if you interrupt a groundhog's sleep every ten minutes for 22 hours the last 2 hours are not pretty and whether or not you have 6 more weeks of winter becomes of little consequence).

Well, there you have it, the holiday house. I don't feel so bad not being a holiday decorator. There is no way I can compete with the holiday house. I thought about getting some of those giant holiday inflatables but changed my mind after talking with a friend who told me she hoped it didn't snow because

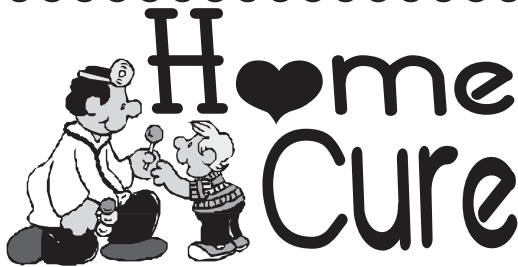
it might damage her inflatable snowman... WHAT???? I do not want you to walk away from this column thinking I am some sort of scrooge. I do decorate. In fact I decorate for every holiday I am just a minimalist. Oh sure some may call me lazy but I say I am just being creative. Years ago I hung a bat from the light over my kitchen table for Halloween. I then forgot about it. The week of Thanksgiving, the kids saw it. Quick thinking, as lazy...I mean creative people are, I dubbed it the Thanksgiving Bat. Then it became the Christmas bat, etc. It's still there. It helps me celebrate every holiday. When the spirit moves I decorate the bat. Recently I took off its Uncle Sam beard to decorate for Halloween.... I'm really not sure what costume to add to the bat for Halloween, maybe I will cut two eyeholes in a tiny sheet and he can be a ghost. Constantly on the lookout for holiday bat decorations, I recently purchased a mini stapler for secretary's day. **FPT**

Q: Where do baby ghosts go during the day?

A: Daycare centers

Last month's HARD answer

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



Home Remedy INSOMNIA

Many factors can contribute to insomnia but regardless of the cause many people just want some relief. The following are some suggestions for finally getting to sleep:

- Before bed try taking a warm bath with bath salts, plus a combination of one cup baking soda and one cup Epsom salt.
- Put on some music that you find soft and soothing.
- Have someone give you a body massage before you go to bed and if that is not possible then have them give you a backrub or a scalp massage.

This will help your muscles relax.

- Drink warm milk or herbal tea 15 minutes before bed.
- Eat healthy food and stick to it because healthy food is easy to digest and having good digestion is very important for your brain and mind to function efficiently.
- A little exercise every day like walking or bike riding
- Stop drinking coffee before bed.
- Chamomile tea steeped for 3 minutes with a bit of milk and 2 TBS natural honey and a hot shower.
- Heat milk to the point just before it boils (frothy on top) then add 1 teaspoon of vanilla extract and 1 level tsp of sugar and sprinkle cinnamon on top stir very well and drink while hot.
- Tuck a lavender sachet under your pillow before leaving for the day.
- Lay in your bed on your back and put your hands on your chest (or in the most

- comfortable position for you) then in your mind starting at your feet say my feet are really relaxed and feel them relax, then move up to your ankles and do the same, then move onto your calves, then knees and so on.
- Eliminate drinks and foods containing Splenda, Nutrisweet, Aspartame, and Sugar Alcohols!
- Roast a pinch of cinnamon till it turns gray black and it gives an odor then boil these in a glass of water and consume it 30 minutes before bed.
- Take hops, lobelia, passionflower, skullcap, or valerian to aid relaxation and for a calming effect.
- Take calcium, iron, and potassium.
- Use honey as a tranquilizer and sedative.
- The scent of vanilla summons a sense of calm. While changing clothes for bed, light a vanilla candle. Moisturize hands and arms with vanilla scented cream.
- Take a hot bath with a little basil in the water to help relax before bed. **FPT**

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



With A Grain Of Salt

Say WHAT???

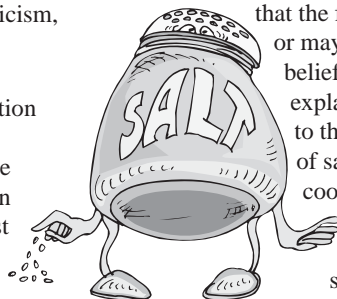
By: Family Pastime Staff

MEANING:

To not entirely believe a story, or to view it with a healthy degree of skepticism, suspicion, and caution.

ORIGIN:

A grain of salt is a literal translation of an ancient Latin phrase, cum grano salis. A sort of proverb, the Latin expression indicated that in everything we should use at least a grain of the salt with which in Roman times, the head was presumed to be filled. There are several other explanations as to the origins of the phrase. One claims that even though



salt is now an inexpensive and readily available product once upon a time it was very valuable due scarcity and its high demand as a food preservative. Salt was also thought to have healing properties and to be an antidote to poisons. To take (eat or drink) something "with a grain of salt" was to practice preventive medicine.

One would do this if they were suspicious that the food might be poisonous or may cause illness. Another belief seems to bypass the poison explanation and trace the phrase to the dinner table, where a dash of salt can often make uninspired cooking more palatable. In other words, food is more easily swallowed if taken with a small amount of salt. "With a grain of salt" first appeared in English in 1647, and has been in constant use since then." **FPT**

SUDO-KID-U 1 Instructions: On page 3

1			
			4
			2
2	4		

SUDO-KID-U 01 Last month's Answer

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

Easy Answer From last month

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

THERE'S NO PLACE LIKE HOME SCHOOL

Lighting A Fire – Exploring the Many Styles of Homeschooling

By: Lisa Baughn

There is no such thing as a “cookie cutter” or “one size fits all” education in today’s homeschool. Styles are as individual as the children and families they represent, with no two alike. The delightful thing about educating at home is that parents can easily evaluate their children’s strengths, weaknesses, interests, talents, and learning styles. No one knows the bent of their children like parents do, and they can tailor a custom education to inspire their future entrepreneur, astronaut, farmer, ballerina, computer genius, etc.

Formal Curriculum is a traditional approach, similar to most public and private schools, that focuses on textbooks for learning most subjects. A Beka, A.C.E., Alpha Omega, Bob Jones and Calvert are popular choices. Most families take a curricular approach to Math with Math-U-See and Saxon being popular choices. For science, the top choice for many families is the Apologia line, by Dr. Jay Wile, who is spurring home school kids into careers in the field with his phenomenal textbooks.

Unschooling is the polar opposite approach, unstructured, informal and child directed. The theory is that kids are naturally curious and will learn on their own, which worked well for the Colfax family in No Cal. They sent 3 sons to Harvard, who became attorneys and physicians.

Lisa and her husband Dave Baughn have homeschooled for 9 years. They have adopted a “Lifestyle of Learning” educational style, with an Entrepreneurial flair, using some Charlotte Mason and Classical methods. We welcome your comments, suggestions or questions about home schooling e-mail them to homeschooling@familypastime.com. Lisa is launching a new website soon (www.ThePrudentWife.com) with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

The Classical Approach has the goal of “teaching children to think” by entering the Great Conversation with the minds of the past. Children go through different stages, and are taught according to the abilities of each stage. The Trivium, as it is called, has a Grammar Stage/Mastery of the Facts ages 6-10, Dialectic Stage/Study of Logic ages 10-14, and a Rhetoric Stage/Use of Language from 14+. Children study Latin, logic, and the regular subjects, with classic literature as a backbone. Some study Greek and Hebrew, and try to read the Bible in the original languages.

The Charlotte Mason Method relies on whole, living books that make history, literature, geography and science come alive. Charlotte Mason was a British educator in the 19th century and found that textbooks distilled a fascinating world into dry, dreary snippets of information and deemed them twaddle. She thought that great books expand the mind of children and encouraged them to focus on ideas rather than merely learning facts by rote. Observation is important, nature notebooks, history timelines, narration, copywork, fine arts, music and self-motivated learning. The CM method works very well with many children with non-traditional learning styles.


Unit Studies are a fun way for kids to learn, wrapped around a passion. A single topic can be

studied and cover language arts, math, science, etc. Horses are a terrific example, as you can study horse literature, science, art, and then pull the horse theme into math lessons. Unit Studies can form a whole curriculum or subjects can be studied individually, like the human body.

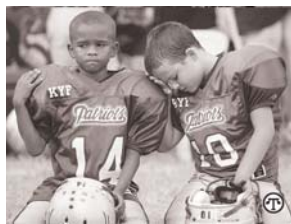
The Thomas Jefferson Education approach has taken the country by storm the past few years with the goal of “teaching a generation of leaders.” Through a mentoring approach, reading great books, and discussing them with mentors, it encourages students to become statesman, entrepreneurs and the great thinkers of the future. As Sir Walter Scott said, “All men who have turned out worth anything have had the chief hand in their own education.”

The challenge of choosing a style is to find one that appeals to the parents, since they must teach it, yet takes into account the child’s learning styles, interests and ability levels. Most families find they start off with one style, but different years or children may do better with other styles. Home educators have the flexibility to change and do what works best. The goal is always to light the lifelong fire of self-directed learning, and keep it burning brightly. **FPT**

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



Win A Trip To Super Bowl XLIII in Tampa Bay



(NAPSI) Highly satisfying, for many parents, is capturing great photos of their children’s milestones and important moments that can be shared with loved ones for

years to come. Incorporating photography into your everyday activities can help you capture memories that will last a lifetime.

To encourage that idea, Canon U.S.A. and the Pro Football Hall of Fame are giving football and photography fans a chance to capture the fun, passion, excitement and journey of youth football and enter their best football photos in a fun contest. Everything from a playful catch in the backyard to any youth, school or organized football game is eligible for the “Why Do You Love Football?” Photo Challenge.

The grand-prize winners in the adult and teen divisions will each be awarded a trip for four to attend Super Bowl XLIII in Tampa Bay and will

earn a once-in-a-lifetime opportunity to have a photo displayed in the Pro Football Hall of Fame in Canton, Ohio. Additionally, the winners will receive a trip for four to the Pro Football Hall of Fame Enshrinement Celebration.

The nationwide amateur photo contest features two entry categories, “Action” and “Feature.” The “Action” category focuses on any image that captures football action during game play, while the “Feature” category comprises any football imagery outside of game action on the field.

Please see “Win Super Bowl Tickets” page 17

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

Parachute Experiment



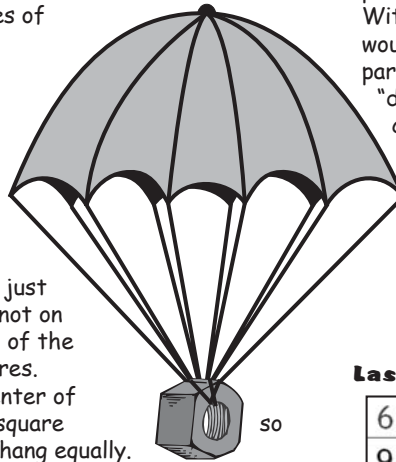
SUPPLIES:

- Heavy weight garbage bags
- Ruler
- Scissors
- Bolts
- Twist ties
- Lightweight string

HOW TO:

1. Cut open the garbage bag to make a flat sheet of plastic.
2. Cut four different-sized squares: one 8 inches in length per side, one 12 inches, one 16 inches, and the last, 20 inches per side. To make your squares, measure along the edge of a corner then fold the corner over to form a triangle. Now cut around the triangle, unfold the square and you have it.
3. Tie a knot at each of the four corners of the squares.

4. Cut 16 pieces of string, each about 16 inches long. This will give you four strings per parachute.
5. Tie a string just above the knot on each corner of the plastic squares.
6. Grab the center of the plastic square the strings hang equally.
7. Collect all the strings and tie them into a knot.
8. Take a twist tie, slip it through a bolt, and then attach it to the knotted end of the string.
9. Do the same for all four plastic squares.
10. Find a safe spot, about 10 feet high (a porch, a balcony, deck, etc) and let the parachutes fly.
11. For fun attach differently weighted objects to the parachute and see what happens? Does the same thing happen to the little parachute as to the big



parachute?

12. Why do parachutes work?
13. The force of gravity pulls the parachute and weight to the ground. Without a parachute, the bolt (weight) would quickly fall straight down. A parachute increases air resistance (or "drag"). Air pushes the parachute up, creating an opposite force to gravity, and slows it down. **FPT**

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

Last month's Medium answer

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

Family Pastime Magazine
 Last Month's Answer

HELP WANTED

If you are interested earning a little extra money or in a full time position, **Family Pastime Magazine** is looking for you! We are continuing to expand and find ourselves in the position of being able to offer **full and part-time sales positions.** Mail your cover letter and resume' to:
Sales Position
Family Pastime Magazine
P.O. Box 3161
Johnson City, TN 37602-3161
 or e-mail it to:
editor@familypastime.com

SUDOKU EASY

Instructions: On page 3

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



Halloween Safety/Dental Health

Hubble, Bubble, Toil and Trouble: A Recipe for a Safe and Tooth-Friendly Halloween

The air is turning a little bit cooler. Leaves are beginning to change color. Pumpkins are appearing at storefronts and roadside stands. This can mean only one thing: Halloween is around the corner.

What is an exciting time for children is one that often leaves parents feeling a small amount of dread. Halloween means finding and agreeing on costumes, worrying if your child will be safe while trick or treating, and candy – lots and lots of candy.

Here are some basic tips to ensure that your child will make it through Halloween safely:

Costume Safety

- When picking out or designing a costume – especially ones with props, make sure that there are no sharp edges that can hurt a child if he or she accidentally falls against it.
- If purchasing a pre-made costume, verify that it is fire-resistant.
- If the costume requires a mask, try face makeup instead. If the costume requires the use of a mask, make sure that the eyeholes are large enough so that your child's peripheral vision is not obstructed.
- Reflective tape on costumes ensures that others – especially drivers – will see your child.

Safe Trick or Treating

- The safest way for your child to trick or treat is with an adult, but there may be reasons that you are not able to accompany your child. If this is

the case, some of these tips will help ensure the safety of your older child:

- Ideally, require that trick or treating be done during daylight hours.
- Determine a specific time that your child needs to be home.
- Make sure your child has a flashlight to carry.
- Tell children only to visit homes that have their porch lights turned on.
- Talk to your kids about not using shortcuts through alleys and non-public places.
- Make sure your child knows NEVER to get into a car with someone he or she doesn't know.
- Make sure trick or treaters travel in groups and carry flashlights.
- Talk to your children about "tricks." While some tricks on Halloween may be done in good fun, some tricks border on vandalism and should not be tolerated, especially any tricks on animals.
- Tell your children not to eat any of their "treats" until an adult has been able to inspect them.

A Tooth-Friendly Halloween

If some of the costumes you see on Halloween don't scare you, the thought of what all that candy is doing to your child's teeth might. This is why October is National Dental Hygiene Month. Although children's oral health is an important issue that should be recognized year-round, the amount of sweets that our children consume during the days surrounding Halloween usually causes parents to stop and think about the health of their child's teeth.



The debate surrounding candy consumption at Halloween is varied. In an attempt to keep children from bingeing on sweets and to keep their young teeth from being attacked by the sugar in candy, many parents only allow children to eat a moderate amount of candy each day. Other parents let their children eat as much as they want on Halloween with the understanding that the rest of the sweets go "bye bye" the next day.

Whatever your reasons are for limiting your child's candy consumption, most dentists agree that your child can enjoy Halloween sweets and still keep his or her beautiful smile. Surprisingly, this is because candy may not be any more harmful to teeth than any other food. Yes, sugars and starches are the guilty parties that enable bacteria in dental plaque to produce the acids that cause tooth decay. But did you know that approximately 90 percent of all foods contain sugars and starches?

According to the American Dental Association (ADA), it is not what your child is eating, but how your child is eating that is the primary culprit in forming cavities. Allowing your child to sip on a sugary drink (sodas, sweet tea, even juice) is just as harmful to dental plaque as your child licking a piece of hard candy.

Some ways the ADA recommends keeping tooth decay at a minimum are as follows:

- Allow your children to eat their Halloween candy at mealtime instead of as a snack.
- Do not allow children to snack more than three or four times a day.
- Basically your child is at greater risk for tooth decay the more times his or her teeth are exposed to food and drinks throughout the day.
- Most importantly, good oral hygiene is the best way to ensure teeth and gums stay healthy. Make sure your child brushes and flosses every day (the more the better), uses fluoride toothpaste and visits the dentist regularly. **FPT**

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





Many people believe that it is impossible for cats and dogs to live together peacefully. Perhaps this belief is brought on by images seen in cartoons or by one or two negative experiences between cats and dogs. But, in reality, it is quite possible for the two species to live together peacefully – and even to live together as friends.

Genetics

Genetically, there are reasons for cats and dogs to dislike each other. By nature, dogs are predators that tend to chase things that move quickly and that are smaller than them. Of course, cats fit this description, making them the perfect play toy for dogs wanting to utilize their predatory skills.

Cats, who are also predatory, can also exhibit stalking behaviors toward dogs; despite the fact the dog is usually much bigger. In addition, cats will defend themselves, so thus begins the rivalry.

Environmental Influence

Of course genetics and instinct alone isn't the only reason why dogs and cats sometimes don't get along. During the first 2 to 3 months of an animal's life, it learns who its friends and its enemies are. Therefore, a puppy raised with cats will most likely tend to get along better with the cats. Similarly, a kitten raised with



The Truth About Cats And Dogs

dogs will not think much of the dogs. In fact, it is often easier to raise a new kitten in a household with dogs than the other way around because cats tend to be more territorial than dogs. A highly predatory dog, however, will make it more difficult to introduce a new kitten to the household.

Training Pets to Live in Peace and Harmony

Teaching cats and dogs that don't get along with each other to live together can be a somewhat difficult task, but it is possible. The best way to accomplish this is to allow the animals to spend time together while a human chaperone is present. The more time animals spend with one another, the more tolerant they become of the other. In fact, this can often lead to a very affectionate relationship. Puppies and

kittens that are raised together have the best chance of developing a positive relationship.

If a dog has been particularly cruel to cats in the past, however, it is probably not a good idea to try to get the two species to co-exist. Even if the dog doesn't manage to get the cat, it will most likely make the cat's life difficult by continually chasing after it. Similarly, a puppy might need to be protected from a particularly territorial or mean cat.

Dogs can also be trained to leave cats alone, just as they can be trained to fetch, sit or stand still. For a

pet owner who has the time and patience, the dog can be leashed with a training collar. Another person can bring the cat increasingly closer to the dog. If the dog sits still it, should be praised. If it attempts to lunge after the cat, the leash should be pulled and the dog should be told "No. Leave it!" Some dogs learn quickly while others take a little longer.

Another approach for training the dog can also be utilized. This approach uses positive association. Each time the dog is in the same room as the cat, it is provided with extra attention and treats. Soon, the dog realizes having the cat in the room is a good thing because it gets something good out of it. In this way, it positively associates the cat with things that it desires – affection and tasty treats!

Feeding Time

Even cats and dogs that get along might start fighting during mealtime. Most animals are very protective of their food. In addition, they tend to be quite curious about the food the other animal is enjoying. For this reason, it is best to have separate feeding stations for cats and dogs.

It is best to place the cat's food in a high, hard to reach area. Otherwise, the dog will have a tendency to eat the cat's food, or to at least try to eat it. Of course, the food should still be placed in an area the cat can easily reach and eat comfortably. Cats don't generally try to eat dog food. But, in the case of a cat that does, this behavior should be discouraged. The best way to do this is to feed the two animals at the same time, but in different places.

It is also important to remember that cat and dog food each have different nutrients, so one should not be used in place of the other. Therefore, it is not only necessary to keep the food separate in order for the pets to live in harmony; it is also necessary to keep them healthy. **FPT**

www.giftswithaheart.org



(423)257-3780 or 477-3158

BLUE MOUNTAIN
I.T. SOLUTIONS

Proudly Supporting Tri Cities' Small Businesses

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

Friendly - Experienced Technicians

www.bmits.com
support@bmits.com

How To Tell a Dog or Cat's Age in Human Years

Cat Article courtesy of I-Love-Cats.com

DOG: It is a common belief that 1 human year is equal to 7 dog years. That is not very accurate, since dogs reach adulthood within the first couple of years. The formula used below is from a canine expert and is a bit more accurate. (as accurate as one can judge these things) The formula is: 10.5 dog years per human year for the first 2 years, then 4 dog years per human year for each year after.

Example if you dog is 16 years old, he is 77 in human years.

CAT:

Allow 15 human years for the first year of your cat's life. Add nine years for the second year. A two-year old cat will approximate 24 human years. Add four human years each for successive years of his life. Again this is as accurate as one can judge these things. **FPT**



Senior Citizens Services

"ALL your needs Taken Care Of"

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

LICENSED and BONDED P.S.S.A.

423-323-7208

Mountain City to Host Pumpkin Festival

The 1st Annual Pumpkin Festival in Mountain City, Tennessee will be held Friday October 17th and Saturday October 18. This looks like a great family event. The music and story telling events are free along with free parking. Events include Free games, Free horse rides, Free train rides, Lots of delicious festival food, music and story telling including Trey Hensley, ETSU bluegrass band, Adam Larkey and more. Incredibly all the music and story telling events are also FREE.



The festival also includes lots of contests such as pumpkin seed spitting, pumpkin pie and pumpkin pie eating, pumpkin carving and a pumpkin weigh off with a chance for you to win if you guess closest to the weight of the giant pumpkin. If you've never seen a one thousand pound pumpkin, you need to see this event! Giant squash and giant watermelons will be vying for prizes as well. For all the information on this first annual event go to: www.mtnpumpkinfest.org. **FPT**

Can You Guess The Silly Costume?

1. Wear whatever clothing you choose. Attach a sign to your back that says "Shirt: \$30...Jeans: \$50...Shoes: \$70.....Halloween costume that took minimal effort: Priceless".
2. Write "Go Ceilings!" on the front of your shirt. And don't forget to cheer!
3. Wear pink clothes and carry a feather.
4. Wear a t-shirt or sweatshirt and paint a big P on it and blacken one of your eyes with makeup.
5. Attach a dollar to each ear and
6. Carry a small airplane in your hand.
7. Dress in all pink and attach a shoe to the top of your head.
8. Drench yourself in water and carry around two sticks, a scarf and a carrot.
9. Wear a baseball cap with a leaf dangling down in front of your face. When someone asks what you are, blow on the leaf.
10. Stick cotton balls all over your hat or visor.
11. Tape a brown paper lunch bag to your stomach.
12. Carry a quarter and a hammer. If someone asks what your costume is, put the quarter down and pound it with the hammer.
13. Carry several bags filled with "B"s cut out of construction paper.
14. Dress as a man (if you are not one already!) Tape an "E" on chest.
15. Wear all black clothes. Cut out big, bright numbers and attach them to your clothes.

Answers on page 18

DOUBLE TAKE

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



Banner, Streamer, Spider, Jack-o-lantern Eyes, Box eyes, Apple Flame, Apple Color, Witch's Hat, Other Witch's hat, Frankie Nose, Frankie's Lips, Plate



Help Save Trees With Used Cardboard Boxes

Cardboard boxes are everywhere we turn and according to the American Forest and

Paper Association, in excess of 90% of all products in the US are shipped in corrugated cardboard boxes. It makes up nearly 14 percent of the nation's municipal solid waste.

It's a huge industry, with around 10,000 paper and paperboard mills in operation globally. It's really important that we recycle paper products, including cardboard boxes. Here's some interesting statistics:

Each ton of paper produced consumes

- 17 trees
- 79 gallons of oil
- 7000 gallons of water
- 42,000 kilowatts of energy

- 60 gallons of air pollution
- 3 cubic yards of landfill space

Around 42 million people move each year in the USA, and the average person will move 11.7 times in their lifetime - that's a lot of boxes!

Buy Used Cardboard Boxes

While recycling paper products is great, reusing is even better because it requires less energy and resources.

Whether you're moving or shipping items, consider buying used cardboard boxes. You'll save all the above consumption and save some cash to boot.

I've been following the progress of a great little company in the USA called, wait for it, Used Cardboard Boxes, since they commenced operations in 2006 and they've been doing some amazing things

The company acquires truckloads of boxes from companies that might otherwise be thrown away.

They also acquire misprints and overruns from box manufacturers that have no use for the boxes. These aren't boxes with rips and tears, they are all in perfect condition.

You'll pay less for these used boxes and they guarantee free 1-2 day delivery to any address in the USA and in some parts of Canada.

This isn't a company just jumping on the green bandwagon - I've never come across anyone quite so genuinely passionate about boxes as these folks :). They also donate a portion of their revenue to plant trees.

Since the company began a few years back, UsedCardboardBoxes.com estimates their clients have saved:

- 6,709 trees
- 2,625,920 kWh of electricity (or 1,600 barrels of oil)
- 1,775,680 lbs CO2
- 3,485,760 gallons
- 618,560 lbs of solid waste

Makes me feel rather guilty for having bought new boxes! **FPT**

Courtesy of: www.greenlivingtips.com



New Ways To Trick-Or-Treat For A Cause

(NAPS)—Candy aside, trick-or-treating could be good for children's health.

This October, for the 58th year, kids across the country will Trick-or-Treat for UNICEF, an initiative that encourages American children to make Halloween count by raising money for children in need around the world. The program, whose national sponsor this year is Procter & Gamble, has relied on door-to-door contributions and other traditional fundraising methods to collect more than \$140 million to date. This year, however, UNICEF will incorporate 21st-century digital initiatives to further meet its goals.

New Ways To Get Involved

As in past years, children can find UNICEF orange collection boxes at several retail locations, including Pier 1 Imports® and Hallmark Gold Crown stores. They can also be ordered online at www.unicefusa.org/trickortreat or by phone at (800) 4UNICEF.



But this year, kids can add the Trick-or-Treat for UNICEF Cause Application on their Facebook page to help recruit friends to raise funds. Plus, contributions can now be made through the new "Text-or-Treat" program, in which kids can text "TOT" to "UNICEF" to donate \$5 on their mobile phone.

Other new high-tech program features include the development of a personalized fundraising Web page and Halloween e-cards. Of course, traditional fundraising methods, such as Halloween parties, bake sales and car washes, are highly encouraged as well. Details are at the program Web site.

Help Wanted

People can also make donations to the program via credit card or check or through participating Coinstar Centers found in supermarkets, drugstores and mass merchants. There are even Trick-or-Treat branded items including T-shirts, sweatshirts, Halloween products and educational toys sold on the program Web site to support the efforts.

Spreading The Word

Although the initiative is geared toward kids, parents, educators, corporations and adults are

all encouraged to participate.

People can visit the program

Web site to find door signs supporting the campaign, and teachers can find activity sheets, lesson plans, wall posters and other resources. College campuses are also joining in by participating in the "Help us save some lives!" Campus Challenge. Schools will raise money and the George Harrison Fund for UNICEF will match every dollar raised up to \$150,000 for a total of \$300,000.

A Caring Mission

For more than 60 years, UNICEF has provided lifesaving nutrition, clean water, education, protection and emergency response, saving more young lives than any other humanitarian organization in the world. To learn more, visit www.unicefusa.org.

FPT



THE magazine for the WHOLE family

Chris Joker

Editor

Vx: 423.676.4323 • Fx 866.824.0825

chris@familypastime.com

www.familypastime.com

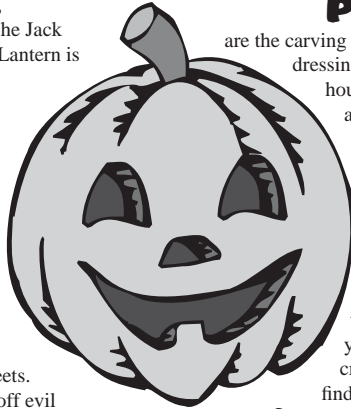
2 Haven Lane • Johnson City, TN • 37604-9059

CREATURE FEATURE
By: Georgia Tetch



JACK O' LANTERN

The Jack O'Lantern is



were bigger and easier to carve – so they used Pumpkins for Jack O'Lanterns. They carved them to resemble a grotesque face and illuminated it with a candle.

Popular customs for Halloween are the carving of the Jack O'Lantern, children dressing up and going from house to house trick-or-treating. In some areas costume parties are a favored form of Halloween entertainment.

CARVING TIPS FOR YOUR JACK O' LANTERN

1. Choose a pumpkin that is the shape of the design you want to carve in it. Be creative and design your own or find one online.

2. Start by drawing a six sided (hexagon) on the top of the pumpkin. Angle your cutting tool towards the center of the pumpkin and cut away. If it won't stand up set it into a large pot.

3. Scoop out the strings and seeds so that it is no more than one inch thick. Save the seeds (see #7).
4. Wet your paper pattern and put it on your pumpkin, thumb tacks will work for this. When it is dry poke holes (dots) along the paper design. Try rubbing flour in the holes making them white and easier to see when you are ready to cut.
5. Cut your design with gentle pressure, work from the center of your design moving outward.
6. Cut a hole in the bottom of the Jack O'Lantern the same size as the candle you plan to put in it. Wax candles snuff out in the wind, try using a vegetable oil candle instead.
7. Roast the seeds, do not wash them first this will remove the natural flavor. Place the seeds in a single layer on a cookie sheet add salt and bake at 300 until dry, stirring occasionally.
8. Parents teach your children to use these tools and guide them throughout the process.
9. GOOD LUCK HAVE FUN AND

HAPPY HALLOWEEN
FPT

SUDO-KID-U 2

Instructions: On page 3

			1
		3	
1			
2			4

Q: Who did Frankenstein take to the prom?
A: His ghoul friend

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

SUPER SUDOKU

Instructions: On page 3

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

Sudoku last month's Really Hard answer

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

Dinner In A Pumpkin Recipe
SUPPLIES:

- 1 medium pumpkin
- 1 lb. Ground beef sautéed with onions, celery and pepper
- 1/4 C soy sauce
- 2 TBS brown sugar
- 4 oz mushrooms (fresh or canned, sliced and drained)
- 1 can cream of chicken soup
- 2 C hot cooked rice

HOW TO:

1. Preheat oven to 375°F.
2. Lightly grease a 10" circle in center of a baking sheet; set aside.
3. Place pumpkin on a firm surface.
4. Using a sharp knife cut out stem end and about 3 inches around stem.
5. Cut on a diagonal by slanting knife from outer edge of pumpkin in toward center. Keep top. Remove seeds and pulp and discard.
6. In a medium bowl, combine the rest of the ingredients.
7. Spoon mixture into pumpkin.
8. Replace top.
9. Place pumpkin on greased baking sheet.
10. Bake about 1 hour in preheated oven until pumpkin is tender.
11. Serve cooked pumpkin along with meat filling. Makes 6-8 servings.

SUGAR FREE PUMPKIN BREAD
SUPPLIES:

- 1/2 C canola oil
- 1 C concentrated fruit sweetener
- 4 eggs
- 16 oz. Cooked (canned) pumpkin
- 2/3 C water
- 1 1/2 C oat flour
- 1 1/2 millet flour
- 2 tsp. Baking soda
- 1 1/2 tsp. Salt
- 1/2 tsp. Baking powder
- 1 tsp. Cinnamon
- 3/4 tsp. Cloves
- 1 C chopped walnut

HOW TO:

1. Sift all dry ingredients and set aside.
2. Beat together oil, fruit sweetener, eggs, pumpkin and water.
3. Combine all ingredients thoroughly and pour into 2 greased loaf pans, 9 x 5 x 3 inches.
4. Bake in a 350 degree oven for 30 minutes
5. Lower temperature to 325 degrees and bake another 45 minutes, until toothpick inserted in center comes out clean.
6. Allow to cool completely before slicing. Makes 2 loaves.

Kid Friendly Recipes



Eyeball Tacos

SUPPLIES:

- 1 lb. Ground beef
- 1 PKG. (1-1/4 oz.) Taco Seasoning Mix
- 12 Taco Shells
- Thick 'N Chunky Salsa or Taco Sauce
- Sour Cream
- Sliced pitted ripe olives or chopped red or green pepper

HOW TO:

1. MIX ground beef and seasoning mix.
2. Shape into 36 (1-inch) balls;
3. Place in 15x10x1-inch baking pan.
4. BAKE at 350°F for 15 to 20 minutes or until cooked through.
5. Fill each taco shell with 1 meatball, salsa and other desired ingredients.
6. Top with 2 meatballs dipped in sour cream. Garnish with olives or bell peppers to make "eyeballs."

Mummy Dogs

SUPPLIES:

- Hot dogs
- Ready-made croissant dough
- Mustard and ketchup

HOW TO:

1. Cut the croissant dough into strips.
2. Wrap hot dogs to look like mummies.
3. Bake at 375 degrees for 12 to 15 minutes or until light golden brown.
4. Use ketchup and mustard to make faces.

No-Bake Pumpkin Cheese Cake
SUPPLIES:

- 1 pkg. (8 oz.) Cream Cheese, softened
- 1 C canned pumpkin
- 1/2 C sugar
- 1/2 tsp pumpkin pie spice
- 1 tub (8 oz.) Whipped Topping, thawed, divided
- 1 Graham Pie Crust (6 oz.)

HOW TO:

1. BEAT cream cheese, pumpkin, sugar and pumpkin pie spice with electric mixer on medium speed until well blended.
2. Gently stir in 2-1/2 Cs of the whipped topping. Cover and refrigerate remaining whipped topping for later use.
3. SPOON cream cheese mixture into crust.
4. REFRIGERATE 3 hours or overnight. Serve topped with remaining whipped topping. Store leftover cheesecake in refrigerator.

Cheese And Spinach Puffs
SUPPLIES:

- 1 (10 oz) PKG chopped spinach
- 1/2 C blue cheese salad dressing
- 1/2 C chopped onion
- 1/4 C melted butter
- 2 slightly beaten eggs
- 1/8 tsp. Garlic powder
- 1/2 C shredded cheddar cheese
- 1 (8 1/2 oz) PKG corn muffin mix
- 1/2 C grated Parmesan cheese

HOW TO:

1. Cook spinach and onions, drain well pressing out excess liquid.
2. Combine eggs, cheeses, salad dressing, butter and garlic.
3. Add spinach, mixture and muffin mix.
4. Mix well.
5. Cover and chill.
6. Shape dough into 1 inch balls, cover and chill till serving time (or place in freezer and freeze).

To serve: place chilled puffs on baking sheet, bake 350 until lightly brown about 10 to 15 minutes. Serve warm.

SUDOKU Medium
Instructions on page 3

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

SUDO-KID-U
02

answers from last month

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



Fun Family Events OCTOBER



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.** Balloons Around The World, Child Health Day, Fire Pup Day, International Day of Older Persons: 1 World Vegetarian Day
- 2.** Guardian Angels Day, Phileas Fogg's Wager Day, National Custodial Workers Day, World Farm Animals Day
- 3.** Lee's National Denim Day, National Diversity Day, World Smile Day
Hands On!!!! 5:00-6:30 **Painter's Palette** Learn, step by step, how to paint a masterpiece. Ages 8+, \$15 per person. Registration and payment is due in advance **First Friday Free Family Movie Night Wizard of Oz.** 6:30 Rated G. Sponsored by **Hands On!!!!**, **Johnson City Public Library**, and **Massengill-DeFriece Foundation.**
- Jonesborough 36th National Storytelling Festival,** October 3-5 www.storytellingcenter.com
- Erwin 3 1st Annual Apple Festival** October 3-4 www.unicoicounty.org.
- 4.** National Fallen Firefighters Weekend, Ten-Four Day, World Card Making Day
Hands On!!!! Get ready for Halloween by making a Haunting Halloween Hanger.
Sycamore Shoals Dutch Oven Cooking 9am – 4pm Cost: \$50.00
- 5.** Country Inn & Bed and Breakfast Day, Intergeneration Day, World Communion Day, World Teachers Day
Hands On!!!! Get ready for Halloween by making a Haunting Halloween Hanger.
- 6.** Jackie Mayer Rehab Day, Mad Hatter Day, National German-American Day, Physician Assistant (PA) Day, World Habitat Day
Jonesborough Library 'World Card-Making Day' workshop 5:30 p.m. – 7:30 p.m. This program is free and open to the public, but registration is required. Call 753-1800 to register.
- 7.**
- 8.** National Bring Your Teddy Bear To Work & School Day, Native Americans' Day, Yom Kipper
- 9.** Leif Erickson Day, National Depression Screening Day, World Post Day, World Sight Day
- 10.** Emergency Nurses Day, National Cake Decorating

- Day, Naval Academy Day, World Mental Health Day
- 11.** International Newspaper Carrier Day, National Coming Out Day, Reptile Awareness Day, Universal Music Day
Hands On!!!! learn more about the wonderful art of weaving, **11:00 - Sheep to Shawl** how sheep's wool is processed and made into clothing.
Sycamore Shoals Primitive Trapping and Fishing 10am – 4pm Cost: \$35.00, Dyeing Honeysuckle Vines **12.** Clergy Appreciation Day, International Moment of Frustration Scream Day
Hands On!!!! October learn more about the wonderful art of weaving.
13. Columbus Day, Ironman Competition, Navy Birthday
Hands On!!!! **Fall Break Fun!*** 13-17 A variety of half day art and science workshops will be offered during this week, 9:30-12:30 - Jurassic Journey Ages 4-7, \$3 per child.
Sycamore Shoals Sweater Knitting 9am – 1pm Cost: \$25.00 per class or \$80.00 for four
- 14.** Be Bald and Be Free Day
- 15.** National Grouch Day, National Pregnancy and Infant Loss Awareness Day, Support Your Local Chamber of Commerce, White Cane Safety Day
Hands On!!!! 9:30-12:30 - Let's Launch! Ages 9-14, \$15 per person.
- 16.** Department Store Day, Dictionary Day, Get to Know Your Customers Day, Get Smart About Credit Day, International Credit Union Day, World Food Day, Boss's Day
Hands On!!!! 9:30-12:30 - Creepy Crafts All ages welcome, \$5 per person.
- 17.** International Day for the Eradication of Poverty, Mammography Day, Mulligan Day
Hands On!!!! 9:30-12:30 - Spooky Science Ages 7-11, \$5 per person. Make atomic slime, glowing worms, and tasty Halloween treats.
- Mountain City 1st annual Pumpkin Festival** October 17-18 www.mtnpumpkinfest.org
- 18.** Sweetest Day, World Menopause Day, World Toy Camera Day

- Mountain City 1st annual Pumpkin Festival** October 17-18 www.mtnpumpkinfest.org
Hands On!!!! October 18 & 19 - Try mask making by creating a Halloween mask.
- KINGSPORT** Weaving Words & Fibers with **Arts4Kids** 10 a.m.. Arts4Kids members, or other interested participants, should call 423-392-8420 to pre-register
- Sycamore Shoals** Native American Cornhusk Dolls 10am – 3pm Cost: \$25.00
- 19.** Evaluate Your Life Day, Sunday school Teacher Appreciation Day
Hands On!!!! October 18 & 19 - Try mask making by creating a Halloween mask.
- 20.** Birth of the Bab, World Osteoporosis Day
- 21.**
- 22.** Day of International Concern About Young People and Gun Violence, International Day of Radiant Peace, International Stuttering Awareness Day
- 23.** National Mole Day
- 24.** International Bandanna Day, Lung Health Day, United Nations Day, World Development Information Day
- 25.** Make A Difference Day
Hands On!!!! Learn more about Picasso and his work during his Rose and Blue Periods.
11:00 am -2:00 pm - Celebrate National Chemistry Week
- Sycamore Shoals** Step-By-Step Oil Paint 9am-4pm Cost: \$50 (includes supplies)
- 26.** Mother-in-Law Day, World Priest Day
Hands On!!!! Learn more about Picasso and his work during his Rose and Blue Periods.
- 27.** Cranky Co-workers Day, Navy Day
- 28.** National Chocolates Day, St. Jude's Day
- 29.** Internet Day
- 30.** Haunted Refrigerator Night, National Candy Corn Day
- 31. HALLOWEEN,** Books for Treats Day, Frankenstein Friday, National Caramel Apple Day, **National Knock-Knock Jokes Day**, National Magic Day, National UNICEF Day

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

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.

“ W K X W T R S D M I H X V X H M H T R L L I H R D H L T ' M

J T D G G I D Z D O W X H D T I W Q U D G H H T . -Erma Bombeck

Look on the Fun Family Events page for a clue. Look for the answer next month.

Q: What's the ratio of a pumpkin's circumference to its diameter?
A: Pumpkin Pi

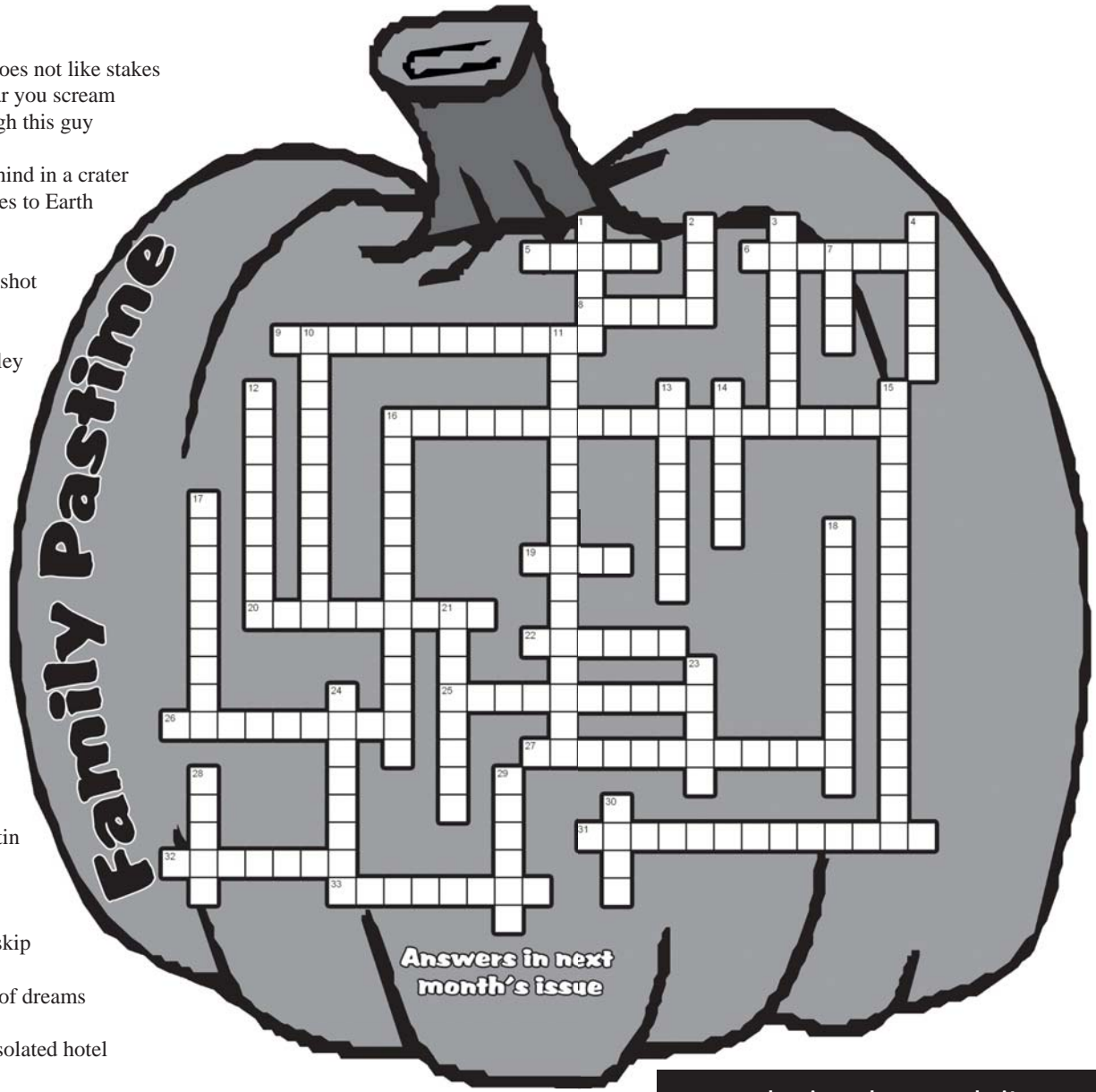
Crypto clue: r=x

Across

- 5. Spirit
- 6. Lives in Transylvania does not like stakes
- 8. In space no one can hear you scream
- 9. You can see right through this guy
- 16. Unlucky day
- 19. A mass of jelly left behind in a crater after a meteorite crashes to Earth
- 20. An early bloodsucker
- 22. The undead
- 25. A "real" documentary shot in the woods.
- 26. Quit clowning around.
- 27. Created by Mary Shelley
- 31. Morning deceased.
- 32. A sliver bullet will stop him
- 33. Lizard King

Down

- 1. Flying Japanese prehistoric monster.
- 2. Children of the ____.
- 3. He came from the Black Lagoon
- 4. Bad prom date.
- 7. Nice doggy
- 10. A real Psycho
- 11. Family moves into a nice house--"Based on a true story"
- 12. Michael Myers was the bad guy (Not Austin Powers).
- 13. Imhotep
- 14. Talk about two-faced
- 15. Yet another reason to skip the opera
- 16. He inhabits the world of dreams
- 17. 4 wheels and attitude.
- 18. A family heads to an isolated hotel for the winter.
- 21. Alfred Hitchcock flies this one in.
- 23. It terrorized an Antarctic research team.
- 24. A giant prehistoric inhabitant of the Island of Skull Mountain.
- 28. Single handedly brought back hockey masks for Halloween.
- 29. A teleportation experiment gone horribly wrong
- 30. Ba-dum. Ba-dum. Ba-dum. Ba-dum, ba-dum, ba-dum.



www.mybusinesshasnowwebsite.com

Family Crypto-Time Last month's answer

**"AUTUMN IS A SECOND SPRING WHERE
EVERY LEAF IS A FLOWER".**

QGMGDL YA Q APVULC AEJYLW OSPJP
PRPJF HPQI YA Q IHUOPJ - Albert Camus

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: QNVCPIWSYZBHDLUETJAMGROKFX





Scabs and Pus By: I.M., Yuckee

You know when you get a cut and the blood dries over it? That's a scab. Scabs are good because the put a cap on your cuts and scrapes which keeps your blood in and yucky bacteria OUT. Without scabs you could bleed to death with just the tiniest cut. So picking a scab is a BAD thing because it does the opposite. The scab will naturally stay on until the skin beneath has a chance to grow back and then they will fall off on their own. If you pick it you will risk infection and slow the healing process. Also the scab will just grow back and may leave a scar after the second or third time it has to grow back.



When you get cut, the cells close to the cut send signals to your body to send in white blood cells to the area to fight off any bacteria trying to get in through the cut.

Some of them, called macrophages, can punch holes in the bacteria or eat them whole and digest them with acids. Others, called B-Cells, make

special proteins called antibodies, which surround the bacteria with white helper cells and summon killer cells to destroy them.

A scab is formed from the left over bits. 16 different chemicals work together to dry out the clot and form a scab including a protein called fibrin. Fibrin is a fibrillar protein that is polymerised to form a "mesh" that forms a hemostatic plug or clot (in conjunction with platelets) over a wound site.

If you do pick a scab you are likely to be faced with PUS, a whitish-yellow, sometimes smelly, liquid that contains dead white blood cells, the remains of bacteria, and skin cells--YUMMM. If you see pus in a cut, be sure to tell a parent because it's a sign that there may be too many germs for your body to handle and you may need antibiotics. Although pus is normally a whitish-yellow hue, changes in the color of pus can be observed under certain circumstances. Pus is sometimes green because of

the presence of an intensely green antibacterial protein produced by some types of white blood cells. Blue pus can be found in certain infections, on the other hand, amoebic abscesses of the liver produce brownish pus---YUMMM again. Pus might have a reddish tint to it after mixing with blood. Pus can also have a foul odor. Worse than your little brothers socks.

Pus may be yucky to look at, but it is actually a sign of your body's ability to fight infections. Pus means your white blood cells are attacking infections present on or in your body.

A typical source of tiny amounts of pus is a pimple. Many infections that show pus are derived from staph bacteria, which we all have in some amount on our skin.

Early signs of an infection called cellulites are a lot of pus coming from a wound, a wound that feels hard, hot, or has red streaks. If you have these symptoms, you should see a doctor right away. Normally, antibiotics will clear up the pus and the infection and will promote wound healing. Waiting can mean delaying healing and risking your overall health.

Pus can also spread infection to other people, especially when there is a lot of it. If you are helping someone treat an infected wound, or treating your own, you definitely want to observe excellent hand washing techniques each time you touch the wound. If you are caring for someone else and you have an infected wound, you want to keep this completely covered with bandages so you do not infect him or her. Young children and the elderly are especially vulnerable to staph infections.

As yucky as pus is, a small amount of pus, particularly in a pimple, is a sign of good health. People who don't produce enough bacteria fighting white blood cells also don't produce enough pus; these people have a terrible time fighting off infections. In people with healthy immune systems, a simple pus filled pimple suggests the body is working as it should. **FPT**

Win Super Bowl Tickets continued from page 7

A judging panel consisting of renowned sports photographer and Canon Explorer of Light Peter Read Miller, Sports Illustrated, Archie Manning (former NFL quarterback and father of Indianapolis and New York Super Bowl MVP quarterbacks) and other prominent photographers will determine the group of 14 finalists in each division. The voting will then be turned over to the fans, who will crown the first-place winner in each category as well as the grand-prize winners.

"This will mark my third year working with Canon on the "Why Do You Love Football?" Photo Challenge," said Archie Manning. "We've received some amazing photographs over the years, and I know from personal experience how important it is to have

captured life's journey through photography. Having the opportunity to reflect and flip through old photos brings me right back to some of the best moments of my life."

Parents, family members and friends are encouraged to submit as many as 10 images each through December 3, 2008, by visiting www.usa.canon.com/nfl. **FPT**

Q: Who won the skeleton beauty contest?
A: No body

SUPER SUDOKU Answer from last month

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

Tips To Help Children Walk Safely On Halloween

(NAPS)—Many parents find Halloween almost as frightening as their children do—but not because of the ghosts and goblins. Experts say the holiday is one of the most dangerous times of the year for children to walk because they will be out trick-or-treating in the dark when it is harder for drivers to see them.

Even though Halloween falls on the Friday before daylight-saving time ends, children will still be out after dark.

That's why parents need to remind children of the rules for navigating streets and sidewalks.

- **C**ross streets safely. Cross at the corner. Try to make eye contact with drivers before crossing in front of them. Don't assume that because you can see the driver, the driver can see you.

- **L**ook left, right and left again when crossing and keep looking as you cross. Walk, don't run, across the street.

- **W**alk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk

on direct routes with the fewest street crossings.

- **C**hildren under age 12 should not be out alone at night without adult supervision. If children are mature enough

to be out without supervision, they should stick to a predetermined route with good light.

- **W**atch for cars that are turning or backing up. Never dart out into the street or cross in between parked cars. Also, it's important to remember that the excitement of the holiday can be distracting to both drivers and children.

“Parents have many concerns on Halloween, and we need to remind children about

safety while walking before they head out to trick-or-treat,” says Mitch Stoller, president and CEO of Safe Children USA.

Stoller and the child pedestrian safety experts at Safe Children offer these tips to keep children safe:

- **D**ecorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.

- **C**hoose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.

- **H**ave children carry glow sticks or flashlights in order to see better as well as be seen by drivers.

Parents also need to keep in mind that there are other potential hazards for children on that night. For instance, children should be reminded to only eat treats in original, unopened wrappers and to throw away candy if the wrapper is faded or torn or if the candy is unwrapped.

Safe Children USA and program sponsor FedEx created the Safe Children Walk This Way program in 2000 to help prevent pedestrian-related injury to children.

For more information, visit usa.safechildren.org/Halloween. **FPT**



Choose costumes that are light colored and can be seen easily by drivers in the dark. Decorate darker costumes with reflective materials to increase visibility.

Q: How do you mend a broken Jack-o-lantern?
 A: With a pumpkin patch
 Q: What is a Mummy's favorite type of music?
 A: Wrap!

Edward Jones
Lindsey Wortman
 Financial Advisor
 2020 Northpark, Ste. 1F
 Johnson City, TN 37604
 Bus. 423-929-2066
 Toll-free 866-929-2066
 Fax 423-926-0800
www.edwardjones.com
 Making Sense of Investing



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

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

Full Clean up after the job!
www.unionjackplumbing.com




PAT & JOHN HITECHEW
 Owners

JACK MILLER BODY SHOP, LLC.
 EST. 1948

FREE ESTIMATES

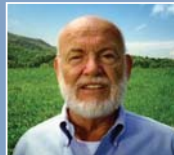
YOUR **5 STAR** MUFFLER DEALER
 200 WESLEY JOHNSON CITY, TN

(423) 282-3761



Celebrating 10 Years: 1998-2008.

"Thank you, Tri-Cities!"



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

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

It's about choice.

More people choose Mountain States Health Alliance

Source: Joint Annual Reports for Wellmont and MSHA

Heart Care

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

Cancer Care

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

Women's Health

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

Children's Health

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



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



TENNESSEE

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

VIRGINIA

Smyth County Community Hospital
Russell County Medical Center
Norton Community Hospital • Dickenson Community Hospital

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