

OCTOBER 2009

FREE

Family Pastime Magazine

www.familypastime.com

THE magazine for the **WHOLE** family

Volume 5 Issue 3

VIRTUAL JACK-O-LANTERN CARVING:
WWW.FAMILYPASTIME.COM



**WIN
SUPERBOWL
TICKETS!!!**

See Page 6

Take Two
and give
one to
a friend

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THE magazine for the WHOLE family

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Family Pastime Magazine

P.O. Box 3161

Johnson City, TN 37602-3161

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Basic Subscription Rate:

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Family Pastime Magazine
 P.O. Box 3161 Johnson City, TN 37602-3161 or
 order online at www.familypastime.com

OCTOBER WEEKLY OBSERVANCES

- Chestnut Week: 11-17
- Food Bank Week: 11-17
- School Lunch Week: 12-16
- World Rainforest Week: 12-18
- Freedom From Bullies Week: 18-24
- Teen Read Week: 18-24
- Chemistry Week: 18-24
- YWCA Week without Violence: 18-24
- Character Counts Week: 18-24
- Forest Products Week: 18-24
- School Bus Safety Week: 18-24
- Freedom of Speech Week: 19-25
- Food Bank Week: 19-25
- Massage Therapy Week: 19-25
- Businesswomen's Week: 19-25
- Disarmament Week: 24-30
- Pastoral Care Week: 25-31
- Give Wildlife a Break Week: 26-11/1

- Universal Children's Week: 1-7
- No Salt Week: 2-4
- Fallen Firefighters Memorial Weekend: 2-4
- Newspaper Week: 4-10
- Work From Home Week: 4-10
- World Space Week: 4-10
- Fire Prevention Week: 4-10
- Mystery Series Week: 4-10
- Carry A Tune Week: 4-10
- Metric Week: 4-10
- Customer Service Week: 5-11
- Kids' Goal Setting Week: 5-10
- Spinning & Weaving Week: 5-11
- Getting The World To Beat A Path To Your Door Week: 11-17
- Home-based Business Week: 11-17

OCTOBER MONTHLY OBSERVANCES

- Coupon Month
- Adopt A Shelter Dog Month
- Apple Month
- Children's Magazine Month
- Christmas Seal Campaign
- Church Library Month
- Church Safety and Security Month
- Class Reunion Month
- Co-op Awareness Month
- Dyslexia Awareness Month
- Eat Better, Eat Together Month
- Emotional Wellness Month
- German-American Heritage Month
- Go Hog Wild - Eat Country Ham
- Halloween Safety Month
- Head Start Awareness Month
- Health Literacy Month
- Long Term Care Planning Month
- Month of Free Thought
- Animal Safety and Protection Month
- Bake and Decorate Month
- Book Month
- Caramel Month
- Chili Month
- Chiropractic Month
- Crime Prevention Month

- Cyber Security Awareness Month
- National Dental Hygiene Month
- Ergonomics Month
- Go On A Field Trip Month
- Kitchen & Bath Month
- Medical Librarian Month
- Popcorn Poppin' Month
- Reading Group Month
- Roller Skating Month
- Sarcastic Awareness Month
- Work and Family Month
- Organize Medical Information Month
- Photographer Appreciation Month
- Polish American Heritage Month
- Positive Attitude Month
- Raptor Month
- Right Brainers Rule! Month
- Sausage Month
- Self-Promotion Month
- Spinach Lovers Month
- Squirrel Awareness Month
- Stamp Collecting Month
- Vegetarian Month
- Wishbones for Pets Month
- Women's Small Business Month
- Workplace Politics Awareness 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.

Last Month's Medium answer

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

SUDO-KID-U 1

			1
4			
	2		
		3	

SUDO-KID-U 01

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

Last month's Answers SUDO-KID-U 02

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



Home Diaper Rash Cure

Home treatment is generally all that is needed for most cases of diaper rash. At the first sign of a diaper rash, try the following steps.

- Keep the skin dry and make sure the skin is not in contact with urine and stool.
- Use a superabsorbent disposable diaper.
- Gently wash the diaper area with warm water and a soft cloth. Rinse well and dry completely. Then smear Vegetable Oil on the baby's diaper rash.
- Do not use any soap unless the area is very soiled. Use only a mild soap if soap is needed.
- Do not use "baby wipes" that have alcohol or propylene glycol to clean the skin while a diaper rash is present. These may burn the skin and spread bacteria on the skin.
- Let your baby be without a diaper for 15-30 minutes a few times a day.
- Protect the healthy skin near the rash with a cream such as Desitin, Diaparene, A&D Ointment, or zinc oxide. Do not apply the cream to broken skin, because it can slow the healing process.
- If you use a disposable product, fold the plastic area away from the body, and do not put the diaper on too tightly. Do not use bulky or many-layered diapers.
- Do not use plastic pants until the rash is gone.
- If you use a disposable product, change brands or switch to a cloth product. Try a superabsorbent disposable diaper with absorbent gelling material (AGM), which pulls moisture away from the skin. Some people are less likely to develop a rash with one diapering product than another.
- If you use a cloth product, switch to a disposable product. The cloth or the products used to clean the cloth diaper may be causing the rash.
- If you use cloth and do not want to switch to a disposable product, change detergents.

- Use vinegar in the final rinse at a strength of 1fl oz vinegar to 1gal of water.

- Do not use baby powder while a rash is present. The powder can build up in the skin creases and hold moisture. This may help bacteria grow and cause an infection.
- Do not use cornstarch on a rash in the diaper area. Cornstarch also allows bacteria to grow.
- Put unwrapped tea bags in the baby's diaper, to heal the rash within 1 day (Beware! it will turn the baby's bottom brown).
- Fill up the baby's tub with water and add some oatmeal. Put the baby in the bath and wash the area that has the diaper rash for 15 minutes.
- Mix corn starch and Vaseline to make a paste and smear on the baby's diaper rash
- Cook some flour in a frying pan on medium heat; keep sifting the flour with a fork until it turns light golden brown. At each diaper change, sprinkle a little bit on the baby's bottom. You should see results within 2-3 days.
- Burn flour on the stove not too dark and apply on the rash for 48 hours.
- Apply a small amount of cooking lard to afflicted area.
- Generously rub the lanolin oil over affected area. The lanolin forms a waxy coating over the area allowing it to heal and not become re-irritated with every diaper
- Pour milk of magnesia all over the rash and next diaper change, the rash will be almost healed. Use until rash is disappears.. **FPT**

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

MAKE YOUR OWN HALLOWEEN FACE PAINT

SUPPLIES:

- ➔ 1 tsp cornstarch
- ➔ 1/2 tsp water
- ➔ 1/2 tsp cold cream
- ➔ Food coloring

HOW TO:

1. Combine all ingredients in a small mixing bowl(Add food coloring one drop at a time until you get the desired color).
2. Mix well.
3. Paint face as desired.

Last month's **HARD** answer

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

SUDO-KID-U 2

Instructions: On page 2

				4
2				
1		2		

SUPER SUDOKU Instructions: On page 2

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



Avoid These Scary Investment Moves

Halloween time again, so you'll probably be seeing a lot of ghosts, goblins, witches and werewolves. While you may find these sightings more amusing than fear-inducing, you don't have to look far to find things that really are frightening — such as scary investment moves. Fortunately, by recognizing these sinister steps, you can avoid them. Here are a few to consider:

- Scary Move No. 1: Trying to "time" the market** — If you always knew when to "buy low and sell high," you'd be a tremendously successful investor. Unfortunately, no one can accurately predict highs and lows — and if you try to jump in and out of investments in response to speculation about where the market is heading, you could end up missing good opportunities. You're typically better off by staying invested and investing based on your individual risk tolerance, time horizon and need for diversification. (Keep in mind, though, that diversification, by itself, cannot guarantee a profit or protect against a loss.)

- Scary Move No. 2: Chasing after "hot" tips** — You can get "hot" investment tips from anybody — your neighbor, your brother-in-law or even that guy you always see at the bus stop. But while these tips may be well intentioned, they may be flawed, for a couple of reasons. First, if an investment really was "hot," by the time you hear about it and get around to purchasing it, it may already be cooling off. But more importantly, it might not be suitable for your individual needs. Look for investments that you understand and that can help you meet your goals.
- Scary Move No. 3: Investing too aggressively — or too conservatively.** If you invest too aggressively, you could be taking unnecessary chances. On the other hand, if you invest too conservatively, you may never achieve your long-term objectives. Try to find a mix of investments that fits your individual risk tolerance.
- Scary Move No. 4: Leaving your portfolio "unbalanced"** — Over time, your individual situation will change, as will the fundamentals of some of the investments you

own. That's why it's important that you regularly rebalance your portfolio, possibly with the help of an experienced financial professional.

- Scary Move No. 5: Failing to take advantage of investment opportunities** — To help meet your goals, such as a comfortable retirement, it's important to take advantage of suitable investment opportunities. Contribute as much as you can afford to your 401(k) or other employer-sponsored retirement plan, as well as your IRA and other retirement accounts you may have. As an investor, your greatest ally is time, so the more years you invest — especially when you're investing in tax-advantaged accounts such as a 401(k) and an IRA — the greater your prospects for achieving your financial objectives.

You can't elude all the pitfalls that life may hold in store. But by avoiding these terrifying investment moves, you can help improve your prospects for long-term success — and that's not a scary thought at all.

FPT

Provided By: Lindsey Wortman Edward Jones Investment Representative

Family Pastime Magazine

Last Month's Answer

G R E U N I O N A B F P W
 A N D C H I L D M A T E R N A L I L I
 P A K I S S E H T R E T I R E S
 A T O Y A Y A N A
 C R O S S W O R D P U Z Z L E
 S A G
 G R A N D P A R E N T S D A Y F
 R D M I L L I
 G R A N D M A L I L Y T R E
 N D O T F H
 F J I M M Y C A R T E R R E
 S H I S E X P E R I E N C E
 A I E U
 G R A N N Y G R A N D C H I L D S P O I L
 D G D N K I
 P A P P A W A N E
 Y G N E
 B A B Y S I T

Fun Facts About Candy Corn

- October 30th is National Candy Corn Day
- One serving of candy corn contains only about 140 calories
- Candy Corn is not just for Halloween anymore. Candy makers have made Reindeer Corn for Christmas, Cupid Corn for Valentine's Day and Bunny Corn for Easter
- More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces—enough to circle the moon nearly 21 times if laid end-to-end.

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

Sudoku Really Hard
Instructions:
On page 2

Sudoku last month's Really Hard answer

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



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.** World Vegetarian Day, Fire Pup Day
JCPL Mother Goose Time* (age 1) 9:30 am
- 2.** Techie'st Day, Farm Animals Day, Smile Day
Jonesborough 37th Annual National Storytelling Festival www.storytellingcenter.net
- Erwin** 32nd Annual Unicoi County Apple Festival 8 a.m.- 8 p.m. www.unicoicounty.org
- JCPL** Two's Company (age 2) 10am
- 3.** Alternative Fuel Day, Change A Light Day, Card Making Day
JCPL Two's Company (age 2) 10am, Puppet Play 11 am. written & performed by **JCPL TEENS**
- Jonesborough** 37th Annual National Storytelling Festival www.storytellingcenter.net
- Erwin** 32nd Annual Unicoi County Apple Festival 8 a.m.- 8 p.m. www.unicoicounty.org
- 4.** Blessing of the Fishing Fleet, Ten-Four Day, Communion Day
Jonesborough 37th Annual National Storytelling Festival www.storytellingcenter.net
- 5. Fancy Nancy Birthday.** Child Health Day, Improve Your Office Day, World Habitat Day, World Teachers Day
JCPL Family Storytimes 6:30 pm
- 6.** Mad Hatter Day, National German-American Day
JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age2) 10 am, Preschool Pals* (age 3-5) 11 am,
- 7.** Traci Birthday, Balloons Around The World
Hands On! 3:30- Join us for a ribbon cutting for fun new components in the Kids Bank & Credit Union exhibit.
- JCPL** Mother Goose Time* (age 1) 9:30 am, Preschool Storytimes (age 3-5) 11am
- 8.** World Sight Day
JCPL Mother Goose Time* (age 1) 9:30 am, Preschool Storytimes (age 3-5) 11am
- 9.** Leif Erickson Day, World Post Day
JCPL Two's Company (age 2) 10am
- 10.** Cake Decorating Day, Newspaper Carrier Day, Naval Academy Day, Universal Music Day
Kingsport Theatre Guild Oct. 10-18 Disney's 101 Dalmatians
JCPL Two's Company (age 2) 10am, Bilingual Storytime Span/Eng 2 pm
- 11.** Clergy Appreciation Day
Hands On! FREE DAY FREE admission from 1-4 pm.
- 12.** Columbus Day, Native Americans' Day

Hands On! Native American Art: celebrate the first Americans by illustrating a local Native American legend!

JCPL Family Storytimes 6:30 pm

13. Free Thought Day, Salesperson Day, Navy Birthday, Face Your Fears Day

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age2) 10 am, Preschool Pals* (age 3-5) 11 am., COMPUTER TRAINING* 1-4 pm Resume Writing & Computer skills, Teen Literary & Art Magazine Release Party 6:00 pm

14. Be Bald and Be Free Day, Emergency Nurses Day, Top Spinning Day, Bring Your Teddy Bear To Work & School Day

JCPL Mother Goose Time* (age 1) 9:30 am, Preschool Storytimes (age 3-5) 11am, COMPUTER TRAINING 1-4:30 pm Internet Job Searching & Email

15. Get to Know Your Customers Day, Get Smart About Credit Day, Grouch Day

JCPL Mother Goose Time* (age 1) 9:30 am, **JCPL** Preschool Storytimes (age 3-5) 11am, WHERE THE WILD THINGS ARE PARTY* (K-5) 4 pm

16. Boss's Day, Dictionary Day, World Food Day
JCPL Two's Company (age 2) 10am

Mountain City, 2nd annual Pumpkin Fest www.mtnpumpkinfest.org

17. Laughin' Pete Day, Mulligan Day, Sweetest Day, Toy Camera Day

JCPL Two's Company (age 2) 10am
Mountain City, 2nd annual Pumpkin Fest www.mtnpumpkinfest.org

18. Chocolate Cupcake Day

19. Evaluate Your Life Day

JCPL Family Storytimes 6:30 pm

20. Miss American Rose Day

JCPL Two's Time* (age2) 10 am, Preschool Pals* (age 3-5) 11 am., Preschool Pals* (age 3-5) 11 am,

21. Support Your Local Chamber of Commerce
JCPL Preschool Storytimes (age 3-5) 11am, Interview Skills Workshop 1:00 -4:30 pm

22. Caps Locks Day

Hands On! 10 am & 1 pm Award winning storyteller, singer songwriter, and world-class whistler Andy Offutt Irwin brings his fun and zany musical stories to

Hands On! Join us for this FREE performance*

JCPL Preschool Storytimes (age 3-5) 11am, Explorers* (K-5) Spiders & Snakes 4 pm

23. iPod Day, National Mole Day

Hands On! Mommy and Me Artshop* designed for Moms and children ages 3-5 \$10

JCPL Two's Company (age 2) 10am

24. United Nations Day, Make A Difference Day

Hands On! Celebrate National Chemistry Week with a day of chemistry fun in the Eastman Discovery Lab.

JCPL Autumn Book Sale 9am-2pm, Two's Company (age 2) 10am

25. Mother-in-Law Day, Reformation Sunday, Sourest Day

Hands On! Use watercolors & crayons in a style called wax-resist, create your own Picasso inspired masterpiece!

26. Howl At The Moon Night, Mule Day

JCPL Costume Parade. Come dressed for a Costume Parade 6:30 pm. Families receive treats as they parade throughout the library. A special storytime will follow.

27. Cranky Co-workers Day, Navy Day

JCPL Two's Time* (age2) 10 am, Preschool Pals* (age 3-5) 11 am., Preschool Pals* (age 3-5) 11 am, K-2 Story Stretchers* 4 pm

28. National Chocolates Day, St. Jude's Day

JCPL Preschool Storytimes (age 3-5) 11am

29. Internet Day

JCPL Preschool Storytimes (age 3-5) 11am

Hands On! 9:30 am-12:30 pm - Spooky Science Workshop* Create creepy chemistry in this half day workshop

Kingsport Theatre Guild The Tams...featuring Original Tam Charles Pope & Little Redd 7:30 PM

30. Frankenstein Friday, Create A Great Funeral Day, Devil's Night, Haunted Refrigerator Night, Bandanna Day, National Candy Corn Day

JCPL Two's Company (age 2) 10am, TEENS After Hours Mad Scientist Halloween Party* 6 pm

31. Halloween, National Caramel Apple Day, Knock-Knock Jokes Day, National Magic Day, National UNICEF Day

JCPL Children's Film Festival 11am- 4 pm

Kingsport, Fright Night Bash benefiting Jurnee's Journey: Helping All God's Creations 7:30 pm - 10 pm at The Golfer's Edge Costume contest, music DJ, games, roast marshmallows & scary snacks more info:

www.jurneesjourney.org

Win One Of Two Trips for 4 To The Superbowl

Capturing a digital image of a child's first youth football game or the winning touchdown in the local high school game may win you one of two trips for 4 to Super Bowl XLIV in South Florida and the 2010 Pro Football Hall of Fame Enshrinement Celebration and a Canon EOS Rebel camera kit plus your photo will be on display at the Pro Football Hall of Fame!

There will be one Grand Prize winner in two age groups -Teens(13-17) and Adults (18 and over)

The Pro Football Hall of Fame and Canon U.S.A., Inc., a leader in digital imaging, are inviting football fans to express their love for football through photography and submit their best youth football photos in the "Why Do You Love Football?" Photo Challenge.

In honor of all photos submitted into the contest, Canon U.S.A., Inc. will donate \$150,000 worth of products to NFL Youth Education Towns (NFL YETs) across the country.



Last year's winning photo

Built in Super Bowl host cities as lasting legacies of the game, the NFL YETs are education and recreation centers committed to making a positive, lasting difference in the lives of children. In addition to the product donation, the company will educate NFL YET staff and

students in the art of photography and digital imaging.

A judging panel consisting of Archie Manning, former NFL quarterback and father of two Super Bowl MVP quarterbacks; Peter Read Miller, Sports Illustrated photographer; and other photo editors will determine the group of 14 finalists in each division.

The voting will then be turned over to the fans, who can vote for their favorite photo from December 21, 2009, until January 8, 2010, via the contest Web site, with the grand-prize winner being crowned in early January.

Said former NFL quarterback Archie Manning, "This is my fourth year as a judge, and I continue to be amazed by the quality of photographs we receive year after year."

To enter, submit as many as 10 images before the deadline on December 2, 2009, by visiting www.usa.canon.com/nfl and following the online instructions.

FPT

**Easy Answer
From last
month**

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

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

What? You don't have a WEBSITE????

You may be losing business if you do not have a website.

It's a fact, more and more consumers are ONLY doing business with companies that have websites.

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Have You Had The Talk Yet????

Have you had The Talk yet? No, not the birds and bees talk with your kids, the how are we going to

take care of mom and dad as they age talk. This talk elicits fear and loathing in adult children and their parents alike. Our generation tends to be touchy feely, and demonstrative; while our parents, lean towards autocratic, the less you know about them and their business the better!

Fortunately when you are dealing with your kids, you are the parent, you are in control and support systems and information abound. The situation is vastly different when you are dealing with your parents, they are in control, and often avoid giving you any information until a crisis arises and you are left scrambling for the clues to their most personal, private matters.

End of life issues are a hot topic in the news, but it should be one of the most important issues adult children settle with their parents, and vastly easier while still hypothetical. No one wants to think they might not be able to care for themselves, and no one wants to give up control of their life. However, the more information you can gather from your parents as to what they would want done in a variety of situations, the more confident you will feel when it comes time to help them through those situations.

You have to start somewhere, and that somewhere involves answering all of the hard questions before you NEED ask them. The first step has to be entering into a dialog about The Talk with the parents. The earlier the better, before there is a pressing need. Brainstorm with your siblings, talk to friends and colleagues and see how they approached their parents and what worked for them. Just like it takes a village to raise a child, it takes a good support system to care for the people who once cared for you.

Ideally, a family meeting should be called to discuss everyone's concerns. Include parents, all siblings and any other family members who might be called upon to be caregivers if at all possible. Long distance siblings can participate via conference call if necessary. If

possible, have your parents decide which roles each person can fulfill in their future care.

To help make it less awkward, arm yourself with a list of what information you need and explain to your parents that rather than meddling, you are trying to compile an emergency management file about them in case you need it quickly. Financial, medical, and last wishes are just a few of the types of information you will want to gather. AARP has an excellent book, titled: Caring for your Parents, The Complete Family Guide, which has a comprehensive set of lists and guidelines in its appendix.

If your parents are still resistant, try to enlist the help of a neutral, close friend or person that they trust and admire to back you up. Emphasis should be placed on the fact that you are not a mind reader, you love and respect your parents and want to comply with their wishes as much as possible in the event that they require care. Better yet, show them this article.

Also, include your children in these talks on a level that they can help with and understand. Preparing them for the future is a kindness I wish I had been afforded.

On my thirtieth birthday, 10 weeks before I was to be married, parent care giving had never crossed my mind. My parents were relatively young, only 49 and it was a topic we had never discussed except in the very abstract. Just a month later, my mother was diagnosed with terminal lung cancer. Sadly, she lived just six weeks past her diagnosis.

My mother, with her wicked wit, said it was time for me to be the "General" of our family. Fortright to a fault, she told me exactly what she wanted and how she wanted it done. I expect she knew how ill she was, and trusted me to be in charge. My stepfather was paralyzed by grief, one sister was overseas with the military, my brother was in his first semester of college, and my baby sister had just turned 21.

Please see The Talk on the next page

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The Talk

continued from Previous page

I was put into a position of responsibility I had never imagined, much less been prepared for. I did my best, but it would have been easier, if I was armed with the vast amount of information that is out there now. There was no "how to" book for the job that was thrust upon me. I wish I had been given the opportunity to spend more quality with my mother rather than needing that time it to work on the necessary details of her care. Many times, I had to guess and hope I made the right decision without her input. Advance preparation and filling in the blanks of the "what if" questions would have helped tremendously

One of the greatest acts of love you can provide for your family is the peace of mind that you know and will honor their wishes.

In recent years, there have been some fine websites and agencies set up to assist with aging and care giving. Below is a list of some of them:

- The Unofficial Guide to Eldercare by Chris Adamec
- Creating the Good Will by Elizabeth Arnold
- The Beneficiary

Book by Martin Kuritz, John S. Sampson, David J. Sanchez

- Caring for your Parents by Hugh Delehanty & Elinor Ginzler
- Family Caregiving Alliance (www.caregiver.org)
- American Association of Retired People (www.aarp.org/caregivers)
- Eldercare Administration on Aging (www.eldercareweb.com)
- The Community for Care Givers (www.agincare.com)
- National Academy of Elder Law Attorneys (www.naela.com) **FPT**

SUDOKU HARD

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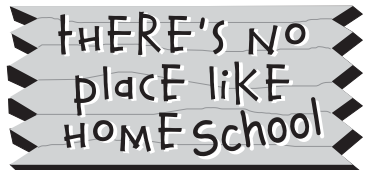
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Reading FUNdamentals ~ Inspiring the Joy of Reading in Your Children

By: Lisa Baughn

5 years from now, except for the people that you meet and the books that you read!" said Mark Hamby, a great homeschool dad who encourages parents to read to their children. Although a school principal and educator, Mark hated to read his entire adult life, until he discovered living books.

One of the most exciting foundations we can build is to instill a love for great literature that transports our families over time and space, adding a richness to life that can never be taken away. For some children, reading comes easily, for others it is the ultimate challenge and struggle, taking years to master. Our goal should be to inspire a love or reading, which will translate into a lifetime of new worlds opened.

Reading has to be enjoyable to build lifetime readers. Our attitudes can make or break our Children's enjoyment of reading for a lifetime, so it needs to be an area of great caution. It is possible to raise great readers who hate to read and refuse to read beyond assignments. Children who hate to read will never understand the true joy of learning, because reading is mechanical and is a chore to be suffered through. You can accomplish this by forcing boring books on your children, never letting them choose their own. Forced reading times with bad books will kill it, as will never developing a passion for books yourself! Children are born with an innate love of learning; it is up to parents to nurture it with great books.

The best way to inspire a passion for reading is by filling their lives with fabulous, well written, beautifully illustrated books that capture the imagination. So many modern books are "twaddle" or "dumbed" down words on pages that mean nothing, filled with ugly pictures. Children quickly get bored with that, as do adults. If you want to encourage your child, wean out the twaddle and replace it with real "living books."

You'll be the same Living books open a whole new world to readers, with engaging stories, real characters who live and die, who make you laugh and cry, ache and rejoice. Great literature builds wisdom and character, inspiring your children to scale new heights, to charge forward into life, to become better people. They are full of heroes and mentors, people just like your children who do amazing things. It is the opposite of a dry, boring, tasteless textbook or poorly written twaddle. A living book leaves you a very different person than it found you.

I always think of POW camps, and the stories of POWs sustained through remembering the great stories of their childhood. Would I rather equip my children with technical textbook facts, or a rich imagination that will sustain them for a lifetime?

Where on earth can you find living books in a world full of mush? Libraries are full of them, for FREE! There are wonderful guides to children's literature that will help parents find books of all kinds. Honey for a Child's Heart by Gladys Hunt is chock full of book descriptions for all ages, fables, folktales, fairy tales, history, tales of chivalry and kings historical fiction and more. Elizabeth Wilson's, Books Children Love A Guide to the Best Children's Literature will help parents make wise decisions to shape their child's reading. Parents will be delighted to find some of their favorites from childhood. You can get many of them on CD and children can listen anytime, anywhere. Sharing good books opens so many windows into your child's soul, don't miss out. It is never too late to start sharing the best in literature.

Our favorite family activity includes reading books aloud, even once the children are teens! When we first began homeschooling, Dad would come home from work and realize he was missing out on huge chunks of our lives as we prattled on about our latest book. So, Daddy began reading at night. We worked on crafts or puzzles, as he opened up new worlds for us reading Heidi, the Little Britches series, explored the Bible, our favorite Civil War books, histories, biographies, missionary adventures and even Rich Dad Poor Dad. We have galloped across plains, settled the frontier, fought epic battles and sobbed when Grandfather died and learned how to build an empire as a family. We have stayed up until 1 a.m., the whole family begging Daddy to read on and on, growing closer with each story. We have created memories and a shared family

culture, as we laughed and cried, climbed mountains, survived jungles and traveled the world and ached as a family when each book ended. We have crossed America listening to books on CD and arrived at our destination new people. Great books knit hearts together while providing a lifetime of shared memories, funny phrases and memorable characters. There is no greater gift you can give your child's imagination than to share a love for literature!

Even in this technological age, nothing can ever replace the complete satisfaction of curling up with a good book. Choose well! Read often. Enjoy books with your children. Inspire their hearts, minds and imaginations with living books! Besides, do you really want to be the same 5 years from now that you are today? FPT

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

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SUDOKU- EASY Instructions: On page 2

9x9 Sudoku grid with numbers 1-9 in some cells.

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Why Does My Dog Do That?



This question seems to resound around the earth among new pet owners everywhere.

Thousands of people at this very moment are looking at some odd behavior and asking themselves just why is the dog doing this? Let's look at a few of the common behaviors and see if we can understand the reasons behind them.

The first is the age old problem of garbage can raiding. This behavior is quite annoying as it creates a huge and unsightly mess to clean up. It involves an animal willfully tipping a trash receptacle and then going thru the contents, leaving a lot of destruction and debris in their wake. Why does Fido do this? Well, the simple answer is hunger. Your dog most likely smelled something delicious in the trash can, like perhaps a carry out box or even a piece of meat you threw out of the refrigerator. This problem can usually be resolved by getting rid of odiferous objects such as table scraps in a separate sealed bag or by using a more stable trashcan. If the outdoor receptacle seems to be the common target, have an enclosure built around it to keep the animal out.

Another common mystery to dog owners is the eating of grass. Dogs are naturally carnivorous, rather than herbivorous, it is hard to understand how an animal would bypass a plate of steak to go mow the yard with its teeth. The answer lies in the animal's own stomach. Your pet may have a bellyache from the plate of steak you gave him this afternoon. Dogs eat vegetation when they feel poorly, especially with illnesses related to

digestion. This is probably not a danger to your pet unless your yard has been chemically treated. However, it is advisable to keep an eye on your pets eating habits and behaviors. If the animal displays signs of poor health a veterinary visit would be in order.



Another habit human companions of our canine friends find disgusting is litter box raiding. The scientific name for this situation is Coprophagy (the consumption of feces) but even without the fancy word, we all know exactly what we mean here, if you let the dog in a house with a litter box, you can bet the dog will find it within no time. But why does your dog insist

on eating what the cat left behind? There are many theories as to why our dogs do this. Some medical conditions can cause the symptom to occur. Some of these medical conditions include pancreatic or intestinal dysfunction, starvation or even severe malnutrition due to advanced infections of parasite such as worms. Others believe that the eating of feces may be a way for dogs to replenish their B vitamin supply or a holdover from evolution. Still others claim it is a psychological condition caused by nervousness or a guilt complex instilled by an owner who was too harsh in housebreaking. No matter what the reason for it, the easiest way to prevent it is to keep the animals yard and walking area free of feces of any type including their own. Aside from this, walk your dog on a leash so as to have control should they find something you missed. Also put the cats litter box up out of the dogs reach but still accessible to the cat or get a litter box with a

hood system. A visit to the veterinarian would also be in order as this condition may be symptomatic of various ailments and could also be a contributing factor in the animal developing a parasite infestation.

Hopefully these short insights into your dogs mind have given you a bit more information on what makes your dog tick. By understanding how your dog thinks, it is much easier to train them to perform or quit performing various actions as the case may be. For almost every behavior imaginable, someone else has experienced it and wrote about it on the Internet. If your dog is doing something you just can't comprehend or that makes you think your pet has lost its mind, do a bit of research and maybe you will find the dog's motivation and how to cure that problem that's driving you mad or at least satisfy your curiosity so you don't have to ask, Why does Fido do that? **FPT**



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FATHER KNOWS BEST

By Chris Joker

RE-CANDYING

I will give you a piece there." "But Dad, I need a piece for the trip to the car."

Halloween is also harvest time. At no other time of the year is candy corn harvested. What is candy corn???? I mean it doesn't look like corn and it barely tastes like candy. A little research tells me that candy corn was first "harvested" in 1880. Honestly I think the same batch that was harvested in 1880 is what is still around today. Now let me preface what I am about to write with the fact that if you tell anyone I wrote this I will deny it and claim some sort of computer virus



changed my words around after I typed them. I am a closet candy corn eater. I will never eat the "corn" in front of anyone for then I would have to admit that I actually like it. I will state for the record that I have issues with "circus peanuts". What are THEY???? They aren't really marshmallows however I feel they are considered in the marshmallow family. Probably like the out-of-work marshmallow

brother-in-law who lies around in his underwear all day watching daytime television.

It is a well known fact that children will judge your house's Halloween prowess by the candy you hand out. Every year I have the best intentions. I find some fantastic candy on sale weeks before Halloween and I think this will be the year the kids will rave about the excellent candy handed out at the Joker household. Timing is everything. See when I say I have the best intentions what happens is, since this is excellent candy...I eat it. I make no apologies. Now I find my self in the position of "re-candyng". You know doubt, have heard of re-gifting? This is the practice of getting some odd gift and even as you are thanking the "gift" giver profusely and explaining how you have always wanted a flammable candle holder, you are actually, in your mind devising a plan on how you will pass this "gift" on to someone else at a future gift giving occasion. I believe the average re-gifting of an item is 7 times before you receive it again. I think this also applies to yard sales. If you are a neighborhood "yard saler" you may have noticed the same junk ending up

Please see FKJ on page 15

Halloween is just around the corner. Children love Halloween and why not? I mean you get to dress up like a ninja, a pirate, a princes, a super hero, a cab driver or whatever you wish and people give you free candy. When my daughter was 1-year-old I bought a glow-in-the-dark Halloween pillowcase that had a picture of a black cat on the front I cut a head hole and arm holes in it for her costume. Halloween night she was a little skittish about putting on the costume but as soon as people started giving her candy she caught on real quick. In fact the next day she wanted to put the costume on and go get some more candy. She had a hard time understanding why we couldn't go get more free candy; after all, she had on the "get free candy costume".

My son is the bubble gum king. I believe, if I would let him he would sleep with bubble gum in his mouth. I remember a time he and his sister saved their money to buy a huge bucket of gum at Sam's club. The bucket held 360 pieces of gum. So I explained to him that would be 180 pieces of gum for him and 180 pieces for his sister. If he chewed 2 pieces a day it would last him 3 months and if he chewed 4 pieces a day it would last a month and a half. 2 weeks later we were out of gum. One day after grocery shopping on the way out the door ,he asked if he could have a quarter to get a piece of gum from the gum ball machine. I said, "I have some in the car.

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Brains On The Half Skull

SUPPLIES:

- 2 Med. Potatoes
- 8 OZ thin spaghetti
- 14 OZ spaghetti sauce

HOW TO:

1. Preheat the oven to 400.
2. Wash potatoes and cut in half Lengthwise.
3. Place potatoes cut side up on baking sheet. Bake 40 minutes.
4. While the potatoes bake, cook the spaghetti according to the directions on the package.
5. Drain the cooked spaghetti in a colander over the sink.
6. A few minutes before the potatoes are ready, begin to heat the spaghetti sauce (blood).
7. Remove potatoes from oven.
8. Scoop out the insides of the potatoes. The empty shells will serve as the skulls.
9. When sauce boils, remove it from heat and combine it with cooked spaghetti to make brains. Put a scoop of bloody brains in each skull.

Chili Chicken Witches Brew

SUPPLIES:

- 1 TBS sunflower oil
- 1 large onion, cut into chunks
- 6 large chicken fillets, cut into pieces
- 1 1/2 lbs Favorite canned pasta sauce
- 15 OZ can kidney beans in chili sauce
- 3 large bell peppers (mixed colors)
- Warm crusty bread

HOW TO:

1. Heat oil in a large pan, fry onion 5 minutes
2. Add the chicken pieces and cook over a medium heat, stirring all the time until lightly browned.
3. Stir in the pasta sauce and 1 cup water.
4. Partially cover and simmer for 40 mins, stirring occasionally.
5. Add kidney beans and diced peppers. Cook, uncovered, for 20-25 mins (until the peppers are tender).
6. Serve in mugs or bowls with warm crusty bread.

? Where do baby ghosts go during the day?

A: Daycare centers

? Who did Frankenstein take to the prom?

A: His ghoulish friend

Kid Friendly Recipes



Monster Bread

SUPPLIES:

- 2 TBS Butter
- 2 lb Bread dough
- 1 TBS Sugar
- 1/8 tsp Cinnamon
- DECORATION SUPPLIES:
- Raisins
- Licorice
- Marshmallows
- Fruit leather

HOW TO:

1. Melt butter. Shape dough into a disc. Cut horizontally almost all the way through, leaving about 1/4 inch uncut along one side.
2. Spread apart, brush with half the butter and sprinkle with sugar and cinnamon.
3. Close and press edges together. Roll into a 10 inch circle.
4. Put on a baking sheet, cover and let rise about 30 minutes.
5. Cut holes for a mouth and eyes. Push foil into holes to keep them open.
6. Cut deep gashes into top of head for spiky hair.
7. Press raisins into dough to make eyebrows.
8. Brush with remaining butter.
9. Bake until bread sounds hollow when tapped, about 40 minutes.
10. Remove foil and continue baking until lightly browned, about 5 minutes.
11. Decorate with candy while bread is still warm.

Roasting Pumpkin Seeds

1. Rinse pumpkin seeds under cold water, pick out pulp and strings. (The easiest time to do this is right after you've removed the seeds from the pumpkin, while the pulp is still wet).
2. Place the pumpkin seeds in a single layer on an oiled baking sheet, stirring to coat. Or coat with non-stick cooking spray.
3. Sprinkle with salt and bake at 325 until toasted, about 25 minutes, checking and stirring after 10 minutes.
4. Let cool and store in an air-tight container.

SCARY CHILI

(Have the children help with this one)

SUPPLIES:

- 1 1/4 lbs. Greasy grimy gopher guts (ground beef)
- 1 med. Eye of Cyclops (onion)
- 15 OZ. Can soft shelled beetles (kidney beans)
- 28 OZ. Can blood of bat (V-8 juice)
- 1/8 tsp Pureed wasp (mustard)
- 1/4 tsp Dried witches hair (oregano)
- 1 dash of dried monster boogers (crushed red pepper)
- 2 tsp Ground mummy brains (chili powder)
- 1 tsp Werewolf sweat (honey or sugar)
- 1/2 C Fresh grubs (sliced celery)
- 1 TBS eye of Newt (pearled barley)
- 1 TBS dried maggots (uncooked rice)
- Water from a stagnant pond (tap water)

HOW TO:

1. Brown the gopher guts in an iron cauldron over
2. Add chopped eye of Cyclops and simmer until the pieces of eye become translucent.
3. Add blood of bat, and soft shelled beetles, bring to a slow bubbling boil.
4. Add the dried Witches hair, maggots, Monster boogers, Mummy brains, grubs, hemlock, eye of newt and the pureed wasp.
5. If it gets too thick you may want to adjust the consistency with pond water.
6. You can tell it is done when the eye of newt swells and the vertical tan colored 'cats eye' appears on one side.

Wild Rice-Stuffed Steaks

SUPPLIES:

- 1 pkg (6.2 OZ) fast-cooking long grain and wild rice mix
- 6 boneless beef top loin steaks (12 OZ each)
- 1/2 C Teriyaki sauce, divided

HOW TO:

1. Cook rice according to package directions; cool.
2. Cut a pocket in each steak by slicing to within 1/2 in. of bottom.
3. Stuff each steak with 1/4 C rice
4. Secure with toothpicks.
5. Brush steaks with 2 TBS teriyaki sauce.
6. Place on a broiler pan. Broil 4-6 in. from the heat for 4-6 minutes.
7. Turn steaks; brush with 2 TBS teriyaki sauce.
8. Broil 6-8 minutes more or until meat reaches desired doneness, basting frequently with remaining sauce.
9. Discard toothpicks.
10. Serve



FRANKENSTEIN

Friday, October 30TH is Frankenstein Day; sometimes it is called Frankenstein Friday, because it is celebrated on Mary Shelly's birthday or the last Friday of October. She was born in 1797 and is the author of the novel Frankenstein. There have been many versions of Frankenstein since the original book was published in 1818. At that time he was referred to as Frankenstein's Monster. Over the years the monster became known as Frankenstein the last name of his creator.



parts. He used electricity to bring the monster to life. His goal was to create this being for scientific research for the good of humanity.

It backfired. The Monster was intelligent and originally gentle, he was larger than the average person and more powerful, but he was hideous. He was feared and mistreated by people.

Frankenstein became very guilty for creating such a "thing". The Frankenstein Monster realizes how he came to be and is rejected by mankind, he seeks revenge on the creator's family to avenge the injury and sorrow he receives from others. Victor Frankenstein attempted to destroy the Monster. The Monster

ultimately killed his creator

The Frankenstein Monster has become an icon (a sign or likeness that stands for an object by signifying or representing it) of film, television, comic books and Halloween costumes. There have been over 75 Frankenstein movies made including: The original Frankenstein (1910) which was a silent film, The Bride of Frankenstein (1935), Frankenstein meets Wolf Man (1943), and Abbott and Costello Meet Frankenstein (1948), I Was a Teenage Frankenstein (1957), Frankenstein Unbound (1990). The Monster also infiltrated TV with the Munsters and the Addams Family. As we all know Frankenstein is always a popular costume for TRICK OR TREAT. HAVE FUN.... **FPT**

Q: Why was Baron Frankenstein never lonely?
A: Because he was good at making friends.

"Dibs On That Seat"



Meaning: when some one calls "dibs" or "first dibs" they are claiming rights to something.

Origin: The origin of the phrase "first dibs" is not exactly clear. Some suggest that an ancient children's game similar to jacks used special counters called dibstones. These dibstones would be divided amongst players according to the rules of the game. Some players received more dibstones than others. It is possible that "dibstones" was shortened to "dibs." The phrase "first dibs" appeared fully formed in American literature around the turn of the 20th century. Another suggestion on the origin is that Dibs was historically used to refer to the markings made with chalk on the back of livestock up for sale in cattle yards of the south. Potential customers would register their unique mark with a registrar at the meet, who would record this information in a "Dibs Identification Book." These books themselves came to be known collectively as DIBS. One theory on the origin of first dibs claims "dibs" was a

slang word for money. It is believed that the word dibs was used informally in the 1800s to describe a basic currency, such as a dollar or pound. It would not have been unusual in the 19th century for someone to hope for a million dibs in the bank. Maybe the idea of first dibs arose from the first cut of a large financial inheritance or gift. A theory which seems logical is that "dips" is a corruption of the word "division." It isn't much of a leap from "div" to "dib," and the idea of first dibs does imply a possible division of the wealth. A similar sounding phrase, "divvying up the loot," also suggests that. **FPT**

Say WHAT???

By: Family Pastime Staff
something. Calling dibs is typically done by yelling "Dibs on ___", filling in the blank with the desired item. The conventional "dibs" system operates completely on a first-come, first-served basis. Another rule of calling dips is that it may only be used in the present time. Generally it is not acceptable to call "dibs" on some future event. For example if you are planning on a trip tomorrow you cannot call "dibs on the front seat in the car tomorrow". Some take the rule so far as to say you must see the object to call dibs on it. So you couldn't call dibs on the front seat from inside a restaurant, you would have to be in the parking lot.

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Secure, Green Document Destruction

By: Michael Bloch

So much for the move to a paperless society.

I run a business and while what I

personally print a year would be less than a hundred pages and for my business overall, less than a ream of paper; the amount of stuff we receive is far more than that.

We've tried to move to paperless statements wherever we can, but some of the agencies and suppliers we deal with are still deeply rooted in the 20th century.

Many of these documents also need to be kept for a lengthy period due to taxation laws, but what to do then?

My Dad always told me never to put documents with personal information in the bin (or recycle bin), even if they are torn up. I've followed that rule for the most part as it makes good sense; but that means I've collected a ton of stuff.



I opened the cabinets where we store all this the other day and noticed that the shelves were severely bowing through the weight.

Time for action!

I could do what Dad used to do and burn it all - but that would be a little environmentally unfriendly in terms of carbon emissions and soot.

I could sit there and shred it all and then compost it; but my business would go broke in the process due to neglect :).

Then I remembered a company I used to work for hired special lockup bins where documents could be deposited, the bins picked up and the contents destroyed securely.

I decided to take a look into this option today and received a very pleasant surprise.

One company who got back to me said their bins (which look like heavy duty lockable wheelie bins)

holds about 130 - 150 pounds of paper. We get the bins for two weeks or we call them when we're ready for them to be removed.

They'll accept any grade of paper - white, colored, brochures, magazines, newspaper, check and deposit books. Certificates of Destruction are provided.

The contents of the security bins are shredded at their premises within hours of arrival at the company depot.

All sounds very good, but here's the great aspect: all the shredded paper is recycled into tissue and toilet paper!

Problem solved! It's kind of nice to know that in future, I could be using toilet paper made from letters from the tax department ;).

The cost for this service is around \$40 per bin, which is very reasonable I feel, and for businesses, it's a tax deduction.

Several secure document destruction services are available in our area. To find them simply search secure document destruction Tri-Cities, TN. Contact them for pricing and ask what they do with documents - perhaps your paper waste can be used to benefit the environment, without the concern of identity theft. **FPT**

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SUDOKU Medium

Instructions on page 2

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

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

Q: What kind of mistakes do spooks make?
A: Boo boos

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

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DOUBLE TAKE

Find at least 29 differences in the two pictures (answers are on the bottom...no peeking!!!)



Dropped candy

Headstone, Vampire Cape, Happy Halloween, Witch Cape, Broom, Jack-O-lantern Nose, Frankenstein scars, Treat or Trick, No Fishing, Clown Nose, Bats, Candy in Bag, Party Sign, Bag, Ghost eyes, Frankenstein pants, Apple, Skeleton neck, Fish eye, Window, Skull, Bow Tie, Fangs, Ghost fingers, Hat Buckle, Bag angle,

FKJ continued from page 11

at different yard sales. People see a great deal on something like a battery operated battery charger, they buy it and then 6 months later it ends up at their yard sale (most likely with the same price tag on it from the previous yard sale). Before you know it this gadget has spent time in everyone's garage in the neighborhood.

Here's how "re-candyng" works. I don't know if your children are like mine (I was), but after they get this huge amount of candy they save it. They don't eat it. I end up with a big bag full of

candy that does not get eaten and this applies not only to Halloween but Christmas, Valentine's Day, Easter etc. If you or your children trick-or-treat at my house you can expect to get Peeps, Jelly beans, Candy canes, Candy hearts with "I luv U" written on them, Suckers in the shape of a turkey and red, white and blue hard candies. Some years I have gotten so many trick-or-treaters I have had to hand out cans of beans and tuna. Sufficed to say the Joker house has not been thought of highly on the cool candy house list. If you end up with any of these candies, obviously from other holidays, don't

worry about whether the candy is past its shelf life or not; simply re-candy it and I'm sure within 7 holidays it will be back in my big bag of uneaten candy. Well I'm off to buy some candy on sale. I'm in the mood for some \$100,000 bars. You would have liked them. **FPT**

SUPER SUDOKU Answer from last month

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

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YUCKY NEWS

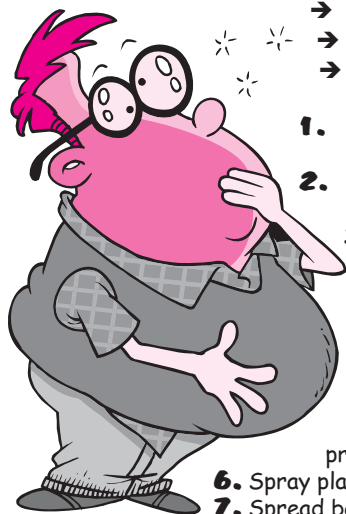
FAKE BLOOD

SUPPLIES:

- 1 C peanut butter
- 1 qt. Inexpensive white corn syrup
- 1/2 C soap
- 1 oz red color
- 15 drops blue food color

HOW TO:

1. Mix creamy peanut butter with a sufficient amount of white corn syrup to make a runny mixture.
2. Add (non-sudsy) soap with food colors, mix well.
3. Stir more corn syrup in until the desired consistency is reached.
4. Refrigerate unused blood in an airtight container.



MAKE YOUR OWN BLOOD, BARF, SNOT

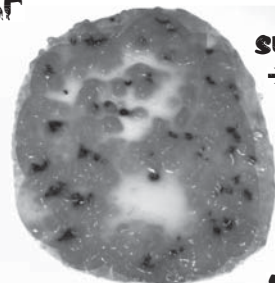
EDIBLE FAKE BARF

SUPPLIES:

- Applesauce
- Unflavored Gelatin
- Cocoa Powder
- Oatmeal
- Raisin bran cereal
- Non-stick cooking spray
- Adult helper

HOW TO:

1. Over low to medium heat, in frying pan heat 1/4 cup applesauce.
2. Stir in 1 packet of unflavored gelatin.
3. Add a pinch or two of cocoa powder. Mix thoroughly and remove from heat.
4. Sprinkle oatmeal over the mixture into an aesthetically-pleasing chunky pattern. Don't mix too much.
5. Repeat the oatmeal procedure with raisin bran cereal.
6. Spray plate with non-stick spray
7. Spread barf mixture onto a plate so that it resembles vomit, adding extra raisins or cereal bits, as desired.
8. Allow to cool completely (couple of hours). Remove it from the plate with a spatula.



FAKE SNOT

SUPPLIES:

- Borax Powder
- Elmer's Glue
- Water
- Food Coloring
- Measuring Cups
- Baggies or Bowls

HOW TO:

1. Stir 1/8 cup borax into 16 ounces warm water. Allow solution to cool to room temperature.
2. In a separate container, stir 2 spoonfuls of glue into 3 spoonfuls of water. White glue will give you opaque snot (more booger than snot); glue gel will produce you translucent slimy snot.
3. Stir a couple of drops of food coloring into the glue mixture.
4. Add a spoonful of the borax solution to the glue mixture. Stir (if in a bowl) or squish (if in a baggie).

DO NOT eat or inhale the snot. Borax isn't particularly toxic, but isn't good for you either.

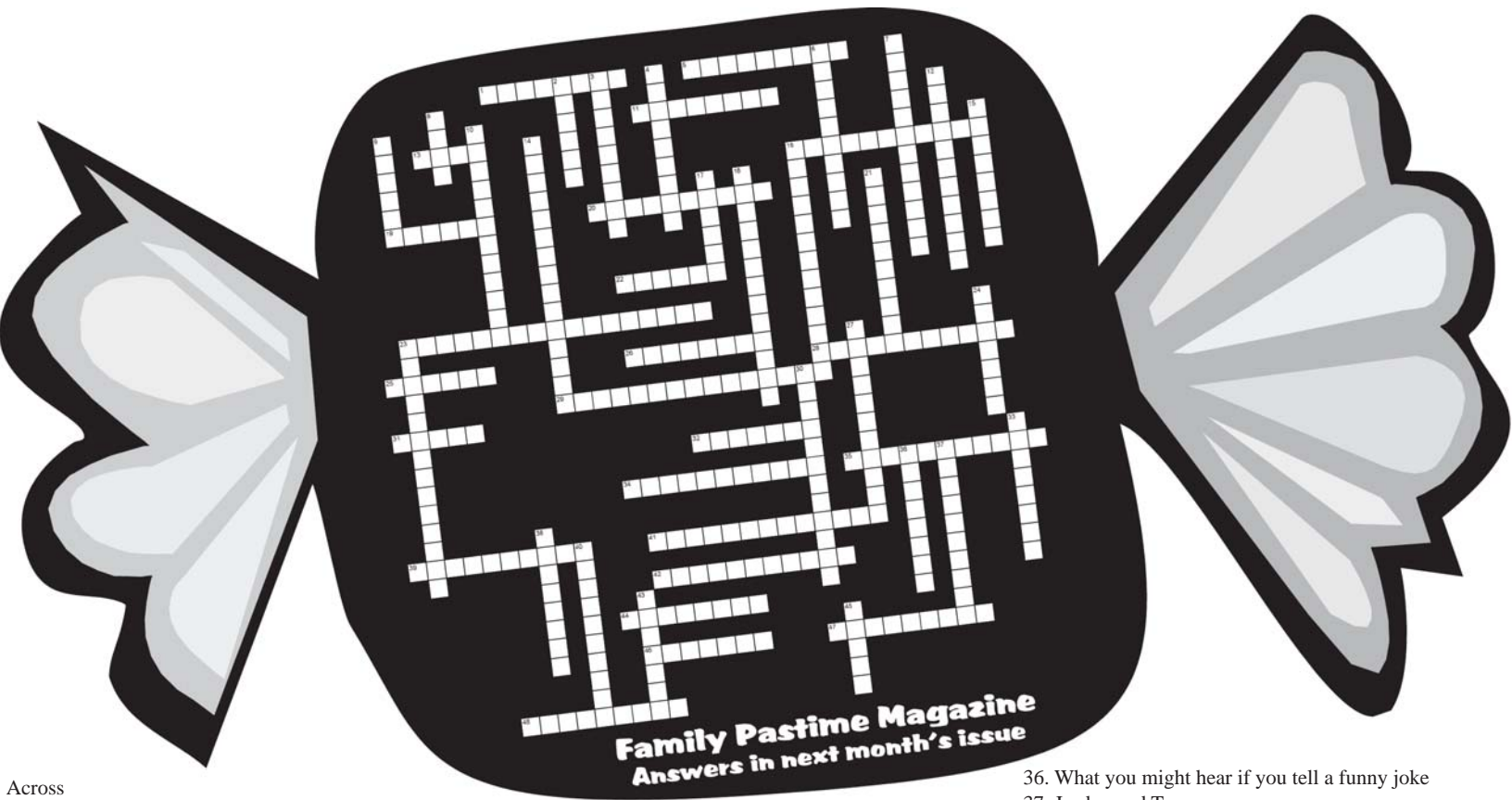
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20 Ways To Confuse Trick-Or-Treaters

1. Give away something other than candy. (Toothpicks, golf balls, bags of sand, etc.)
2. Wait behind the door until some people come. When they get near the door, jump out, wearing a costume, and holding a bag, and yell, "Trick or Treat!" Look at them, scratch your head, and act confused.
3. Fill a briefcase with marbles and crackers. Write on it, "Top Secret" in big letters. When trick-or-treaters come, look around suspiciously, say, "It's about time you got here," give them the briefcase, and quickly shut the door.
4. Get about 30 people to wait in your living room. When trick-or-treaters come to the door, say, "Come in." When they do, have everyone yell, "Surprise!!!" Act like it's a surprise party.
5. Get everyone who comes to the door to come in and see if they can figure out what's wrong with your dishwasher. Insist that it makes an unnatural "whirring" sound.
6. After you give them candy, hand the trick-or-treaters a bill.
7. Open the door dressed as a giant fish. Immediately collapse, and don't move or say anything until the trick-or-treaters go away.
8. When you answer the door, ask them if anyone has seen your dog. Tell them they should recognize him because he is growling and foaming at the mouth.
9. When you answer the door, look at the trick-or-treaters, act shocked and scared, and start screaming your head off. Slam the door and run around the house, screaming until they go away.
10. Insist that the trick-or-treaters each do ten push-ups before you give them any candy.
11. Hand out menus to the trick-or-treaters and let them order their candy and then ask if this will be separate checks.
12. Come out with candy canes and hot chocolate, tell them you love Christmas Carolers and ask them to sing "away in a manger"
13. Open the door and exclaim "It's about time you

got here, Hey, where's my pizza?" Then insist if they don't produce your pizza in the next 10 minutes you will demand that it is free.

14. Answer the door dressed as a pilgrim. Stare at the trick-or-treaters for a moment, pretend to be confused, and start flipping through a calendar.
15. Instead of candy, give away colored eggs. If anyone protests, explain that the eggs are the only thing you had left over from Easter.
16. Answer the door dressed as a dentist. Angrily give the trick-or-treaters a two-hour lecture on tooth decay.
17. Answer the door with a mouthful of M&M's and several half-eaten candy bars in your hands. Act surprised, and close the door. Open it again in a few seconds, and insist that you don't have any candy.
18. Give out cans of Vienna sausages and pickles.
19. Put a crown on a pumpkin and put the pumpkin on a throne on your porch. Insist that all of the trick-or-treaters bow before the pumpkin.
20. Dress up like a bunny rabbit. Sing "Here Comes Peter Cotton Tail Hopping Down The Bunny Trail" from the moment you open the door then give them carrots and close the door.



Across

- 1. If Super Man's alter ego owned a social club
- 5. Laid back Caramel
- 11. When four aren't enough...
- 13. Nothing
- 16. Always comes with a toy surprise
- 19. There's one born every minute
- 20. Father of Dustin Hoffman's character in a 1982 movie
- 22. Melt in your mouth not in your hands
- 23. What a Butler might lay.
- 25. A happy day at work every week or two
- 26. Big 'ol fish stories
- 28. Could refer to Dustin Hoffman's part in this 1982 movie.
- 29. Athos, Porthos, and Aramis
- 31. Wafers
- 32. A lot of times people "bear" these
- 34. Sons of mints
- 35. Key ingredient in Smores
- 39. Candy legumes
- 41. Tasty and lots of them
- 42. This time and a future time
- 44. Ends of a bovines
- 46. Good on an apple
- 47. Also a type of shoe but not as tasty as the candy.

- 48. Santa Claus would probably use this if he hurt his leg.

Down

- 2. Parents sometimes cover your face with these
- 3. Sometimes you feel like a nut
- 4. If a celestial body of hot gases exploded
- 6. Thrown to you if you fall off a ship
- 7. Drops a lot of things
- 8. "I don't want to hear a ____ out of you"
- 9. Sometimes you don't
- 10. A happy western cattle farmer
- 12. Children of sugar.
- 14. I guess they did not know what to call this candy bar.
- 15. Taste the rainbow
- 16. Candy elephants would love these
- 17. Add this to diet cola for a geyser show
- 18. A bunch of babies making noise together.
- 21. An outrageous crazy person
- 23. South Carolina city masticate.
- 24. When a lactose bomb does not go off.
- 27. Sweet clothing could be made from this
- 30. E.T. loved these
- 33. Geological sweets

- 36. What you might hear if you tell a funny joke
- 37. Jordan and Turner
- 38. Quite possibly named after a Yankee slugger
- 40. Father of sugar.
- 43. Not really candy however, in ball form it is often handed out on Halloween
- 45. Also a dance

Q: Why don't angry witches ride their brooms?
 A: They're afraid of flying off the handle
 Who won the skeleton beauty contest?
 A: No body

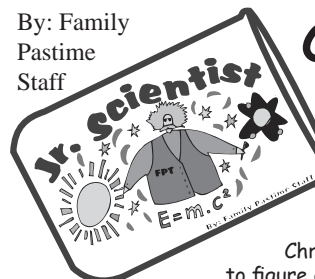
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By: Family
Pastime
Staff



Candy Chromatography

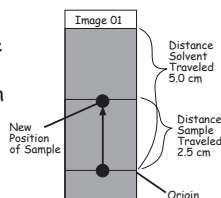
Chromatography is translated as: "writing of colors" or "the study of colors".

Chromatography is used to figure out the composition of a substance, usually by burning it and watching the color of the flame. In candy chromatography, it's unnecessary to burn the candy as there's an easier way of separating the colors. In this experiment we use paper chromatography to see which dyes are used in the coatings of your favorite colored candies.

Chromatography works because the components of a mixture will differ in how much they "stick" to things: to each other, and to other substances. For example, some of the components of ink will stick more tightly to the paper fibers. They will spend less time in the water as it moves along the paper fibers, and thus they will not travel very far. Other components of the ink will stick less tightly to the paper fibers. They will spend more time in the water as they move along the paper fibers, and so they will travel farther up the paper.

To measure how far each component travels, we calculate the retention factor (R_f value) of the sample. The R_f value is the ratio between how far the component travels and the distance the solvent travels from a common starting point (the origin). If one of the sample components moves 2.5 cm up the paper and the solvent moves 5.0 cm, then the R_f value is 0.5. You can use R_f values to identify different components as long as the solvent, temperature, pH, and type of paper remain the same. In image 01, the grey shading represents the solvent and the black spot is the chemical sample.

When measuring the distance that the sample traveled, you should measure from the origin (where the middle of the spot originally was) and then to the center of the spot in its new location.



To calculate the R_f value, we use

the equation:

$$R_f = \frac{\text{distance traveled by the sample component}}{\text{distance traveled by the solvent}}$$

In our example, this would be:

$R_f =$	$\frac{2.5 \text{ cm}}{5.0 \text{ cm}}$	$= 0.5$
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Note that an R_f value has no units because the units

of distance cancel.

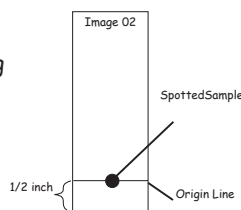
In this project, you'll use the R_f value to compare the "unknown" components of colored candy dyes with the "known" components of food coloring dyes. Since there are only a small number of approved food dyes, you should be able to identify the ones used in the candies by comparison to the chromatography results for food coloring.

SUPPLIES:

- Candy with a colored coating (Skittles or M&Ms)
- At least 30 strips of paper exactly the same size. 1" x 3.5" is a good size. Cut the strips from white cone-type coffee filters.
- Wide-mouth jar, glass or pitcher
- Pencil
- Ruler
- Tape
- Salt
- Water
- Toothpicks
- Food coloring (red, green, and blue)

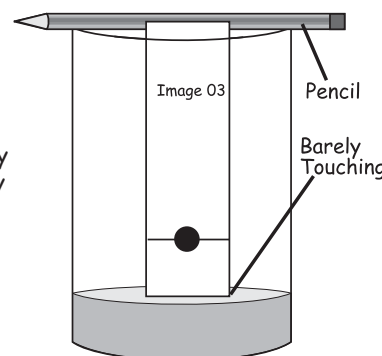
HOW TO:

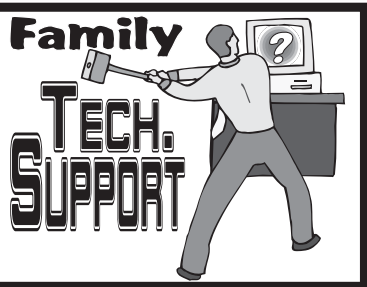
1. Use a pencil to lightly label which candy color or food coloring will be spotted on each paper strip. Don't use a pen because the ink will run when the solvent passes through the strips.
2. Draw a pencil line 1/2" from the bottom of each strip of paper as your origin line.
3. You will spot the candy color for each strip right on this line. (See image 02).
4. Extract some dye from the candy you wish to test by setting the candy down on a clean plate in a drop of water. Leave it for a minute to allow the dye to dissolve. Remove the candy, then dip a clean toothpick into the now-colored drop of water. Spot the candy dye solution onto the chromatography paper by touching the toothpick right in the center of the origin line.
5. Allow the spot to dry, then repeat the spotting at least three more times. To make sure you have enough dye on the chromatography paper.
6. Make five separate strips for each candy you



want to test.

7. Repeat step 3 for each color of candy you want to test (at least three different colors).
8. You also need to prepare chromatography strips with food coloring dyes. These will be your known compounds, with which you will compare the "unknown" candy dyes.
9. For each color of food color, use the same procedure as in step 3. You'll use a drop of food coloring as the source for dipping your clean toothpick.
10. Prepare a 1% salt solution for the chromatography solvent. To make the solution add 1/8 teaspoon salt to 3 cups of water. Shake or stir until the salt is completely dissolved. Pour a small amount of the salt solution into the wide-mouth jar.
11. Tape the strip to a pencil and rest the pencil on top of the jar so that the end of the chromatography strip is just touching the surface of the solvent solution (image 03).
12. Let the solvent rise up the strip (by capillary action) until it is almost at the top, then remove the strip from the solvent.
13. Use a pencil to mark how far the solvent rose up the paper.
14. Allow the strip to dry, then measure the R_f value for each candy color (or food coloring) dye component.
15. Using the five repeated strips for each candy color (or food coloring), calculate the average R_f for each dye component.
16. Compare the R_f values for the candy colors and the food coloring dyes. Can you identify which food coloring dyes match which candy colors? **FPT**





Share The Internet

With most homes having more than one computer it is necessary to set up a

router so that you may share a network connection. The first thing you will need to do is buy a router.

You will need to determine how many computers you wish to connect. Some routers will allow you to connect a printer or an external Hard Drive which may be shared with others on your network. Decide if you want the network to be wired, wireless or both.

When shopping you will see things like 802.11. This is the set of standards for wireless networking devices. Some routers may be labeled with the phrase "Wi-Fi" in place of 802.11. The letter that follows the 802.11 tells you which protocol this device uses. This is very important, as this signifies how the wireless device functions and therefore what wireless cards will work properly with it. Be sure to buy a router with a standard compatible with your computer. The latest standard is 802.11n. These and most are backward compatible.

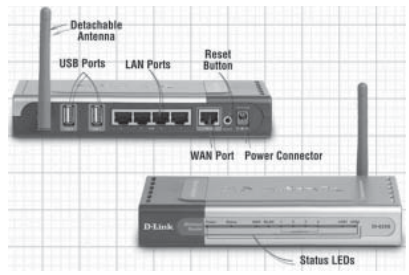
To set up your router, Choose a convenient location, this does not need to be the permanent location. You may find it necessary to re-position the unit after installing it for maximum efficiency. At the beginning, it's better to choose a location where it's easiest to work with the router and worry about final placement later.

Plug in the router's electrical power source and turn the router on.

Connect your Internet modem to the router. Most network modems connect via an Ethernet cable, sometimes it will be a USB cable. On the router side

plug the cable into jack named "WAN, "uplink" or "Internet." After connecting the cable, Unplug the modem and leave it off for a minute, then plug it back in to ensure the router recognizes it.

Connect one computer to the router with an Ethernet cable. Even if the router is wireless you should connect this first computer to the router with a wire. If it does not connect to the Internet, using a wire first will make it easier to diagnose the problem. Once a wired connection is established, the connection can be changed to a wireless connection.



Once connected you open the router's administration tool. From the computer connected to the router, open your Web browser (Internet Explorer, Firefox, etc.) and put the router's address in the browsers address field (NOT the search field). Many routers are reached by either the Web address

"http://192.168.1.1" or "http://192.168.0.1". The documentation that came with your router will give you the correct address.

- The router's home page will ask you for a username and password. These will be listed in router's documentation. For security reasons you should change the router's password, but do this AFTER you are all set up.
- If you want your router to connect to the Internet, you must enter Internet connection information into that section of the router's configuration (exact location varies). If using DSL Internet, you may need to enter the PPPoE username and password. Likewise, if you have been issued a static IP address by your provider (you would need to have requested it), the static IP fields (including network mask and gateway) given to you by the provider must also must be set in the router. Verify your one wired computer

can connect to the Internet properly. Open your Web browser and visit a few Internet sites.

After you are satisfied you are able to surf the web you should secure your wireless network.

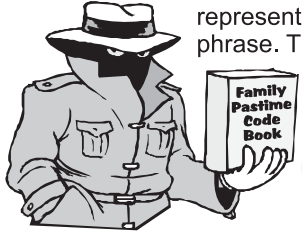
Change the default network name (or SSID). An SSID can be changed at any time, as long as the change is also made on all computers using the network wirelessly. Change it to something simple but with letters and numbers, as many as you can. In the router's administrative console, navigate to the appropriate wireless settings section where the SSID can be changed type a new name and select save settings. If connecting wirelessly, ensure the network name (SSID) of each is computer matches the one you used in the router.

By default, the information that travels to and from your wireless router and your computers is in clear-text, so anyone, who wants, can snoop on what you are doing. Also, by default, anyone can connect to your network. You can easily fix both these issues with encryption. You can scramble the information that's sent over the airwaves and you can password-protect your network so others can't connect. The latest and strongest encryption is WPA2 which replaced WEP. first try to use WP2 encryption; if that's not supported, try WPA; as a last resort, use WEP. To increase your security create and use a strong encryption passphrase/ key. For WPA passphrases, this means using both upper and lower case letters, numbers, and punctuation up to 63 characters long. Be sure to save your passphrase/key because you will have to enter it on every computer that connects to your network (only once, it can be saved on that machine). You might want to print it out and tape it to the bottom of your router. Or save a text copy on each of the machines in case you need to re-enter it.

Another good security tip is to "Hide" Your Network by default, Wireless routers broadcast the network name (SSID) this is so it will show up on the network list of Windows and other wireless utilities. For an added layer of security you can disable the option so the name is not listed. To connect you will then manually enter the network name into Windows and any other devices. Since someone must know the name in order to connect this will help prevent hacking attempts.

Another good idea is to Disable remote administration. This is the ability to administer your network from anywhere on the internet. If you disable it you will have to administer from your local machine which will also prevent others from hacking in. **FPT**

Family Crypto-Time



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

L QJLCYIGURKJ ZJKUKCYV VRK YGKVC'U
MCGS SRG BGN LJK GC RLXXGSKKC. ~Erma Bombeck

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

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



The Children's Emergency Department is designed to take away the anxiety of its patients. The waiting room and treatment rooms are very child-friendly, family-focused and allow the children to get the care they need away from the adult treatment areas.



The only pediatric-specific emergency department in the region, the Children's Emergency Department at Johnson City Medical Center, located next to the main Emergency Department, offers 24-hour emergency care by specially trained personnel focused on providing care to patients from birth to 18 years old.

Features include:

- Eight treatment bays
- Child-friendly waiting room
- A staff that understands pediatric patients



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