

THE magazine for the **WHOLE** family Volume 2 Issue 9

ONE TANK TRIPS ✦ **...Back In Time** By: Chris Joker

Recently a one-tank trip took us to Myrtle Beach. While we were there we went back to the days of Kings, Queens, Princesses, Knights, Ladies and jousting. We went to the Medieval Times Dinner Theater. The first thing I noticed about going back to the Medieval days is, they must have made a lot more money than me because tickets were NOT cheap (\$44.95 for adults and \$27.95 for children 12 and under). When you arrive they give you a paper crown (come on \$44.95, it should have AT LEAST been plastic). The crowns are of different colors so that you know what section you are sitting in and what Knight you are cheering for. After getting your crown you wait in the lobby of the castle while some of

the characters explain the storyline and, of course, this also gives you the opportunity to shop in the gift shop, you know in case you have always had a hankering for some chainmail or a sword or two. You can also take this opportunity to go ahead and use up that limit on your credit card by buying a drink in a souvenir glass. Soon you are escorted into the arena.

The set is really pretty neat. You sit at tables all along the outside of a huge arena where the knightly games will take place. Soon your serving wench or serf comes along to take drink orders and begin serving your meal. We had soup served in a pewter bowl, chicken, ribs, bread, potatoes and pastry of the castle. The show takes place as you eat. It begins with games of skill all performed by knights

Please see "One-Tank" on page 12

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Keeping Kids Safe in a Web-Savvy World

If you came across an instant message conversation your child was having on your computer and discovered the acronym "PAW," would you know what to make of it?



If not, you aren't alone. With cyber bullying and predators becoming a large presence online, many parents are realizing that the age-old discussion of how to safely cross the street is morphing into a more tech-savvy conversation -; how to stay protected on the Internet.

According to a 2006 study on social networking by CA, Inc. and the National

Cyber Security Alliance, 51 percent of parents who are aware that their children use social networking sites do not restrict their children's profiles so that only friends can view them. Further, 36 percent of parents surveyed did not monitor their children on social networking sites.

CA has teamed up with Boys & Girls Clubs of America to donate Internet security software to Boys & Girls Clubs across the country and to offer parents and caregivers the following simple tips to help them monitor their children's Internet activity:

- Surf the Web together. Ask your child to tell you about the things they did online. Show genuine curiosity, and make it fun.

Please see "Cyber Safe" page 4

REGULAR FEATURES:

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SCIENCE HILL

DATE	OPPONENT	W/L
Aug 23	Sullivan South*	
Aug 31	Elizabethton	
Sept. 7	Open	
Sept. 14	Morristown West*	
Sept. 21	Sevier Co (Homecoming)	
Sept. 28	Tennessee High	
Oct. 5	Bearden*	
Oct. 12	Jefferson County	
Oct. 19	Campbell County*	
Oct. 26	Knox Karns (Senior Night)	
Nov. 2	Dobyns Bennett*	

* away games

SEPTEMBER WEEKLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • Childhood Injury Prevention 1-7 • Self-University Week: 1-7 • National Waffle Week: 2-8 • National Payroll Week: 3-7 • Play Days: 4-8 • Popcorn Week: 6-8 • United Tribes PowWow: 6-9 • Habitat for Humanity's International Building on Faith Week: 9-15 • Minority Enterprise Development Week: 9-15 • Assisted Living Week: 9-15 • Suicide Prevention Week: 9-15 • Line Dance Week: 10-15 • National Invisible Chronic Illness Awareness: 10-16 • Constitution Week: 11-18 • National Emergency Preparedness Week: 11-17 • National Singles Week: 15-21 • National Clean Hands Week: 16-22 | <ul style="list-style-type: none"> • Constitution Week: 16-22 • Farm & Ranch Safety 16-22 • National Historically Black Colleges & Universities Week: 16-22 • Love Your Files Week: 16-22 • National Rehabilitation Awareness Celebration: 16-22 • Prostate Cancer Awareness Week: 16-22 • Tolkien Week: 16-22 • Balance Awareness Week: 16-22 • Bottled Water Week: 17-23 • Substitute Teacher Appreciation Week: 17-22 • International Women's Ecommerce Days: 18-21 • Religious Freedom Week: 21-30 • Banned Books Week: 23-30 • Deaf Awareness Week: 23-29 • Adult Immunization Awareness: 23-29 • National Chimney Safety Week: 24-30 |
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SEPTEMBER MONTHLY OBSERVANCES

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| <ul style="list-style-type: none"> • ADHD Month • Baby Safety Month • Backpack Safety America Month • Be Kind To Editors & Writers Month • Christmas Seal Kick-off Month • College Savings Month • Fall Hat Month • Go Wild During California Wild Rice Month • Great American Low-Cholesterol, Low-fat Pizza Bake Month • Gynecology Cancer Awareness Month • International Self-Awareness Month • International Strategic Thinking Month • Library Card Sign-up Month • Alcohol & Drug Addiction Recovery Month • Menopause Awareness Month • Million Minute Family Challenge • Mold Awareness Month • National Biscuit Month • National Campus Safety Month Link • National Chicken Month • National Civics Awareness Month • National Coupon Month • National 5-A-Day Month | <ul style="list-style-type: none"> • National Honey Month • National Mushroom Month • National Hispanic Heritage Month • National Osteopathic Medicine Month • Ovarian Cancer Awareness Month (ovarian.org) • National Pediculosis Prevention Month • National Piano Month • National Potato Month • National Preparedness Month • National Rice Month • National Skin Care Awareness Month • Pediatric Cancer Awareness Month • Reunion Planning Month • Sea Cadet Month • September Is Healthy Aging Month • Shameless Promotion Month • Southern Gospel Music Month • Sports and Home Eye Health & Safety Month • Subliminal Communications Month • United Planet Month • Update Your Resume Month |
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Take This Retirement Planning "Quiz"

that's right for you.

And third, you can spread your dollars among a range of various investment choices.

Do you boost your 401(k) contributions every time your salary increases?

If you don't, you should. Your annual 401(k) contribution limits are pretty high: \$15,500 in 2007, or \$20,500 if you're 50 or older. Obviously, the more you contribute, the greater your chances of achieving your retirement savings goals.

Do you also contribute to an IRA?

Even if you contribute to a 401(k), you can put money in an IRA. A traditional IRA has the potential to grow tax-deferred, while a Roth IRA offers tax-free earnings potential, provided you've had your account at least five years and you don't start taking withdrawals until you're 59-1/2. (Income limits apply to the Roth IRA, however.) In 2007, you can put in \$4,000 to an IRA, or \$5,000 if you're 50 or older. And you can fund your IRA with a variety of different investments.

If you're self-employed, have you set up a retirement plan?

If you work for yourself, or run your own small business, you'll need to set up a retirement plan. Fortunately, you've got many attractive options, all of which offer tax deferral and a range of investment choices. Depending on your situation, you can establish an "owner-only" 401(k), a SEP-IRA, a SIMPLE IRA or a Keogh plan. Your tax advisor can help you select the plan

that's right for you.

Have you explored other retirement savings vehicles?

If you've "maxed out" on your IRA and your 401(k) or self-employed plan, and you can still afford to put away more for retirement, you'll want to explore other investments, such as annuities, which offer tax-deferred growth potential and have very high contribution limits.

There's no passing or failing grade to this quiz - but if you've answered "yes" to all the questions, then you're probably putting yourself in a good position to ultimately work towards your retirement goals. **FPT**

Provided By: Lyndsey Wortman Edward Jones Investment Representative

Cyber Safe continued from page 1

- Familiarize yourself. Have them show you their online profile, favorite chat rooms and friends.
- Learn the lingo. Common chat acronyms include "PA" (Parent Alert) and "PAW" (Parents are Watching).
- Inform. Explain why children should never share passwords, even with friends.
- Tell your child never to click on links or attachments sent by e-mail, unless they know the sender. Even in those cases, use caution.
- Fight cyber-bullying. Watch for signs of cyber-bullying, such as your child becoming agitated after using the PC, and learn how to respond by saving chat logs and contacting the cyber-bully's Internet provider.
- Establish control. Keep your PC in the living room or other common area, and install parental controls with Web filtering and optional time restrictions that you can adjust yourself. Furthermore, give your child a separate sign-on name.

For more information about this initiative, visit

www.bgca.org/partners/ca.asp. **FPT**

Your school days may be behind you, but that doesn't mean you shouldn't test yourself on various subjects from time to time. And one of the most important topics you can study is Retirement Planning. So, take a couple of minutes to take this "quiz." The answers - and even the questions - may prove valuable to you as you save and invest for retirement.

Have you put a "price tag" on your retirement lifestyle?

All of us have different ideas of the "ideal" retirement. Your brother may plan to travel the world, your sister may want to open her own small business and you may choose to volunteer. Once you know how you want to spend your retirement years, you can calculate about how much your retirement will cost. A financial advisor can help you arrive at a good estimate of how much you'll need to spend per year.

Do you contribute to your 401(k) or other employer-sponsored retirement plan?

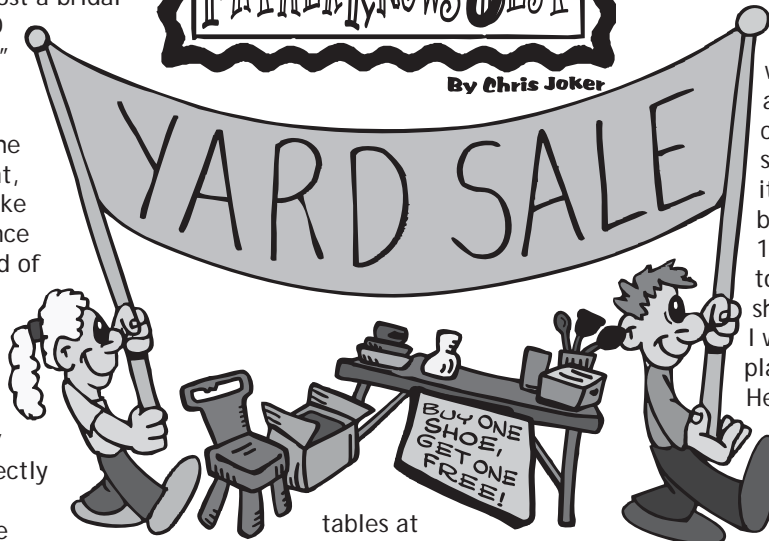
If you have a 401(k) or similar plan where you work, you'll receive several key benefits by contributing. First, your money has the potential to grow on a tax-deferred basis, which means it can potentially grow faster than if it were placed in an investment on which you paid taxes every year. Second, you typically invest pre-tax dollars, which means your contributions can actually help lower your annual taxable income.

I hate yard sales. Well, I don't so much hate SHOPPING at yard sales as I do HAVING a yard sale. So why then did I agree to "manning the store" at the recent tree streets yard sale. I don't even live on the tree streets. My friend, Kristi, does. She (allegedly) had to host a bridal shower the day of the sale AND she had a bunch of "good stuff" to sell at the yard sale. I find it interesting that since she is the maid of honor, she chose the date for the shower, convenient, don't you think? I offered to take her place at the shower but since tradition dictates that the maid of honor host the shower and I really don't have any shoes to go with the pink chiffon gown, instead I ended up in the hot sun selling one-legged Barbies and "almost complete" jigsaw puzzles. I made it perfectly clear that if I was going to sit there and haggle over the price of her "one-bladed" ceiling fan or one-person walkie-talkie I WAS going to sell the stuff. If anyone made a decent offer (and by decent I meant, "if they made ANY offer") it was THERE'S!!! I arrived early Saturday morning with a pick-up truck full of my "good stuff" to sell. Hey, if I was working this gig I was going to at least unload some of my jun...uh "good stuff". Kristi was putting out the last of the "one-of-a-kind, collector Teletubbies Jelly-jar glasses when someone enquired about her son's tricycle, I explained that it had low mileage and had only been driven on Sundays by a little toddler from Johnson City, I guess I am a master salesman because they bought it. 6 bucks. They only had a \$20. Kristi didn't have change. I did. They gave her the \$20; she gave them my \$14. Wow, this yard sale was working out great... for Kristi. Somehow HER selling HER son's tricycle to SOMEBODY ELSE, had cost me \$14. HMMMMM, maybe I COULD find shoes to go with that pink chiffon. I finally unloaded the last of my stuff (a real quality battery powered battery charger) and got to organizing, I

had separate tables for the clothes, toys, office items, kitchen gadgets, tools and miscellaneous. I discovered that selling



By Chris Joker



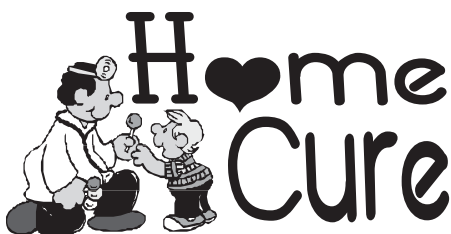
tables at yard sales is not easy

because you actually use the tables to put the other quality merchandise on. Clothes were \$1.00. We could only find one snow boot so I marked it at 50 cents, seemed logical. People at yard sales are crazy. I had a bunch of plastic drinking glasses, 50 cents each. Some guy wanted to know how much for the set? I asked him how many there were? 15. I said \$6.00 for the set. A good bargain, I thought. "I'll give you \$5.00", he said. What???? "No I will take \$6.00". Apparently my insistence on \$6.00 was an affront to his masculinity. I could smell the testosterone. He walked. Soon after a woman bought half the glasses for 50 cents each. I had old cell phones for \$3; some guy kept insisting I should throw in the charger, the NON-existent charger. The day dragged on. And when I say dragged, I mean dragged, like football time. I was wheeling and dealing like Ron Popeil on steroids. I sold videotapes for \$1 each or 6 for \$6. Buy one sock, we throw in the second

free. My son was insistent on selling his old bike so we made a sign, "Bike \$15, comes with free fax machine". Then we made a sign that read, "Fax machine \$15, comes with free bike." There was a Honda parked out in front of Kristi's house with a for sale sign in it. Some guy asked if I would take \$500.00 I said yes, but it didn't come with keys or a title. Soon I sold all of Kristi's stuff, I was sale crazy though so I started taking stuff out of her house and selling it. I got 25 cents for a half a box of sugar-frosted flakes and 15 cents for her "slightly" used toothbrush. Testosterone guy showed back up and asked me if I was ready to take \$5.00 for the plastic drinking glasses, I said sure. He didn't count them and I didn't bother to tell him I had already sold half of them. I had just removed Kristi's front door and was putting a price tag on it when she showed up. In retrospect, I guess I did get a little out of hand but, on the bright side, I'm thinking she won't ask me to "man the store" next year, oh and I found a lovely pair of pink chiffon shoes in my size at one of the neighbor's houses **FPT**

SUDOKU REALLY HARD
Instructions on page 21

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INSOMNIA

Insomnia is a sleep disorder characterized by an inability to sleep and/or inability to remain asleep for a reasonable period. Insomniacs typically complain of being unable to close their eyes or “rest their mind” for more than a few minutes at a time. Both organic and non-organic insomnia constitute a sleep disorder. It can be caused by fear, stress, anxiety, medications, herbs, caffeine, depression, bipolar disorder, emotional or mental tension, work problems, financial stress. An overactive mind or physical pain may also cause insomnia. Finding the underlying cause of insomnia is usually

necessary to cure it. Insomnia can be common after the loss of a loved one, even months or a year after the death. It may occur when a person has a lack of food or not enough variety of foods (such as eating one food over and over again). It is common for insomniacs to sleep walk and/ or have very vivid & intense dreams.

HOME CURES:

- Eliminate drinks and foods containing Splenda, Nutrisweet, Aspartame, and Sugar Alcohols!
- Grape juice and teas are better than sodas and coffee. Some Fruit juices and fruits have natural sugar sources. No coffee after noon, switch to tea. Eliminate trans fats and pork. Diet and exercise improvements should be made even if small.
- 2.5 mg Melatonin sublingual under your tongue 1/2 hour before going to bed.
- Chamomile tea steeped for 3 minutes with a bit of milk and 2 TBS natural honey, a hot shower to reduce your body’s natural temperature as you lie down to rest and a good book as you lie down.
- Snuggle up in bed turn up the air conditioning and wrap yourself in all your blankets and watch a really boring documentary or something that does not interest you, and try to stay awake. You’ll pass out before you even know it
- Drink lobelia, or peppermint tea or warm milk before bed
- Heat milk to the point just before it boils (frothy on top -- the heating directions are crucial to activating the natural sedative in milk) then add 1 teaspoon of vanilla extract and 1 level tsp of sugar and sprinkle cinnamon on top stir well and drink while hot. You’ll be out in no more than 15-20 minutes.
- A good hot cup of chamomile tea (it is really mild) with 2 tablespoons of honey for sedative effects as well as flavor).
- Have children drink a cup of water with two teaspoons of honey before bed.
- Tuck a lavender sachet under your pillow before leaving for the day. When you come home you will sleep better.
- 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.
- Exercise regularly, drink caffeine free drinks, and no sugar contained foods or drinks before bed.
- Take hops, lobelia, passionflower, skullcap, or valerian to aid relaxation and for a calming effect.
- Take calcium, iron, and potassium to help with sleep.
- Take a hot bath with a little basil in the water to help relax before bed.
- The scent of vanilla summons a sense of calm. While changing cloths for bed, light a vanilla candle. Moisturize hands and arms with vanilla scented cream. Tension will be gone.
- An herb called Kava works real good take one a couple hours before bed
- Thiamine or vitamin B is considered valuable in the treatment of insomnia. Consume lots of wholegrain cereals, pulses and nuts.
- Milk is beneficial in curing the problem of lack of sleep. Drink a glass of milk mixed with honey every night before going to bed. Another home remedy is to massage the soles of your feet with milk.
- Consume plenty of curd everyday. Also massage your head with curd, as it induces sleep **FPT**

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



“Flash in the pan”

Meaning

Someone or something that promises great success but soon

Say WHAT???

fails. The phrase is used to describe something that seemed at first very exciting, but turned out disappointing.

Origin:

There are several thoughts on where this idiom originated:

Some say that ‘flash in the pan’ refers to pioneering photographers who used magnesium powder, held in a metal pan to provide the first flash photography.

Another thought also deals with a camera since a camera movement is called a pan. An actor/actress who gains attention during a short film sequence can be referred to as a flash in the pan if the actor/actress doesn’t prove to have star quality.

There’s also reason to believe that this phrase derives from the Californian Gold Rush of the mid 19th century. Prospectors who panned for gold supposedly became excited when they saw something glint in the pan, only to have their hopes dashed when it proved not to be gold but a mere ‘flash in the pan’. This is an attractive and plausible notion, in part because it ties in with another phrase related to disappointment - ‘it didn’t pan out’. When early prospectors panned for gold. They would swirl a mix of soil and water around the pan. Because Gold is very dense, with a little skill the pan could be swirled at just the right speed to allow the gold to settle to the

bottom of the pan, while the dirt and low-density particles would wash over the side. This would continue until there was nothing left but gravel -- and maybe a little speck of gold if it “panned out” or nothing if it “didn’t” pan out!

Most experts believe the actual origin of “Flash in the pan” has a literal meaning, i.e. it derives from a real flash in a real pan. The pan is that in a musket. A musket has a flint attached to the hammer and a small steel pan attached to the side of the barrel just below it. There is a small hole in the barrel, right by the pan, going directly to the main charge of powder in the gun. When loading, one pours powder down the barrel for the main charge, and then puts a small bit in the pan below the flint. When the trigger is pulled, the flint slams down, ignites the powder in the pan, the fire moves through the hole into the barrel, ignites the main charge and the gun goes off. But sometimes there is a misfire: the flint ignites the powder in the pan, but the gun does not go off. All that happens is that there is a “flash” in the pan.

Cell Phones for Kids

Now that it’s time for your tweenager to head back to school for another year, you may be asked: “Mom, can I have a cell phone?” It’s a question many parents dread. As kids get busier with their after-school activities and social lives, a cell phone is the best way to stay in touch.

Kids may be more savvy than their parents about high-tech gadgets, but parents understand the responsibilities that come with new technology. When it comes to cell phones, you often hear negative stories, like of ridiculously high bills arriving in the mail from kids going crazy texting and calling.

Giving a 10- or 12-year-old a cell phone is a lot like giving a 16-year-old a car. It

represents freedom, but it also means new responsibilities. Enter kajeet:

a pay-as-you go cell phone service created specifically for kids that also helps parents. kajeet makes getting your kid a cell phone much less worrisome.

kajeet was created by three fathers who wanted to develop a cell phone service focused specifically on super-serving kids (and, of course, their parents). kajeet gives kids the freedom they crave while offering parents easy ways to manage phone usage and costs, plus the tools to

teach kids the responsibility that comes with having a cell phone.

“Kids are using more advanced mobile

devices than even their parents,” says Daniel Neal, founder and CEO of kajeet. “They’re adept. They’re swimming in technology and they’re comfortable using it. In building kajeet, we’re helping to build the mobile devices and services I want my own daughter (and her parents) to have.”

Since kajeet has hit the scene, it has been widely acclaimed by sources such as CBS News, Yahoo! Tech and TIME Magazine which are recognizing that a service created just for kids -- and their parents -- is the angle that’s taking tween cell phone usage in a booming new direction.

With kajeet, kids get stylish, full-featured phones they can use as they wish, whether talking, texting or picture messaging. There’s lots of fun kid stuff too: kid-appropriate games, wallpapers and ringtones they can use to express themselves. Meanwhile, parents love that kajeet is a pay-as-you-go cell phone service, which means you don’t



ARA



FOODS LIKE RAISINS AND NUTS THAT ARE GOOD FOR US CAN BE BAD FOR OUR DOGS, K-STATE VETERINARIAN SAYS.

Many conscientious dog owners wouldn't think of giving their canine a tasty but dangerous chocolate bar. But they may not know that giving a dog a handful of fruit or nuts can be just as risky.

Seemingly harmless foods like fruits and nuts that have health benefits for people can be dangerous to dogs, said Ken Harkin, associate professor of clinical sciences at Kansas State University's College of Veterinary Medicine.

Harkin says a few foods to watch out for include:

- Raisins. A healthful snack food for people, they can wreak havoc on dogs. Harkin said raisin toxicity is a relatively rare condition that can result in kidney failure. Symptoms include vomiting and diarrhea before the dog takes a dramatic turn for the worse.
- Macadamia nuts. Harkin warns that the tasty and pricey nuts are toxic to dogs and create hind limb weakness, tremors, depression, vomiting and fever. He said dogs usually recover.

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Potentially Harmful Foods to Dogs

By: Dr. Ken Harkin

- Moldy food. What grosses you out may not even faze your dog. Your pet's indiscriminating tastes can lead to trouble. Harkin said moldy food can produce a tremor syndrome in dogs that can result in seizures.
- Bread dough. Even a food fundamental to many human diets can be dangerous when it's uncooked. Harkin said bread dough isn't good for dogs or children, either. The yeast can ferment in your dog's stomach and produce signs of "ethanol ingestion" -- drunkenness. A ball of dough also can obstruct the dog's gastrointestinal tract.
- Dark chocolate. Even though dark chocolate is being touted as a good source of antioxidants for humans, chocolate still is unsafe for dogs. "The major offenders would be cocoa powder and baker's chocolate, with dark chocolate and semisweet chocolate behind these," Harkin said. "It takes three times as much dark chocolate to equal baker's chocolate."

If you suspect your dog has ingested an excessive amount of one of these foods, Harkin says to call your dog's veterinarian.

He also recommends a good quality commercial dog or cat food as the staple in a pet's diet. Harkin says don't offer too many table scraps or other treats, as pets could develop a picky appetite and not eat their nutritionally balanced diet. He said although it is not common, it has become a problem with some pets. When dotting pet owners wanting to offer something from their plates, Harkin emphasizes moderation.

"The main reason not to feed table scraps is to avoid obesity," he said.

Foods like raisins aren't necessary dangerous in small amounts but can be when given in excess, Harkin said.

"You would never eat 16 cups of raisins in one sitting, so why would you give a 5- or 10-pound dog a half cup of raisins in one sitting?" he said. "A few grapes or raisins never hurt any dog, but it's the massive amount they consume that kills them."

Dogs don't know when enough is enough, Harkin said.

"Dogs get more toxicity issues with raisins, grapes and macadamia nuts because they have that gluttonous instinct to eat everything in sight, and they eat well above the toxic level," Harkin said. "You just don't see many cats, birds or reptiles doing that. **FPT**

Q. What stories do the ship captain's children like to hear?
A. Ferry tales!

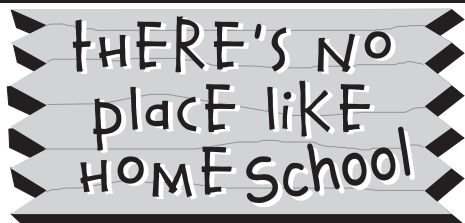
Q. What kind of car does Mickey Mouse's wife drive?
A. A minnie van!

Q: How did the telephones get married?
A. In a double ring ceremony!

SUDOKU Medium

Instructions on page 21

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4			8	2			6
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				6			



Encouragement for Homeschool Families -- Two Fabulous Seminars Coming to the Area

Two exciting national speakers are coming to the Tri-Cities area in October! This is an amazing opportunity. I highly encourage everyone to choose to attend one or both seminars. Invite your homeschooling friends, support groups and anyone interested in educating their children at home. You will not want to miss these phenomenal speakers, so be sure to pre-register (required) for both. Whether you are brand new, feel confident and are charging ahead, have questions, feel a little weary after the first month of school or are just curious, you will leave these seminars equipped and encouraged with new ideas and tools to immediately use at home.

- On October 2, 2007, the Maxwell family (www.titus2.com) of Managers of Their Homes fame, will be giving an "Encouragement for the Homeschool Family" conference. The Maxwell's have written books and spoken for years in the homeschool community and will teach families how to be Managers of Their Homes: A Practical Guide to Daily Scheduling for Christian Homeschool Families filled with practical "how tos" for scheduling your family and making the most of your time (scheduling system included). There will be classes for moms, dads, and children (who can sit quietly) so it will truly be a family evening. Seminar will be held October 2nd, 7:00-9:30 p.m. at Pleasant View United Methodist Church, 18416 Lee Hwy, Abingdon, VA (I-81 exit 13). Your pre-registration is requested. You may e-mail or call Miranda McCraw (blessed7x@comcast.net or 276-628-

6008) or Diane Hawkins (abinghawk@ntelos.net) with how many adults and children (ages, please) will be in attendance. The Maxwell's will have their books, CD's and resources available for purchase. This will be a free seminar, with a love offering taken.

- Two of our family's beloved, favorite speakers will be here a few weeks later! Jan and Gary Bloom (www.booksbloom.com) will inspire your family for a lifetime in their "Seminar and Shopping for Booklovers, Teachers, and Parents" on October 19 and 20, also in Abingdon, at Pleasant View UMC Church, 18416 Lee Hwy in Abingdon, VA (I-81 exit 13).
- Jan is the author of two indispensable homeschool resources that every book lover should have *Who Should We Then Read?* a complete anthology of fabulous living books and *What Should We Then Know?* The Blooms are parents of three adult children who were homeschooled into college. Jan writes for many homeschool magazines and travels with Gary across the US with their incredible library full of living books, speaking at homeschool conventions from coast to coast. As they criss cross the country, they visit all sorts of sales and libraries, carefully combing through piles of books and choosing the best books for sale. They are constantly replenishing the BEST traveling library in America, which will all on sale in October when they come. Over 4000 vintage and out of print books will be available to purchase, in-between their seminars. It is only \$20 per family for early registration, which includes a moneysaving coupon for \$15 off your \$50 purchase. The Blooms are a treat, not to be missed.

You can add to your library with their great tips and selections and learn how to open the fascinating world of living books open to your children.

- We often quote Charlie "Tremendous" Jones who said "You'll be the same 5 years from except for the people that you meet and the books that you read." Be different 5 years from now, meet some new people and read some great books! One of the most important things that homeschool parents can do is take advantage of continuing education offered in their area. Plugging into resources in your local area will help you find opportunities for support, encouragement, practical information, fellowship, and further education.

Our family will be at both seminars and we would love to meet our readers, so say hello! Fliers to download and pass out to your friends, co-ops and more information can be found at my website www.writeinjoy.org Hope to see you there!

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

Last month's HARD answer

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

DOUBLE TAKE

Find at least 21 differences in the two pictures (answers are on the bottom...no peeking!!!)



- DOUBLE TAKE ANSWERS
- Sign
 - Football
 - Ref pants
 - Ref hand
 - Penalty flag
 - Vendor moved
 - Player's sleeve
 - Fan's tongue
 - Sunglasses
 - Shirt stripes
 - Vendor hat
 - Fan eye
 - Helmet stripe
 - Whistle size
 - Fan Hat
 - Cup moved
 - Fan shirt
 - Fan sleeve
 - Ref shirt stripes
 - Ref hat
 - Pennant

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

SUPER SUDOKU

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

Easy Answer From last month

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

Ipod Science

by: Elizabeth Gardner

Students may add iPods to their school supplies list this year to take advantage of educational podcasts available through iTunes.

Matt Carlson, a science teacher in West Lafayette, Ind., produced 30 podcast episodes, digital video files distributed on the Internet that can be played on portable media devices and personal computers. The videos are available free of charge at <http://www.ScienceTheater.net> and on iTunes, and each lasts about five minutes.

Carlson was one of two teachers selected in 2006 for Purdue University's annual Research Experience for Teachers program sponsored by the National Science Foundation. The program allows educators to be involved in research or to access university resources to expand their knowledge and improve educational tools, said Stephen Durbin, a professor of physics and principle investigator for Carlson's Research Experience for Teachers program.

The teachers also are awarded a \$500 grant for equipment and a \$1,050-per-week stipend.



Matt Carlson performs a demonstration during an episode of "Dr. Carlson's Science Theater."

is tapping into this resource and taking a fresh approach to inspire and retain students in the sciences.

Carlson worked with the Department of Physics to create podcast episodes of "Dr. Carlson's Science Theater," a program he began in 2005 that explains various scientific principles and offers entertaining demonstrations.

He used a teacher grant from the Lilly Foundation to create the first episodes, which aired on the Harrison High School student-produced television program. Carlson was limited to short segments and quickly ran out of demonstrations to perform, he said.

Purdue's physics department allowed him full access to its catalog of hundreds of demonstrations and provided the equipment and space to perform

and tape the podcasts.

The quality of the demonstrations is the key to engaging students, and I would not have been able to achieve the necessary quality without assistance from the department," Carlson said. "By creating podcasts of some of the most interesting and dramatic demonstrations, we can reach students at an earlier stage in their education."

Carlson aims to engage students before they reach high school and are able to choose whether or not to take science courses.

Some of the most exciting areas of science are covered later in the education track, after many students have decided to stop pursuing science," he said. "We need to show students how cool science can be before they make that decision."

Podcasts reach students through the Internet, an arena where many spend a large portion of their time. By taking science outside the classroom and putting it into a familiar setting, it becomes more accessible and less intimidating to

students, Carlson said.

The education experience needs to evolve as generations become more technologically savvy, and educators need to keep up with their students in that respect," he said.

While personalities like Bill Nye the Science Guy target grade-school students, Carlson targets students in middle school.

This is the age where most students decide if science is fun or not," he said. "It is a pivotal point. In addition, by targeting this age group I can reach the entire population. It won't be over anyone's head, regardless of if they have a background in science or not."

Carlson also created podcasts with Purdue faculty members to illustrate careers in scientific research.

Students think of professors as giving lectures, but in reality that is only a small part of what they do," he said. "I wanted to show students the research going on and the interesting things professors of science do. There are many opportunities for careers involving science, and I want students to be aware of what is out there."

Carlson completed his Research Experience for Teachers program this summer but continues to make podcasts to enrich education and inspire future scientists. If the opportunity arose, Carlson would not be opposed to creating a television show to reach a larger audience, he said.

The podcasts also are available through Carlson's Science Theater Web site: <http://ScienceTheater.net>

More information about the Research Experience for Teachers program is available online at <http://www.compadre.org/ptec/rets>

FPT

Q. Did you hear about the man who was tap dancing?
A. He broke his ankle when he fell into the sink.

Q. What lies at the bottom of the ocean and twitches?
A. A nervous wreck.

Q. Why do bagpipers walk when they play?
A. They're trying to get away from the noise.

Q: How do you prevent a Summer cold?
A: Catch it in the Winter!

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One-Tank

continued from page 1

on horseback. After the games are through Knights, in full armor, joust with 10-foot lances. Apparently the idea is to knock their opponent off their horse where the fight continues on foot with swords, axes, maces and the like. It is very exciting and the fact that your whole section is cheering for the knight of your color and jeering the opponents just adds to a fun time.

If you can swing the price you will enjoy an unforgettable night. The food was good, the show entertaining and I now have those chainmail boxers I always wanted. **FPT**



Easy Picture Hanging

\$3.00 Contraption Makes It Possible To See Picture Placement Without Hammering Nails

Creating multiple nail holes just to hang a picture may become a thing of the past thanks to a new contraption that allows users to 'nail it' the first time.

"The hardest part about hanging a picture is trying to figure out where to put the nail," says Jeff Lombardo, who invented the WallMarker.

The WallMarker is a piece of chalk shaped like an arrow that has an adhesive side. It's designed to stick on the back of the picture at the center, to allow the picture to be positioned and eyeballed. When the position is right, the picture can be pushed against the wall to create a

chalk mark, which is the spot where the nail goes. And the job's done.



"If you make a mistake the chalk will easily wipe off the wall and save you from putting holes in the wall," says Lombardo. Which is a lot better than a hole.

And because the WallMarker can be used multiple times, the same device can be used again.

Lombardo says he came up with the idea after doing some work for family.

"My grandmother wanted me to hang a bunch of pictures for her in a straight line across the wall and I had to measure all the pictures to get them lined up perfectly," says Lombardo. "I thought to myself that there had to be a better way."

About Wallmarker: The WallMarker is a piece of chalk shaped like an arrow that has an adhesive side designed to make hanging a picture. Pictures can be easily eyeballed and marked without the need for measuring or multiple nail holes. The Wallmarker costs \$2.99 each. **FPT**

PARENTING

Push Reading Beyond The Bedtime Story, Expert Says

By: Tanya Brown

A Purdue University professor is advising parents to rethink the way they read to their children.

Jennifer Dobbs, an assistant professor of developmental studies in Purdue's Department of Child Development and Family Studies, says that when it comes to reading, the technique may be just as important as the time spent together.

"When we think of reading, the traditional bedtime story where the child cuddles up next to the parent and then falls asleep as he is read to usually comes to mind," Dobbs said.

"That's a beautiful picture and it has its place, but from the learning perspective it is kind of like reading as a tranquilizer."

Dobbs recommends that parents practice dialogic reading, a more active form of reading that encourages input from the child. First studied during the 1980s by Grover "Russ" Whitehurst of the State University of New York at Stony Brook, dialogic reading has been shown to

accelerate children's learning of pre-reading skills, better equipping them for success in school.

"Dialogic reading makes story time more of a conversation between parents and children," Dobbs said. "We know that when parents and teachers read this way, kids learn new information more quickly. They also retain the ideas better."

Dobbs suggests that adults engage their children by asking them different types of questions about the book, including those with concrete answers such as, "How many are there?" "What color is this?" and "What is this called?"

Open-ended questions, which allow children to focus on what is most interesting or important to them, also help kids learn vocabulary and become more confident.

"Open-ended questions allow children to decide what they want to talk about," she said. "Children learn better if they are interested in what

about."

Other points to consider involve trying to link books with experiences in children's lives. Books about winter, for example, can inspire a child to talk about his favorite wintertime activities or favorite season.

Reading in this way offers benefits for the adult as well as the child by making the experience of reading a child's favorite book different each time, Dobbs said.

"There's nothing wrong with a bedtime story," Dobbs said. "Kids thrive on routines and rituals, but it would be too bad if the only experience a child had of being read to was when they're expected to drift off to sleep." **FPT**

they are learning

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

SUDO-KID-U 1

4			
	3		
			4
		3	1

SUDO-KID-U 2


	1		4
4			
		3	1

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Get a Head Start on Healthy After-School Living

While what children eat for breakfast, lunch and dinner are extremely important for a child's health, snacking also plays an important role. Developing healthy snacking habits early on may have more of an impact on a child's overall health than most people realize.

After-school snacking can either contribute to a healthy lifestyle or can be an unhealthy culprit in your child's day. It's no surprise that most kids are ravenous after school; they often eat lunch at 11:30 a.m.! And with today's parents staying later at the office or facing longer commutes, many families are not sitting down for dinner until 7:30 p.m. It's all too easy for children to fall into a routine of junk food, and hours in front of the TV after school if

parents or caregivers do not intervene.

A great first step to improve your child's well-being is to plan an after-school routine to help your child stay healthy and active even after the school bell rings.

"With the changing demands and pressures of work and school, it's more important than ever to incorporate simple nutritious solutions into our routines," says Laura Molseed, registered dietitian for Del Monte Foods.

Here are some simple solutions to meet every family's needs!

Stock Your Pantry with Easy

Choices

Tip: Take your kids to the grocery store, and allow them to be directly involved in the selection process.

According to experts, they are more likely to make better choices for it. Encourage kids to choose their favorite seasonal fruits and vegetables as well as a selection of nuts, raisins, low-fat yogurts and whole-wheat crackers, all of

which are low in fat, sodium and sugar.



"While an occasional sweet is a nice treat, having routine sweet afternoon treats, such as cookies and cupcakes, can really add up in terms of extra calories, fat and sugar," says Molseed. "Keeping delicious, fun and healthy options in the kitchen and in your children's lunchboxes will help them feel energized until dinner."

Get Them Involved!

Tip: Teach your kids that healthy can still be fun.

Children love the idea of cooking, and making their own snacks and treats. Young children can help make easy 1-2-3 recipes, and older children can assist with meal planning, even creating their own dinner or lunch options. For example, for a twist on dessert, take Del Monte Fruit Chillers sorbet out of your pantry and turn them into something your entire family will love -- a fun, after-dinner treat! Kids will love making this easy recipe for Iceberg Pie, a creamy, refreshing dessert. Simply mix 1/4 cup of low-fat vanilla yogurt with a 4.5-ounce cup of Fruit Chillers sorbet and pour the mixture into a favorite bowl. Freeze overnight. Del Monte Fruit Chillers sorbet (delmonte.com) is available at Target and Wal-Mart nationwide and is found at room-

Please see "After School Snacks" on page 17

**Johnson City
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Family Day**

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- JC Children's Hospital
- Space Walk
- Tender Care- WCHD
- Hands On! Museum
- CVS




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Autumn Leaves Science

By: Family Pastime Staff

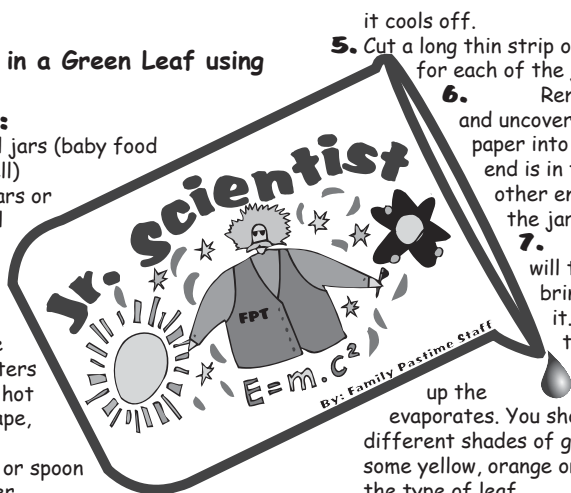
Experiment 1 Separate Colors in a Green Leaf using Chromatography

SUPPLIES:

- Leaves, small jars (baby food jars work well)
- Covers for jars or aluminum foil or plastic wrap
- Rubbing alcohol
- Paper coffee filters
- Shallow pan, hot tap water, tape, pen
- Plastic knife or spoon
- Clock or timer.

HOW TO:

1. Collect 2-3 large leaves from several different trees. Tear or chop the leaves into very small pieces and put them into small jars labeled with the name or location of the tree.
2. Add enough rubbing alcohol to each jar to cover the leaves. Using a plastic knife or spoon, carefully chop and grind the leaves in the alcohol.
3. Cover the jars very loosely with lids, plastic wrap or aluminum foil. Place the jars carefully into a shallow tray containing 1 inch of hot tap water.
4. Keep the jars in the water until the alcohol has become colored (at least 30 minutes). The darker the better. Twirl each jar gently every five minutes. Replace the hot water if



- it cools off.
5. Cut a long thin strip of coffee filter paper for each of the jars and label it.
 6. Remove jars from water and uncover. Place a strip of filter paper into each jar so that one end is in the alcohol and the other end is over the top of the jar, tape it there.
 7. The alcohol will travel up the paper, bringing the colors with it. From 30-90 minutes, the colors will travel different distances up the paper as the alcohol evaporates. You should be able to see different shades of green, and possibly some yellow, orange or red, depending on the type of leaf.

8. Remove the strips of paper, let them dry and then tape them to a piece of plain paper. Save them for the next project.

Experiment 2 Separate Colors in a Fall Leaf using Chromatography

SUPPLIES: same as Experiment 1.

HOW TO:

1. Repeat step (1)-(8) from Project 1, this time using leaves that have changed color. You may have to wait much longer in steps (4) and (7). There is normally much less of the other colors in the leaves compared to the green chlorophyll.

Experiment 3 Observe how light affects color development

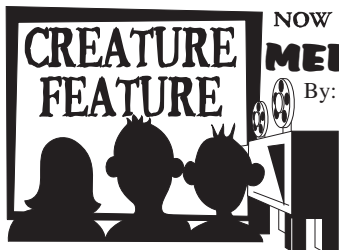
SUPPLIES:

- A tree with leaves which turn red in autumn
- Aluminum foil or heavy paper and masking tape.

HOW TO:

1. Before the leaves turn colors in the fall, find a maple tree, flowering dogwood, sweet gum, or other tree or shrub that you know will turn bright red or purple.
2. Find several leaves that receive bright sunlight, and cover part of them with foil or heavy paper and tape.
3. After the leaves have changed color, remove the covering and observe the different colors underneath. These are the colors that were in the leaf all summer. The bright reds and purples are only made in the fall, with exposure to light. **FPT**

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NOW SHOWING:
MEERKATS
By: Georgia Teich

According to African popular belief the meerkat is known as the "sunangel" as it protects villages from the moon devil.

The meerkat eats insects, lizards, snakes, spiders, plants and eggs. They cannot



be hurt by some venoms, therefore they are able to eat scorpions stinger and all. They weigh about 1.60 pounds and stand 10

to 14 inches tall, their tail gives them balance when they stand upright.

Meerkats are burrowing animals living in large underground networks with multiple entrances. They are the first non-human mammal species seen actively teaching their young. The young learn by observing the adults. They appear to have foot races, wrestling matches and singing ceremonies, which sounds like yodelling. **FPT**

Almond Butter Crunch Candy
SUPPLIES:

- 1 C butter (no substitutions!)
- 1 TBS light corn syrup
- 1 C finely chopped almonds, toasted before chopping
- 1 1/3 C sugar
- 3 TBS water
- 2 (7oz) bars milk chocolate, melted

HOW TO:

1. Melt butter, sugar, corn syrup and water in a heavy 3-quart pan.
2. Cook, stirring occasionally to hard crack stage (300 - 305 degrees) or whatever your candy thermometer is calibrated for. WATCH CLOSELY toward end of cooking time but be sure to cook long enough or toffee will be sticky and not crunchy.
3. Stir in the 1 C coarsely chopped almonds.
4. Spread into a metal 9 x 13 pan. It will set up quickly.
5. After toffee has hardened, wipe off any excess butter on the top with a paper towel. This will help the chocolate adhere better.
6. Break one chocolate bar up and melt in microwave oven.
7. Spread on top of toffee in pan and sprinkle on 1/2 c of the finely chopped almonds.
8. Set aside for chocolate to set up. (This goes more quickly if you put the pan in the fridge).
9. If you want to have chocolate on both sides of your toffee, after chocolate has set up, turn metal pan over onto a larger cookie sheet, slap both fists or hands hard on the pan to plop the toffee out. Then repeat the step above melting another chocolate bar and sprinkling on 1/2 C of the finely chopped almonds. (Note - I only put chocolate on one side of my toffee, so I skip this step with the exception of removing the toffee from the cookie sheet).
10. Place toffee in air tight plastic container for storage.

Kid Friendly Recipes



Mini Corn Dogs

SUPPLIES:

- 1 2/3 C all-purpose flour
- 1/3 C yellow cornmeal
- 1 TBS baking powder
- 1 tsp salt
- 3 TBS cold margarine or butter, cut up
- 1 TBS shortening
- 3/4 C whole milk
- 1 pkg (16OZ) mini hot dogs (48-ish), drained and patted dry

HOW TO:

1. In large bowl, stir together flour, cornmeal, baking powder, and salt.
2. Cut in margarine and shortening until mixture resembles coarse crumbs.
3. Stir in milk until mixture forms soft dough
4. Knead gently 4 to 5 times on lightly floured surface just until smooth
5. Roll dough into 14-inch round (about 1/8 inch thick).
6. Preheat oven to 450.
7. With floured 2 1/4-inch round biscuit cutter, cut out as many rounds as possible. Press trimmings together; wrap with plastic wrap and set aside.
8. Place 1 Hot Dog on each dough round.
9. Bring sides of dough up around Hot Dog
10. Pinch in center to seal.
11. Place Hot Dogs, seam side up, 1 1/2 inches apart, on ungreased cookie sheet.
12. Bake 12 to 15 minutes or until golden.
13. Repeat step 4 with remaining supplies
14. Serve warm with ketchup and mustard.

Cheese Sticks

SUPPLIES:

- 1 C flour
- 1/2 tsp salt
- 1/8 tsp ground cayenne pepper
- 1 1/2 tsp baking powder
- 4 TBS butter or margarine
- 1/2 C shredded Cheddar cheese
- 3 TBS sour cream

HOW TO:

1. Combine dry ingredients.
2. Cut in butter and cheese with pastry blender;
3. stir in sour cream.
4. Shape into a ball and chill 2 hours.
5. On a lightly floured surface, roll out dough 1/8-inch thick.
6. Cut into strips 1/4-inch wide, 3 inches long.
7. Bake at 425° for 8 minutes.

Caterpillar Biscuit Snack
SUPPLIES:

- Refrigerator ("Womp") Biscuits
- Sesame Seeds
- Poppy Seeds
- Grated Cheese
- Pretzel Sticks
- Raisins
- Butter or Margarine (melted)

HOW TO:

1. Prepare small bowls of sesame seeds, poppy seeds and grated cheese.
2. Use two biscuits to form four small dough balls.
3. Dip the dough balls into the melted butter and then roll them in seeds or cheese.
4. Press the balls together on a cookie sheet to form a caterpillar shape.
5. Bake the biscuits according to the directions on the package.
6. When the caterpillar biscuits are done, you can poke 2 pretzel sticks into the head of the biscuit caterpillar for antennae. You can use the raisins for eyes.

Q: What do you do when your chair breaks?
A: Call a Chairman.

Q: What kind of car does Luke Skywalker drive?
A: a Toy-yoda.

Q: How many ears did Davy Crockett have?
A. Three - his left ear, his right ear, and his wild front ear.

After School Snacks continued from page 14

temperature in the canned fruit aisle. One cup of Fruit Chillers sorbet contains 100 percent DV Vitamin C and almost one complete serving of real fruit.

Get Them Moving!

Time spent in front of the TV or computer is often at the expense of physical activity. Kids need to be moving at least 30 to 60 minutes a day, according to experts.

Your child is continuously bombarded with advertisements, often for fast food and other sugary snacks that do not promote healthy habits. According to Kaiser Family Foundation, children ages eight to 12 see an average of 21 television ads each day for candy, snacks, cereal and fast foods. It's no wonder the first snacks they reach for are typically the items they see on TV each day.

Keep your kids active and provide plenty of healthy snacks along the way to avoid this. As kids often do not go directly home after school, packing

healthy, delicious snacks they can easily eat on the go is important.

The colorful new "Bento Box", based on the Japanese version, will hold several nutritious snacks in its various compartments and comes with a nutritious eating guide that allows you to plan fun, healthy snacks with your child!

Tip: Check with your babysitter or daycare center to ensure they are walking, dancing or playing group games.

Consider suggesting the babysitter host an after-school game session, but swap the usual board games with entertaining and interactive games designed to get your kids up and off the couch. One game that combines yoga, aerobics and stretches is the new WiiFit, soon to be launched from Nintendo.

Finally, encouraging your child to eat healthier snacks and do more physical activities after school may prevent your

child from reaching for the sugary or salty snacks, while still leaving them hungry for a delicious family dinner!

FPT

Courtesy of ARAcontent

Q: What do you give a sick pig?

A: Oinkment!

Q: Why do birds fly south in the winter?

A: Because it's too far to walk

Sudoku last month's Really Hard answer

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

Library Card Sign-up Month 2007

September is Library Card Sign-up Month, and the Washington County Libraries want to make sure that your child is among the two-thirds of Americans that carry the smartest card of all – a library card.


Studies show that children who are read to in the home and who use the library perform better in school and are more likely to continue to use the library as a source of lifetime learning.

"A library card has always been the most important school supply of all," says Pat Beard, library system director. "Kids can come to the library to get homework help and check out books, but they can also check out videos, DVDs and use the Internet to make after school life a little more fun. There's a lot happening at

the Jonesborough and Gray Libraries." A recent study by the American Library Association also showed that families use libraries to spend time together. Forty-four percent of survey respondents report taking their children to the library for this reason. Library Card Sign-up Month began in 1987. Activities at the Jonesborough Library during Library Card Sign-up Month will include a drawing for a Bag of Books.

For more information on how you can sign up for your library card, visit the Jonesborough Library at 200 Sabin Drive in Jonesborough, (423) 753-1800 or the Gray Library, 5026 Bobby Hicks Highway

in Gray, (423) 477-1550. Libraries hours are posted on the Watauga Regional Library web site: www.wrlibrary.org under "Libraries of the Watauga Region." **FPT**



From here. For here.

David Gebhardt
FINANCIAL CENTER MANAGER
VICE PRESIDENT, MOUNTCASTLE OFFICE

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Member FDIC



Fun Family Events SEPTEMBER



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. Chicken Boy's Day, Emma M. Nutt Day
- 2. V-J Day, Bison-Ten-Yell Day
- 3. Labor Day, Bathtub Race Day, Waffle Day
- 4. Newspaper Carrier Day,
JCPL, Two's Time* (age 2) 10 am, K-1 Story Stretchers* (K-1st) 4 pm
- 5. Be Late For Something Day
JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11am
- 6. Do It! Day (aka Fight Procrastination)
JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- JCPL, K-1 Story Stretchers* (K-1st) 4 pm
- 7. Google Commemoration Day, National Feel The Love Day,
Hands On, 6:30 pm - FREE Family Movie Night for the first 250 attendees. Animated Rated G.
Sycamore Shoals Celtic Fest.7-9 423-543-5808
- 8. Bald is Beautiful Day, International Literacy Day, Potato Day, Prairie Day
Hands On, Art Studio: Veggies come alive! Use potatoes for stamping to create art Arrgh! Pirate Science in Eastman Discovery Lab with our pirate potato gun fire.
JCPL, Bilingual Storytime Span/Eng 2 pm
Sycamore Shoals Celtic Fest.7-9 423-543-5808
- 9. Grandparent's, Wonderful Weirdoes Day
Johnson City Symphony Orchestra FREE concert 5 p.m. under the trees at the gazebo at V.A. Medical Center, Mountain Home.
Hands On, Art Studio: Veggies come alive! Use potatoes for stamping to create art Arrgh! Pirate Science in the Eastman Discovery Lab with our pirate potato gun fire.
Sycamore Shoals Celtic Fest.7-9 423-543-5808
- 10. Swap Ideas Day, Boss/Employee Exchange Day
JCPL, Family Storytimes 6:30 pm
- 11. Libraries Remember Day, Patriot Day, Remembrance Day, Remember Freedom Day
JCPL, Two's Time* (age 2) 10 am
- JCPL, Preschool Pals* (age 3 - 5) 11 am
- JCPL, Books & Beyond* (2nd - 5th) 4 pm
- 12. Rosh Hashanah, Video Games Day

- JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- 13. International Chocolate Day, Jewish New Year Begins, Ramadan: 9/13-10/11
JCPL, Two's Company (age 2) 10:00 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- JCPL, Books & Beyond* (2nd - 5th) 4 pm
- 14. Doodle Soup Day
- 15. Big Whopper Liar Day, America's Day for Kids, International Sing-Out Day , International Eat An Apple Day, International Coastal Cleanup Day, Responsible Dog Ownership Day, Wife Appreciation Day
Kingsport, Arts4Kids Program, Children learn dance, artist in residence, Rostislov Dzabrev. at the Kingsport Ballet Studio from 1-2:30 PM
Hands On, Art Studio: Wonderful Windows: use oil pastels to create an imaginary landscape outside your window.
JCPL, Family Storytimes 2-4 pm
- 16. Hurricane Katrina National Day of Prayer and Remembrance, Trail of Tears Commemoration Day, Women's Friendship Day
Hands On, Art Studio: Wonderful Windows: use oil pastels to create an imaginary landscape outside your window.
Hands On, Johnson's Journey Closes
- 17. Citizenship Day, Constitution Day, National Women Road Warrior Day, International Day of Prayer & Action for Human Habitat, Pledge Across America Day
JCPL, Family Storytimes 6:30 pm
- 18. Air Force Birthday
JCPL, Mother Goose Time (age 1) 9:30 am
- JCPL, Two's Time* (age 2) 10 am
- JCPL, Preschool Pals* (age 3 - 5) 11 am
- JCPL, K-1 Story Stretchers* (K-1st) 4 pm
- 19. Talk Like A Pirate Day
JCPL, Mother Goose Time (age 1) 9:30 am
- JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- 20. JCPL, Mother Goose Time (age 1) 9:30 am
JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- JCPL, K-1 Story Stretchers* (K-1st) 4 pm

- 21. International Day of Peace, Yom Kippur, National POW/MIA Recognition Day
- 22. Dear Diary Day, Elephant Appreciation Day, Fish Amnesty Day, Hobbit Day, National White Chocolate Day, R.E.A.D. in America Day, Yom Kippur
Sycamore Shoals Pennywhistle Workshop Begin to Intermediate register: 423-543-5808
Johnson City Family Skate Center Kid Day 10-3
Tipton-Haynes, Sorghum Making 5-9p.m. Enjoy dinner cooked over an open fire while listening to good country music. Admission fee charged.
Hands On, Get ready for the Clean Water Maze! we prepare our new feature Clean Water Maze.
- 23. Autumn Begins, Good Neighbor Day
Emory & Henry College, VA 11th Annual Sports Day for Girls elementary-middle school sessions in basketball, soccer, tennis, softball and volleyball (276) 944-6233
Hands On, Get ready for the Clean Water Maze! we prepare our new feature Clean Water Maze.
- 24. Family Day or Family Table Day, Innergize Day, Punctuation Day
JCPL, Family Storytimes 6:30 pm
- 25. National One-Hit Wonder Day
JCPL, Mother Goose Time (age 1) 9:30 am
- JCPL, Two's Time* (age 2) 10 am
- JCPL, Preschool Pals* (age 3 - 5) 11 am
- 26. National Women's Health & Fitness Day
JCPL, Mother Goose Time (age 1) 9:30 am
- JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- 27. Ancestor Appreciation, World Tourism Day
JCPL, Mother Goose Time (age 1) 9:30 am
- JCPL, Two's Company (age 2) 10 am
- JCPL, Preschool Storytimes (age 3 - 5) 11 am
- JCPL, Explorers* (K - 5th) "Leap of Life" Puppet Show 4:00
- 28. Fish Tank Floorshow Night, Love Note Day
- 29. National Attend Grandchild's Birthday Day,
- 30. Gold Star Mother's Day
Hands On, 1pm-4pm - FREE Day! FREE admission to Hands On!

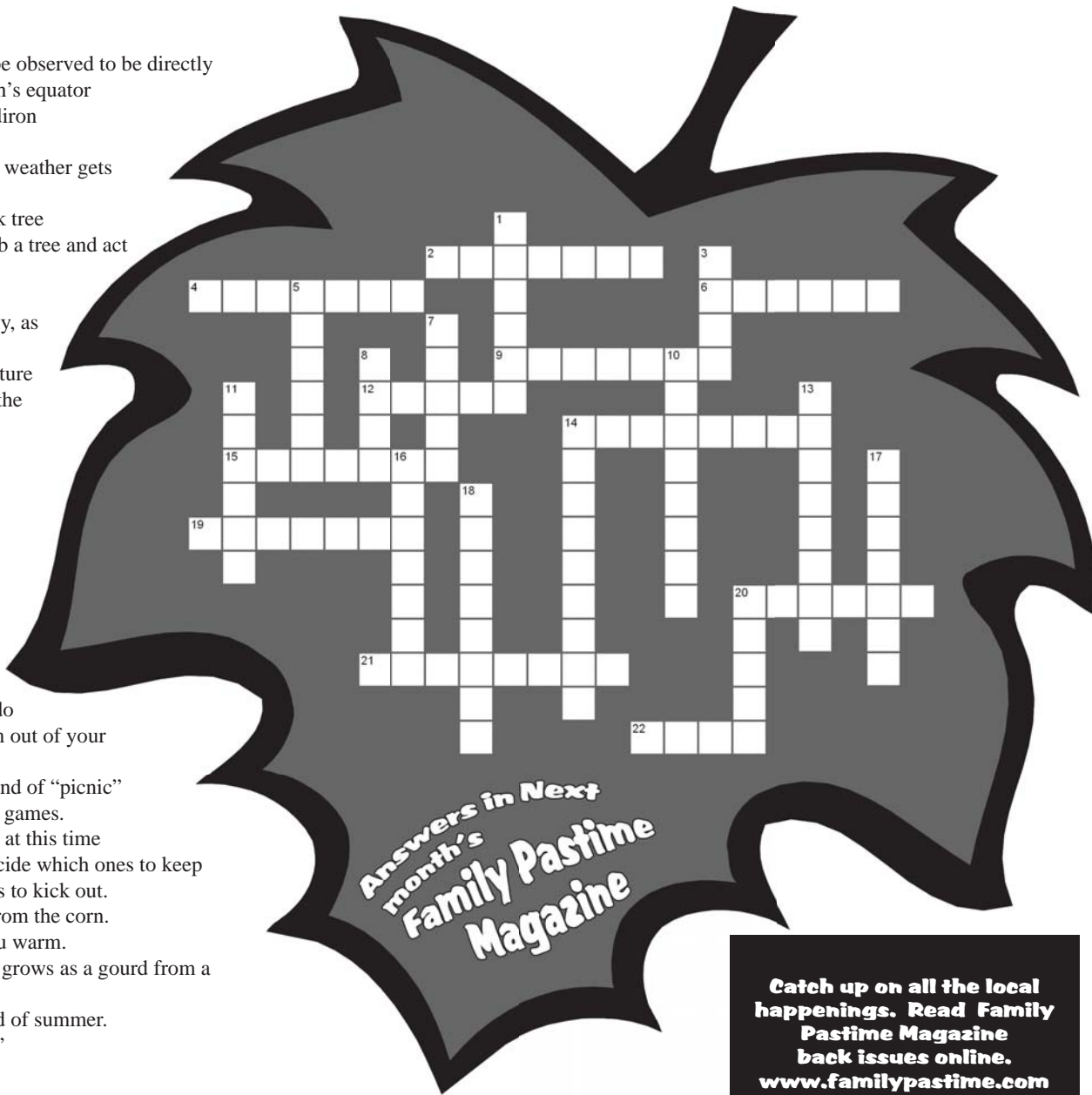
! = Crypto clue: P! *Please Register 434-4458

Across

- 2. When the Sun can be observed to be directly above the Earth's equator
- 4. Toss this on the gridiron
- 6. Bob for these.
- 9. Birds do this, as the weather gets cooler
- 12. The fruit of the oak tree
- 14. To catch one, climb a tree and act like a nut.
- 15. Bring in the crops
- 19. Leaves, collectively, as produced or arranged by nature
- 20. We re-set them in the fall
- 21. Hike the ball here
- 22. Number of downs

Down

- 1. Also called fall
- 3. Trees are this when they lose their leaves.
- 5. Football???
- 7. Jack's last name
- 8. After they fall you do this to get them out of your yard
- 10. People hold this kind of "picnic" before football games.
- 11. Always starts back at this time
- 13. This is how we decide which ones to keep and which ones to kick out.
- 14. Keeps the crows from the corn.
- 16. Wear it to keep you warm.
- 17. A squash fruit that grows as a gourd from a trailing vine.
- 18. Considered the end of summer.
- 20. Apple "squeezin's"



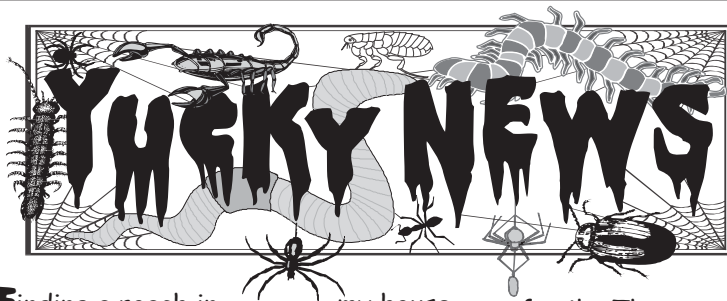
Catch up on all the local happenings. Read Family Pastime Magazine back issues online. www.familypastime.com



Family Crypto-Time Last month's answer

"Anyone who trades liberty for security
 UTKHTA XDH LCUYAI SRFACKL PHC IAGOC
 deserves neither liberty nor security
 YAIACQAI TARLDAC SRFACKL THE IAGOC"

~Benjamin Franklin



Finding a roach in my house is simply and purely Yucky! I have horrid dreams of these critters attacking me in my sleep. However, things have changed. Now I turn on the Television to see folks eating them, petting them and having a wonderful time playing games with roaches... Yuck!

In 2006 Six Flags offered any patron free rides and admission to folks who were willing to eat roaches. This is just too much for me to imagine. Now kids all over the Tri-cities are looking for money to go to the pet store to buy roaches as pets. Watch out dogs and cats, there is a new pet in town.

The Madagascar hissing cockroach,



world map, in the Indian Ocean just east of Africa and you will find this island. These critters like to live in rotting logs and other decaying places. Roaches from Madagascar do not fly, unlike some of their other close relatives; they prefer to keep their feet on the ground. They are excellent climbers and can easily scale smooth glass. Males can be readily distinguished from females by their thicker, hairier antennae and the pronounced "horns". Great, now I shall have dreams of charging roaches goring me in my sleep (just kidding!).

The "hisser" gets its name because when they feel threatened they make a distinctive hissing sound. Some folks get a kick out of hearing these insects get upset.

Speaking of Cockroaches...

By: I.M. Yucky

referred to as the Hissing roach or Hisser, is one of the largest of the cockroach family. They grow up to 4-5 inches at maturity. They originated on the island of Madagascar. Look on your

These roaches like to live in family units, the parents and offspring will commonly remain in close physical contact for long periods of time. If you choose one of these pets get ready for the long haul. These "guys" can live up to five years in captivity.

Professionals say that these pets are low maintenance, just throw in some vegetable material and off they go. You never have to bath them or check them for fleas. In fact the vet bill is almost nothing! I don't even think that you would know if they were sick!

If you choose to make a habitat for the Madagascar Hissing cockroach in your room, be sure to have a good wire cover or they will escape. If you wish to see a Madagascar hissing cockroach you can see one in the Eastman Discovery Lab Exhibit at the Hands on museum in Johnson City or you can buy your own at Critters & Creepers pet shop in Jonesborough. Have fun. Love and "Hisses" to all! **FPT**

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Kid Cell Phone

continued from page 7

have to worry about long-term contracts, wasted minutes or hefty activation and termination fees.

How will your kid be able to use the phone? Who can call and text your child (and vice versa)? What features can and can't be used?



Photolibrary

The kajeet

Configurator is a suite of easy-to-use online tools that let you work with your kids to tailor the kajeet service for your family's unique needs.

- Worried that your kid might spend too much money on texts to friends?

WalletManager lets you set up distinct account "wallets" for kids and parents that allow you to determine together who

pays for what. The parent wallet can pay for family calls while your kid's wallet can fund calls and texts with friends.

Money in the parent wallet ensures that your kids can always get through to you, even if they've used up all the money in their wallet.

- Worried about phone usage during school or late at night?

TimeManager lets you set up when calls and text messages

can and can't go through to the phone. With just a few clicks on the easy-to-use kajeet Web site, you can manage phone usage during math class or after lights-out.

Kajeet offers you a safe and affordable cell phone for your kids to use as they navigate their ever-busier lives. Kids get the fun and freedom of cool technology and you get peace of mind. What could be better than that?

For more information about kajeet, visit www.kajeet.com. kajeet is also available in Best Buy and Limited Too stores. **FPT**

Courtesy of ARAccontent

Back Pain & Sciatica

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

To receive the guide free, call **1-888-851-5755** (Toll-free 24 Hour message) or go to: www.avoidlowbacksurgery.com.



Family Crypto-Time

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

PWS ZMASDP ZJ STODCPGZQ GN PZ VLSVCLS

PWS EZQOI PZ STODCPS PWSBNSYKSN

PWLZOIWZOP PWSGL YGKSN. ~Robert Maynard Hutchins

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

SUDOKU EASY

Instructions Below

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

SUDOKU HARD

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

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

Sudoku Medium answer from last month

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

Fall Leaf Project With Children

SUPPLIES:

- Leaves
- Wax paper
- Paper towel
- Iron
- Newspaper
- Thin paper
- Cardboard
- Crayons
- Heavy book

HOW TO:

1. Help your child collect a variety of leaves.
2. Dry the wet leaves with a paper towel.
3. To press the leaves, place them between two sheets of newspaper. Be sure that the leaves don't touch each other.

4. Place the newspaper between two pieces of cardboard. Set a heavy book on the cardboard and let it sit for three weeks.
5. To preserve the leaves quickly, place them between two sheets of wax paper with the waxy sides of the sheets touching the leaves.
6. Cover the wax paper with a sheet of newspaper and press it with a medium-hot iron for about thirty seconds. Then separate the waxed leaves from the paper.
7. To make leaf rubbings, place fresh leaves under a sheet of thin paper and rub the paper with the side of a crayon.

Q: What do you get if Batman and Robin get smashed by a steam roller?
A: Flatman and ribbon.

Q: When is a car not a car?
A: When it turns into a garage.

Q: How much do pirates pay for their earrings?
A: a Buccaneer!

Q: Why did the scientist install a knocker on his door?
A: He wanted to win the No-bell prize.

SUDO-KID-U answers from last month

01

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

02

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



HEALTH MATTERS

By: Patsy Meridith

Is the heat causing your energy level to stall? Does your metabolism need a boost? Yerba Mate, a tea popular in South America, can energize mental alertness without any jittery side-effects like nervousness or sleeplessness.

An effective thermogenic aid to weight loss, it can perk-up your metabolism and help control appetite. It also reduces anxiety and fatigue with its tonic-like effect on the nerves. One of nature's best sources of antioxidants (more than green tea), Yerba Mate supports cardiovascular health and helps strengthen a weakened immune system. Many of our customers also tell us about it improving their digestion and regularity. Caution should be used if you're on blood pressure meds, but otherwise it can be enjoyed hot or cold for its many health benefits. Yerba Mate is available in loose tea and tea bags plain or flavored with vanilla, chai or hibiscus lime. As always, we guarantee your satisfaction.



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

SUPER SUDOKU

answer
from
last
month

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

New Software Helps Your Mind Stay Fit



We all know that we're supposed to exercise our

bodies regularly to keep them in healthy condition, but did you know there is a fun way to exercise your brain, slowing the process of aging and improving your mind's cognitive health?

You may have heard that doing Sudoku crossword puzzles or playing chess will help your mind stay sharp. Now, for the first time, a double-blind clinical trial has shown that computer-based training improves the cognitive functions of the 50-plus crowd. MindFit cognitive skill assessment and training software, created by CogniFit, was found to improve skills used in driving and other daily activities that help individuals maintain independence as they age.

The clinical trial, conducted at the Sourasky Medical Center of Tel-Aviv University in Israel, had participants

use MindFit or sophisticated computer games for 30 minutes, three times a week for three months. The results: MindFit users in the study who had lower baseline cognitive performance gained more than those with normal cognition, showing the potential therapeutic benefit of home-based computer training software in those already suffering the effects of aging or more serious diseases.

As you can see, keeping your brain active is important in preventing memory loss. Here are some other ways to exercise your mind:

- * Change routines. Doing things outside your professional area can be extremely beneficial. If you are an accountant, for example, try cooking, gardening or painting in your free time. Anything that is completely different from what you normally do eight hours a day, seven days a week, will help.
- * Exercise. If jogging isn't your thing, try walking, biking or swimming. Activity stimulates neurons in the brain and improves mood and sleep.
- * Keep yourself busy. Spend quiet time reading, learning something new or doing crosswords. For noisier activity, play bridge, talk to others about your day or play a musical instrument.
- * Try cognitive software. MindFit software is designed to work just like a regular gym. With half an hour

of "brain training" three times a week, short-term memory, spatial relations and attention focus can be improved. Designed with CogniFit's patented Individualized Training

System technology, MindFit adjusts to each user's individual needs.

MindFit was recognized with a 2007 American Society on Aging Business and Aging Award. To order MindFit online, go to www.e-mindfitness.com. Save \$15 when you enter promo code **MF PROMO15. FPT**

Q: Why did the atoms cross the road?
A: It was time to split!

Recipe HELP!!!

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

chef or know one, we would love to have ideas from you as well. We will be happy to credit the restaurant. Send submissions to:

recipes@familypastime.com
 or **RECIPES Family Pastime Magazine**
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