

SEPTEMBER
2008

FREE



THE magazine for the **WHOLE** family

Volume 4 Issue 2



IN THIS ISSUE:

- 4. Talk Like A Pirate
- 8. Parenting
- 10. FREE 411
- 13. The Town That Wouldn't Drown
- 14. NPS Website For Children
- 15. Win \$25,000 Scholarship
- 21. 5-Second Rule
- 23. Dragon Boat Festival

REGULAR FEATURES:

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

SCIENCE HILL		
DATE	OPPONENT	W/L
Aug 22	Sullivan South	
Aug 29	@ Elizabethton	
Sept. 5	Open	
Sept. 12	Morristown West	
Sept. 19	@ Sevier County	
Sept. 26	@Tennessee High	
Oct. 3	Bearden (Home Coming)	
Oct. 10	@ Jefferson County	
Oct. 17	Campbell County	
Oct. 24	@ Knox Karns	
Nov. 31	Dobyns Bennett	

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

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



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

423.676.4323
www.renderforge.com

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



PRENATAL IMAGING CENTER

\$20 OFF

4D Ultrasound
 or
 Double Prints
 And Second CD
 of Ultrasound



Ultimate Bonding Experience With Your Unborn Baby

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

MESSAGE

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

To. **Business Owners**

WHILE YOU WERE OUT
Customers were looking for you

From. **Family Pastime Magazine**

TELEPHONE. **423-676-4323**

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

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

Operator. *Chris Joker* URGENT

SEPTEMBER WEEKLY OBSERVANCES

- | | |
|--|---|
| <ul style="list-style-type: none"> • Childhood Injury Prevention Week: 1-7 • National Payroll Week: 1-5 • National Waffle Week: 1-5 • Self-University Week: 1-7 • Assisted Living Week: 7-13 • National Historically Black Colleges & Universities Week: 7-13 • Suicide Prevention Week: 7-13 • Line Dance Week: 8-13 • Invisible Chronic Illness Awareness: 8-14 • Balance Awareness Week: 14-20 • Substitute Teacher Appreciation Week: 14-20 • Constitution Week: 17-23 • International Women's E-commerce Days: 18-21 | <ul style="list-style-type: none"> • Build A Better Image Week: 21-27 • Christian Leadership Week: 21-27 • Deaf Awareness Week: 21-27 • Adult Immunization Awareness Week: 21-27 • National Clean Hands Week: 21-27 • National Farm & Ranch Safety and Health Week: 21-27 • Keep Kids Creative Week: 21-27 • Love Your Files Week: 21-27 • Rehabilitation Awareness Celebration: 21-27 • National Singles Week: 21-27 • Tolkien Week: 21-27 • Banned Books Week - Celebrating the Freedom to Read: 27-10/4 • Chimney Safety Week: 28-10/4 • Register to Vote Week: 28-10/4 • World Dairy Week: 30-10/4 |
|--|---|

SEPTEMBER MONTHLY OBSERVANCES

- | | |
|---|--|
| <ul style="list-style-type: none"> • ADHD Month • Baby Safety Month • Backpack Safety America Month • Be Kind To Editors & Writers Month • College Savings Month • Go Wild During California Wild Rice Month • Great American Low-Cholesterol, Low-fat Pizza Bake Month • Gynecology Cancer Awareness Month • International People Skills Month • Self-Awareness Month • Strategic Thinking Month • Library Card Sign-up Month • Leukemia and Lymphoma Awareness Month • Metaphysical Awareness Month • Menopause Awareness Month • Million Minute Family Challenge • Mold Awareness Month • National Chicken Month • Childhood Injury Prevention Month • National Coupon Month | <ul style="list-style-type: none"> • National Honey Month • National Mushroom Month • National Organic Harvest Month • Osteopathic Medicine Month • National Sickle Cell Month • Pediculosis Prevention Month • National Piano Month • National Potato Month • National Preparedness Month • National Rice Month • Skin Care Awareness Month • One-on-One Month • Pediatric Cancer Awareness Month • Reunion Planning Month • Sea Cadet Month • Self Improvement Month • Healthy Aging Month • Shameless Promotion Month • Sports and Home Eye Health & Safety Month • Subliminal Communications Month • Update Your Resume Month • World Animal Remembrance Month • National Hispanic Heritage Month |
|---|--|



Editor: Chris Joker
 Publisher: Family Media Group LLC
 Graphic Design and Magazine layout:
 RenderForge (www.renderforge.com)
Advertising Sales:
 Chris Joker 423.676.4323

How to contact us:

Phone: 423.676.4323
 Fax: 866.824.0825
 E-mail: editor@familypastime.com
To submit items for consideration please e-mail to editor@familypastime.com
 Or mail them to:

Family Pastime Magazine

P.O. Box 3161
 Johnson City, TN 37602

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

Basic Subscription Rate:

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

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

? If you took away an elephants trunk how would it smell?
 A: Trunk or no trunk it would still smell pretty bad!

? What time is it when ten elephants are chasing you?
 A: Ten after one!

? How do you stop a charging elephant?
 A: Take away its credit cards.

? How do you get down off an elephant?
 A: You don't, you get down off of a goose.



Should You Prepay Mortgage Or Invest?

If you're fortunate enough to have some disposable income lying around, you might want to use it to advance your long-term financial goals. If so, you can choose among many different options. Here's one such decision: Should you make extra principal-only mortgage payments, or should you invest the money?

There may not be a clear-cut answer to this question, because each choice — to prepay or invest — has some merits. So before making any decisions, you'll need to familiarize yourself with both options.

To begin with, you might try to calculate whether prepaying or investing gives you the greatest financial return. To come out ahead by investing, you'd need to find an investment vehicle that paid more than your fixed mortgage rate. For example, if you pay off a fixed-rate mortgage of 5 percent, you are in effect "earning" a 5 percent return, so if you found an investment that paid 6 percent or 7 percent annually, you could say that you'd be

better off making the investment rather than prepaying your mortgage.

At first glance, you might think your choice is clear. After all, you reason, it shouldn't be too hard to find an investment that pays 6 percent or 7 percent. Over the past 80 years, large-company stocks have returned on average more than 10 percent annually, according to Ibbotson Associates, a leading investment research firm.

And yet, despite these figures, you can't necessarily conclude that investing always beats prepaying. For one thing, as you've no doubt heard, "past performance does not guarantee future results." And those impressive long-term stock market returns are just averages; though the market has trended upward over the long term, it can also go through extended periods of low returns, or even sizable losses. But when you pay down your mortgage balance each year, you're earning a regular, low-risk "return" in the form of interest savings. So you need to ask yourself if you can accept taking on greater investment risk in exchange for a potentially higher return.

Furthermore, you might find it psychologically beneficial to pay off your mortgage as soon as possible. And the less you owe on your house, the greater your profit when you sell it.

But other factors may weigh against prepayment. You generally get a tax deduction on your mortgage interest, and this deduction, especially in the early years of your mortgage, can be considerable. Even more importantly, though, is the need to diversify. If you have all your money tied up in your house, and the housing market slumps, as it has recently, your net worth might suffer more than if you had spread your money around a variety of assets, including stocks, bonds and government securities. (Keep in mind, though, that diversification by itself cannot guarantee a profit or protect against loss.)

Clearly, you'll need to weigh all these factors before deciding whether to prepay your mortgage or invest. Fortunately, it's not always an "either-or" question. One month you could pay more on your mortgage while the next month you could invest any money you have available. It's your choice — so make the most of it. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Again with The Talking Like A Pirate

All around the world and even hundreds of miles above it, people are celebrating International Talk Like a Pirate Day every September 19. International Talk Like a Pirate Day is the only holiday on the calendar that encourages people to babble like buccaneers for the sheer, anarchic fun of it. It's been celebrated by millions of people on all seven continents — yes, even at the South Pole — and in 2007 its popularity rose to new heights when astronauts on the International Space Station talked like pirates!



Ol' Chumbucket and Cap'n Slappy

The holiday was the brainchild (if that's the right word) of John Baur and Mark Summers, two friends from Albany, Ore., who were playing racquetball when, for reasons that aren't clear to either of them now, they started insulting each other in pirate jargon. They decided to start Talk Like a Pirate Day, and picked September 19th because it is Summers' ex-wife's

birthday. The date was stuck in his head and he wasn't doing anything with it anymore, so it would be easy to remember, Summers said. From such unlikely seeds was born an international sensation.

The two friends — who now go by the pirate personas of Ol' Chumbucket and Cap'n Slappy — have swashed their buckles from the Gulf of Mexico to the Puget Sound, from Los Angeles to Chicago. They've performed at a glamorous Las Vegas resort, at libraries, bookstores, schools and at several seedy bars. They've even become "virtual pirates" — their avatars have been included in the online role-playing game "Pirates of the Burning Sea."

Their new book, "The Pirates Life: Unleashing our Inner Buccaneer," will be released August 26 from Kensington Books. It's a hilarious sequel to their first hit, "Pirattitude! So You Wanna Be a Pirate? Here's How!" now in its sixth printing at New American

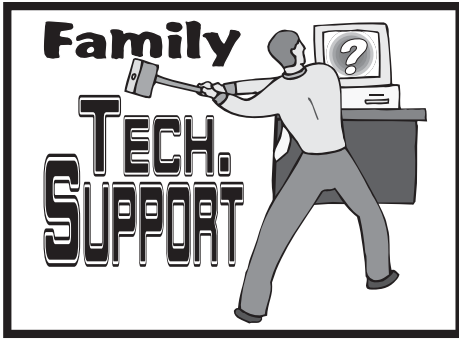
Library. Their Web site — www.talklikeapirate.com — draws millions of hits yearly, and their online videos have been seen by hundreds of thousands. Summers, Baur, and Baur's wife, Tori (known to pirates as Mad Sally)

were featured on ABC's "Wife Swap," and the duo have done hundreds of radio, television and newspaper interviews around the world. For Talk Like a Pirate Day 2008, the Pirate Guys will appear in Philadelphia. **FPT**

4			
			3
	1	2	

SUDO-KID-U 1 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.



SPYWARE!

By: Chris Joker

What is Spyware? In a nutshell, Spyware is software that hides, without your permission, somewhere on your computer collecting information about you and what you do on the Internet. Spyware invades your privacy and without your knowledge or consent passes on your personal details to someone you don't even know. If you use a credit or debit card online to shop, it is possible for some spyware to record your credit card details.

Spyware takes three basic forms

- Surveillance Software such as key loggers, screen capture devices and Trojans to spy on your online activity. Surveillance spyware can scan files on your hard drive; listen in on other applications like chat programs, read cookies and much more.
- Adware. Adware itself is not necessarily "Spyware" but quite often adware has a second function, which is spyware. In the first place it downloads and displays ads on your computer. In the second it monitors your web surfing habits and relays that information to someone who uses it to target you for certain purchases. It may also 'hijack' links in web pages. So, instead of taking you to the website you are trying to get to they take you to a different site. The site it takes you to is often owned by someone who paid the adware programmers to take you there.
- Malware, which is short for malicious software and is often designed to cause damage to your computer just like a virus does.
- Another word often used to describe Spyware is "potentially unwanted programs" (PUP) --sounds kind of cute, doesn't it?

How do you get Spyware?

Spyware is frequently downloaded onto your PC when you download free software or if you participate in Peer-to-peer sharing. When you see an End User License Agreement (EULA) for any software you download from the Internet read it carefully. Often times there are clues in it that will alert you to its potential as Spyware. If it

indicates that it will identify and collect certain user information to be sent to the company's website, and you are not comfortable with that, click cancel and do not install the software. I know it is a pain and incredibly boring but you may be glad you did. One way to help is to copy and paste the text from the EULA into a word processing document then do a find on the document for "www" or "information" then read carefully what these words refer to in the document. I have also discovered a free program to help you analyze an agreement. It is called EULALyzer, which you can find at javacoolsoftware.com/eulalyzer.html. I installed it and tried it on a downloaded application. It gives you an overview of the likelihood that a program



is spyware and flags any "interesting" phrases, which you can then read to see what you think. Being the geek that

I am after installing EULALyzer, I used it to analyze its own EULA. It came back as not being spyware.

Another reason to be concerned about Spyware is it can seriously use up resources on your computer, which may cause it to run incredibly slow or even crash.

What if you already have Spyware on your computer?

First of all, if your computer is connected to the Internet there is no "what if", you have it. Don't panic there are

ways of removing it. There are lots of free (for personal use) spyware detectors out there. The thing with spyware detectors, unlike anti-virus software, is you should be able to run more than one. I recommend you do. The different detectors use different databases and algorithms so one might find some spyware that another does not.

Be careful which detectors you choose. Sometimes you will be minding your own business searching the internet and a pop-up will appear telling you you may be infected with spyware but, if you download Bubba's spyware detector we will remove it for you. Guess what, a lot of times that detector is actually spyware or "rogue software" as it is sometimes known. A couple of free anti-spyware programs I have used and can recommend are:

- Adaware (www.lavasoft.com) Under products click on Adaware 2008 free.
- Spybot Search & Destroy (www.safer-networking.org) Click on USA English.
- Windows Defender (www.microsoft.com/downloads) then type Windows

Defender in the search field.

Be sure you get the exact product listed. Some unscrupulous companies have products that are named something similar.

Many anti-virus programs now come as a suite with anti-spyware, anti-Spam and anti-phishing all built in.

Another way of being warned that malware has infected your machine is by using a software firewall (this also works well for viruses too). Should malware get past your defenses and infect your computer, a software firewall will notify you if it tries to "dial home" (unfortunately, this will probably not work for malware that integrates itself into Internet Explorer). When a software firewall catches a program trying to make a connection, it will alert you, give you the name of the program, and ask if you want to block it from the Internet. If this happens pay attention to the program that is trying to access the Internet and if it seems suspicious block its access. Two good free firewalls are:

- Zone Alarm (www.zonealarm.com) on drop-down menu of products choose ZoneAlarm Free Firewall.
- Comodo (www.personalfirewall.comodo.com) click on Download Comodo Firewall Pro FREE

A final idea would be to not use Internet Explorer (IE). Many hackers target IE and its vulnerabilities. Alternative browsers include:

- Mozilla Suite — Full-featured suite with browser, e-mail client, IRC client, and HTML editor.
- Firefox — lightweight browser that utilizes Mozilla's top-notch rendering engine.
- Opera — Lightweight suite with many features.

Whatever you do you should be pre-active in your attempt to protect yourself against Spyware. It's much easier to prevent it than remove it. **FPT**

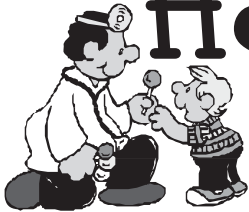
Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

? What do call a bear with no ears?
A: B!

Last month's HARD answer

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

Home Cure



Home Remedy COLIC

take about 1 tsp of the water in the baby's bottle of formula and it will help relive gas.

Heat olive oil up and rub it on the baby's belly in a circular motion.

Try Chamomile tea. No more than 2 oz. with a little sugar.

with a little sugar.

Boil one cup of water then pour over a teaspoon of anise, fennel, or cumin seeds. Let sit no longer than 15 minutes, then after cooled enough for your infant, let him or her drink.

Make peppermint tea, with real peppermint. Boil the tea leaves and strain and then add water to the bottle, let cool and give to baby.

A warm bath helps

Plenty of vitamin B6. Good sources are creamed brown rice or brewer's yeast in applesauce.

Avoid sugar. Nursing mothers should also avoid sugar.

Give the baby 1 or 2 tsp of chamomile tea in their bottle during each feeding

Try running a vacuum cleaner

Try massage. There are several colic release techniques that you can learn on the Internet or through books that you buy at a local bookstore.

One often-overlooked home remedy is burping. You should try burping your child before, after, and even during feedings to reduce the amount of air that is going into the stomach and intestines of your baby.

Another great home remedy is a warm water bottle or other warming device that won't get too hot for your baby. Sometimes, warm water will help relax the intestines calming cramping and allowing gas to pass if needed.

A warm bath usually works

A pacifier may help

Sometimes a ride in a car seat or stroller will help **FPT**



Colic is the name given to long, unexplained bouts of crying in an infant -- usually beginning between the second and third weeks of life and disappearing by about the 12th. About 20 percent of babies are colicky.

If your doctor has seen your baby and there isn't any other major ailment causing the discomfort your doctor has probably explained that there isn't much he or she can do for your baby, it's just something that needs to be dealt with and eventually your baby will grow out of it. There are some things that may help sooth your baby. Keep in mind that just because one of these ideas works one time does not mean it will work the next time.

Remember, before you use any type of herb or medication you should consult with your baby's physician.

Take the first layer of an onion after the flaky layer, cut it put in a pan of water (about 3 cups of water) and boil it. After it comes to a boil

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

Do Fish Sleep? By: Tom F. Ihde

Most all fish spend time in an energy-saving state that can be called "rest", and we might even call their behavior "sleep", though it is probably different than "sleep" in most land animals. Many fish, like Bass and perch, rest on or under logs at night. Coral reef fish active in the day, hide and rest in crevices and cracks in the reef to avoid being eaten at night. The resting behavior of fish is very different from their behavior the rest of the



day. Many minnows, for example, which are very active in schools during the day, scatter and remain motionless in shallow water at night. Many fish "rest" or "sleep" during the day and are active at night instead, but almost all fish sleep. There are some animals that never stop swimming, like many species of shark, however, they **HAVE** to keep moving to push water through their mouths in order to breathe, and they may still sleep while moving, we just don't know yet. **FPT**

Easy Answer From last month

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

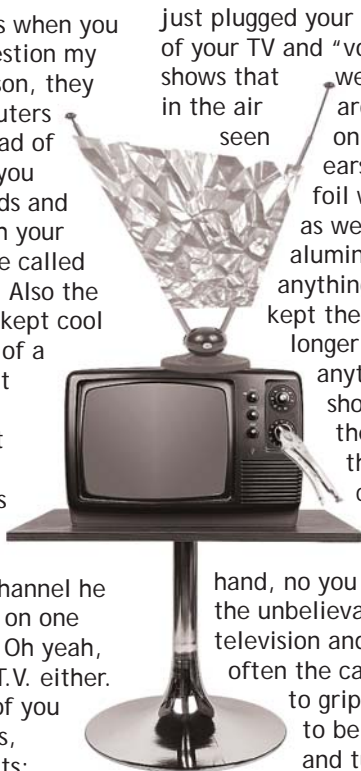
Courtesy of NEWTON BBS Ask a Scientist.

FATHER KNOWS BEST

By Chris Joker

It Is Amazing We Are Alive Today

"Dad did they have computers when you were young?" That was the question my 9-year-old son asked me. Yes, son, they did. Of course back then computers took up a whole room and instead of using a keyboard to enter data you had what they called punch cards and you couldn't sit down and punch your own cards no, they had someone called a keypunch operator to do that. Also the computers back then had to be kept cool with an air conditioner the size of a bus. That got me thinking about other things we did not have as a child. Do you remember what a Television remote control was back when we were kids? It was you. Or the youngest kid in the room at the time. When my dad wanted to change the channel he would say "Chris, go see what's on one of the other 2 channels we get. Oh yeah, there was no cable or satellite T.V. either. We had rabbit ears. For those of you not familiar with T.V. rabbit ears, they aren't real ears from rabbits; they are two poles that stick up out of a base. They resemble rabbit ears. They were the kind of antenna that we used to have sitting on top of the TV. An antenna is what we used to use instead of cable or satellite, which gave you the opportunity



just plugged your antenna into the back of your TV and "voila", somehow these shows that in the air were dancing invisibly around you could now be on your T.V. Our rabbit ears always had aluminum foil wrapped around them as well. I don't think the aluminum foil really did anything except it might have kept the rabbit ears fresher longer it certainly didn't do anything to keep the T.V. shows fresher because then, as now most of them stunk. When you changed the channel you didn't push a button on a small box in your hand, no you had to get up walk the unbelievable 5 feet over to the television and turn a knob or as was often the case at my house you had to grip where the knob USED to be with a pair of pliers and turn that.

When I stop and think about it, its actually amazing that anyone of my generation is alive today. Do you know what the child safety seat was back then? My Mom's right arm. Whenever she had to stop fast she would reach out

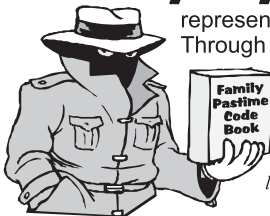
her right arm to hold me back, yes, I was sitting in the front passenger seat. There was no law about that either; you could have a kid sit anywhere back then. Until I was 12 or 13 I pretty much had the indentation of my Mom's watch in my forehead and until this day if someone lifts their watch towards my face to show me the time I flinch. I remember if I got tired on long trips I would lay on that little shelf area between the top of the back seat and the back window. Today, I can't even imagine driving down my driveway without my children in the proper child safety seat. There were no such things as bicycle or skateboard helmets. No Child guard medicine containers, no electrical outlet covers and no child cabinet locks. I heard on the news last night there was another recall for a child's toy that contains lead paint. Back in the day all paint contained lead. There was lead in our gas heck some of our toys were *MADE OUT OF LEAD*. We, and I know this will be hard to believe, actually drank water straight out of the tap. Probably in a jelly jar glass that was painted with lead paint. Yes when you think about it it is amazing we are alive today. **FPT**

? What animal has more lives than the cat?
A: frog, he croaks every night.

Last month's Medium answer

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

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.

“ QGMGDL YA Q APVULC AEJYLW OSPJP
PRPJF HPQI YA Q IHUOPJ ”

~ Albert Camus

look on page 18 for a clue. Look for the answer next month.



Say WHAT???

By: Family Pastime Staff

Get the short end (of the stick) is to feel that you are being treated particularly badly in comparison with other people. When the mayor cut our budget almost in half, I felt like we were getting the short end of the stick. I always feel like I'm getting the short end, that I'm being cheated out of something.

"Getting The Short End Of The Stick"

ORIGIN:

Some believe it comes from "Worse end of the staff", used since the early 1500s, which in the mid-1800s became, in some instances, short end of the stick. One origin suggests that candles were expensive to make, so often reeds were dipped in tallow and burned instead. When visitors came, it was the custom for guests to make their exit by the time the lights went out. Therefore, if your host didn't want you to stay very long, he would give you a "short stick."

Another possible origin is: In the days of outhouses, often there were outhouses with multiple "holes" so that more than one person could relieve him(her)self at a time. Before the

time of toilet paper, Sears catalogs and corn cobs, a stick shaped like a shoe horn was used for "hygienic cleaning." It was rather a short spatula device with a longer handle. Well, if one person was done, he could request that the person using the adjoining hole pass the stick. Of course the person with the stick would pass it holding onto the other person by holding the long end of the stick. The recipient would therefore receive it holding the "short end of the stick." Another suggestion is that the phrase refers to an old fashioned method for carrying heavy objects. (This can be visualized using a bale of hay) a long stick is inserted through ropes or cords wrapped around the object and two (or more) people carry the object together. If the load is off-center a disproportionate burden is placed on the person(s) on the "short end of the stick".

FPT

PARENTING

Verbal Aggression May Affect Children's Behavior

By: Amy Patterson Neubert,

WEST LAFAYETTE, Ind. - The methods mothers use to control their children during playtime and other daily activities could have a negative impact on their child's self-esteem and behavior, according to a new Purdue University study.

"It's hard to tell parents how to interact with their children based on one study, but what we see here is that parents who have a propensity for being verbally aggressive have a tendency to try to direct and control their children during a play period," said Steven R. Wilson, a professor of communication who specializes in family issues. "As a result, these children were less cooperative, and not only are parents setting up situations that are challenging for them to handle, but they also are subtly undermining their child's self-esteem."

Wilson and Felicia Roberts, an associate professor

of communication, are lead authors of a study that appears in the July issue of Human Communication Research journal. The researchers videotaped 40 mothers as they played with one of their children; ages 3-8, during a 10-minute, unstructured play period. The mothers also completed a series of questionnaires to assess their general tendency to be verbally aggressive toward others. For example, someone who is verbally aggressive is likely to insult others as a way to motivate them to comply or behave.

The researchers found that mothers who were high in the general tendency to be verbally aggressive often tried to take control of the play period. For example, the four mothers with the highest verbal aggression scores on average were attempting to direct their child's actions once every 12 seconds, while the four mothers with the lowest verbal aggression scores tried to do so only about half as often. In addition to verbally aggressive mothers telling a child to play with a different toy or to stop playing, they also used negative body language, such as restraining a child by the wrist or shoulder, to reinforce their commands.

"Of course all parents direct their children, and people in general are always directing others to close a door or hand them something," said Roberts, who has a background in linguistics and is a conversational analyst. "It's something we do all the time. But there is a qualitative difference in the kinds of directing going on by these verbally aggressive mothers. By looking at how and when directives occurred, not just how often, we found that moms who scored highest on verbal aggression

used directives to control the child and, ultimately, the way the game or activity was played. The aggressive action is not overt, as in a parent hitting or yelling, but these small negative maneuvers can say so much to a child."

Parents interested in learning more about how to improve communication with their children should contact a pediatrician or seek out community family and social service programs, Wilson said.

"We all say things to our children that we regret saying, but saying a lot of things that attack a child's self-confidence is not healthy," Wilson said. "These parents were in an unstructured, low-stress environment, and if we saw this behavior in such a brief setting, how could such negative interactions, even so subtle, affect a child over the long-term? For example, if the parents always have to control what activity they and their children are going to play - as well as for how long and how they are going to play it - you wonder if this communicates to the child that what they want to do doesn't matter."

The researchers will be looking at how praise plays a role in these types of parent-child interactions.

Wilson and Roberts are supported by Purdue's Department of Communication, which is housed in the College of Liberal Arts. The Center for the Study of Family Violence and Sexual Assault at Northern Illinois University provided funding for the study.

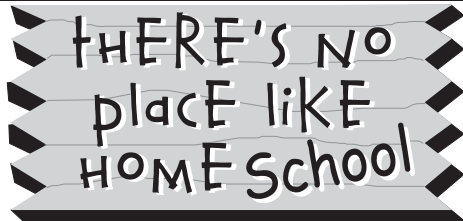
The study's other authors are Julie E. Delaney, who will be an assistant professor of communication at the University of Wisconsin-Milwaukee this fall, and Jessica J. Rack, a Purdue graduate student. **FPT**

We jump through hoops so you don't have to.

Bank of Tennessee
Don't Worry, Bank Happy.

Call (866) 378.9500
for more information

Member FDIC



Organization For Homeschool Families

We all crave better organizational skills, and this is magnified when we begin homeschooling. Suddenly, running a private school is added to running a home, cooking, cleaning, extracurricular activities and everything else you do.

We are going to have a smattering of fabulous tips for getting your home, kitchen, school, grades, activities and life in better order. No, you won't be organized in a day, but you will be challenged and equipped, whether you are a beginner or super organized!

Start with an honest evaluation.

The first thing to consider, is your household managed well? What is working? What is not working? Yes, you will have to be still and really think about how your life and home are doing. First you may look around and see clutter and mess, and wonder how this will work out. But if you really step back, you can begin to realize what is working vs. what is not working.

Next evaluate time. Are you using time wisely? Are your kids using time wisely? Do you have time leaks in your day? Do you waste time? Do your kids waste time? One of the largest areas we do this is the computer (as I type in full conviction of the amount of time I spend too!)

Then evaluate activities, which can be a huge area where families struggle. Do you need to be doing everything

you are doing? We say "Yes" to things that sound good at the moment, but often managing all of those activities is a huge strain. Winnowing out the best activities can be difficult, but it is worthwhile. We have had times where we do everything, and times where we let each child choose one thing.

Considering our lives, and really taking the time to think them through leads to making choices. Whether for a season, or permanently, these changes can give us more breathing room in our busy days as homeschooling parents.

So know that you have evaluated your household, time and activities, how about some resources to help you out!

Organization Tips


- Keep the main rooms clean in the house. The living room, dining room, kitchen and entry, try to keep them walk in ready.
- Put all books and projects away as you go through each subject during the day.
- Clutter must go! We waste the most time pulling clutter from one room to the next. Refine it, and get rid of it.
- It is a process to declutter, go thru rooms one at a time
- Each night, before bed, de-clutter "5 min. room rescue" having the kids put everything away that they can.
- Find a system that works for you and DO IT! Working a little each day brings great results.
- Never forget, establishing routines are the secret to staying organized!

Resources:

- ♦ Try www.Flylady.net for some great organizing tips.
- ♦ For help with meal planning try www.SavingDinner.com
- ♦ To save time, money and effort while going green, www.ThePrudentWife.com with tons of recipes, ideas on making your own cleansers and videos that show you how to make restaurant meals at home (this is my site!)
- ♦ Managers of Their Homes system at www.Titus2.com
- ♦ Free calendar at www.Cozi.com
- ♦ The Old Schoolhouse Magazine's Schoolhouse Planner at www.theoldschoolhousestore.com

Whether you are a whiz and have a well-organized homeschool, or just want to a few tips, you can work progressively toward organization this school year. Persevere! Keep going and try new things until you find a system that works for you! **FPT**

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



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

Sunday Night Wit and Wisdom

THE HOT CHOCOLATE STORY:

A group of graduates, well established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired.

During their visit, the conversation turned to complaints about stress in their work and lives.

Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups--porcelain, glass, crystal, some plain looking, some expensive, some exquisite -- telling them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said: 'Notice that all the nice looking expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

The cup that you're drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was hot chocolate,

not the cup but you consciously went for the best cups...and then you began eyeing each other's cups.

Now consider this: Life is the hot chocolate, your job, money and position in society are the cups. They are just tools to hold and contain life. The cup you have does not define, nor change the quality of life you have. Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate we have. The happiest people don't have the best of everything. They just make the best of everything that they have

FPT



September Gardening Tips:

Bulbs:

- ♦ Plant new tulips, daffodils and lilies. (cooler climates should cover them with mulch.)
- ♦ Dig up over-crowded lily-of-the-valley bulbs that are growing poorly. Separate each plant and replant individually.
- ♦ Plant new Grape Hyacinth bulbs. If you plan on forcing some of these indoors place them in the refrigerator now.
- ♦ Water Fall Crocuses regularly. If a storm comes up cover them to protect them from strong winds and rain.
- ♦ Divide your Bearded Iris rhizomes now. Remove all the dead leaves and cut back to about 3 or 4 inches from the ground.

FLOWERS:

- ♦ Marigolds, petunias and snapdragons will continue to bloom with regular food and watering. Sprinkle the seeds from the dried pods for earlier blooms next year.
- ♦ Continue to weed flowerbeds and don't forget to remove faded blooms as they appear.
- ♦ Pinch out the center leaf buds of Camellias to force them to branch out.
- ♦ Stake those Chrysanthemums that have

- heavy flowers to prevent them from breaking in the wind and rain. Pick faded blooms.
- ♦ Sow Bachelor's Buttons, Forget-me-nots and sweet - alyssum now for earlier blooms next year.
- ♦ Feed your houseplants less frequently as the days get shorter.
- ♦ Continue to pick fresh flowers for indoors. This will also encourage more blooms on most perennials.
- ♦ Remove any flowers from winter flowering Pansies, as they appear to encourage bigger blooms later.
- ♦ Dig up your Begonias now and bring them indoors as a houseplant. They will bloom all winter so you can use the cuttings outdoors next spring.
- ♦ Continue to enjoy roses... fertilize them now for a longer blooming period. Prune and untie Rambler Roses from supports.

VEGETABLES:

- ♦ Asparagus and Rhubarb can be planted from root divisions now.
- ♦ Harvest parsnip, kale and Brussels sprouts, as buttons become firm.
- ♦ Take a 3-inch piece of copper wire and poke it right through the main stem of your tomato plants to save them from blight.

GENERAL YARD & GARDEN CARE:

- ♦ Shred leaves as they fall and add to compost bin.

- ♦ Continue to destroy weeds before they go to seed.
- ♦ Destroy all disease infected refuse from the garden.
- ♦ Add compost to beds for spring and winter planting.
- ♦ Prune vines and shrubs so that the air can flow through them freely in winter.
- ♦ Keep new plantings well watered. Water your lawns, trees, shrubs and according to the weather.
- ♦ Cover open compost heaps with plastic when there are signs of heavy rains.
- ♦ Set out a dish of beer for your slugs now. Remove dead slugs daily.

FRUIT & BERRIES:

- ♦ If your Raspberries are not "overbearing"; cut them back to the ground. Overbearing Raspberries should only be cut on the parts that produced berries.
- ♦ Gather fallen walnuts. Remove the husks and dry thoroughly in a well ventilated area.
- ♦ Pick your pears and apples when they are easily removed.
- ♦ Mulch raspberries with plenty of grass or leaves.

LAWNS:

- ♦ You can aerate your lawn in late September or October. A garden fork works well for this. Rake compost and sand into your lawn.
- ♦ Feed lawns a last time with slow-acting fertilizer; if not already done.
- ♦ Plant groundcover in September. Flat or gently sloped areas are best. **FPT**

Reprinted with permission of Gardener's Paradise www.gardeningtips.org

SUDOKU EASY

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.

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

Free 411 Services for Cell Phones and Home

Remember when if you wanted to get a phone number you simply dialed 411 and a friendly operator would ask "What city please?" Then you would ask for the number and you would get it.... for free. Not anymore Regular 411 will cost you to use so enter FREE 411. It is a toll-free (1-800-FREE-411 or 1-800-373-3411). It is automated and not always the most responsive, sometimes it does not understand what you are asking for. It gives you a choice of Business, Government or Residential. It will also text you with the phone number so you don't have to write it down. Another feature is if you want directions it uses Map Quest and will also text these directions to your phone. The service is free however you will have to listen to several commercials and the airtime will cost you at your normal cell phone rate.

Three other free 411 options, which I have not tried

are: Google's GOOG-411 (800/466-4411) and Microsoft's, Live Search 411 (800/225-5411; that's 800/CALL 411), and Jingle Networks free business and residential listings via 1-800-FREE-411 (800/373-3411).

SUDO-KID-U 01 answers from last month

? What did one flea say to the other flea?
A: Shall we walk or take the dog?

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



Safe Sleep Environment

- Infants should be placed on their backs to sleep.
- Cribs should conform to current safety standards.
- Do not allow your baby to sleep on a soft surface such as a sofa or waterbed.
 - Stuffed animals, blankets and pillows and even bumper pads in baby's crib are suffocation and SIDS hazards.

- If bumper pads are used, they should be removed when the infant begins to stand.
- Never leave the crib sides down when the infant is in the crib.

Cardiopulmonary Resuscitation (CPR)

- Parents and caregivers should receive training in child CPR and know how to access their local emergency medical services.

Baby Safety Month

BY: Joanna Swinehart,

September is Baby Safety Month. While it may be hard for us to imagine that the precious bundle that gets so much attention from its parents is at risk for injury, unfortunately there are many injuries that are common to infants and crawlers. In the January 2007 volume of *Pediatrics* the American Academy of Pediatrics (AAP) Committee on Injury, Violence and Poison Prevention made the following safety recommendations that parents and caregivers of infants and toddlers should be aware of:

Vehicle Safety

- Most importantly, infants should be rear facing infant seat in backseat – NEVER in the front seat if there is a passenger-side air bag.
- Tennessee state law indicates that a child may ride front facing at one year of age or if more than 20 pounds. Since rear facing is the safest way for babies to travel, the AAP now recommends that children remain rear-facing as long as the weight and height requirements of the car seat will allow.
- Infants should never be left unattended in an automobile. The temperature inside of cars increases dramatically and becomes too hot for children.
- For their own safety and as models for their children, parents should use seat belts.

Burn Prevention

- Install smoke alarms on each floor of your home. So that you remember when you checked them last, make it a habit to check the batteries of your smoke alarm when you set your clocks for daylight savings time.
- Babies' sensitive skin is easily scalded during bath time. To avoid this, set your hot water temperature should be set at a maximum of 120 degrees F.
- Do not carry infant and hot liquids at the same time.
- Do not heat your babies' milk or formula in

the microwave. Microwave heating can be uneven, causing pockets of liquid hot enough to scald an infant's mouth.

- Use outlet covers to protect little fingers from active electrical outlets. Be sure that the covers you use will not pose a choking hazard

Fall Prevention

- Since babies just a few months old can roll themselves over, they should never be left alone on beds, changing tables or sofas.
- Do not place beds, chairs or changing tables near windows, especially if you leave your windows open. Screens to not protect a child from falling.
- Install or use stairway guards/gates are to prevent falls down stairs.

Choking Prevention

- If the item fits down a cardboard toilet paper tube, then a baby can swallow it. Keep all small items in areas to which your baby doesn't have access.
- Round or cylindrical and compressible objects (Nerf balls, stress balls) and foods (grapes, hot dogs) can pose life-threatening risks of airway obstruction.
- Balloons and plastic bags pose a risk for young children. Children can easily pop latex balloons and put the remnant of the balloon or a plastic bag in their mouth or over their face which causes an airway obstruction.
- Avoid clothes and toys with long strings and cords
- Cut looped blind and drapery cords.

Drowning Prevention

- Parents should never leave infants or young children in the bathtub or around other bodies of water without constant adult supervision.
- Remember that infant bath seats or supporting rings are a tool to make bath time easier for babies and their parents and are not a substitute for adult supervision.

Preventing injuries is no accident. Injuries are a serious threat to the health and well-being of the children in our region. The strongest medicine for protecting infants, and all children, from injury is supervision. Another prevention method is parental education, which often does not take place until after an injury has occurred. To reduce the number of injuries seen in our region, The Children's Hospital at Johnson City Medical Center (JCMC) is committed to finding a way to reach more parents before injuries occur.

Join The Children's Hospital at JCMC as it welcomes national and local experts on childhood injury prevention at the 2008 Regional Children's Health Summit on Friday, October 3. For those parents and caregivers who may not be sure if their child's car seat is correctly installed, come to the car seat checkpoint following the Summit. Visit www.msha.com/chsummit for more information.

FPT

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





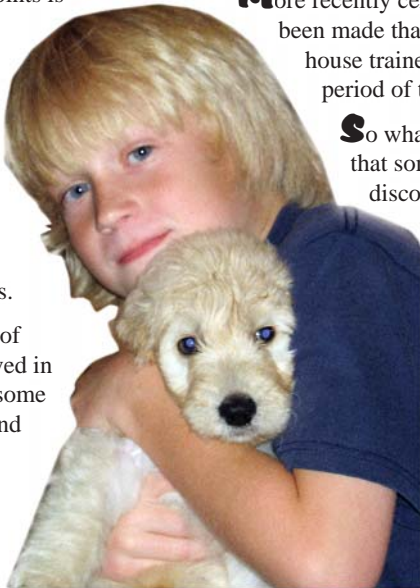
The Secret To House Training Your Puppy In Around 7 Days

By Taron Fox

There are good and bad points to owning a puppy and one of the bad points is having to clear up the little accidents that happen while your house training your puppy. So it makes sense to use a system that will make house training a quick and easy process. There are methods that could see your puppy house trained in around seven days.

There are many variations of systems and methods involved in house training a puppy but some involve considerable time and inconvenience.

Crate training is one of the most popular methods and is a good example of how a system can be taught



correctly or incorrectly. Crate training by itself will house train your puppy, although some of the books and courses available on house training a puppy make it a very time consuming process.

More recently certain discoveries have been made that will enable a puppy to be house trained in a miraculously short period of time.

So what are the magic ingredients that some dog trainers have discovered, well its not just a matter of crate training or any other sort of training, but it is the basic system combined with a little dog psychology and understanding of instinctive puppy behavior.

There are triggers and times hard wired into your puppy's instinctive behavior that will help

in house training your puppy in the most

efficient manner.

For example in crate training, a puppy will not soil his eating and sleeping area provided it isn't too large.

Another example is a puppy has triggers that will activate his toilet response i.e. the smell of food, through this sort of attention to detail its possible to train your puppy to toilet when and where you wish him to at times he feels he has to.

From this sort of detailed knowledge it is possible to create schedules that target exactly when and where your puppy will need to toilet.

There are other factors but using a sound method of toilet training such as create training combining it with a proven system and written schedules all add up to a very exact way of house training your puppy in a very short amount of time

So what would you prefer months of little accidents dotted around your home or a happy toilet trained puppy in around seven days. **FPT**

Article courtesy of http://EzineArticles.com/?expert=Taron_Fox

www.giftswithaheart.org

Gifts with a Heart
Gifts For All Occasions

(423)257-3780 or 477-3158

**BLUE MOUNTAIN
I.T. SOLUTIONS**

Proudly Supporting Tri Cities' Small Businesses

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

Friendly - Experienced Technicians

www.bmits.com
support@bmits.com

? What did the clean dog say to the insect?
A: Long time no flea!

? How do you find where a flea has bitten you?
A: Start from scratch!

Senior Citizens Services
"ALL your needs Taken Care Of"

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

LICENSED and BONDED P.S.S.A.

423-323-7208

Rocky Top Builders & Excavating

35 years experience

Licensed & Insured Free Estimates

- Home Improvement
- Home Repair
- Ad-Ons
- Sunrooms
- Dump Truck Services
- Excavating
- Concrete
- Sidewalk/Driveway
- Landscaping

Kevin Brobeck (423) 470-1617
rockytopexcavating@yahoo.com

Guaranteed Prompt & Professional Service

The Town That Would Not Drown

Last month I decided to take the family to Old Butler days. We had a great time and I would recommend it for your family next year. The festival included a car show, contests, children's festivities, crafts, food, music and a parade. One of the most interesting things was the Butler Museum. You don't have to wait for the festival to visit the museum. Below is information about the museum reprinted by permission from tnhistoryforkids.org a great online source for information about Tennessee history.



Tennessee town tells you a lot about life in small town Tennessee in a bygone era. It also reminds us of the price paid for the luxuries we enjoy today.

Butler Museum

Across Tennessee there are towns that no longer exist, buried under man-made lakes that were created in the name of progress, flood control and cheap electricity. There are also communities moved to make way for lakes.

One of those is Butler, a small community located in upper east Tennessee that was moved to higher ground to make way for Watauga Lake. Today there is a small museum in Butler that contains artifacts and pictures from the way Butler used to look. This snapshot of a small

Butler, Tennessee, was originally located where the Roan Creek and Watauga River meet in Johnson County. It was, in the early 1900s, a typical east Tennessee farming and lumber community with about 600 residents. Among other things the town had a post office, schools, grocery stores, a furniture store, a drug store, a doctor's office, three gas stations, and hundreds of houses.

But the city also had a flooding problem, as did many towns located along rivers in Tennessee in the days before the Tennessee

Valley Authority. According to one Butler history, the town experienced floods in 1867, 1886, 1901, 1902, 1916, 1924, and 1940. That's a lot of floods!

In the 1930s and 1940s, a series of man-made lakes were created along the Tennessee River by a program known as the Tennessee Valley Authority (TVA) to reduce flooding, help commercial boats navigate the river, and produce fertilizer. Eventually the TVA worked its way to Johnson County, in upper east Tennessee. In 1942 it began construction of Watauga Dam. Building it took longer than expected because of World War II.

In December 1948 the dam was completed and its floodgates closed (Floodgates are adjustable gates to control water flow in reservoir, river, stream or levee systems). Water began to slowly rise until it had covered all of Butler. By this time, of course, the town's citizens had moved to higher ground and taken everything of value with them. In the process, Butler developed a new nickname: "The town that would not drown."

The Butler Museum can be reached at 423-768-2911. It is only open on Saturdays and Sundays and by appointment. **FPT**

Courtesy of: www.tnhistoryforkids.org

DOUBLE TAKE

Find at least 22 differences in the two pictures (answers are on the bottom...no peeking!!!)



Clock, Books, Cabinet handles, Flowers, Fish, Dress, Smile, Helmet Strap, Chair, Banana, Arm, Lamp Laces, TV knobs, Sun, Curtain, Curtain rod, Portrait, Soda can, Calendar, Shelf, Rug Fringe, Fingers



Clothes Dryer Efficiency Tips By: Michael Bloch

Here are some tips for reducing environmental impact of clothes dryer use - and the impact on your wallet.

Lint is evil

If there was a Letterman style top ten for clothes dryer tips, this would surely be no.1. Clean the lint filter. Regularly. A clogged up lint filter can extend the drying time (and therefore boost energy use) by a massive 30 percent! Additionally, a build up of lint is a safety issue. According to the U.S. Consumer Product Safety Commission, over 15,000 fires occur in clothes dryers each year and lint is believed to be one of the major causes.

Proper loading

Ensure your dryer isn't overloaded. Air needs to circulate easily between the clothes in



order for drying to be most effective.

Venting

Open a window when using the dryer. A closed up laundry gets very humid and that humid air just gets sucked into the dryer decreasing its effectiveness. If your dryer has an exhaust leading to the outside ensure that it's cleaned regularly.

Separate loads

Heavier items should be dried separately to light weight clothes.

Cool it

Many modern clothes dryers have a cool-down cycle which allows the clothes to complete drying with the remaining heat in the dryer. If you live in a dry climate, a cool cycle can be extended.

Spin it

A load of clothes contains around half a gallon of water - that's a lot of moisture to

remove. Over and above that, the clothes dryer is just working too hard, so ensure you use the fastest spin cycle possible in your washing machine.

Timing

If your dryer is used a great deal, try and coordinate the timing so that loads quickly follow each other - this is a bit like warm starting a car and takes advantage of left over heat in the dryer.

Energy star ratings

In the USA, clothes dryers are not energy star rated due to all models use similar amounts of energy. However, the U.S Department of Energy recommends that if you are looking to purchase a new dryer, buy one with a moisture sensor. It will automatically stop when your clothes are dry. This saves energy and also helps save your clothes as it prevents over-drying.

All of the above tips help save time and energy in drying clothes; they'll also help with extending the life of your dryer - that's not only better for the environment, but will save you money too! For tips on using a clothes line visit greenlivingtips.com. **FPT**

National Park Service Unveils New Website For Children



WASHINGTON, DC - The Kids Zone, a new addition to the National Park Service's website, <http://www.nps.gov>, contains more than 50 interactive activities designed to connect children with the people, places, and events commemorated in the country's 391 National Park Service sites.

Children visiting the website can learn about Mitsy, a nine-year-old Border Collie who performs an important job at the Statue of Liberty or little Lula McLean's rag doll which is a witness to history at Appomattox Courthouse or how Thomas Edison changed their lives.

"The Kids Zone, launched on the 92nd anniversary of the National Park Service, introduces the next generation of park stewards to the fascinating stories told in national parks," said National Park Service Director Mary A. Bomar. "The website will enable young people to actively explore parks without

leaving home but, hopefully, will also inspire them to visit these special places in person."

The website includes information on the 325 in-park Junior Ranger programs where young visitors complete booklets on park resources and earn certificates, patches, or badges. In 2007, more than 440,000 children participated in Junior Ranger programs nationwide.

Other features on the website include stories by children who live in national parks, biographies of dogs who work in national parks, and an expanded WebRangers page. Children can continue to earn a WebRanger patch after completing exercises that include decoding a secret message from George Washington, helping endangered turtles get to the sea, setting up a ranger station, tracking animals, and learning how to survive in the desert.

The Kids Zone "hot button" on <http://www.nps.gov>, the National Park Service homepage, will provide a direct link to the expanded children's website. **FPT**

Courtesy of: www.greenlivingtips.com

SUDO-KID-U 2

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.

2	1		
			4
	2		



THE magazine for the WHOLE family

Chris Joker

Editor

Vx: 423.676.4323 • Fx 866.824.0825

www.familypastime.com

www.familypastime.com

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

ALWAYS WEAR SAFETY GOGGLES (For instructions on how to make your own goggles go to familypastime.com and click on the "How To" link), **READ ALL INSTRUCTIONS COMPLETELY BEFORE STARTING. OBSERVE ALL SAFETY PRECAUTIONS & ALWAYS HAVE ADULT SUPERVISION!**

By: Family Pastime Staff



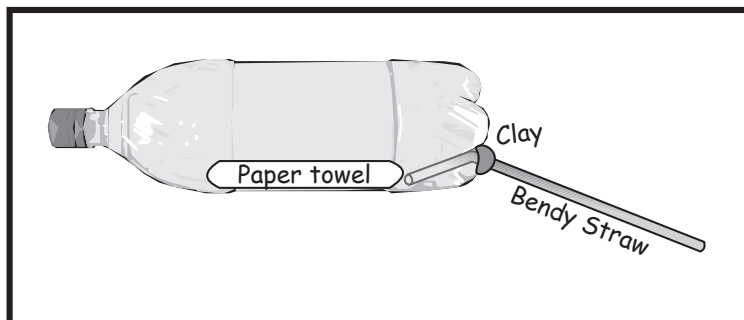
Soda Bottle Speed Boat

it flows almost like water when it overflows the container. It is a gas that you exhale (though in small amounts), because it is a product of the reactions that keep your body going.

What's left is a dilute solution of sodium acetate in water.

Boat Version 1 SUPPLIES:

- 2-liter soda bottle



- Straw (I like a bendy straw)
- Clay
- Paper towel
- 1/2 Tablespoon baking soda
- 1/4-cup vinegar

HOW TO:

- 1.** Cut a small hole in the bottom of your soda bottle, and poke the straw half way through.
- 2.** Plug the gap around the straw with clay so that no air can escape out of the bottom of the bottle except through the straw.
- 3.** Place the baking soda in the center of

your paper towel, fold it lengthwise and twist the ends closed. This is to protect the baking soda from the vinegar for a few seconds.

- 4.** Pour the vinegar into the bottle, add the paper towel with the baking soda and place the cap on quickly.
- 5.** Put the bottle into water (pool or bathtub) with the straw submerged under the water surface like a motor.
- 6.** As the baking soda and vinegar begin to react, the "boat" will be powered forward!

Boat Version 2 SUPPLIES:

- Plastic soda bottle
- Thumbtack
- Toilet paper
- Baking soda
- Vinegar
- Marbles

HOW TO:

- 7.** Using the thumbtack, make a hole in the cap of the soda bottle.
- 8.** Take three or four sheets of toilet paper and put some baking soda on them.
- 9.** Spread the baking soda out evenly and roll up the toilet paper. This slows down the reaction between the baking soda and the vinegar.
- 10.** Put the rolled up toilet paper into the soda bottle.
- 11.** Also add some marbles so that the opening of the bottle is weighted down and the hole that you poked is in the water.
- 12.** Fill the bottle a quarter of the way with vinegar and quickly put the cap on the bottle.
- 13.** Place this in a tub or pool of water and watch it go!
- 14.** You can also do it without making a hole - just loosen the cap. **FPT**

Any experiment with baking soda and vinegar is always popular and, believe it or not, is deceptively simple: what seems to be one reaction is actually two, happening in quick succession. This reaction is an example of a multi-step reaction (a reaction with many steps, each following each other, so that the reaction looks like it only has a single).

What actually happens is this: the acetic acid (that's what makes vinegar sour) reacts with sodium bicarbonate (a compound that's in baking soda) to form carbonic acid. It's really a double replacement reaction. Carbonic acid is unstable (a material that does not stay in its form for long: it breaks down into component parts), and it immediately falls apart into carbon dioxide and water (it's a decomposition reaction---a reaction in which a substance splits into its components). The bubbles you see from the reaction come from the carbon dioxide escaping the solution that is left. Carbon dioxide is heavier than air, so,

One Creative Kid Chef Could Win A \$25,000 Scholarship Fund

(NAPS) **A** recent survey conducted by Kelton Research on behalf of The J.M. Smucker Company found a variety of ways adults prefer to eat their sandwiches made with peanut butter-69 percent of consumers prefer to use creamy peanut butter while 36 percent like their sandwiches toasted. However, for the past six years, thousands of kid chefs from across the country have been able to think outside the "lunch box" and create butterfly pancakes, lettuce wraps and even a "Monstwich" using Jif® peanut butter and their own imagination to earn scholarship funds.

From through November 14, 2008, the makers of Jif peanut butter are accepting entries for the 7th Annual Jif Most Creative Peanut Butter Sandwich Contest™. The grand-prize winner will receive a \$25,000 scholarship fund and four runners-up will be awarded a \$2,500 scholarship fund. The contest is open to children ages 6 to 12.

Last year's most creative peanut butter sandwich was influenced by a child's love of Chinese food. Eleven-year-old Samuel Sosa of Riverside, California, hit a

home run with his "Crunchy Chinese Fortune Cookie Sandwich," consisting of Jif Creamy peanut butter, celery and apple on wheat bread crimped into the shape of a fortune cookie. The "fortune cookies" are served with a dipping sauce of Jif Creamy peanut butter, coconut milk, soy sauce, brown sugar, lemon juice, sesame oil and chili powder. Samuel added more creativity to his sandwich by handwriting fortunes such as "Smile, Mom loves you" for his "cookies."

Please see \$25,000 on page 17

Lunch Box Ideas

Seaside Lunch

SUPPLIES:

- 1 Peanut Butter and "Jellyfish" sandwich
- 1/3 C fish-shaped crackers
- "Sand Dollar" apple slices
- 1/3 C fish-shaped gummy treats
- 1/2 C "Palm Tree" broccoli florets
- "Sand Pail and Shovel"-low fat yogurt cup and plastic spoon

HOW TO:

For the "Sand Dollar" apple slices use an apple corer to remove the core, then cut slices horizontally through the apple, brush with lemon juice to prevent browning

Safari Lunch

- 1 Safari Sub Sandwich-Small sub roll filled with low fat meat, cheese, mustard or mayo, lettuce
- 1 "Tropical" banana
- "Quicksand" pudding cup-butterscotch or vanilla low fat pudding
- 1 C "Rain Forest" veggies-broccoli, cauliflower, carrots, or any combination
- 1/4 C low fat dressing for dip
- "Kings of the Jungle" animal crackers-8 large, 15 small

Fish Stick Grilled Cheese Sandwich

SUPPLIES:

- Fish sticks
- bread
- Butter
- Cheese

HOW TO:

1. Prepare fish sticks as directed.
2. Spread butter on bread slices.
3. Place bread slice butter down on heated skillet (med-low)
4. Add 3-4 fish sticks, sliced cheese, and remaining bread slice (butter up)
5. Cook until golden, flipping to cook other side.

Pirate's Treasure Lunch

- "Treasure Chest" of chicken-small plastic container with baked and cooled chicken fingers
- 1/2 C carrot "Gold"-peel a large carrot, slice crosswise into coins
- 1/4 C "Pearls"-yogurt covered raisins
- 1/2 C low fat "Pirate Pudding"-pudding cup, in your child's favorite flavor
- 2 "Walk the Plank" pretzel rods

Kid Friendly Recipes



Yummy Salmon

SUPPLIES:

- 1 lb salmon filets or salmon steaks
- BBQ sauce
- Havarti-dill cheese in thin slices (or other mild white cheese)
- 1/4-1/2 tsp brown sugar (you can use brown Splenda)
- 2 TBS butter

HOW TO:

1. Prepare the salmon by coating with your favorite BBQ sauce.
2. Put butter in pan and add salmon.
3. Cook over medium heat, turning once, allowing about 2 minutes each side.
4. When salmon is done, top with cheese `slices until cheese melts.
5. Serve over long grain and wild rice

Chicken Pesto Quesadillas

SUPPLIES:

- 10 oz. Frozen chopped spinach (thawed + squeezed dry)
- 8 six inch flour tortillas
- 1/2 C pesto
- 1 C Monterrey jack cheese, shredded
- 1 C diced cooked chicken (like the pre-packaged grilled chicken slices)

HOW TO:

1. Spread 2 Tablespoons pesto on each tortilla
2. Top with spinach.
3. Add chicken and sprinkle with cheese.
4. Top with remaining tortillas and press down.
5. Heat a skillet over med... heat, cooking each quesadilla until cheese is melty, flipping carefully. (about. 2-3 min./side.)
6. Cut into small wedges, and serve with sour cream, guacamole, or whatever your kids like...

SUDO-KID-U
02
answers from
last month

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

Meat Loaf Patties

SUPPLIES:

- 1 egg, beaten
- 1/4 C milk
- 2 TBS finely chopped onion
- 1 tsp chili powder
- 1/4 tsp salt
- 1/4 tsp Worcestershire sauce
- 1 C coarsely crushed saltine crackers, divided
- 1 pound lean ground beef
- 1 TBS vegetable oil
- 1/3 C ketchup

HOW TO:

1. In a bowl, combine egg, milk, onion, chili powder, salt and Worcestershire sauce.
2. Mix in 1/2 C cracker crumbs.
3. Add beef; mix well.
4. Shape into six patties, about 1/2 in. thick.
5. Coat with remaining crumbs.
6. In a large skillet over medium heat, cook patties in oil for 5 minutes on each side or until meat is no longer pink.
7. Serve with ketchup.

Tic Tac Toe Lunch

SUPPLIES:

- 1/2 whole-wheat pita filled with low fat tuna or chicken salad
- 1/4 C raisins
- 3/4 C crunchy O-shaped cereal
- 1 C raw veggies
- 1/4 C low fat Ranch dressing for dipping

The idea for this lunch is to include an index card with a tic tac toe grid drawn on it, so your child can use the raisins and cereal for Xs and Os.

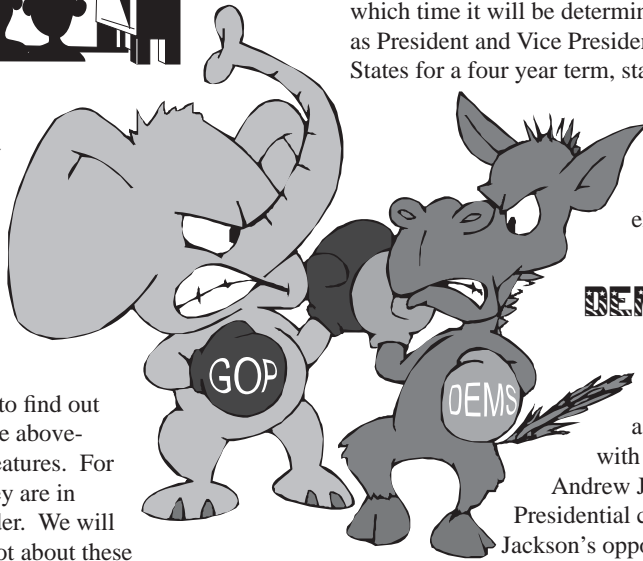
SUDOKU Medium

Instructions on page 10

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



Donkey and Elephant



two animals until Tuesday, November 4, 2008 when we hold the 56th consecutive United States Presidential Election. At

which time it will be determined who serves as President and Vice President of the United States for a four year term, starting at midday on Inauguration Day which is January 20th the year after the election.

DEMOCRATIC DONKEY

He became associated with Democrat Andrew Jackson's 1828 Presidential campaign. Jackson's opponents called him

a jackass (a donkey), and Jackson decided to use the image of the strong-willed animal on his campaign posters. Later, cartoonist Thomas Nast used the Democratic donkey in newspaper cartoons and made the symbol famous. Democrats today say the donkey is smart and brave.

REPUBLICAN ELEPHANT

Thomas Nast invented the Republican elephant, in a Harper's Weekly in 1874. He drew the Democratic donkey clothed in lion's skin, scaring away all the animals at the zoo. One of those animals, the elephant, was labeled "The Republican Vote." That's all it took for the elephant to become associated with the Republican Party or the GOP (Grand Old Party) as it is sometimes called. The Republicans say the elephant is strong and dignified. **FPT**

Ever wonder what the story is behind these two famous political party animals?

I thought it would be fun to find out more about the above-mentioned creatures. For this article they are in alphabetic order. We will be hearing a lot about these

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.

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

\$25,000 continued from page 15

Jif is also offering up something for adults to help spark their creativity. For years, choosy moms have made Jif their No. 1 choice of peanut butter, which is why Jif is inviting adults to share stories—250 words or less—of how moms make the best choices for their families in the Jif Moms Voice their Choice Contest™. One grand-prize winner will win a trip to New York City to serve as a judge at the 7th Annual Jif Most Creative Peanut Butter Sandwich Contest final live judging event in March 2009. Last year's winner and mother of two, Mary Grabowski, from Commerce, Mich., said in her winning essay "The way I make the best choices for my family is simply by using two things: my heart and my head. The job of 'Mom' is the hardest job in the world but is definitely the most rewarding."

For Official Rules, entry form, recipes or to learn more about the contests, visit www.jif.com. **FPT**

Joey: I lost my dog.
 Lauren: Why don't you put an ad in the newspaper?
 Joey: Don't be silly! He can't read



Fun Family Events SEPTEMBER



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.** Labor Day, Chicken Boy's Day, Emma M. Nutt Day, Republican Convention
- 2.** V-J Day
- 3.**
- 4.** Newspaper Carrier Day
- 5.** Be Late For Something Day
- Sycamore Shoals** Celtic Festival Sept. .5, 6, & 7
- Hands On!** 6:00 Free Family Movie Night double feature: 6:00, follow Littlefoot and his dinosaur friends (Animated- Rated G) 7:30, enter the world's most unusual theme park, an island where dinosaurs come to life. (live action- Rated PG-13)
- Kingsport Renaissance Center Theater** "Out of the Mist... a Dragon" 7 PM,
- 6. Hands On!** Art Studio Schedule Show your grandparents how much you care with a special card from their favorite little artist!
- JCPL** Chess with Ralph Roller (K-5th) 10 AM-NOON, Saturday Stories 2 pm
- 7.** Grandparent's Day, Google Commemoration Day, Grandma Moses Day, "Neither Snow nor Rain", Salami Day
- Hands On!** 1- 4 pm - Free Day, Art Studio Schedule Show your grandparents how much you care with a special card from their favorite little artist!
- 8.** Literacy Day, Boss/Employee Exchange Day
- Sycamore Shoals** Sweater Knitting 9am - 1pm Cost: \$25.00 per class or \$80.00 for four
- JCPL** Family Storytimes 6:30 pm
- 9.** Wonderful Weirdos Day
- Sycamore Shoals** Friends of **Sycamore Shoals** Meeting 7 pm
- JCPL** Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am
- 10.** Swap Ideas Day
- JCPL** Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (Age 3-5) 11 am
- 11.** Remember Freedom Day, Patriot Day, Libraries Remember Day
- Hands On!** 10:00 am & 1:00 pm - Billy Jonas Performance
- JCPL** Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Books & Beyond* (K-5th) SCAVENGER HUNT 4 pm, Watauga Association of Genealogists 6-7:30 pm, Adult Book Group Tales & Talk Water for Elephants 7 pm
- 12.** Video Games Day
- 13.** Bald is Beautiful Day, Chocolate Day
- Sycamore Shoals** Primitive Atlatl and Spear 10am

- 4pm Cost: \$60.00 (includes supplies), Color Theory and Color Mixing 9am - 4pm Cost: \$50 (includes supplies)

Hands On! Design our very own cartoon character and learn to draw some of our favorites.

JCPL Bilingual Storytime Span/Eng 2 pm

Winged Deer Park Mountain States Dragon Boat Festival

14. Sycamore Shoals Primitive Atlatl and Spear 10am - 4pm Cost: \$60.00 (includes supplies)

Hands On! Design our very own cartoon character and learn to draw some of our favorites.

15. International Sing-Out Day, Women Road Warrior Day

JCPL Family Storytimes 6:30 pm

16. Preservation of the Ozone Layer day, Trail of Tears Commemoration Day

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, TEEN Spa Night*

17. Citizenship Day, Constitution Day, Pledge Across America Day, VFW Ladies Auxilliary Day

Hands On! 2-4pm - Amazing Automata* Explore simple machines

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2), 10 am, Preschool Storytimes (age 3-5) 11 am

18. Air Force Birthday

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2), 10 am Adult Book Group Tales & Talk Water for Elephants 10:30 am, Preschool Storytimes (age 3-5) 11 am, K-1 Story Stretchers* (K-1st) 4 pm

Thursdays, September

19. National POW/MIA Recognition Day, Talk Like A Pirate Day

Sycamore Shoals Step-By-Step Oil Paint 9am-4pm Cost: \$50 (in

Bristol Rhythm & Roots Reunion 19-21

info: www.bristolrhythm.com

20. Big Whopper Liar Day, America's Day for Kids, Eat An Apple Day, Coastal Cleanup Day, Responsible Dog Ownership Day, Wife Appreciation Day

Sycamore Shoals Overmountain Victory Trail Celebration 10 am-4:30 pm, Beginning - Intermediate Pennywhistle 1-3pm Cost: \$25 (includes whistle) \$15 (bring your own), Natural Dyeing 10am - 2pm Cost: \$25.00, Long Hunter Treks 10am - 4pm Cost: \$20.00

Hands On! Return of the Dinosaurs Grand Opening also create works of art using silver leaf techniques, Pirate Science Learn how pirates used the property of density on their journeys and hear our best pirate jokes!

JCPL Chess with Ralph Roller (K-5th) 10 AM-NOON, Saturday Stories 2 pm

21. Day of Peace, Women's Friendship Day, Alzheimer's Day

Sycamore Shoals Shape Note Singing 3-5 pm, 18th Century Knitting 1-4pm Cost: \$25.00

Hands On! Create works of art using silver leaf techniques, Pirate Science Learn how pirates used the property of density on their journeys and hear our best pirate jokes!

22. American Business Women's Day, Dear Diary Day, Elephant Appreciation Day, Family Day, Hobbit Day, White Chocolate Day

JCPL Family Storytimes 6:30 pm

23. Innergize Day

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am

24. Punctuation Day

JCPL Mother Goose Time* (age 1) 9:30 am, Preschool Storytimes (age 3-5) 11 am

25. National One-Hit Wonder Day

Sycamore Shoals Overmountain Victory Trail March, Liberty! The Saga of **Sycamore Shoals** September 25 - 27 7:00 pm

Hands On! 9:30-11:30am - Dinomania!*

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Company (age 2), 10 am, Preschool Storytimes (Age 3-5) 11 am, Adult Book Group Tales & Talk

Water for Elephants Noon, Explorers (K- 5) Aubrie Abernathy & "Butterflies" 4 pm

26. Dog Scouts of America, Love Note Day, Shamu the Whale Day

Two's Company (age 2) 10 am

27. Public Lands Day, R.E.A.D. in America Day, Ancestor Appreciation Day, Family Health and Fitness Day, Kiwanis Kids' Day, National Hunting and Fishing Day, World Tourism Day

Hands On! Life & Legends of the Cherokee The Cherokee are the Native Americans who live in our region also Science Strength

28. Fish Tank Floorshow Night, Good Neighbor Day, World Heart Day

Hands On! Science Strength

29. Rosh Hashanah, VFW Day

JCPL Family Storytimes 6:30 pm

30. JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3 - 5) 11 am, TEEN Pizza Poll*

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

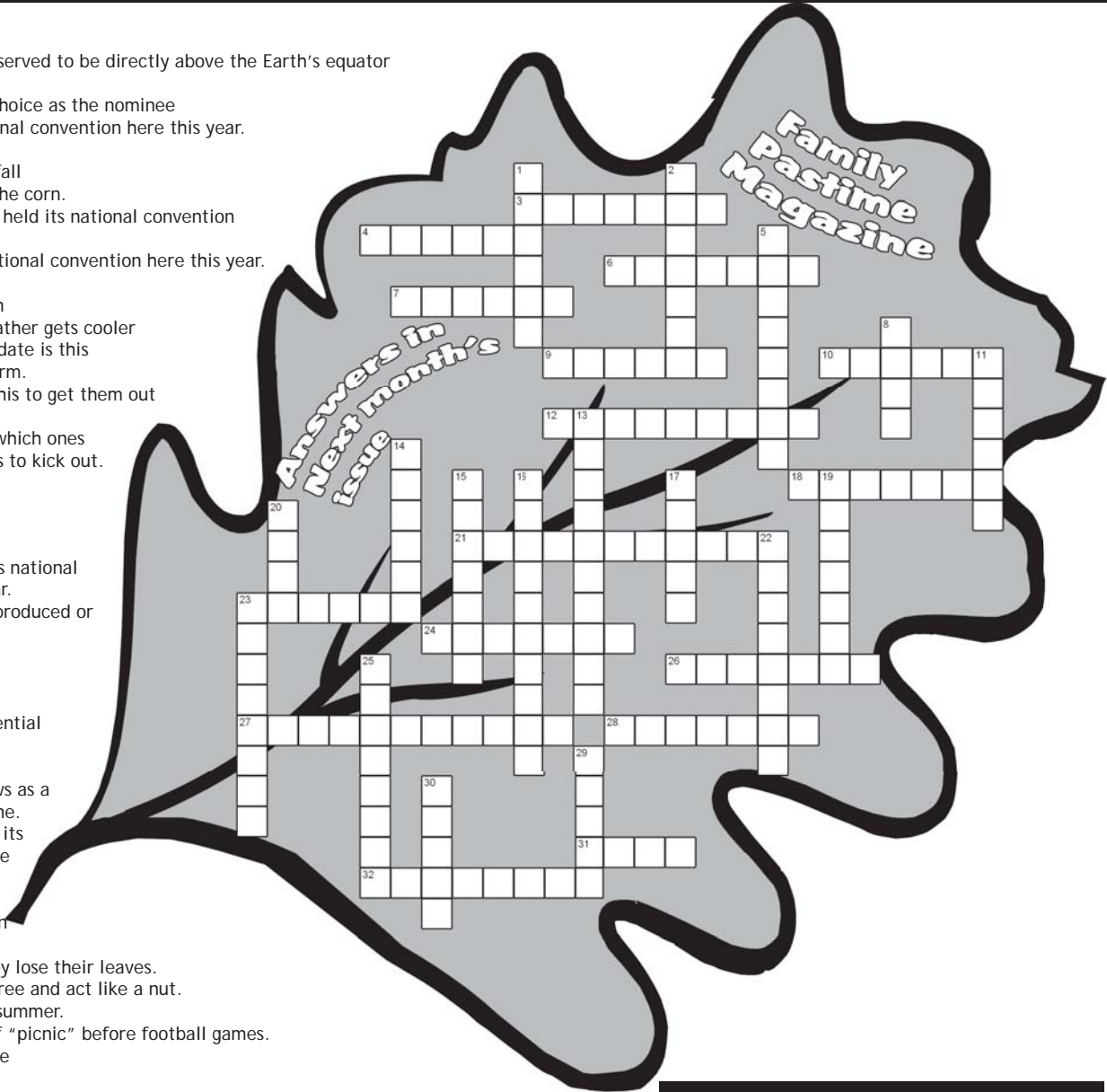
Crypto clue: !=t

Across

3. When the Sun can be observed to be directly above the Earth's equator
4. Also called fall
6. Where we vote for our choice as the nominee
7. Democrats held its national convention here this year.
9. Football???
10. We re-set them in the fall
12. Keeps the crows from the corn.
18. Where the Green party held its national convention here this year.
21. Republicans held its national convention here this year.
23. Jump in a pile of them
24. Toss this on the gridiron
26. Birds do this as the weather gets cooler
27. Vice-presidential candidate is this
28. Wear it to keep you warm.
31. After they fall you do this to get them out of your yard
32. This is how we decide which ones to keep and which ones to kick out.

Down

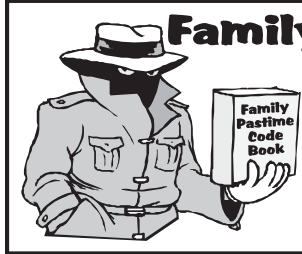
1. Libertarian party held its national convention here this year.
2. Leaves, collectively, as produced or arranged by nature
5. Football field
8. Number of downs
11. We go here to learn
13. Where a party's presidential nominee is announced
14. Bob for these.
15. A squash fruit that grows as a gourd from a trailing vine.
16. Constitution Party held its national convention here this year.
17. On a cold fall morning this gets on the pumpkin
19. Bring in the crops
20. Trees are this when they lose their leaves.
22. To catch one, climb a tree and act like a nut.
23. Considered the end of summer.
25. People hold this kind of "picnic" before football games.
29. The fruit of the oak tree
30. Apple "squeezin's"



www.mybusinesshasnowebsite.com

? Why are elephants wrinkled?
A: Have you ever tried to iron one?

? What do you get when you cross a parrot with a centipede?
A: walkie talkie!

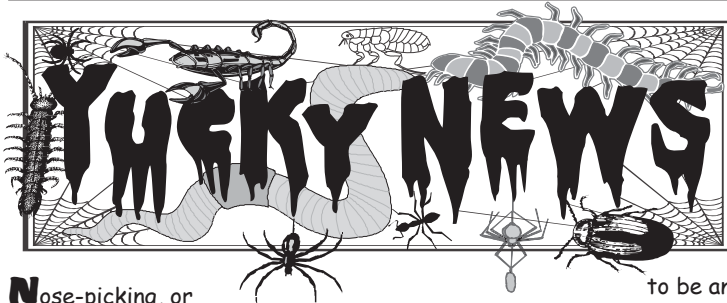


Family Crypto-Time Last month's answer

**"YOU ARE ONLY YOUNG ONCE, BUT YOU
 LGE IZM GWCL LGEWK GWQM, JEA LGE
 CAN BE IMMATURE FOR A LIFETIME"
 QTW JM VDDIAEZM OGZ T CVOMAVDM.**

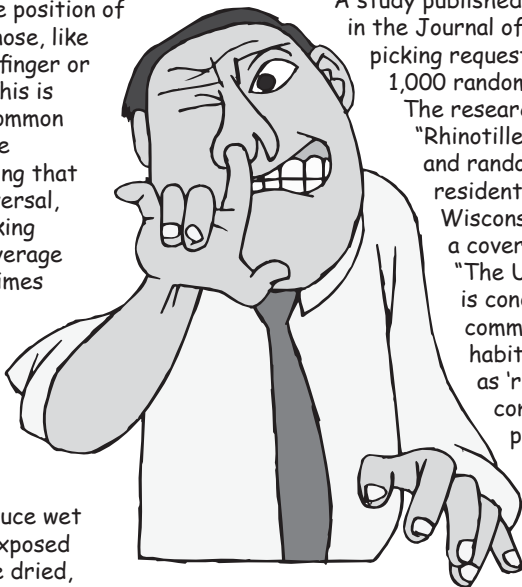
Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
 Cipher: IJQYMOKSXFCDWGBUZAENHRLT

~ John Grier



Nose-picking, or rhinotillexis (Greek, rhino "nose" + tillexis "habit of picking"), is the act of extracting mucus and/or foreign bodies from the nose, or adjusting the position of objects in the nose, like jewelry, with a finger or other object. This is an extremely common habit, with some surveys indicating that it is almost universal, with people picking their nose an average of about four times a day. Nose-pickers are often called "pointers" in modern slang.

The mucous membranes constantly produce wet mucus that is exposed to the air. Once dried, (snot rock) the mucus typically causes a sensation of irritation that leads to the compulsion to dislodge the itch via rhinotillexis. The most common nose-picking plan is to pick your nose with your index finger of your right hand. Extreme nose picking resulting in severe nasal trauma is termed rhinotillexomania (etymology: Greek, rhino "nose" + tillexis "habit of picking"+ mania) and may be caused by Obsessive Compulsive Disorder (OCD is a chronic anxiety disorder most commonly characterized by obsessive, distressing, intrusive thoughts and related compulsions (tasks or "rituals") which attempt to neutralize the obsessions) or Body Dysmorphic Disorder (a psychiatric disorder in which the affected person is excessively concerned about and preoccupied by an imagined or minor defect in his or her physical features).



Nose Picking By: I.M.. Yuckee

Although a very common habit, it is a mildly taboo subject in most cultures. While nose picking appears

to be an almost universal practice among humans, the observation of the activity in another commonly provokes mixed feelings of disgust and amusement. A study published in February of 1995 in the *Journal of Psychiatry* into nose

picking requested information from 1,000 randomly selected adults. The researchers prepared their "Rhinotillexomania Questionnaire" and randomly mailed it to 1000 residents in Dane County, Wisconsin. Each survey included a cover letter that stated "The University of Wisconsin is conducting a survey of a common but understudied habit scientifically known as 'rhinotillexomania'. Its common name is nose-picking." The letter went so far as to define nose-picking as: "Insertion of a finger (or other object) into the nose with the intention of removing dried nasal

secretions."

Out of 1000 sent out the study only received 254 responses. Maybe people thought it was a joke. Of those who responded:

- 8.7% claimed they have never picked their nose (yeah RIGHT!).
- 91% stated that they had picked their nose in the past and were still actively practicing this habit.
- 49.2% of the respondents actually thought that nose picking was common in adults.
- 9.2% rate their nose picking as "more than average."
- 25.6% actually pick their noses daily
- 22.3% do it 2 to 5 times each day, and three people admitted to doing it at least hourly

- 55.5% spent 1-5 minutes
- 23.5% spent 5-15 minutes
- 0.8% (2 people) spent 15-30 minutes each day cleaning their nostrils
- One lone soul claims to devote over 2 hours each day to this ritual
- 18% reported nosebleeds
- 0.8% claimed perforation of the nasal septum from their nose picking.
- 82.8% had picked their noses to "unclog the nasal passages"
- 66.4% had done it to relieve discomfort or itchiness
- 35.7% to avoid the unsightly appearance of a booger hanging from their nose
- 34.0% for personal hygiene
- 17.2% picked out of habit
- 2.1% (five people) claimed to pick solely for enjoyment
- 65.1% use their index finger
- 20.2% use their pinky
- 16.4% use their thumb (SERIOUSLY???? Their THUMB????)
- Most people (90.3%) disposed of the goop in a tissue or a handkerchief
- 28.6% used the floor
- 7.6% stuck it to the furniture
- 8% of the respondents actually ate it. Apparently the study claims that the pickings are quite tasty (salty).

Nose-picking may carry a number of medical risks, thus most doctors recommend against it and encourage the use of a tissue instead. Risks include nasal infections, occasional nosebleeds (in 25% of those who pick their nose) and in rare cases perforation of the nasal septum (self-induced ethmoidectomy). Nose picking, however, should not affect the sense of smell, as the nasal cavity where the olfactory nerves are located are too high up to reach. Also, due to the special nature of the blood supply to the nose and surrounding area, it is possible for retrograde infections from the nasal area to spread to the brain, although this scenario is unlikely to arise from normal rhinotillexis. For this reason, the area from the corners of the mouth to the bridge of the nose, including the nose and maxilla, is known to doctors as the "danger triangle of the face." One doctor, Dr.. Friedrich Bischinger of Austria, claims that nose-picking, combined with nasal mucus eating, may benefit the immune system. **FPT**

If You Drop It, Should You Eat It? Scientists Weigh In On The 5-Second Rule

By: Phyllis Picklesimer

URBANA--High-school student Jillian Clarke investigated the scientific validity of the "5-second rule" during her apprenticeship in Hans Blaschek's University of Illinois lab. You know the rule: If food falls to the floor and it's in contact with the floor for fewer than 5 seconds, it's safe to pick it up and eat it.

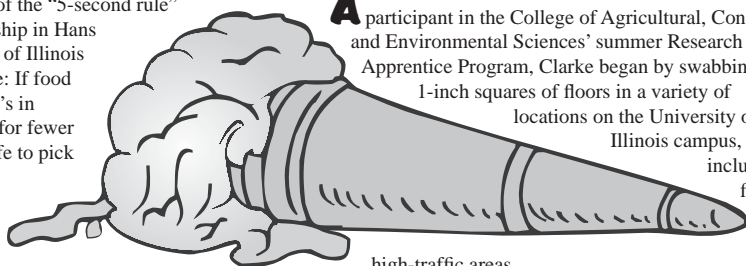
According to Clarke, a senior at the Chicago High School for Agricultural Sciences, the 5-second rule dates back to the time of Genghis Khan, who first determined how long it was safe for food to remain on a floor when dropped there. Khan had slightly lower standards, however; he specified 12 hours, more or less.

Among Clarke's findings:

- Seventy percent of women and 56 percent of men are familiar with the 5-second rule, and most use it to make decisions about tasty treats that slip through their fingers.
- University floors are remarkably clean from a microbial standpoint.
- Women are more likely than men to eat food that's been on the floor.
- Cookies and candy are much more likely to be picked up and eaten than cauliflower or broccoli.
- And, if you drop your food on a floor that does contain microorganisms, the food can

be contaminated in 5 seconds or less.

A participant in the College of Agricultural, Consumer and Environmental Sciences' summer Research Apprentice Program, Clarke began by swabbing 1-inch squares of floors in a variety of locations on the University of Illinois campus, including floors in high-traffic areas.



"We were shocked," said Meredith Agle, a Ph.D. candidate in Blaschek's food microbiology labs, who helped Clarke with the experiment. "We didn't even find a countable number of bacteria on the floor. We thought we might have made a mistake, so we tried again with the same result.

"Then we went back to look for spore-forming organisms, such as Bacillus, something that would resist dry conditions, but we couldn't find any spores either," Agle said.

Clarke then purchased smooth and rough 2-inch tiles from the hardware store so she could experiment with different surfaces and a good supply of gummy bears and fudge-striped cookies from the grocery store. Clarke's survey showed that people were more likely to retrieve cookies or candy because they value them more highly. Cookies and candy also have low levels of naturally occurring microflora, unlike fresh vegetables, meat, or cheese.

The next step was sterilizing the tiles and inoculating them with E. coli, then placing 25 grams of cookies or gummies on the tiles for 5 seconds. In all cases, E. coli was transferred from the tile to the food, demonstrating that microorganisms can be transferred from ceramic tile to food in 5 seconds or less. More E. coli were transferred to gummy bears from smooth tiles than from rough tiles.

To examine the surfaces of the tiles and the food, Clarke enlisted the help of Chas Conway at the University of Illinois's Beckman Institute for Advanced Science and Technology. He showed her how to use scanning electron microscopy (SEM) and environmental scanning electron microscopy (ESEM) to look at the tiles, cookies, and bears in minute detail.

Because SEM preparation causes dehydration in the sample, SEM gummy bears were especially shriveled and shrunken, resulting in an inaccurate image. Clarke was able to obtain a much more realistic image of the gummy bear surfaces with ESEM, which led her to conclude that ESEM technology, which allows foods to be imaged in their natural, hydrated state, is a more useful tool for examining such specimens.

The College of ACES' Research Apprentice Program is an intensive seven-week laboratory and academic summer program that provides hands-on science experience for talented high school juniors and seniors who are interested in careers in the food, agricultural, and environmental sciences. **FPT**

*Courtesy of: University of Illinois
www.aces.uiuc.edu/news/stories/news2467.html*

? Q: Why don't dogs make good dancers?
A: Because they have two left feet!

Family Pastime Magazine
Last Month's Answer

HELP WANTED

If you are interested earning a little extra money or in a full time position, **Family Pastime Magazine** is looking for you!

We are continuing to expand and find ourselves in the position of being able to offer

full and part-time sales positions.

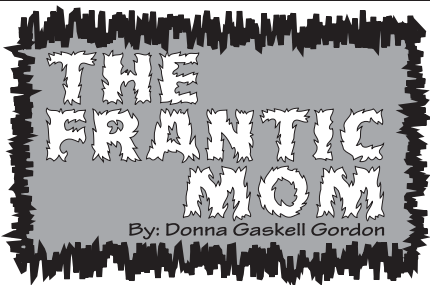
Mail your cover letter and resume' to:

Sales Position
Family Pastime Magazine
P.O. Box 3161
Johnson City, TN
37602-3161

or e-mail it to:
editor@familypastime.com

Sudoku last month's Really Hard answer

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



Sometimes it feels like my life is stuck in the famous I Love Lucy rerun where Lucy and Ethel are frantically trying to wrap candies as they speed past on the conveyor belt. What I want is the perfect Leave It to Beaver life. Instead I get slammed into life's latest disaster which is almost always a new experience for me; doing what I lovingly equate to trying to do brain surgery with an ice pick. I may have left the swamp back in Florida, but the alligators seemed to have followed me. They have relocated around the corner where they roar regularly here in the Mountain South.

In Florida we have hurricanes, you can see them coming and even track them on a map they give out at the grocery. Wind, rain, flooding and debris, I know the drill. In East Tennessee disaster can be as innocent looking as a garden hose hooked up to a faucet. Freezing temperatures can play Russian

SUPER SUDOKU
Answer from last month

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

roulette with your piping system.

I know this because we had a mysterious flood in our basement recently. A torrent of water had turned our basement carpet into a squishy slip and slide with no obvious source of the problem. Wet carpet can grow mold in just 48 hours. With allergy and asthma in our family the carpet had to be removed pronto, even before we discovered what had caused the leak. What a mess! It is backbreaking hard work to remove soggy, glued down carpet from concrete. My nightmare had begun.

The flood had no obvious source, nor did it continue. We were stumped, the insurance agent was stumped, but Mr. King a retired plumber, founder of Golden Rule Plumbing, had the answer. A faucet that flows freely may not leak until pressure is applied with a hose. What we needed were freezeless wall faucets. Definitely more expensive, the top hat of faucets, but in my opinion mandatory in East Tennessee.

When the insurance company's engineer came out to find the leak source, we already had our answer. No hose, no leak, attach a hose to the faucet, water just poured down the wall into the basement. We did not leave the hose hooked up to the faucet over the winter. The natives warned us green mountaineers about that. The actual leak location is pending, as replacement must wait on the basement pack up and repairs.

Meanwhile, we plan to replace all of the twenty plus year old faucets with freezeless ones. I am also putting together a checklist plan by season for home maintenance. Of course, I needed a guide to go by and I found two written in plain English for the busy homeowner. Check your insurance policy and make sure your coverage is up to date. Cover those faucets every fall before a freeze happens. Keep those 'gators at bay with good maintenance.

- My Home, My Money Pit by Tom Kraeutler and Leslie Segrete
- Home Maintenance for Dummies by James Carey and Morris Carey **FPT**

Advertise for FREE Family Pastime Magazine

is committed to helping family owned businesses. Send your business card to:
Family Pastime Magazine
Free ad contest
P.O. Box 3161 Johnson City,
TN 37602-3161 We will draw for a free ad in next month's magazine.
Some stipulations apply.
E-mail editor@familypastime.com
For full details

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

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

SUDOKU REALLY HARD

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



Make your plans to bring your family to the 2008 Dragon Boat Festival at Winged Deer Park September 13th. 9000 people are expected to watch 60 teams compete. The Festival is a day long event benefiting Niswonger Children's Hospital, located on the campus of Johnson City Medical Center. Teams come from corporate organizations, churches, clubs, friends and community groups. Each team includes 20 paddlers and one drummer. Along with the race, other festival events include a Children's Village, festival food, live music and for the first time this year, a craft village. **FPT**

Dragon Boat Racers 2007



Dragon Festival attendees 2007



Active Seniors Wanted



A growing number (NAPSI) of seniors who are looking to make a difference in the lives of others and earn some extra money are getting back into the workforce.

Companies such as Interim HealthCare are employing seniors to help people with non-medical activities such as light housekeeping,

preparing meals, shopping and just plain old friendly companionship.



According to Interim HealthCare, a leading national provider of home care, seniors helping seniors is a big win for everyone. Seniors not only earn competitive pay with flexible schedules, they can make a friend of a like-minded person as well.

"She is my lifeline," according to one 62-year-old widow referring to her senior caregiver.

To learn more or to find an office near you, call (800) 944-8888 or visit www.interimhealthcare.com.

Compassionate seniors can supplement their incomes while helping someone remain independent. **FPT**

Edward Jones

Lindsey Wortman

Financial Advisor
 2020 Northpark, Ste. 1F
 Johnson City, TN 37604
 Bus. 423-929-2066
 Toll-free 866-929-2066
 Fax 423-926-0800
www.edwardjones.com



Making Sense of Investing



UNION JACK

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

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

Full Clean up after the job!

www.unionjackplumbing.com

PAT & JOHN HITECHEW
Owners

(423) 282-3761

JACK MILLER BODY SHOP, LLC

EST. 1948

FREE ESTIMATES

YOUR 5 STAR MUFFLER DEALER

200 WESLEY JOHNSON CITY, TN

An incision the size of a breath mint.



Wayne Tongco, MD & Grant Taylor, MD

Today, the robotic da Vinci surgical system offers patients surgeries with incisions that small. This amazing robotic system assists the surgeon with incredible accuracy and smaller incisions which means a faster recovery and better outcomes with less pain for the patient!

Faster recovery.
Better outcomes.

Only one hospital in the Tri-Cities offers
the advanced *da Vinci Surgery*™ system:



Chosen by Tri-Cities residents as the hospital
with the best technology!

The robotic da Vinci surgical system at Johnson City Medical Center, where something as small as a breath mint is a big thing for our patients.

www.msha.com