

SEPTEMBER
2009

FREE



THE magazine for the **WHOLE** family

Volume 5 Issue 2

**Family
Marketplace**

**FREE Online
Classified Ads!
Full story on page 8**

**Win Your Share
\$12,000
In Cash
Prizes
See Page 15**

**Take Two
and give
one to
a friend**



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THE magazine for the WHOLE family

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Family Pastime Magazine

P.O. Box 3161

Johnson City, TN 37602-3161

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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:

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SEPTEMBER WEEKLY OBSERVANCES

- Self-University Week: 1-7
- Payroll Week: 7-11
- Play Days: 8-12
- Balance Awareness Week: 13-19
- Constitution Week: 13-19
- Assisted Living Week: 13-19
- Historically Black Colleges & Universities Week: 13-19
- Line Dance Week: 14-19
- Invisible Chronic Illness Awareness: 14-20
- Substitute Teacher Appreciation Week: 14-19
- Constitution Center Constitution Week: 17-23
- Build A Better Image Week: 20-26
- Child Passenger Safety Week: 20-26

- Deaf Awareness Week: 20-26
- Adult Immunization Awareness Week: 20-26
- Clean Hands Week: 20-26
- Farm & Ranch Safety and Health Week: 20-26
- Keep Kids Creative Week: 20-26
- Rehabilitation Awareness Celebration: 20-26
- Singles Week: 20-26
- Tolkien Week: 20-26
- Women's Ecommerce Days: 21-28
- Love Your Files Week: 21-25
- Pollution Prevention Week: 21-27
- American Massage Therapy Week: 23-26
- Banned Books Week: 26-10/3
- Chimney Safety Week: 27-10/3

SEPTEMBER MONTHLY OBSERVANCES

- Attention Deficit Hyperactivity Disorder Month
- Apple Month
- Atrial Fibrillation Month
- Baby Safety Month
- Backpack Safety America Month
- Be Kind To Editors & Writers Month
- Childrens' Good Manners Month
- Childhood Cancer Awareness Month
- College Savings Month
- Fall Hat Month
- Go Wild During California Wild Rice Month
- Great American Low-Cholesterol, Low-fat Pizza Bake Month
- People Skills Month
- Self-Awareness Month
- Strategic Thinking Month
- Library Card Sign-up Month
- Leukemia and Lymphoma Awareness Month
- Mold Awareness Month
- Chicken Month
- Childhood Injury Prevention Month

- Coupon Month
- Honey Month
- Mushroom Month
- Organic Harvest Month
- Osteopathic Medicine Month
- Prime Beef Month
- Piano Month
- Preparedness Month
- Rice Month
- Skin Care Awareness Month
- One-on-One Month
- Pediatric Cancer Awareness Month
- Reunion Planning Month
- Schoolhouse Triangle Project 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

Instructions:

Sudoku Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

SUDO-KID-U: Fill in the grid so that every row, every column contains the numbers 1 through 4 only once.

Super Sudoku is a 16 x 16 grid that uses numbers AND letters. Fill in the grid so that every row, every column, and every 4x4 box contains the numbers 0 through 9 and the letters A-F only once.

Look in next month's issue for the answers.

SUDO-KID-U 1

	4		
1			
		3	
		2	4

SUDO-KID-U 01 Last month's Answer

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

My grandmother moved in with our family. As I was brushing my teeth one morning, she tapped on the door. "Is anyone in there?" She called. I mumbled an answer, to which she replied, "Is that a yes or a no?"

Home Avoid A Cold Or Flu Cure

The common cold is usually transmitted by direct contact with germs. Germs may come from the nose, mouth, or coughed or sneezed droplets from someone who is infected. These germs are usually transmitted by hand-to-hand contact with the infected person. If someone touches his or her eyes or rubs his or her nose, they will spread the virus there. It is possible to become infected by touching a surface, such as a tabletop or doorknob that was recently touched by an infected person, and then touching your eyes or nose. These viruses also can be spread by inhaling particles from the air after an infected person has coughed or sneezed. Commonly about half the family members of infected people will become sick as well. Colds are also frequently transmitted in schools and day care facilities.

- Clean your hands often, carefully dispose of all used tissues, and avoid rubbing your eyes and nose. When possible, you should avoid close, prolonged exposure to people who have colds.
- Studies show that people who exercise regularly, have fewer colds per year.
- Make sure that your immune system is strong by eating healthy and getting plenty of exercise.
- Wash your hands OFTEN. Hand washing with soap and water is the simplest and one of the most effective ways to keep from getting colds or giving them to others. If no sink is available, rub your hands together very hard for a minute or so. That also helps break up most of the cold germs. Always wash your hands after social gatherings and meetings with other people to prevent germs from spreading to you.
- Use hand sanitizer when soap and water are not available. Be sure the alcohol concentration is above 60%. Researchers at ETSU found that products with alcohol concentrations as low as 40% are available in stores. Be sure yours has at least 60%. Health care settings like hospitals and clinics, usually use a sanitizer with an alcohol concentration of 70 to 95 %.
- As parents it may not always be possible but you should make an attempt to avoid people who are infected and if you are the one who is sick, stay home to avoid infecting other people. Also bear in mind, people who try to work

when they are sick usually take longer to recover.

- Don't Cover Your Sneezes and Coughs With Your Hands. Seriously. Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, turn your head away from people near you and cough into the air.
- Drink Plenty of Fluids. Water flushes your system, washing out the poisons as it re-hydrates you.
- Take a Sauna. Researchers aren't clear about the exact role saunas play in prevention, but one 1989 German study found that people who steamed twice a week got half as many colds as those who didn't. One theory is that when you take a sauna you inhale air hotter than 80 degrees, a temperature too hot for cold and flu viruses to survive.
- A regular dose of fresh air is important, especially in cold weather when central heating dries you out and makes your body more vulnerable to cold and flu viruses.
- Rhinoviruses (Rhinoviruses are the most common viral infective agents in humans, and a causative agent of the common cold) can live up to 3 hours on your skin. They also can survive up to 3 hours on objects such as telephones and stair railings. Cleaning environmental surfaces with a virus-killing disinfectant might help prevent spread of infection.
- The most effective way to prevent flu, is to get a flu shot. It may not be natural, but it works better than anything else.
- Vitamin C: Many people are convinced that taking large quantities of vitamin C will prevent colds or relieve symptoms. To date, no conclusive data has shown that large doses of vitamin C prevent colds. The vitamin may reduce the severity or duration of symptoms, but there is no clear evidence. Taking vitamin C over long periods of time in large amounts may be harmful. Too much vitamin C can cause severe diarrhea, a particular danger for elderly people and small children.
- Do Aerobic Exercise Regularly. Aerobic exercise speeds up the heart to pump larger quantities of blood, makes you breathe faster to help transfer oxygen from your lungs to your blood, and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.

- Eat Foods Containing Phytochemicals. "Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. Eating dark green, red, and yellow vegetables and fruits will help prevent sickness.
- Eat Yogurt. Some studies show that eating a daily cup of low-fat yogurt can reduce your vulnerability to colds by 25%.
- Don't Smoke. Statistics show that heavy smokers get more severe colds and more frequent ones. Smoke dries out your nasal passages and paralyzes cilia, the delicate hairs that line the mucous membranes in your nose and lungs that sweep cold and flu viruses out of the nasal passages.
- Relax and don't stress. If you can teach yourself to relax, you can activate your immune system on demand. Evidence shows relaxation increases your interleukins (function of the immune system depends in a large part on interleukins) in the bloodstream. Try to relax 30 minutes a day for several months. Keep in mind, relaxation is a learnable skill, but it is not doing nothing. People who try to relax, but are in fact bored, show no changes in blood chemicals.
- Maybe not good for the environment but good for cold and flu prevention is, if someone in the family is sick, to use disposable items. Disposable cups can be thrown away after each use and prevent accidental spread of the virus from sharing of cups or glasses. This is particularly important if you have young children who may try to drink from others' cups.
- Keep household surfaces clean. Door knobs, drawer pulls, keyboards, light switches, telephones, remote controls, counter tops, and sinks can all harbor viruses for hours after their use by an infected person. Wipe surfaces frequently with soap and water or a disinfectant solution.
- If your child has a cold, wash his or her toys as well when you are cleaning household surfaces and commonly-used items.
- Use paper towels in the kitchen and bathroom for hand washing. Germs can live for several hours on cloth towels. Alternatively, have separate towels for each family member and provide a clean one for guests.
- Throw tissues away after use. Used tissues are sources of virus that can contaminate any surface where they are left.
- Get at least eight hours of sleep each day. Your immune system will function much better and give you more strength to fight off viruses. **FPT**

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



Invest in Your Grandchildren's Future

This time of year marks National Grandparent's Day. While not as well known as Mother's Day or Father's Day, Grandparents Day is, nonetheless a reminder to us of the importance of grandparents in the lives of their grandchildren. If you are a grandparent yourself, you might want to use this day as a starting point to consider how you can best help your own grandchildren on their journey through life.

Of course, one of the most generous things you can do is to help your grandchildren pay for college. A person with a bachelor's degree will earn, on average, almost twice as much over a lifetime as workers with a high school diploma, according to the U.S. Census Bureau. And over the past several years, college costs have risen significantly.

To help meet these costs, you might want to consider opening a Section 529 savings plan. Your contributions may be deductible on your state taxes, and all earnings and withdrawals are tax-free, as long as the money

is used for qualified higher education expenses. Withdrawals for other types of expenses may be subject to federal and state taxes plus a 10 percent penalty. And since you can open a Section 529 plan in your name, you'll maintain control over the funds, so if the grandchild who is the plan's beneficiary decides against going to college, you can switch the beneficiary designation to another grandchild.

While saving for college may be more of a near-term goal for your grandchildren, they'll also have other objectives, such as saving for retirement — and you can help them out in that area, too. For instance, you may want to help them fund a Roth IRA. Since your grandchildren are young, they have many decades ahead of them to take advantage of this retirement vehicle, which offers tax-free earnings, provided your grandchildren don't make withdrawals until they're 59-1/2.

To qualify for a Roth IRA, your grandchildren just need to be old enough to earn some money. They would have to establish the Roth IRA in their names, but you could contribute to it. The contribution limit

is the lesser of \$5,000 per year or the amount of annual earned income.

Helping your grandchildren pay for college or save for retirement will bring you great satisfaction during your lifetime. But once you're gone, you can still provide valuable financial resources that may help your grandchildren achieve other goals, such as furthering their education or making a down payment on a home. Specifically, you might want to pass on some of your assets to your grandchildren through a living trust, which can avoid probate and gives you great control over how — and when — you want your wealth distributed. And if you name your grandchildren beneficiaries of a life insurance policy owned by a trust, the proceeds will not typically be subject to estate or income taxes. (Keep in mind, though, that you will need to consult with a qualified legal advisor before establishing a living trust, which can be a complex arrangement).

You may have received a card or a gift from your grandchildren on Grandparents Day. But you'll get even more satisfaction by helping them invest for their future goals. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

Grandparents Day

Grandparents Day can be traced back to the first national Grandparents Day in 1978. With the efforts of Marian McQuade of Oak Hill, West Virginia, she has been recognized nationally by The United States Senate, in particular Senator Alphonse D'Amato, and in 1978 - Grandparents Day was officially proclaimed by President Jimmy Carter. McQuade made it her goal to educate the young in the community to the important contributions senior citizens have made, and to the important contributions they are willing to make if asked. She also urged the young to adopt a grandparent, not for one day a year, not for material giving, but for a lifetime of



experience and caring just waiting to be shared with others.

Later that year, Senator Jennings Randolph (D-WV) introduced a resolution in the United States Senate to make Grandparents Day a

national holiday. Five years later in 1978, Congress passed legislation proclaiming the first Sunday after

Labor Day as National Grandparents Day and then-President Jimmy Carter signed the proclamation[1]. The statute cites the day's purpose as: "... to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information, and guidance older people can offer." **FPT**

www.mybusinesshasnowwebsite.com

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

Sudoku Really Hard
Instructions:
On page 2

↙

↘

Sudoku last month's Really Hard answer

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

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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

SENIOR EXPO

"Steps To Caring For A Loved One"

DATE: Tuesday, September 22nd, 2009

TIME: 8am to 3pm

PLACE: Celebration Church, 429 Shipley Ferry Rd, Blountville,

COST: \$10 Reg Fee per person includes meal.

Call Michelle Bolling at 423-378-3100 to register. Deadline for registration September 15th.

Sun., www.sycamoreshoalstn.org

13. Grandparent's Day. Chocolate Day
Hands On! Celebrate Grandparents Day with 20% off of grandparent memberships this weekend only!
Grandparent Art: Show grandparents your love for them by illustrating a picture of a favorite memory of them!

Sycamore Shoals 9th Annual Celtic Festival Fri-Sun., www.sycamoreshoalstn.org

14. National Boss/Employee Exchange Day**JCPL** Family Storytimes 6:30 pm

15. JCPL Mother Goose Time* (age 1) Six Week Program 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am, K-2 Story Stretchers* (K-2nd) 4 pm, TEENS Learn puppetry-write script* 6pm

16. Mayflower Day, Stepfamily Day, Trail of Tears Commemoration Day

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

17. Constitution Day, Citizenship Day, VFW Ladies Auxiliary Day

JCPL Mother Goose Time* (age 1) Six Week Program 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Adult Book Group* Tales & Talk March by Geraldine Brooks 7 pm

Kingsport Freddy Cole in Performance 7:30 pm. Nat King Cole's brother and quartet www.kingsportarts.org

18. Air Force Birthday, Chiropractic Founders Day, National Respect Day

Kingsport Renaissance Center **Arts4Kids** Day Time Concert .Come join Conductor Jack for a daytime performance 10am. \$3 advance \$5 at door. www.kingsportarts.org

19. Talk Like A Pirate Day, Big Whopper Liar Day, Eat An Apple Day. Wife Appreciation Day

JCPL Chess with Ralph Roller (K-5) 10 am-NOON
The **Arts4Kids** Club song writing workshop from 10-11:30am. Children will create a new and totally original song that will be featured at the evening concert. www.kingsportarts.org

Kingsport Renaissance Center Theater **Arts4Kids** Evening Concert: 7pm \$5 children, \$10 Sr. and students, \$12 adults. Reserve at (423) 392-8420.

Hands On! 10:00-1:00 - Library Card Sign Up
Celebrate Library Card Sign-up Month

20. Women's Friendship Day**21.** International Day of Peace, Women Road*Please Register : **JCPL** 434-4458 **Hands On:** 434-HAND **Bays Mt.** (423)229-9447

Warrior Day, World's Alzheimer's Day

JCPL Family Storytimes 6:30 pm

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

JCPL Mother Goose Time* (age 1) 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am, TEENS Make puppets for the play* 6 pm

23. Earth Over Shoot Day

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

24. Punctuation Day!!...??

JCPL Mother Goose Time* (age 1) Six Week Program 9:30 am, Two's Company (age 2) 10 am, Preschool Storytimes (age 3-5) 11 am, Explorers* (K-5th) Nutrition with Joanna Swinehart 4 pm

Kingsport Arts Council Arts Crawl: 5-8pm Start at the State Theater then travel to 5 local galleries Passports stamped by all 6 locations may be entered into a drawing for a \$50 gift certificate to the gallery of your choice. www.kingsportarts.org 423-392-8420

25. Hug A Vegetarian Day, National One-Hit Wonder Day, Love Note Day

26. Fish Amnesty Day, R.E.A.D. in America Day, Family Health and Fitness Day

Kingsport Rail Grass focusing on the Railroad and Bluegrass traditions of the area. We will have lots of Railroad memorabilia and Bluegrass music to enjoy.

Sycamore Shoals Overmountain Victory Trail Celebration 10:00 am

27. Good Neighbor Day, Ancestor Appreciation Day, World Tourism Day

Sycamore Shoals Overmountain Victory Trail Celebration 10:00 am

28. Yom Kippur, Family Day - A Day to Eat Dinner With Your Kids, Fish Tank Floorshow Night

JCPL computer training Resume Writing & Computer skills* 1-4:30 pm, Family Storytimes 6:30 pm

29. VFW Day

JCPL Mother Goose Time* (age 1) Six Week Program 9:30 am, Two's Time* (age 2) 10 am, Preschool Pals* (age 3-5) 11 am, Self Presentation Workshop* 12:30-4:30 pm, TEENS Plan & Rehearse the puppet play* 6 pm, Internet Job Searching & E-mail* 1-4:30 pm

30. National Women's Health & Fitness Day

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

Crypto clue: R=V

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Plan Ahead For Safe Senior Driving



No one wants to admit that aging affects their ability to drive safely. But experts agree that, although not all drivers are the same, driving ability generally begins to deteriorate around age 55.

Kathleen Marvaso, AAA's vice president of Public Affairs,

said that as the population ages, senior-driver safety is becoming an increasingly relevant and challenging issue for many families. "Many adult children of senior drivers are looking for help navigating this new and sometimes challenging road," she said. "Our research shows that one of the biggest questions is how to begin the conversation."

AAASeniors.com, AAA's senior safety and mobility Web site, offers the following advice:



- Plan ahead. It's never too early to begin the conversation. Planning ahead means you can discuss gradual adjustments that may be needed over time as a senior gets older. Sometimes, just a few simple adjustments, such as avoiding night or highway driving, can help prolong a senior's safe driving years.

possible -- and remain mobile thereafter."

In addition to information about how aging affects driving, and tips for talking to seniors about safe driving, AAASeniors.com also provides an expert advice section, driving skills assessment tools, tips for choosing a safer car, fact sheets, brochures, and referrals to driver-improvement courses and free community-based programs. **FPT**

"If I Had Known Being a Grandparent Was So Much Fun, I Would Have Done It First"

- Approach the conversation with safety as the main objective. Because driving is such a big part of independence, AAA advises to be prepared to face some resistance from the senior driver. Having facts and concrete examples available will help; and a caring tone may make all the difference.
- Talk about the issue during discussions about retirement. Take the same careful approach to transportation that you would with finances and other retirement-related decisions. Future transportation needs may affect other retirement decisions, such as selecting a retirement home. For example, convenience to public transportation or the availability of onsite transportation become important criteria.

At AAA, we want to foster a society where older adults can remain confident and independent and live to their full potential," Marvaso said. "AAASeniors.com gives seniors and their families the tools necessary to create an action plan to help manage the inevitable consequences of aging, and to help seniors drive for as long as safely

Dr. Christina Christiansen
Chiropractic Physician

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Cindy McPherson
Affiliate Broker, ABR

Last month's HARD answer

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

Family Crypto-Time-Last Month's Answer

"On the seventh day God rested. His grandchildren must have been out of town." ~Gene Perret

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ
Cipher: PDIMHZCWGASEOFKVBTLNROUXY

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SUDOKU HARD

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Discovering Your Child's Learning Style, Passions and Bents

By: Lisa Baughn

Do you have a budding football player, a talented musician, artist, dancer, historian, electronic or computer genius? Is there something special about your child, something you would like to learn how to incorporate into their education?

Discovering your child's learning style unravels the mystery of who they are and what their individual passions, bents, and talents are. This style helps determine how they are wired and potentially their career!

Homeschooling allows your family the flexibility to wrap learning around each individual child, to whatever degree fits your family. Exploring those unique interests can easily be incorporated into your day, and adds to a lifestyle of learning. By focusing on passions, you ultimately challenge and encourage your children forward into a lifelong love of learning!

It starts by paying attention to your child. Some are phenomenally talented and excel effortlessly, while others struggle. Each child has unique abilities, some are just more obvious. Parents tend to focus on struggles, rather than successes, which is not the most effective way to teach or learn.

Do you learn better if you began with one of your talents or passions, and then expand that frame of reference to something you struggle with?

An example may bring this home. We love to quilt. Quilts make perfect sense to us, they are a giant puzzle sewn together. Yet, geometry does not naturally appeal to anything in my brain. Thinking of geometry as a gigantic quilt allows our little brains to wrap easily around the concept of geometry and truly begin to "see" it. Geometry goes from abstract to familiar. Teaching children to pull an abstract concept into a practical talent is a lifetime skill that will help them convert the difficult into the familiar and build a confident framework for learning anything!

Building on talent and interests takes creativity and time, but reaps incredible results. Caitlyn loves dance, devoting years to learning, encouraged by her parents. She has taken that natural bent and created "Dancing For God," for homeschoolers teaching ballet and creative movement. This busy Senior is teaching, administering a mini dance school, choreographing routines, designing outfits for the children's performance, scheduling

performances and encouraging 2 dozen children each week, all while practicing for the Nutcracker, finishing high school herself and doing all the normal Senior stuff. Her raw talent for dance has translated into a very unique dance school with unlimited potential!

One technically inclined family travels the country recording conferences. The boys love technology like Dad, and each learns a new part of the family business, setting up microphones, wiring speakers, using cameras, troubleshooting errors and running the computers in the background, while Dad supervises. They learn, earn and travel the U.S. Talents and bents explored with children can translate typical children into budding entrepreneurs in demand before they even graduate!

Discover more about your child's individual learning styles and passions, there are some phenomenal books that will inspire you and help you learn more:

- Discover Your Child's Learning Style by Mariaenna Willis and Victoria Kindle-Hodson, is one of the best tools to zero in on HOW children learn, their natural strengths and preferences and how they perceive the world differently, teaching parents how to focus on strengths, not their weaknesses and includes assessments and tests. Isn't it great that we don't have to be naturally brilliant to encourage our children, we just have to read great books and apply them!
- Cynthia Ulrich Tobias' book The Way They Learn will teach you how

to discover and teach to your child's strengths.

- Cathy Duffy's has compiled two books into one, 100 Top Picks for Homeschool Curriculum: Choosing the Right Curriculum and Approach for Your Child's Learning Style.

I challenge you to begin to learning about each of your children's unique talents, learning styles and bents!
FPT

*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. Find out more about Lisa at her website (www.ThePrudentWife.com) How-To Videos & a Free Newsletter full of tips! Save Money, Time and Sanity! **FPT***

SUPER SUDOKU Instructions: On page 2

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Goldfish Basics

A goldfish is a nice "starter" pet for your child or a nice, easy pet as a companion for you or a loved one. First you will need to choose a container either a goldfish bowl or goldfish aquarium. An aquarium is the preferred choice. If you choose a bowl be aware that small goldfish bowls require more work and maintenance than a regular aquarium because a goldfish bowl does not have a filter or air pump. With a bowl you will need to keep an eye on your goldfish more often. Also, the less water that your goldfish have to live in the more work that is required to keep it clean and fresh. Goldfish, while pretty to look at are really dirty fish that can foul up their habitat quickly. If you choose a bowl you should limit it to one fish only. A bigger aquarium with a filter and pump is more suited to more than one fish. Use gravel that will not get stuck in the fish's throat. Use either large rocks (that are too big to swallow) or very small gravel (too small to get stuck in their throats). Small gravel is better for goldfish because it is too small to get caught in the throat and because goldfish like to be able to dig.



water temperature may shock the fish and can result in goldfish diseases or even death. The general rule of thumb is try not to go more than a degree over or under the temperature of the water in the bowl. You should also check the water chemistry in your goldfish bowl frequently as things can turn bad quickly when you have less water, no filtration and no air pump. You must also keep the bowl clean. To clean the bowl, use a fish net to temporarily transfer the fish with the water and any real plants into a large bowl or bucket (to catch the fish, it is best to have a large net and a small net. Use the small net to chase the fish into the large net and scoop them out). Wash the rocks, gravel, sand and fake plants with water and salt be sure to use an aquarium salt and NOT table salt. DO NOT USE SOAP, SOAP IS POISONOUS TO FISH and will kill them quickly!!!! You may use a tank cleaner brush to clean the glass. Fill the bowl back up with the aged water. Arrange all the items in the bowl and last transfer the fish with the net.

Goldfish should be fed at least twice a day. All the food should be consumed in about five to ten minutes, if there is more food left over, you are overfeeding the fish. Leftover food will make the water cloudy and polluted which will also make it harder for you to clean. Although, goldfish will eat just about anything it is a good idea to use a pre-packaged goldfish food since this will provide your fish with the correct nutritional balance for his needs. **FPT**

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

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Making Sense of Investing

To keep water clean and healthy for your fish in a bowl you will need to perform regular water changes. You should perform water changes about every two to three days changing about 25% of the water each time to keep the water chemistry correct. When performing water changes make sure you add chlorine remover to the new freshwater you add. You should also make sure the temperature of the water your adding in is equal to the temperature of the water inside the bowl. Sudden change in

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FATHER KNOWS BEST

By Chris Joker

When I was growing up we always had a boat. My Dad had a plaque on the wall at the cottage that read "A boat is a hole in the water into which one pours money" All of the adults would read it and laugh. I never understood that. NOW I do. We had decided to spend a week at the beach. My family, my sister's family and my Mom. My Mom found a great rental on the canal at Holden beach. The pictures of the cottage on the Internet showed a boat dock. That's all I needed to know I was bringing the boat (fondly referred to as "The Q.E.3"). For some reason Mom was nervous about me towing the boat 7.5 hours over the mountains and through three states just for the week but the kids and I were not discouraged. Before we left I put in a new starter motor and propeller. We were good to go. Friday night we packed the van and since we had a big empty boat behind the van we packed it as well. Floats, skim boards, rafts, fishing poles, chairs, coolers, umbrellas, games our huge "rocket" inflatable towable and more. We loaded it up. Saturday morning we hit the road. 8.5 hours later me, the kids, the dog and the boat were all at the beach. No problem.

Sunday morning we drove over to the ramp and launched the Q.E.3. I spent the afternoon towing the kids up and down the inland waterway on the rocket. Monday I got up and realized we were just about out of gas so, being the thrifty guy that I am and knowing that inland gas is much less expensive than marina gas, I lugged the two 6 gallon gas cans to my van and drove to the gas station. After returning and putting the cans back in the boat it was time for another day of on the

A BOAT IS A
HOLE IN THE
WATER INTO
WHICH ONE
POURS MONEY

the bulb did nothing. As I was fiddling around with the motor and pretending I knew what I was doing I started to notice a sound it started low and then repeated itself "hey"....."Hey".... "Hey"....."HEY!!!!" I looked up to see some guy a few cottages down holding a big red toolbox. "Hey you need some tools?" He said, "Sure, but what I really need is someone who knows how to fix this motor" I replied. He came over and introduced himself as Ernest. I was. Understandably unsure about this stranger who showed up with tools. He opened the tool box and all of my reservations were immediately dispelled. Right there on top of ALL the other tools I saw all I needed to know. Ernest had a roll of duct tape and a can of WD40. Obviously THIS GUY knew how to fix stuff. He took out some sort of testing probe thing and verified that we indeed were not getting spark. We took off a spark plug wire, he cleaned the boot with ether and then wanted to hold a screw driver in the boot and ground it while I cranked the motor. Now I may not know a lot about fixing a boat motor but I do know that ether and sparks do not play well together. I began to wonder whether the duct tape and WD40 in Ernest's tool box were truly his. I managed to distract Ernest for what I felt sure was long enough for the ether to dissipate and then we proceeded with his spark test. Turns out it would not have mattered. Still no spark. We took off

water fun. I loaded the boat with kids and dogs and turned the key. The engine cranked but I got no spark. I tried again. Nothing. I pumped the bulb, really didn't seem to be the problem but it was time to try anything. Naturally my pumping

the distributor cap. The brush was kind of screwed up so Ernest felt we should take the wires out of the cap. He pulled on a wire with needle nosed pliers, it did not come loose. He pulled harder. It came loose. Mainly because he broke the end off but it came loose none the less. Ernest decided I was going to have to

replace the distributor cap anyway so we might as well take out the other wires too. So he did. He broke every last one off just as easily as he did the first. At this point I am really not THAT concerned. I mean really a distributor cap and a set of wires can't cost THAT much. Next it was time to take off the rotor. In case you don't know, a rotor kind of looks like a short T and it rotates to supply spark to the various spark plugs, That is, of course, if you have spark. This could actually be the problem. Usually a rotor will pop right off and you can easily replace it when you are tuning up your motor. Ernest pulled on it. It did not move. He pulled some more. Nothing. Ernest reached into his tool box passed right over the roll of duct tape and WD40 and pulled out two large screw drivers. Ernest proceeded to put one screwdriver on each side of the T of the rotor. He then applied pressure to force the rotor off. The rotor then came off. Sort of. Parts of it came off anyway. Ernest had managed to break the top of the rotor off. Again, at this point I am really not concerned, yes I have pretty much determined that Ernest is NOT the owner of the duct tape nor the WD40 however, how much can a few tune up parts for a motor cost???? I send my brother-in-law in to call the marina and price out tune up parts for an 85 Horsepower Mercury outboard. This is about the time Ernest notices that the ends of the spark plug wires that are stuck in the distributor cap are screwed in. That's right the reason the wires broke when he pulled them with the needle nosed pliers is because, they screw in. I mention this because after discovering this Ernest gets the bright idea that maybe the rotor is screwed in as well. Ernest starts trying to twist the rotor to unscrew it. The rotor does not unscrew however, the attempt to unscrew it does manage to break the timing belt. At this point Ernest and I pretty much mutually come to the realization that there is nothing left for him to break so we call it a day. I mention to him that I will need to get a tow back to the ramp to pull the boat out. Ernest explains that the neighbor across the road has a boat. He met them that morning. I convince Ernest to introduce me so I can ask them for a tow. On the way to the neighbor's house I discover that Ernest met them that morning after his wife smashed into their car. I am thinking that Ernest and his wife are probably a great couple. The tow to the ramp is relatively uneventful.

The next morning bright and early I tow the Q.E.3 to the Marina to get the tune-up parts to fix the motor. Remember my justification for not being worried about the "fixing" Ernest

Please see "FKJ" page 16

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Bacon Wrapped Chicken**SUPPLIES:**

- 12 bacon strips
- 6 boneless skinless chicken breast halves
- 1 package (8 OZ) cream cheese, softened
- 1 med green chopped pepper
- Salt and pepper to taste

HOW TO:

1. In a large skillet, cook bacon over medium heat until cooked but not crisp. Remove and drain on paper towels.
2. Flatten chicken to 1/8-in. thickness with meat mallet or rolling pin.
3. Spread cream cheese in the center of each piece
4. Top with chopped green pepper.
5. Roll up from a long side; tuck ends in. Sprinkle with salt and pepper.
6. Wrap two bacon strips around each piece of chicken; secure with toothpicks.
7. Bake in a greased 13x9 baking dish at 350° for 35-40 minutes or until chicken juices run clear.
8. Discard toothpicks before serving.

Cheesy Hot Dog Chowder**SUPPLIES:**

- 2 cans White Cheddar Potato Soup.
- 1 C Milk
- 1 C frozen corn, thawed.
- 4 hotdogs, thinly sliced
- 1 C shredded Cheddar Cheese

HOW TO:

1. In large saucepan, combine soup milk, corn & hotdogs
2. Mix well.
3. Bring to a boil. Reduce heat to med-low simmer 6-8 minutes or until corn is tender. Stirring occasionally.
4. Add cheese, stir until melted, serve.

Cowboy Casserole**SUPPLIES:**

- 1 lb. Hamburger
- 1 onion
- 15 oz can Ranch Style beans
- 15 oz can Spanish Rice
- Grated cheddar cheese

HOW TO:

1. Brown hamburger and onion
2. Drain excess fat.
3. Add beans & rice,
4. Heat.
5. Sprinkle with cheese
6. Bake at 350 until melted.

Kid Friendly Recipes**EZ Beans And Rice Enchiladas****SUPPLIES:**

- 1 Package red beans and rice
- 1 can red or black beans
- 10-12 tortillas
- 1 can enchilada sauce (spiciness to taste)
- Grated Mexican cheese blend
- Chopped Onions and/or can of chopped green chiles to taste

HOW TO:

1. Make the beans and rice as per package
2. Add the can of red or black beans to pan
3. Heat oven to 350
4. Soften tortillas wrapped in a wet paper towel in microwave oven for 30-40 seconds
5. Spoon bean and rice mixture onto tortilla, roll and place in slightly greases square casserole dish.
6. Repeat with remaining tortillas and remainder of bean/rice mixture.
7. Pour enchilada sauce over tortillas.
8. If desired, sprinkle on chiles and onions
9. Bake until hot around thirty minutes.
10. Cover enchiladas with shredded cheese return to oven until cheese melts.
11. Serve.

OPTION:

Instead of Beans & Rice, wrap a hot dog and shredded cheese in the tortilla. You may combine some of each in dish to accommodate different tastes.

Vege Tortilla Lasagne**SUPPLIES:**

- •2 tsp. Vegetable oil
- •1 large zucchini, cut in half and sliced
- •3/4 C frozen corn, thawed
- •7-oz. Jar roasted red peppers, sliced
- •1/3 C ricotta cheese
- •1 1/4 C grated Monterey jack cheese
- •1 C salsa, drained of juice in a colander
- •Six 6-in. Corn tortillas

HOW TO:

1. Preheat oven to 500
2. Add oil to large pan and heat, adding zucchini, corn, and peppers.
3. Mix cheeses In bowl.
4. Trim sides of tortillas to fit a loaf pan.
5. Layer tortillas, veggies, cheeses, and salsa.
6. Cover with aluminum foil and bake 10 to 15 min.

Pizza on a Stick**SUPPLIES:**

- 8 oz Italian sausage links
- 2 whole fresh mushrooms, or 1pkg of small button mushrooms
- 2 C whole cherry tomatoes
- 1 medium onion, cut into 1 inch pieces
- 1 large green bell pepper, cut into 1 inch pieces
- 30 slices pepperoni
- 1 (10 oz) tube refrigerated pizza crust
- 1 1/2 C shredded Mozzarella cheese
- 1 1/4 C pizza sauce, warmed

HOW TO:

1. In a large, non-stick skillet, brown the sausages over medium heat until fully cooked
2. Drain.
3. When cool, cut sausage into 20 pieces.
4. On 10 metal or soaked wooden skewers, alternately thread the sausage, vegetables and pepperoni.
5. Unroll pizza dough onto a lightly floured surface; cut width-wise into 1 inch wide strips. Starting at the pointed end of the prepared skewer, pierce the skewer through one end of the dough strip and press end of dough against end item on skewer. Spiral-wrap dough around skewer, allowing vegetables and meat to peek through. Wrap the remaining end of the dough strip around the skewer above the last item.
6. Repeat with remainder of skewers. Arrange kabobs on baking sheet sprayed with non-stick spray.
7. Bake at 400 for 10 to 12 minutes or until vegetables are tender and pizza dough is golden. Immediately sprinkle with cheese, Serve with warmed pizza sauce.

Noodle Pudding**SUPPLIES:**

- 4 OZ butter
- 2 C milk
- 3 eggs, beaten
- 1 C sugar
- 1 tsp vanilla
- 1 tsp cinnamon
- 12 OZ small curd cottage cheese
- 8 OZ uncooked flat noodles
- 1 C golden raisins

HOW TO:

1. Preheat oven to 350.
2. Melt butter in 9x12-inch baking pan.
3. Combine remaining ingredients.
4. Pour into baking pan.
5. Bake for 35 minutes.



STINGRAYS

By: Georgia Teich

Stingrays can be found in shallow

coastal tropical marine waters throughout the world and several species are known to enter fresh water. There are approximately 200 species of Stingrays. They spend the majority of their time inactive, partially buried in the sand, often moving only with the sway of the tide. Their coloring is seafloor sand, camouflaging them from sharks. When they are inclined to move some swim by undulating their bodies (moving up and down like waves), others flap their sides like wings. The tail may be used to maneuver in the water, but its primary purpose is protection. The tail is long and whip-like with one or more razor-sharp, serrated barbs which they use for defense.

Southern stingrays have a flattened disc-



shaped body with no distinct head with the mouth on the underside. Stingrays have pectoral fins (either of two fins located on each side of a fish just behind the head that are fused to the side of their head). External gill openings are located on their underside. Like sharks, the stingray has an electrical sensor located around its mouth, this senses the natural electrical charges of potential prey. They are carnivores and the average lifespan in the wild is 15 to 25 years. They can weigh up to 750 pounds and are approximately 6 1/2 feet round.

Depending on the size of the stingray, humans are usually stung in the foot region. Surfers have learned to slide their feet through the sand rather than stepping as the rays detect this and swim away. Stamping

hard on the bottom as one treads through the water will also cause them to swim away. If stung the stinger usually breaks off in the wound. This is not fatal to the stingray; the stinger will re-grow at a rate close to that of a human fingernail. Fatal stings are very rare, but can happen as it did to the famous Steve Irwin.

Treatment for stings include warm to hot fluid including urine poured immediately on the wound. Pain usually lasts up to 48 hours.

Located on the banks of the Tennessee River in Chattanooga is the Tennessee Aquarium, featuring creatures which include as of February 2009 four relatively rare White-Blotched Stingray. They also have Big Blue Catfish (weighing as much as 100 pounds), Alligator Snapping Turtles (some exceeding 150 pounds), Octopus, Fire Bellied Toads, Butterflies and a lot more. The Tennessee Aquarium web site is www.tennesseeaquarium.org. **FPT**



"The Whole Nine Yards"?

The phrase "the whole nine yards" means "completely, the whole, everything" used in context: "When I go out for a fancy meal I expect an

appetizer, 7 courses, and dessert, you know, the whole nine yards!"

The earliest use of the phrase dates from 1942, in the Investigation of the National Defense Program: Hearings Before a Special Committee Investigating the National Defense Program, by Admiral Emory Scott Land, who said "You have to increase from 7.72 to 12 for the average at the bottom of that fifth column, for the whole nine yards". This use refers to the total output statistics for the nine new shipyards that produced "Liberty Ships" with unprecedented speed, crucial to the course of World War II. So there is that, however it is undetermined if this is actually the beginning of the use of the idiom.

Origin

The origin of the phrase is not known as are the exact

number of suggested origins. Of all the idioms and sayings we have investigated this one seems to have the most suggested origins. Some try to equate it with football however, only going 9 yards, even if it is the "whole" 9 yards will really not do you any good so I do not think it really has anything to do with football. Let's look at some other suggestions; coal trucks in New England originally had three sections that contained three cubic yards of coal apiece. If you anticipated a bitterly cold winter, naturally you asked for the whole nine yards. One theory claims that the phrase originated with W.W.II aircraft .50 caliber machine guns ammunition belts which had 27 foot ammunition belts. It became a common phrase to say that a pilot or gunner "gave 'em the whole nine yards" when they had run out of ammunition. How about this one: 9 yards of cloth is required to make a complete man's 3 piece suit. One theory claims Saris are made in sizes of 6 yards (Most popular), 7 yards (Used in South India) and 9 yards (Used only by old fashioned and traditional folks). The 9yd sari is also worn some times during traditional functions and during marriages. Thus you can readily see that "the whole nine yards" could be referring to the full length of the longest sari. Another possible military origination claims the US Army Infantry School used to talk about

the "three second rush". The "three second rush" is how an Infantryman moves while under fire. The theory is that one can be exposed while running for no more than three seconds before an enemy acquires and fires on him. Thus, one has three seconds to get up, run, and fall back to earth. This theory claims that in three seconds one can cover nine yards. The constant refrain from the Sergeants was to not stop short because going just a yard or two was pointless, and extremely dangerous. If the rush was to have any effect, one had to go "The whole nine yards". Maybe it came from an old sailing phrase which claims a sail was 3 yards so a three-masted ship would let out the "whole nine yards". Finally one theory claims it comes from Scotland. Due to the thriftiness of many Scots, they would order their traditional kilt (part of which is draped over the shoulder) made from 7 or 8 yards of wool in order to save money. Only a few would go for "the whole nine yards" which would result in a fuller and more comfortable garment. We may not know exactly what the origin is but I feel like we gone the whole nine yards to find out.

SUDO-KID-U 02 answers from last month

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FPT



How To Pack A Zero-Waste Lunch

Looking for an easy way to leave less trash behind? Pack a zero-waste lunch. Disposable food-packaging materials accumulate

large amounts of waste quickly. The average school-age child who uses a disposable lunch creates 67 pounds of waste each school year, or an average of 18,760 pounds per elementary school. This is but a symptom of a U.S. throwaway culture that needs attention, especially in the area of food packaging. U.S. citizens, for example, throw out an estimated 2.5 million plastic bottles every hour.

Here are the basic things to remember:



1. Reuse your beverage container. Use a thermos or a reusable water bottle to carry liquids.
2. Pack a reusable lunch bag. Using the same lunch bag every day creates no waste and is an affordable one-time purchase. You can probably even reuse a bag you already have.
3. Buy in bulk. Buy family-sized packages of cookies, crackers, and chips, rather than

- individually packaged snacks, and then pack the desired amount each day.
4. Use reusable containers for food. Use Tupperware, or whenever possible wash out old food packaging for reuse. This is great for transporting leftovers.
5. Reuse old food packaging to avoid throwing it out.
6. Bring a fork from home. Remembering to pack reusable utensils will prevent wasting hundreds of plastic forks, knives, and spoons every year. You can also keep a set of washable cloth napkins on hand to prevent unnecessary use of paper ones.

It's almost always easier, and cheaper, to replace disposable packaging items with reusable materials. And they'll save you less trips to the store in the long run, as well as money on things such as plastic and paper bags.

FPT

This article was created by the Center for American Progress (www.americanprogress.org)

Lunch Waste Facts

- **ALUMINUM FOIL** More than 20 million Hershey's kisses are wrapped with 133 square miles of foil every day
- **ALUMINUM AND TIN CANS** In the time it takes you to read this sentence, more than 50,000 12-oz. aluminum cans were made

- **BANANA AND ORANGE PEELS** Food debris in a landfill decompose only 25% in the first 15 years (try composting or vermiculture!)
- **JUICE BOXES** Most inorganic trash retains its weight, volume, and form for at least four decades
- **PAPER BAGS AND NAPKINS** It is

- estimated that 17 trees are cut down for every ton of non-recycled paper
- **PLASTIC BOTTLES, FORKS, WRAP** U.S. citizens discard 2-1/2 million plastic bottles EVERY HOUR
- **STYROFOAM** U.S. citizens throw away 25 billion Styrofoam cups EVERY YEAR

Facts from: www.globalstewards.org

Family Day At The Jonesborough Farmers Market

By: Karen Childress

The Jonesborough Farmers Market has planned a family day for Saturday, September 12th. Special activities and foods geared toward children will be available including a storytime for pre-school age children (10 am), music throughout the morning, farm animals, play areas, sidewalk chalk, pancakes and popsicles for sale. At 11am families can learn how to involve their children making backyard compost with the help of worms. More



activities will be announced closer to the date on the market's website: www.jonesborough.locallygrown.net. To get e-mails about family day and all special events at the market create a customer account on the website.

The Jonesborough Farmers Market is a local-only food and produce market. Each week features local music, a cafe area, and a wide variety of produce, baked goods, cheeses, chocolates, and select crafts. Hours are 8am-12noon, in the parking lot of the Washington County Library (behind the Jonesborough Visitors Center). For more information, see the website or call Karen Childress at 753-4744. **FPT**

FREE Classified ads:
www.familypastime.com
Click on Marketplace

SUDOKU Medium

Instructions on page 2

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

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

DOUBLE TAKE

Find at least 26 differences in the two pictures (answers are on the bottom...no peeking!!!)



Shirt stripes, Eye patch, Tooth, Peg Leg, Hook, Hat scull, Hat necktie, Shirt necktie, Cannon, Key hole, Bandana, Earring, Belt Buckle, Eye brows, Boot, Ship, Finger, Red Hat, Yellow shirt, Ship Flag, Parrot claws, Parrot gun, Shoe Buckles, Telescope, Head feathers, Shirt stripes, Eye patch, Tooth, Peg Leg, Hook, Hat scull, Hat necktie, Shirt necktie, Cannon, Key hole, Bandana, Earring, Belt Buckle, Eye brows

As More People Entertain At Home, A New Contest Sparks Interest

(NAPS)—It seems nights on the town have been traded for nights in with friends. Cash-strapped Americans, looking for ways to cut back, have rediscovered the joys of cooking and entertaining at home.

“This whole idea of staying home and entertaining at home, we’re seeing that everywhere, from the ‘take and bake’ pizza to the \$5 movies,” John E. Fleming, the chief merchandising officer for Walmart, recently told The New York Times.

But maybe the biggest indicator of how budget conscious we’ve become is this: Gourmet magazine, which normally waxes rhapsodic about pricey

restaurants, not too long ago added a feature about what to do with leftovers. That’s right, leftovers.

Of course, there are ways to make leftovers more appealing. For instance, you might dress them up by incorporating phyllo—a flaky pastry dough—into your dishes. A new interactive contest even rewards entrants for the top, most creative phyllo recipes, whether they use leftovers or not.

Running through February 1, 2010, it awards one **\$5,000 grand prize, two \$1,500 first-place prizes and a slew of weekly and monthly prizes.** Called “Make It Fabulous

With Fillo,” the contest asks entrants to come up with quick, original takes featuring Athens Mini Fillo Shells



or elegant recipes that include Athens Fillo Dough.

Recipes are judged by culinary professionals, and bonus points are awarded for including photos and videos. Plus, you can view winners and rate each recipe as it’s added at phyllo.com—with the ultimate fan favorite snagging a \$600 prize. **FPT**

SUPER SUDOKU Answer from last month

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

My granddaughter came to spend a few weeks with me, and I decided to teach her to sew. After I had gone through a lengthy explanation of how to thread the machine, she stepped back, put her hands on her hips, and said in disbelief, “You mean you can do all that, but you can’t operate my Game Boy?”



Just thinking about an earwig grosses me out. "Earwigs are so named because they crawl into people's ears while they're sleeping and bore into their brains to lay eggs." While this is certainly a yucky thought it is totally false. Earwigs are fairly common and are relatively easy to identify by the prominent pincers or forceps on the end of the abdomen. On females the pincers are fairly straight, while male pincers are more curved and caliper-like. These pincers are used as both offensive and defensive weapons. Though they



Earwig

may try to pinch if captured and handled, they do not harm people. The common earwig is about 5/8 inch long and dark brown with a reddish head and pale yellow-brown legs. Adult males have 10 abdominal segments (the pincers count as one), while females have 8. There are 22 types of Earwigs in the United States and there are over a 1,700 different species all over the world. **YUCK!** Earwigs go through three stages of development: egg, nymph and adult. They lay from 30 to 50 eggs in a batch and it takes up to three months for the eggs to become adult

earwigs. Earwigs are outdoor insects usually found in damp areas, such as under mulch, dead leaves, logs, and piles of firewood, boards, stones and other debris or in rotted wood where they feed on moist, decaying plant material. Though earwigs occasionally attack living plants, including vegetables, flowers and ornamental plants, they are considered only minor pests of plants. The earwig is a household pest as an accidental invader. They enter houses either by accident or when seeking shelter, especially in the fall or during periods of prolonged dry weather. Earwigs inside the house do not cause any harm or destruction. They are an annoyance or nuisance because of their presence. Earwigs are considered harmless to people, though they may emit a foul-smelling liquid when disturbed. Larger earwigs might use their "pincers" to "bite" someone, but have no venom- so no harm is done. **FPT**

FKJ continued from page 11
 did was because the parts couldn't really cost that much? Turns out the rotor didn't come off because, it's not supposed to. It's on a shaft that goes up into the distributor. Also turns out my motor is so old (1975) they don't make nor carry parts for it anymore. The good news is a few online sources carry old outboard motor parts. The bad news is the rotor runs about \$300.00 and the cap runs about \$300.00. The guy at the marina is kind enough to tell me if the motor WAS running it would only be worth about \$150.00. Coincidentally, this is less than I just spent to replace the starter motor and the prop. This is turning out to be a really bad trip to the beach with my boat. I spend the rest of the week moping about my broken boat. Ernest spends the rest of the week hiding from me. You would think this would be the end of my story. I wish that it was. Sunday it's time to head back to the Mountains. We load everything up and head out. Sunday is the day EVERYONE loads up and heads home. I mention this because soon after we leave civilization and are on that long stretch of nothing between the beach and the highway, my low fuel light comes on. As I am stuck moving nowhere hoping the traffic will at any minute free up I start thinking about the fact that I have 12 gallons of gas in two tanks in the boat. Then, putting on my best MacGyver hat, I start contemplating how I might get the gas from boat tanks into a mini-van tank. In my mind I devise a plan in which I will dump out one of the 2-liter soft drink bottles we

have in the van, cut off the bottom and create a makeshift funnel. As we approach surely what can only be fumes in the tank the traffic magically starts moving and we make it to the gas station. You would think this would be the end of my story. Nope.

Things go great for 8 hours. We have passed through Asheville and are on the last stretch of our trip. I am in the passing lane when I hear a terrible noise from the trailer area of our transportation rig. Since there is no shoulder on the passing lane side of the highway I must make my way to the slow lane and onto the shoulder, what little shoulder there is. I get us up close to the guard rail and tell the kids I hope it isn't a flat tire. Careful what you hope for. I get out and inspect all the tires, the trailer and the van. They all have air. I am scratching my head when I notice the wheel on the passenger side of the trailer (you know, the one butted up against the guard rail?) has somehow ripped all the way through ALL of the lugs. There is about a 6 inch hole in the center of the rim and it is balancing on the trailer axle. You know, after an 8 hour trip this is just the kinda thing everyone enjoys. I dig through the van and get out the jack. I put the trailer on blocks and then proceed to transfer everything I can from the boat to the van. We manage to get just about everything but the gas and somehow manage to not have to tie the dog to the roof rack, not that we didn't discuss it. When we get home to take our minds off the boat

we empty the entire van out. Sunday morning, bright and early I am on the phone looking for a new rim. I find one, I get the tire mounted and head back towards Asheville to retrieve my boat. The new wheel goes on pretty much without incident and I am back on the road to Johnson City. You would think this is the end of my story....

I am approaching Irwin when my low fuel light comes on. Since I have already spent too much money on this vacation I decide to sail right by the gas station right there at the entrance to Irwin. I am thinking I will keep going until I reach Walmart where the gas is a little less expensive. After all I know pretty much how far the van will go after the light comes on. What I fail to take into account is towing a boat up and down mountains tends to cut down on your fuel mileage. As the engine dies I remember I still have 12 gallons of gas in boat tanks in the boat. This is about the same time I remember cleaning the van out which included cleaning out the 2-liter soft drink bottles. The walk to the gas station actually had a calming effect. Interestingly I found out Ernest is not a mechanic (imagine my surprise) No Ernest is actually an Organic farmer. Which kind of make sense because he may not have fixed my motor but he did manage to turn my boat into a lovely planter in which I may now grow organic vegetables. **FPT**

Please Support Family Pastime Advertisers!

Across

- 6. A gathering of your whole family
- 7. Your Mother's Mother is this Grandmother
- 9. Grandma greets you with one of these
- 10. After working most of their lives many grandparents do this
- 12. Many grandparents enjoy doing these. Hint: you are doing one now.
- 14. September 13 is?
- 15. Another name for Grandmother
- 17. The president who proclaimed Grandparent's day in 1978
- 20. Grandparents have a lot of this through a lifetime of events
- 22. Another name for grandma
- 23. What you are to your grandparents
- 24. Grandparents often do this to grandchildren
- 26. Another name for Grandfather
- 28. Grandparents will often do this for parents if they want to go out on a date together

Down

- 1. Another name for grandfather
- 2. Family members who came before you
- 3. Grandparents will often tell you they walked to school up hill _____
- 4. A related group of people
- 5. Your father's father is this grandfather
- 8. Grandparent's advice is often this
- 11. Father or Mother's Mom
- 13. A diagram showing your family members
- 14. Father or Mother's Dad
- 16. Many grandfathers like to take grandchildren to do this
- 18. You might send this to wish your grandparents a happy grandparent's day
- 19. The day of the week Grandparent's day is celebrated
- 21. Grandma bakes these for you
- 25. Another name for Grandma
- 27. Tells how old you are

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

Grandparent Facts From The 2000 U.S. Census

- How many grandparents reside in the US? 56 million
- How many grandparents are married? 1.7 million
- Among preschoolers with employed parents, what percentage is regularly cared for by their grandparent during the hours their parents spend employed outside the home? 28%--No other type of child care arrangement was more common than care giving by grandparents.
- What percent of grandparents in the U.S. had either visited or spoken with their grandchildren by phone in the past month? About 80 percent
- How many grandparents receive Grandparents Day cards, nationwide, each year? About 3 million (Courtesy of Hallmark research)

Family Pastime Magazine

Answers in next month's issue

I didn't know if my granddaughter has learned her colors yet, so I decided to test her. I would point out something and ask her what color it was. She would tell me and always she was correct. But it was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself."

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



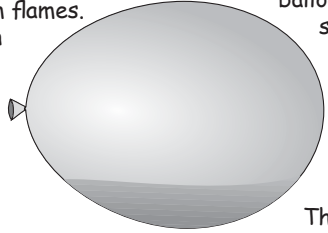
Fire-proof Balloon

Balloons are rather fragile things. You know that they must be kept away from sharp objects. They also need to be kept away from flames.

A fire can weaken the rubber and cause it to burst. However, in this experiment you will find out how you can hold a balloon directly in a flame without breaking the balloon.

SUPPLIES:
 → Adult assistant
 → Two round uninflated balloons
 → Several matches
 → Candle (for safety purposes, use a small, wide, flat bottom votive candle which cannot be knocked over easily)
 → Water
 → Safety Goggles

HOW TO:
1. Inflate one of the balloons and tie the end.
2. Place about ¼ Cup of water in the other balloon, and then inflate it and tie it shut.
3. Have your adult assistant light the candle and hold the first balloon over it. Have your adult assistant slowly move the balloon towards the flame. What happened? The balloon bursts, perhaps even before the flame touches it.
4. If the candle went out, have your adult assistant re-light it. Now have your assistant carefully hold the balloon with the water in it directly over the flame. Allow the flame to touch the balloon. What happened with this balloon? The balloon doesn't break. You may even see a black patch of soot form on the outside of the balloon above the flame.



heats whatever is placed in it. It heats the rubber of both balloons. The rubber of the balloon without water becomes so hot, that it becomes too weak to resist the pressure of the air inside the balloon. So why does the balloon with water in it resist breaking in the flame? When water inside the balloon is placed in the flame, the water absorbs most of the heat from the flame. Then, the rubber of the balloon does not become very hot. Because the rubber does not become hot, it does not weaken, and the balloon does not break.

Water is a particularly good absorber of heat. It takes a lot of heat to raise the temperature of water. It takes ten times as much heat to raise the temperature of 1 gram of water by 1 degree Celsius than it does to raise the temperature of 1 gram of iron by the same amount. This is why it takes so long to bring water to a boil. On the other hand, when water cools, it releases a great deal of heat. This is why areas near oceans or other large bodies of water do not get as cold in winter as areas at the same latitude further inland.

Last Month's Medium answer

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

This experiment should be done outside on a flame

SUDO-KID-U 2
 Instructions: On page 2

	1		
			4
	2		
		3	

Why does the balloon with only air in it burst when brought towards the flame? The flame

HOW COME:

FPT



Returns Next Month

Family Pastime Magazine Last Month's Answer

ACROSS: 1. READ, 2. BLUE CRAB, 3. WHITEHOUSE, 4. GREAT WHITE SHARK, 5. RED FOX, 6. SNOW, 7. MARSH MALLOW, 8. WHITE ALBUM, 9. RUBY, 10. NAVY, 11. WHITE CHOCOLATE, 12. GREAT NORTHERN, 13. WEDDING DRESS, 14. APPLE, 15. SWAN, 16. THE BLUES, 17. STOP.

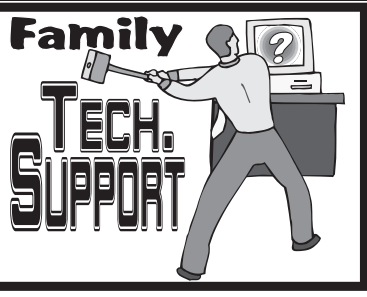
DOWN: 1. READ, 2. WHITEHOUSE, 3. GREAT WHITE SHARK, 4. RED FOX, 5. SNOW, 6. MARSH MALLOW, 7. WHITE ALBUM, 8. RUBY, 9. NAVY, 10. WHITE CHOCOLATE, 11. GREAT NORTHERN, 12. WEDDING DRESS, 13. APPLE, 14. SWAN, 15. THE BLUES, 16. STOP.

SUDOKU EASY
 Instructions: On page 2

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

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**Family
TECH.
SUPPORT**

Remember when your computer was new and it was lightening fast? Maybe now that you have had it a while

it seems so much slower. It probably is. Over time a computer gets bloated with lots of stuff you don't need that only serves to slow down your computing experience. Fortunately there are some easy things you can do to help speed it up.

Before you start anything I suggest you 1) set a restore point (See Family Tech 7/08 for instructions) and 2) **BACK EVERYTHING UP!** (See family Tech 2/08 for instructions). The reason you should do these things first is because if you get overzealous with your tune-up you should be able to set everything back to before you started.

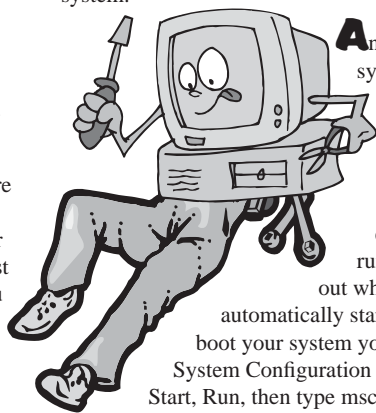
Now for the tune up:

Make sure your anti-virus and anti-Spyware software is up-to-date. Then run them one after the other.

Next you should remove any unused programs. Almost every application, utility, and game sold today comes with an uninstall program. You must uninstall the programs correctly (you cannot just delete them). To see a list of all the software on your computer that has an

Computer Tune-Up

uninstall program (pre-Vista), select Start, Settings, Control Panel and double-click on "Add/Remove Programs" or on a Vista machine in the Control Panel select "Programs and Features. Look through the list and if there are any you do not use uninstall them. After the programs are uninstalled, re-boot your system.



Another way your system may be bloated is with programs running in the background that you don't need and don't even know are running. To find out what programs


automatically start whenever you boot your system you can use the System Configuration Utility. Select Start, Run, then type msconfig in the box, and press Enter. In Vista type msconfig in the Start, "Start Search" field. Windows 2000 doesn't have a System Configuration so you will have to use a third party utility (see information below). When the System Configuration window opens, click the Startup tab for a list of everything that loads when you boot up your computer. What should you keep? Any software that needs to be running at all times such as your antivirus software and firewall but not your media player. Removing items from the startup does not mean you can't use them it just means they won't be running until you manually start them. Uncheck the items you don't want to automatically start on boot and click "Apply" then click OK. A window may open informing you that the changes will not be applied until you restart. You may click exit without restart and continue with your tune-up. When you re-boot you may be met with a Windows "Nag" screen telling you something about the way windows starts up has been changed just click do not tell me again or

something to that effect and it won't nag you every time you boot. We are making a lot of progress to once again turn your computer into a lean mean computing machine. Next we will free up some disk space. Over time your hard drive will accumulate junk files you no longer need. You've got temporary folders, backup files, the Recycling Bin, and who knows what else. Let's get rid of these files and give you some breathing room. Windows's own Disk Cleanup tool does a great job of clearing out your unneeded files. Just select Start, Programs (All Programs in Windows XP Professional and Vista), Accessories, System Tools, Disk Cleanup, and follow the prompts. Next let's clean the registry. The Windows Registry is a database that stores settings and options for Microsoft Windows operating systems. It contains information and settings for hardware, operating system software, most non-operating system software, and per-user settings. Working with it can and should be scary. This is one place you can really hose up your system. So be sure you have the system restore point and the back up in place. You will want to use a third party utility for this. There are many out there some good some not so good. Whichever one you choose I'm sure SOMEONE has a horror story about it. Make sure whichever one you choose it has a "restore previous changes" option. I have had luck with a free program called Glary Utilities available for download at: www.glaryutilities.com. If you choose to install Glary be sure to uncheck the install search tool bar unless you really want it installed. The utility will still install and work fine but it will not add an extra search toolbar to your browser. The nice thing about Glary Utilities is it is a suite that will automate many of the things we just talked about doing, and more. The "1-Click Maintenance" tab offers one click to Clean the Registry, fix your shortcuts, checks the startup configuration for possible dangerous entries, cleans temporary files and removes Spyware. It also has "Modules" for Clean Up & Repair, Optimize & Improve, Privacy & Security, Files & Folders, and System Tools. After you do all the things we talked about above you will want to defragment your hard drive. Over time with saving and deleting files your files get spread out over the hard drive making it more difficult for your computer to access them. Defragmenting your hard drive will put them closer together so your computer will not have to work so hard to access them. Get to the Defrag utility through Start, Accessories, System Tools, Disk Defragmenter. Then follow the prompts. Depending on how bloated your system was you should notice much improvement in the speed of your computing experience. **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


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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.



KF NWH JHRHFNW MPX CKM THJNHM. W6J
CTPFMIW6EMTHF OLJN WPRH DHHF KLN KZ
NKQF. ~Gene Perret

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



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



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

Features include:

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



**Children's
EMERGENCY**
at Johnson City Medical Center