

SEPTEMBER 2010

FREE

Family Pastime Magazine

familypastime.com

THE magazine for the **WHOLE** family Volume 6 Issue 2



**Take Two
And Give
One To A
Friend**

WIN

HANDS ON! REGIONAL MUSEUM

The Spotted Teapot
the-spottedteapot.com

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Contest **WIN** family membership to the Hands On! Museum and a fully catered tea party for girls 5-12 from The Spotted Tea Pot



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Family Pastime Magazine

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SEPTEMBER WEEKLY OBSERVANCES

- Self-University Week: 1-7
- Enthusiasm Week: 1-8
- Waffle Week: 5-11
- Payroll Week: 6-10
- Play Days: 7-11
- Balance Awareness Week: 12-18
- Assisted Living Week: 12-18
- Constitution Week: 12-18
- Line Dance Week: 13-18
- Substitute Teacher Appreciation Week: 13-17
- Invisible Chronic Illness Awareness: 14-20
- Balance Awareness Week: 19-25
- Build A Better Image Week: 19-25
- Child Passenger Safety Week: 19-25
- Deaf Awareness Week: 19-25

- Clean Hands Week: 19-25
- Farm & Ranch Safety and Health Week: 19-25
- Rehabilitation Awareness Celebration: 19-25
- Singles Week: 19-25
- Tolkien Week: 19-25
- Turn Off Your TV Week: 19-25
- Love Your Files Week: 20-24
- Pollution Prevention Week: 20-26 (3rd full week in Sept.)
- American Massage Therapy Week: 23-26
- Chimney Safety Week: 26-10/2
- Keep Kids Creative Week: 26-10/2
- Banned Books Week: 27-10/2
- Remember to Register to Vote Week: 27-10/2

SEPTEMBER MONTHLY OBSERVANCES

- AKC Responsible Dog Ownership Month
- ADHD 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
- People Skills Month
- Self-Awareness Month
- Strategic Thinking Month
- Library Card Sign-up Month
- Million Minute Family Challenge
- Mold Awareness Month
- Chicken Injury
- Childhood Injury Prevention Month
- Coupon Month
- Head Lice Prevention Month
- Honey Month

- Mushroom Month
- Organic Harvest Month
- Osteopathic Medicine Month
- Prime Beef Month
- Sickle Cell 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
- Women's Friendship Month
- Animal Remembrance Month
- 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. **Answers in next month's issue.**

Last Month's Medium answer

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

SUDO-KID-U 1

		2	
	1		
1			
			3

SUDO-KID-U 01 Last month's Answers

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

SUDO-KID-U 02

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



Home Cure

BELCHING/BURPING

Belching/burping is simply the sound of gas leaving the

body. Humans swallow a lot of air while eating and/or drinking. Carbonated beverages will also allow other gases to be carbon dioxide which is full of bubbles to be swallowed. These gases in the body do not just float around, they need to go somewhere. Usually, extra gas will escape from the stomach, travel up the esophagus and come out the mouth. There are ways to reduce the gas and the burping it causes.

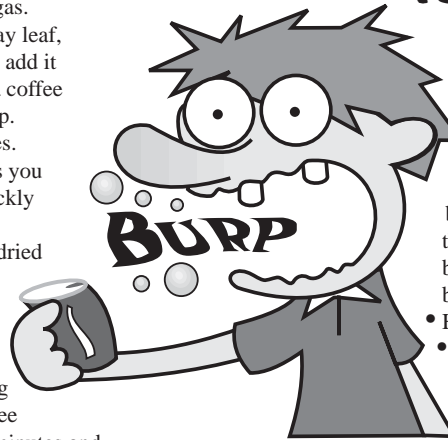


- Eat slowly or have small meals
- Avoid chewing gum and carbonated drinks
- Avoid excessive consumption of onions and chocolates
- Drink water with two to three drops of mint essence daily for about 15 days.
- Drink lime juice with cider vinegar in a glassful of water before meals.
- Drink ginger tea after meals.
- Drink herbal tea made using blackberry, raspberry, mint and chamomile.
- Drink baking soda in a glassful of water.
- Drink buttermilk with a pinch of asafetida in it.
- Suck on cloves after meals
- Swallow a bud of garlic with water on an empty stomach.
- Avoid wearing tight clothes, and have a daily walk for about ½ hour .
- Soak little fenugreek seeds in water overnight and drink it on an empty stomach early in the morning.
- Drink some cold water with sugar in it.

- Drink a bottle of root beer - The carbonation breaks up the gas.
- Take a dried bay leaf, Boil water and add it to bay leaf in a coffee cup, a large cup. Steep 5 minutes.
- Drink as hot as you can and as quickly as you can.
- Make a tea of dried fennel seeds by adding one teaspoon of dried fennel seeds to boiling water in a coffee mug, Steep 5 minutes and drink it as hot as you can and as quickly as you can.
- Chew dried fennel seeds.
- Add 1 teaspoon of baking soda in water. Stir and drink.

FOR BABIES:

- Fill a baby bottle of mostly water and add a little bit of sprite or 7-up. Let baby drink from a couple ounces. Then burp like you would typically.
- Sit your baby sideways on your leg, his/her legs dangling between yours with your hand under their chin to support their head, bounce your knee and pat for a few minutes then place hand flat on the bottom of the back and rub straight up with some pressure behind it then go back to patting and so on.
- Hold baby in your lap and pat his/her tummy.
- Hold baby by butt and back (be sure to support head) lower upper body almost but not quite upside down and then bring baby back upright. repeat 2-3 times. This will help any air move. Then tap baby on back as usual.
- Place the baby chest down against your hand or on your lap and pat his or her back.
- Press the baby gently against your chest and massage his or her back with your palm. **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

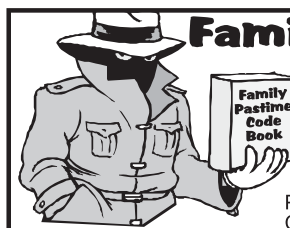
		7	8	3	2		
	5					1	
3			1	5	9		6
			6	2	4		
5	8	6		3		4	2
			5	8	7		
7			2	9	8		3
	6						7
		3	7	6	9		

SUDOKU Medium

Instructions on page 2

Q: Why did the pig go to the casino ?
A: To play the slop machine !

Q: What do you call a pig with three eyes?
A: A piiiig



Family Crypto-Time-Last Month's Answer

"A real patriot is the fellow who gets a parking ticket and rejoices that the system works." ~ Bill Vaughan

Plain: ABCDEFGHIJ KLMNOPQRSTU VWXYZ
Cipher: BCEFVAYNDMSJUKGOPHWQRZITXV

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How To Be Your Child's Advocate

off the path of encouragement, how-to's, and write about something intensely personal that needs to be addressed. We tap dance around it as homeschoolers, we don't always know what to do when faced with exceedingly difficult situations, but sometimes our children need an advocate.

What is an advocate? Wikipedia defines it as "Child advocacy refers to a range of individuals, professionals and advocacy organizations who promote the optimal development of children... advocacy typically seeks to protect children's rights." This includes physical health, mental health, educational, and legal issues.

There may be unique times, when life demands that we be our child's advocate. In the homeschooling arena, we cannot hide behind a school staff, administration or school board. We may have our ISP (Independent Study Program) or HSLDA (Home School Legal Defense Association) to help us, but the bottom line is, we have to stand firm, and stand up for our child.

I am not merely talking about a call on a soccer field, or baseball diamond, but the larger things in life, when we need to intervene.

Perhaps you have a child who struggles academically, not quite at grade level. As homeschoolers, we don't tend to get caught up in grade level pressure. We teach where are children are, whether that is above or below it, working towards mastery.

Yet, in a more peer dependent situation, like Awanas or Scouting, and sometimes family situations, those goals that work so well in the day to day teaching of our children, can suddenly pale. When compared to peers, they may look "less than" or feel the sting of inadequacy when compared. Adults and relatives can be less than kind.

It is your job as a parent to confront the situation head on, letting them know what is happening. Johnny is struggling with

his multiplication tables, or Suzy is still working on early readers, not chapter books.

While this can feel uncomfortable, the easiest thing you can do is simply be straight forward. Don't fawn over what is, or what isn't. Don't make excuses. Just be honest and direct, with kindness and compassion. It will go a long way toward resolving a situation in a positive way for everyone involved. You will be surprised at how often there are resources in the challenges, that help move your child forward.

There may be other times when you need to be your child's advocate and you have to stand firm from a health stand point. Homeschool families are independent thinkers who don't always go with the status quo, but make decisions based on each child.

Dealing with medical situations, especially ongoing or chronic issues, can be very trying. Professionals come in, spend a few minutes with your child, assign a diagnosis and go on to the next patient. You spend 24/7/365 with this child, know them backwards and forwards, on good days and bad. You may not agree with their assessment, diagnosis or recommendation and you face a choice.

What do you do when something is seriously wrong and you aren't getting answers? In our family we pray for wisdom, research like crazy, and then go forward.

As many of you know, our daughter Emily has been struggling with a brain injury, after we were rear ended. Symptoms started immediately after the accident, she has never been the same since. A brain MRI revealed a growth on her pituitary gland, which can cause similar symptoms.

For the past 18 months, we have been in the rather uncomfortable position of being her medical, mental health, educational and legal advocate as we try to find out WHAT is causing Emily all of these problems. Is it a brain injury or is it the microadenoma in her brain, or both causing symptoms? It seems no part of her life, and our lives are untouched. Each doctor visit is like a tennis match, batting us back and forth, more tests ordered. Or worse, "Sorry, we cannot help her." Insurances are bound up, not paying. Symptoms began with an accident, so our private health insurance says it is "preexisting" and won't pay. Our

auto insurance is tapped, and the guy who hit us, his insurance denies it all.

Meanwhile, Emily is struggling through high school. She was 14 and a freshman at grade level when hit, then had to relearn to read, falling behind in school. She is now 16, should be a junior, and is still caught in the middle. The insurance situation was so untenable that we fundraised to send Emily to a brain specialist and SPECT scan to determine what was causing her issues. Emily needs solid answers to finish high school, and then what about college? We can't wait forever while the insurance companies argue it out, she needs help, now.

The road has been tremendously discouraging and it is not over yet. She faces brain injury, more tests, doctors and insurance denials. We are determined to persevere to the finish line with her, even though we are no longer sure what it is. If she did not have parents solidly working as her advocate, fighting every step of the way, where would she be?

Really, the heart of this column is twofold. To thank the loyal Family Pastime readers who donated for her scans - we have good news, Emily does not need brain surgery at this point! Second, it is to encourage other homeschooling families in other situations, who are acting as their child's advocate, fighting for the medical, educational, and legal areas of their child's lives - do NOT give up. Persevere!

It takes courage on so many levels to be your child's advocate. It takes sacrifice, perseverance, research, honesty and a good sense of humor is a must...all the same stuff it takes to educate your children at home!

You have what it takes! Be encouraged, you CAN be your child's advocate! **FPT**

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

SUDOKU- EASY Instructions: On page 2

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

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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.** Emma M. Nutt Day, No Rhyme (Nor Reason) Day, Chicken Boy's Day, Calendar Adjustment Day,
- 2.** V-J Day
- 3.** Lazy Mom's Day
- 4.** Drive Your Studebaker Day, Newspaper Carrier Day, Oatmeal Day
- 5.** Be Late For Something Day
- 6.** Labor Day
- 7.** Google Commemoration Day, Grandma Moses Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program (9/7-10/14), Two's Time (age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 8.** "Neither Snow nor Rain" Day, Salami Day, Literacy Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5)
- 9.** Wonderful Weirdos Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5), Tales & Talk - Adult Book Group 11 am Book to be discussed -- WINTER GIRLS by Laurie Halse Anderson
- 10.** Swap Ideas Day
- 11.** Libraries Remember Day, Lacemaking Day, Patriot Day, Remembrance Day
- JCPL** FREE Genealogy Workshop - Step II @ 12:30 - 4:30 pm, Bilingual Storytime (Spn/Eng) 2 pm
- 12.** Grandparent's Day, Video Games Day
- Hands On!** Enjoy FREE admission to the museum from 1-4. 9/12-9/26 Learn all about the science of being a pirate in honor of Talk Like a Pirate Day
- 13.** Chocolate Day, Urban Eden Day, Boss/Employee Exchange Day
- Abingdon**-13-18, Washington County Fair
- JCPL** TALE to TAIL* 4-5pm 1st - 5th graders Read to a Certified Listening Dog for 15 minutes, Family Storytime 6:30 pm
- 14.** **JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program (9/7-10/14), Two's Time (age 2) 10 am, Preschool Pals* (age 3-5) 11 am, TEEN BOOK DISCUSSION* 6 pm THE RED PYRAMID by Rick Riordan
- 15.** Felt Hat Day, Day of Democracy
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5)
- 16.** Mayflower Day, Step family Day

- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5), K-2 Story Stretchers* 4 pm (K-2nd), Tales & Talk - Adult Book Group 7 pm Book to be discussed -- WINTER GIRLS by Laurie Halse Anderson
- 17.** Yom Kippur, Citizenship Day, Constitution Day, POW/MIA Recognition Day
- Bristol.** Rhythm & Roots Reunion 17-19 on State St.
- 18.** Big Whopper Liar Day, Air Force Birthday, Chiropractic Founders Day, Hug A Greeting Card Writer Day, Respect Day, Eat An Apple Day, Coastal Cleanup Day, Seat Check Saturday, Responsible Dog Ownership Day
- Hands On!** noon-2 - Come to a Hands On! Birthday Celebration! With birthday cake, Visit with Zinno the Bear and Sharky, Shelly, and Shivers from Ripley's Aquarium of the Smokies.
- JCPL** MOVIES FOR TEENS 2 pm Free showing of PERCY JACKSON AND THE OLYMPIANS
- 19.** Talk Like A Pirate Day, Wife Appreciation Day
- 20.** Women Road Warrior Day
- JCPL** TALE to TAIL* 4-5 pm 1st - 5th graders Read to a Certified Listening Dog for 15 minutes, Family Storytime 6:30 pm
- 21.** Day of Peace, World's Alzheimer's Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program (9/7-10/14), Two's Time (age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 22.** Autumn Equinox, American Business Women's Day, Dear Diary Day, Elephant Appreciation Day, Hobbit Day, White Chocolate Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5)
- 23.** Earth Over Shoot Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5)
- 24.** Hug A Vegetarian Day, Love Note Day, Punctuation Day
- Kingsport** Downtown, Evening with the Arts: Art, Entertainment and Food. 7pm-10pm \$35 www.downtownkingsport.org
- 25.** Boys' and Girls' Club Day for Kids, Family Health and Fitness Day, Fish Amnesty Day, One-Hit Wonder Day, Museum Day
- Kingsport.** 38th annual Fall Folk Arts Festival from 12 noon to 5 pm info 423-288-6071
- 26.** Johnny Appleseed Day, Good Neighbor Day, Hunting and Fishing Day

- 27.** Family Day - A Day to Eat Dinner With Your Kids, Ancestor Appreciation Day, World Tourism Day, World Heart Day
- JCPL** TALE to TAIL* 4-5 pm grade 1-5 Read to a Certified Listening Dog 15 minutes, Family Storytime 6:30 pm
- 28.** Fish Tank Floorshow Night, World Maritime Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program (9/7-10/14), Two's Time (age 2) 10 am, Preschool Pals* (age 3-5) 11 am
- 29.** Attend Your Grandchild's Birth Day, VFW Day, Women's Health & Fitness Day
- JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5), K-2 Story Stretchers* 4 pm (K-2nd)
- Hands On!** 9:30am-12:30am- Lab Rats Workshop* Investigate the world of chemistry and physical science. Make slime, create a mini lava lamp, test your creative engineering with our wind tubes, and much more. A healthy snack will be included as well. Cost \$10 ages 8+.
- 30.** **JCPL** Mother Goose Time* (age 1) 9:30 am. 6 week program Two's Company 10 am (age 2), Preschool Storytimes 11am (age 3-5), K-2 Story Stretchers* 4 pm (K-2nd)

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Storybook Tea Parties Come To You



When my daughter was little she used to love having tea parties. She would fill her little teapot with water and ask me for cookies or graham crackers

then set up the party and invite a neighborhood friend, several stuffed animals and, on occasion me, her Dad. In her mind she was dressed in finery drinking the finest tea and eating the finest food. My daughter is over the age of little girl tea parties now which is a shame because



By: Chris Joker
much of what she experienced in her head is available now in real life. Kingsport resident, Lucinda Wormsbaker (affectionately known as "Miss Lu" in the tea party world), recently started a traveling tea party for girls between the ages of 5-12. "I started this business in the hopes of helping today's girls enjoy the simple pleasures of a classic tea party.", says Miss Lu.



The Spotted Teapot, travelling tea parties for girls! Brings a fully-catered party to YOUR location. Miss Lu says, "The hostess only has to figure out how clean she wants her house" The party includes Fancy party dresses and purses for up to six girls. The dresses are Easter parade style by the brand names of Bonnie

Jean and Rare Editions. "These are gorgeous dresses that will make every girl at the party feel special and pretty.", says Miss Lu. Homemade cupcakes, sugar cookies. And lemonade are served on real china place settings which are provided along with the tables and linens. Also during the party each girl gets to "shop" for party favors (favors are included in the price of the party) such as shower gel, lip balm, Silly bands and more to put into their keepsake tote bags. Each girl also has to her picture taken in her party dress and the picture is sent home with her for Mom and Dad to enjoy. If you are looking for a fresh party idea for any occasion Miss Lu has a new idea for you and in honor of

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Making Sense of Investing



Family Pastime Magazine's 5 year anniversary Ms. Lu has contributed a full tea party for up to 6 girls and a special gift basket to add to our annual survey prizes. To enter, fill out and mail in the survey on page 19 or go to the website www.familypastime.com and fill it out online. You can find out more about The Spotted Teapot Traveling Tea Parties at: <http://thespottedteapot.com> or call Miss Lu at 423-418-2256. **FPT**

WIN a Tea Party!
See page 19

FATHER KNOWS BEST
By Chris Joker
On vacation this month but will be back next month. If you have any ideas for columns please e-mail them to fatherknowsjest@familypastime.com

2010 Senior Job Expo
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WKPT Radio Senior Job Expo & Career Fair
Date: Thursday, September 16, 2010
Place: Kingsport Town Center

Find Dependable Employees

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Backpack Safety

By: The American Chiropractic Association

Back pain is pervasive among American adults, but a new and disturbing trend is emerging. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA). In fact, the U.S. Consumer Product Safety Commission reported that backpack-related injuries sent more than 7,000 people to the emergency room in one year alone.

"In my own practice, I have noticed a marked increase in the number of young children who are complaining about back, neck and shoulder pain," said Dr. Scott Bautch, former president of the ACA's Council on Occupational Health. "The first question I ask these patients is, 'Do you carry a backpack to school?' Almost always, the answer is 'yes.'"

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder. According to Bautch, a recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man or a 29-pound load for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.

Bautch explained, preliminary results of studies being conducted in France show that the longer a child wears a backpack,

the longer it takes for a curvature or deformity of the spine to correct itself. "The question that needs to be addressed next is, 'Does it ever return to normal?'" Bautch added.

The results of these types of studies are especially important as more and more school districts remove lockers from the premises, forcing students to carry their books with them all day long.

The problem has become so widespread, in fact, that the California State Assembly recently passed legislation that would force school districts to develop ways of reducing the weight of students' backpacks. Similar legislation is being considered in New Jersey as well. The ACA believes that limiting the backpack's weight to no more than 10 percent of the child's body weight and urging the use of ergonomically correct backpacks are possible solutions.

What Can You Do?

The ACA offers the following tips to help prevent the needless pain that backpack misuse could cause the students in your household.

- Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.
- The backpack should never hang more than four inches below

Please see Back Pack page 13

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Think Twice before Joining The "Gold Rush"

In recent months, you may have heard a lot about investing in gold. But is gold the right choice for you? Actually, many factors are involved in this investment decision—and you'll want to consider these factors before you invest.

Of course, the lure of gold is undeniable. Throughout history, gold has been perceived as having great intrinsic value. And this year, as you may know, gold prices have hit record highs, at well over \$1,200 an ounce, as people have sought "shelter" from the stormy financial markets.

But as an investment possibility, gold has some "scratches" to it. First of all, contrary to what you may believe, gold prices do not always go up; instead, they will fluctuate, sometimes greatly.

Furthermore, there are specific risks with the different ways of investing in gold. If you bought a gold futures contract (an obligation to buy gold at a predetermined future date and price), you could lose money if gold falls, because you'll still be obligated to complete your contract at the higher, agreed-upon price. If you purchased gold in the form of coins, bullion or bars, you'd face storage, security, insurance and liquidity issues. You need to do a lot of research before investing in gold mining companies, because some of these



companies may still be in the gold-exploring stage—and there's no guarantee their explorations will lead to profitable discoveries.

Also, even when its price is considerably lower than it is today, gold is still a fairly expensive investment compared to other choices. It can be costly to go into the gold futures market. And you'll likely have to spend thousands of dollars if you want to buy a bar of gold or even a bunch of coins.

Given these drawbacks to investing in gold, what can you do to fight back against market volatility? One of the best ways is to diversify your holdings among a variety of investments suitable for your financial objectives. Market downturns often affect one type of asset class more than another, so if you can spread your dollars among a variety of asset classes, you can help blunt the effects of volatility. Keep in mind, though, that diversification, by itself, cannot guarantee a profit or protect against loss.

In coping with volatility, you'll also help yourself by taking a long-term view of your investments' performance. If you look at your investment statement for a given month, you might not like what you see. But holding your investments for the long term may help your portfolio better weather the ups and downs you'll encounter in the investment world.

So try to avoid the allure of gold as a "quick fix" to whatever seems to be ailing the financial markets at

a particular time. Other investments may be less glitzy and glamorous than gold, but they can have their own sparkle. **FPT**

Provided By: Lindsey Wortman Edward Jones Investment Representative

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SUDOKU HARD Instructions: page 2

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Sudoku Really Hard Instructions: On page 2

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Last month's HARD answer

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Cheese Burger Casserole

SUPPLIES:

- 2 LBS lean ground beef
- 1/2 green or red bell pepper, chopped
- 1/2 C onion
- 2 C shredded cheddar cheese
- 2 C elbow macaroni noodles

HOW TO:

1. Cook beef until brown.
2. Add onion and peppers.
3. Bring noodles to boil.
4. Drain.
5. Mix all ingredients and spread in an 8-inch by 12-inch baking dish.
6. Bake at 350 for 30 minutes cheese is melted through.

Trail Bars with Chocolate Chips or Raisins

SUPPLIES:

- 1/3 C butter
- 1/2 C light brown sugar, packed
- 1/2 C quick oats
- 1/3 C all-purpose flour
- 1/3 C whole wheat flour
- 2 TBS toasted wheat germ
- 2 eggs, beaten
- 1/4 C light brown sugar, packed
- 1/2 C blanched slivered almonds
- 1/4 C flaked coconut
- 1/4 to C semisweet chocolate chips (or raisins)

HOW TO:

1. Beat butter with 1/2 C brown sugar until light and fluffy in a mixing bowl.
2. Stir in oats, flours, and wheat germ.
3. Press mixture into a buttered 9-inch square baking pan.
4. Bake at 350 for 10 minutes.
5. Stir together eggs and 1/4 C brown sugar;
6. stir in almonds, coconut, and chocolate chips or raisins
7. Spread evenly over the baked layer.
8. Bake at 350 for 20 minutes, or until browned. Score bars while still warm.

Kid Friendly Recipes



E-Z Yummy Breakfast Rolls

SUPPLIES:

- 1/2 C chopped pecans (if desired)
- 1 (1 LBS) loaf frozen bread dough, thawed
- 1/2 C melted butter
- 1/2 C packed brown sugar
- 1 (3.5 OZ) package cook and serve butterscotch pudding mix
- 2 tsp ground cinnamon

HOW TO:

1. Grease a 9-inch Bundt pan, and sprinkle pecans in bottom
2. Cut thawed bread dough in half, and cut each half into 8 pieces. Roll 16 dough pieces into balls, and place them in pan on top of the nuts.
3. Mix melted butter and brown sugar together in a bowl, and set aside.
4. Sprinkle butterscotch pudding mix over the rolls, then sprinkle on the cinnamon.
5. Pour butter mixture over rolls, cover pan loosely with plastic wrap, refrigerate, and let the rolls rise for 6 to 8 hours (overnight).
6. Preheat oven to 350.
7. Remove plastic wrap from pan, and bake rolls for 25 to 30 minutes, until golden brown.

Lunch Box Hot Dog

SUPPLIES:

- 1 hot dog
- Lunch Thermos
- 1 hot dog bun
- 1 packet (ketchup, mustard, relish as desired)
- 2 tablespoons shredded Cheddar cheese

HOW TO:

1. Pack the hot dog bun, condiment packs and Cheddar cheese.
2. To maintain heat for a longer period, preheat the thermos by filling it with boiling water. Let stand for 15 to 20 minutes. Right before the kids leave, dump out that water and replace with more boiling water. Place a hot dog into the water and close the lid.
3. When your child is ready for lunch, they can take the hot dog out of the container and place it on the bun. Top with condiments and cheese to make a hot lunch from home.

Kidsloven Meatballs

SUPPLIES:

- 1 TBS butter
- 1 C chopped green bell pepper
- 1 C chopped onion
- 1 (10.75 OZ) can condensed tomato soup
- 1 (10.5 OZ) can condensed chicken and rice soup
- 1/2 C water
- 1 LBS ground beef
- 1 egg
- 1/8 C milk
- 2 slices bread

HOW TO:

1. Melt butter in a large saucepan over medium heat.
2. Saute green pepper and onion for 5 minutes, or until tender.
3. Stir in the tomato soup, chicken & rice soup and the water and bring to boil.
4. Reduce heat to low and allow to simmer.
5. Meanwhile, in a separate bowl, combine the ground beef, egg and milk.
6. Break the bread into very small pieces and add to the bowl.
7. Mix together well. Shape the meat mixture into meatballs and drop them into the soup mixture.
8. Continue to simmer over low heat, uncovered, for 45 to 60 minutes. Stir occasionally, being careful not to break the meatballs.

Chicken-Tater Tot Casserole

SUPPLIES:

- 1 large can cooked chicken
- 1 can cream of chicken soup
- 1 bag Tater Tots
- 1 C shredded Cheddar cheese

HOW TO:

1. Spread chicken in bottom of lightly greased glass baking dish.
2. Pour chicken soup mix evenly over chicken.
3. Add Tater Tots
4. Sprinkle cheese on top.
5. Bake at 350 degrees for 30 minutes or until heated and cheese is melted.

A city child came running into the farmhouse. "No wonder that mama pig is so big," she yelled. "There's a bunch of little pigs out there blowing her up!"

Did you hear about the pig who opened a pawn shop? He called it "Ham Hocks".

SUDO-KID-U 2
Instructions: On page 2

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	4		
			2
4			



Dog Park Do's And Don'ts

By: Anne Rivas

Dogs are naturally social animals that benefit greatly from the opportunity to interact and romp with fellow canines. To meet this need, especially in urban areas, going to the dog park has become a regular activity for many dog owners. Here are some tips for keeping these outings enjoyable for everyone.

DO be selective of the dog parks you use. Dr. Kandi Norrell, a primary care veterinarian at the University of Illinois Veterinary Teaching Hospital in Urbana, recommends "Choose a park that requires a membership." To join such parks, owners must supply proof vaccinations such as rabies and distemper.



Dr. Norrell also suggests using "a park that is gated, has separate large and small dog areas, and has some form of shelter like trees or other shade."

DON'T let your small dog play with the big dogs. "Even if you know your little dog is comfortable around large dogs, you can't know how all the large dogs will be with small dogs," cautions Dr. Norrell. "There may be a larger dog with a high prey drive that will go after a little dog." There is no guarantee how well-trained or aggressive the other dogs may be.

DO keep your dog's health in mind. Dr. Norrell notes: "Make sure your dog's vaccinations are current, though not all vaccinations are 100 percent effective." Even if your dog is up-to-date on vaccinations, it is still a good idea to take precautions, for example, not letting it drink from communal water sources. Also, to protect other dogs, do not bring yours to the park if they are coughing, vomiting, or having diarrhea.

DON'T bring puppies to the park until at least two weeks after their final set of puppy vaccinations. Dr. Norrell explains, "It takes at least two weeks for puppies to reach full immunity after the final puppy vaccinations at 16 weeks of age, though peak socialization for puppies occurs at 9 weeks old." Rather than risk your

puppy contracting parvovirus, viral enteritis, or another disease at the park, socialize younger pups in a more controlled setting, such as a puppy training class.

DO constantly supervise your dog, from the time you leave your car to the time you return to it. Dr. Norrell says, "Keep your dog on a leash between the park and the car. Many people assume that their dog will run from the park right into the car, just like at home, but that is how many dogs are lost." When you first arrive at the park, keep your dog on the leash until you assess the atmosphere inside the park. "If there is an aggressive dog," points out Dr. Norrell, "just come back another day." Once your dog is off-leash, always watch so you know what she is doing, where she is, and that she is not getting overheated.

DON'T ignore body language. If the ears are pinned, the tail is between the legs, or the hair on the back is raised, aggressive behavior could soon follow. Once a fight has broken out, it is difficult to safely separate fighting dogs, explains Dr. Norrell, especially if neither pet is leashed. People attempting to separate them are frequently injured. Safer options for separating fighting dogs include spraying them with water, distraction (although difficult) such as with loud noises (pennies shaken in a can), or snaring one or both dogs with a leash while keeping a safe distance, which is difficult without professional help and a rabies pole (a special leash used by animal control to safely leash an aggressive dog).

DO have a good time! Dog parks offer many benefits like socialization and a good place for dogs to exercise, though it is important to always



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If you have any questions on safe dog park practices, contact your local veterinarian. **FPT**



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Don't Surrender To Macular Degeneration

(ARA) - **A**ging gracefully can require you to accept certain changes in your body, from gray or thinning hair to skin that's less firm than it was in your youth. But loss of vision shouldn't be on your short list of changes that are an inevitable part of growing older.

If you're older than 50, you should know about your eye health and what you can do to prevent or slow vision loss. Age-related macular

degeneration, commonly known as AMD, is the leading cause of vision loss in older adults. AMD affects about 10 million people in the U.S., and that number is projected to double by 2020, according to the National Institutes of Health.

as often as they should. However, according to a recent AMD Alliance International study, only 63 percent of those at risk and 56 percent of those at high risk for AMD have their eyes checked annually. Routine exams can help identify AMD and other eye problems in their early stages, when many diseases are more easily treatable.

2. Understand the risk factors for AMD

By knowing the risk factors, you can take steps to reduce the chance of getting AMD. Age is the greatest risk factor for AMD - if you are 50 or older, you're at risk of developing the disease. Having a family member with AMD can also increase your risk.

While you cannot control your age or genes, there are other risk factors, including smoking, poor diet, obesity, and having high blood pressure, that are controllable.

Quitting smoking reduces your risk for AMD. Numerous studies have demonstrated that people who smoke are between two and five and a half times more likely to develop AMD than people who do not smoke.

Studies also suggest that AMD is linked to diets high in saturated fat. Reducing saturated fat consumption and eating more fresh fruits and dark green, leafy vegetables - all foods that are rich in vitamins C and E, selenium and carotenoids - may delay the onset or reduce the severity of AMD. Fish rich in omega-3 fats, like salmon, tuna or mackerel, may also slow the progress of AMD when eaten two to three times a week, according to a study published in the British Journal of Ophthalmology.

3. Ask questions and know your treatment options



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If you have been diagnosed with AMD, your ability to ask the right questions and receive accurate information is crucial. Review "Questions to Ask Your Eye Care Professional" at www.amdalliance.org to help guide the conversation at your next eye exam. Be sure you know your exact diagnosis and all available treatment options.

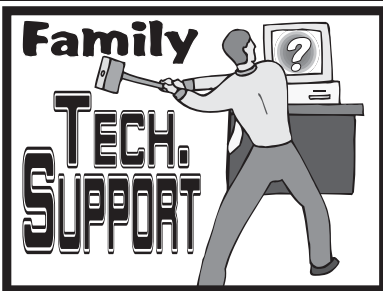
Specially formulated vitamins can reduce the risk of advanced AMD for some patients. Effective, clinically approved treatments are also available for the most severe form of AMD, which may reverse some vision loss. Make sure you ask your doctor about your options and understand what treatment you are receiving.

People living with macular disease should be able to fully participate in choosing their treatment and healthcare options. Know your rights and download the Patient Charter.

Also, if you're diagnosed with AMD, a low vision rehabilitation specialist can help you use your remaining sight to its full potential through special techniques and low vision aids.

Age-related macular degeneration and the loss of vision can be prevented and slowed down. By learning about the disease and making healthy lifestyle choices, many Americans will be able to enjoy healthy vision well into their golden years. **FPT**

Courtesy of ARAcontent



Home Improvement Projects Made Easier By Technology

Virtual design tools

(ARA) - Home remodeling projects can

become overwhelming to even the most experienced DIYers. Thanks to new technology and online resources, these projects don't have to be so daunting. With online sites and tools to keep homeowners on track, complicated projects are simpler than ever. By doing the proper research and using these new resources, homeowners will find that technology can make home improvement projects faster, and more painless and precise.

While some homeowners have a natural instinct and vision for how they want their home to look, others need a little guidance. With seemingly limitless options, a homeowner could come up with literally millions of color and style combinations. The tools to narrow in on the perfect elements are crucial.

It's simple to pick out different pieces and materials for a home, but making sure everything fits together for a cohesive style is the most important part of home decorating. For those not blessed with the designer gene, many popular home publications and home improvement companies offer online resources with tools that provide both inspiration and a realistic

visualization for those planning the design of their home.

Lumber Liquidators, the largest specialty retailer of hardwood flooring in the United States, recently created the "Room Designer" on its website. LumberLiquidators.com, for homeowners to view different varieties of floors within a number of different types of rooms and setups. Users can swap out the flooring, change the cabinet and wall colors, save their

designed rooms and even e-mail the combination to themselves or friends. The site also allows visitors to view before and after pictures from actual customers in order to get ideas for their own homes. Ultimately, homeowners must feel comfortable in their homes and the decor and tone should really fit their personalities and lifestyles.

Planning made mobile

Many people find themselves with limited time, and planning a home improvement project ends up at the end of a very long to-do list. For these homeowners, mobile applications are ideal to make progress - while waiting for the bus or during their lunch break - even if they don't have time to sit down and plan a home improvement project.

Mobile applications can also save DIYers a little cash as they don't have to spend money on expensive tools. Apps can be a remodeler's best friend as they'll do everything from turning a phone into a level, converting measurement units, serving as a flashlight or identifying the cheapest retailer to buy tools. The "Floor Finder" even tells homeowners the amount of flooring needed to fill a room. Homeowners can download the "Floor Finder" for free at the Apple iTunes store.

Besides doing everything but physically completing the project, technology can be a huge help in the home improvement process. Homeowners should take advantages of ways to make their lives - and projects - easier.

These useful tools and more can be found within the productivity and utility sections of your preferred app store. **FPT**

Courtesy of ARAContent

SUPER SUDOKU Instructions: On page 2

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Last month's Easy Answer

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"Cut Of Your Jib"

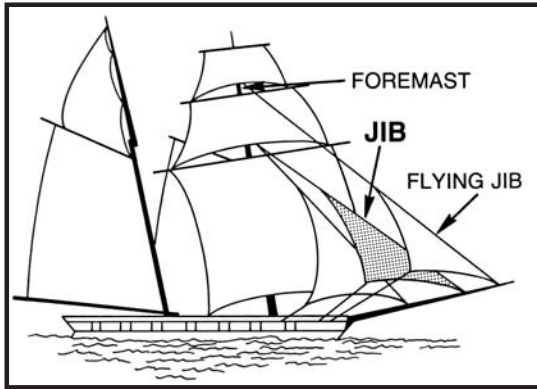
Meaning

One's general appearance or manner: I could tell by the cut of his jib that

could determine a ship's character as the strange vessel approached. A Spanish ship, for instance, had a small jib or none at all. Large French ships often had two jibs and English ships normally had only one. Jib also appears to be nautical slang for "face."

The first use of the phrase in an idiomatic sense is not certain and seems to fall somewhere between the 17th and the 18th centuries. Sir Walter Scott used to it in *St. Ronan's Well*, 1824: "If she disliked what the sailor calls the cut of their jib." Some claim there may be an allusion between the triangular shape of noses and jibs in the figurative use of this phrase, but there is no way to authenticate this claim.

FPT



Say WHAT???

By: Family Pastime Staff

he wasn't the kind of person I'd want to deal with.

Origin

Claims have been made that it originates from pirates however it seems to come from the broader category of sailors in general. The jib of a sailing ship is a triangular sail set between the foretopmast head and the jib boom. Some ships had more than one jib sail. Each country had its own style of sail and so the nationality of a sailing ship, an observant sailor

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Operator. Chris Joker URGENT

FARMER:
 Who raided my vegetable patch?
 PIGLET: Beets me!

Is it true the pigs went over Niagara Falls in a barrel?
 No, that story's just a lot of hogwash.

What do pigs do on nice afternoons?
 They go on picnics.

What do you give a sick pig?
 Oinkment!

Back Pack Continued from page 7

the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.

- A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.
- Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry-and the heavier the backpack will be.
- Urge your child to wear BOTH shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.
- Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.
- The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.
- If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.
- Although the use of rollerpacks - or backpacks on wheels - has become popular in recent years, the ACA is now recommending that they be used cautiously and on a limited basis by only those students who are not physically able to carry a backpack. Some school districts have begun banning the use of rollerpacks because they clutter hallways, resulting in dangerous trips and falls.
- Consider the ACA-endorsed Samsonite Chiropak, a school bag designed to ease much of the stress that carrying books can place on one's body. Among other features, the Chiropak offers comfortable body-contact surfaces and an adjustable hip/waist belt.

Chiropractic Care Can Help...

If you or your child experiences any pain or discomfort resulting from backpack use, call your doctor of chiropractic. Doctors of chiropractic are licensed and trained to diagnose and treat patients of all ages and will use a gentler type of treatment for children. In addition, doctors of chiropractic can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

Provided by Dr. Christina Christiansen, PureLife Chiropractic (www.purelifechiro.com)



Plastic Milk Jug Recycling And Uses

By Michael Bloch

Milk is a staple in many households and a fridge without a jug, bottle or bag (depending on where you live) of milk is an uncommon sight in developed nations. According to Zenith International, global milk consumption in 2007 was around 63 billion gallons.

Milk in glass reusable bottles is not as common these days, with glass having been replaced largely by paper cartons and plastic bottles - which translates into a lot of packaging. Plastic milk jugs, churned out by the millions, are an environmental issue because so many of them enter the waste stream.

Milk jug plastic

The plastic used to make milk jugs is most commonly high-density polyethylene (HDPE). The good news is this is plastic resin code no.2 and as such, is "recyclable". The jugs can usually be placed in curbside recycling.

Milk jug recycling rates

I found it difficult to find accurate figures for the USA and other countries, but in Canada up until 2009, recovery of HDPE milk jugs varied from 38% to 63%. It's my understanding that recovery rates have improved since last year when Canada introduced a deposit scheme whereby the return of milk jugs is financially rewarded.

Are milk jugs actually recycled?

No. - In its strictest form, "recycling" means to use a discarded product to make more of the same product. However, the term has broadened over the years to

represent most type of material reclamation.

Milk jugs are actually up-cycled or down-cycled; i.e. made into different products, or re-purposed. HDPE plastics cannot be used again for food-grade items.

Milk jugs are often down-cycled into items such as plastic furnishings.

Milk jug re purposing tips

Plastic milk jugs can be re purposed at home for a multitude of uses. Here's a few ideas:

- Fly traps. Small flaps are cut in the side of the milk jug towards the top and bent outwards far enough to allow space for flies to crawl in. Water is placed in the bottom of the jug along with a smelly piece of bait, such as a small piece of rotting meat. The jug is then hung in a tree. The flies are drawn by the smell, enter the bottle but cannot get out. When they tire, they drop into the pool and drown. The decaying flies then draw more flies.
- As a scoop. Place the milk jug on a flat surface with the handle side up and cut from just forward of the handle on a diagonal down to the base.
- As a funnel. Simply cut off the base of the milk



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jug and use inverted.

- Small plant growing containers. Cut a few inches from the base and poke a couple of holes in the base for drainage. Fill with potting mix or your preferred growth medium.
- Cut off the top and use the remainder as a bin for collecting food scraps for use in your compost pile or worm farm.
- Use for storing dry grains such as rice and beans or even bird seed. The handle and spout makes for easy pouring.
- Cut off the bottom and use the top section as mini-greenhouse for seedlings.
- Fill with water and sand and use as weights to stop tarps from flying away in the wind, or as a doorstop.
- Fill 2/3 with water and freeze to use as freezer blocks for your cooler.
- Use for storing old motor oil until it can be disposed of properly.
- Cut off the bottom and use as a pet food or water bowl.

Of course, don't forget to give the plastic milk jug a good rinse first before re-purposing. Water and baking soda will do the trick be sure to and allow to dry thoroughly before use. **FPT**

Courtesy of: www.greenlivingtips.com

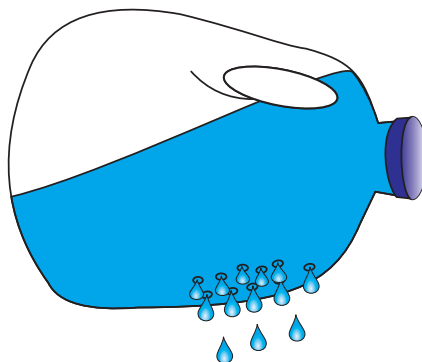
Re-Purpose: Watering Can

SUPPLIES:

- » One gallon plastic water or milk jug with the cap.
- » Nail/Drill/Hole Punch.

HOW TO:

1. Punch holes near the top of the plastic jug with a sharp Nail/Drill/Hole Punch.
2. Fill with water tilt back to stop, tilt forward to water.



Family Pastime Magazine
 THE magazine for the WHOLE family

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Yucky News

According to the Guinness World Book of Records, a 12-year-old girl in England (Donna Griffiths) holds the record for the longest attack of sneezing. The record is over 977 days between January 1981 and September 1983. At first she sneezed every minute, but as the days moved into weeks and years her sneezes occurred about every five minutes.



Sneezing used to be thought of as a means for the body to drive out evil spirits. We now know the function of sneezing is to expel mucus containing foreign particles or irritants and cleanse the nasal cavity. During a sneeze, the soft palate and uvula depress while the back of the tongue elevates to partially close the passage to the mouth so that air ejected from the lungs may be expelled through the nose. Because the closing of the mouth is partial, a considerable amount of this air is usually also expelled from the mouth. The force and extent of the expulsion of the air through the nose varies.

Sneezing can spread disease by launching disease vectors into the air. A sneeze (or sternutation) is a semi-autonomous, convulsive expulsion of air from the lungs through the nose and mouth, usually caused by foreign particles irritating the nasal mucosa. Sneezing can be triggered through sudden exposure to bright light, a particularly full stomach, or viral infection, and can lead to the spread of disease.

Sneezing cannot occur during sleep due to REM atonia - a bodily state wherein motor neurons are not stimulated and reflex signals are not relayed to the brain. Sufficient external stimulants, however, may cause a person to wake from their sleep for the purpose of sneezing, although sneezing occurring afterwards would take place when partially awake.

There is a common belief that the heart stops whenever we sneeze. It does not. It may feel

Sneeze

By: I.M. Yuchee

like your heart skips a beat. Positive pressure is created in the chest when we sneeze (or cough), and that can momentarily alter the forcefulness with which your heart beats.

While generally harmless in healthy individuals, sneezes spread disease through the infectious aerosol droplets, commonly ranging from 0.5 to 5 μm . 40,000 droplets can be produced by a sneeze. Conservative estimates place the speed of release at around 100mph. However, the data collected from the 147th

episode of Mythbusters titled 'Flu Fiction', concluded that the speed is closer to 35-40 mph, and that a sneeze can launch droplets from 15 to 20 feet.

While sneezes themselves are not life-threatening, because one reflexively closes one's eyes during each sneeze, it is possible that an ill-timed sneeze, while driving, for instance could mean you fail to notice the car in front of you, or that the light has turned red and by extension cause an accident or injury.

Examples of preventive techniques are: the deep exhalation of the air in the lungs that would otherwise be used in the act of sneezing, holding the breath in while counting to ten, crinkling the nose and keeping the eyes open, or gently pinching the bridge of the nose for several seconds. Also, if you put an ice cube in your mouth and gently suck it, letting the water run down your throat, this will stop sneezing.

Proven methods to reduce sneezing generally advocate reducing interaction with irritants, such as keeping pets out of the house to avoid animal dander; ensuring the timely and continuous removal of dirt and dust particles

through proper housekeeping; replacing filters for furnaces and air-handling units; employing air filtration devices and humidifiers; and staying away from industrial and agricultural zones.

Common Causes Of Sneezing:

- Nasal irritants like dust, pepper, powders, pollens
- Viral infections like the common cold
- Corticosteroid inhalation
- Exposure to sunlight (this is known as the photic sneeze reflex)

Sneeze responses from around the world:

- ♦ English – “Bless you” or “God bless you”
- ♦ German – “Gesundheit” (Good health or healthiness)
- ♦ Greeks and Romans – “Banish the Omen”
- ♦ Hindu – “Live” and responds “With you”
- ♦ Zulu – “I am now blessed”

Interesting sneeze facts:

- Sneezes are an automatic reflex that can't be stopped once sneezing starts.
- Sneezes can travel at a speed of 100 miles per hour and the wet spray can radiate five feet.
- People don't sneeze when they are asleep because the nerves involved in nerve reflex are also resting.
- Between 18 and 35% of the population sneezes when exposed to sudden bright light.
- Some people sneeze when plucking their eyebrows because the nerve endings in the face are irritated and then fire an impulse that reaches the nasal nerve. **FPT**

SUPER SUDOKU Answer from last month

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

Cartoon Challenge

Across

- 3. "I'll gladly pay you Tuesday for a hamburger today"
- 4. "Great horny toads!"
- 7. "Well blow me down"
- 8. Cat and Mouse
- 12. "Jane! Stop this crazy thing!"
- 14. Always gets his man
- 19. "Jenkies!"
- 23. "Undalay, undalay!"
- 25. "Zoikes!"
- 27. "I'll tear you little mieces to pieces!"
- 29. Heavens to Murgatroyd!
- 30. Acme products purchaser
- 31. "T-t-t-that's all folks."
- 32. "Nothing up my sleeve"

Down

- 1. "I thought I thaw a pudgy tat"
- 2. "Thupherin' Thucatah!"
- 5. "That's a joke son"
- 6. "Here I come to save the day"
- 9. "Yabba Dabba Do"
- 10. If he catches you you're through
- 11. "Well I'll be a monkey's uncle."
- 13. "Be vewy, vewy quiet, I am hunting rabbits."
- 15. A tiny, green, floating alien who was exiled to Earth from his home planet Zetox
- 16. "You have made me very angry - very angry indeed!"
- 17. "I am a Bear of Very Little Brain, and long words bother me."
- 18. "I KNEW I 'shoulda' made that left 'toin' in 'Albakoikie'"
- 20. "Hey, Hey, Hey!"
- 21. "You're despicable."
- 22. Meddling kids
- 24. "One nice thing eez, the game of love eez never called on account of darkness."
- 26. Smarter than the average bear
- 28. "hokey smoke!"

Family Pastime Magazine

Answers in next month's issue

Sudoku last month's Really Hard answer

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

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.

“ ZKSKHN CZ IKKJSMEE RFKWEH SY GMEEYH M
 XYZCWR. M XYZCWR CR M XWN EEOY ZKDQMZ
 YCZRJYCZ. ~ Joe Theismann

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



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



Periscope

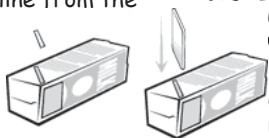
A periscope is an instrument for observation from a concealed position. In its simplest form it consists of a tube with mirrors at each end set parallel to each other at a 45-degree angle. This form of periscope, with the addition of two simple lenses, served for observation purposes in the trenches during World War I. Military personnel also use periscopes in some gun turrets and in armored vehicles. More complex periscopes, using prisms instead of mirrors, and providing magnification, operate on submarines. The overall design of the classical submarine periscope is very simple: two telescopes pointed into each other. If the two telescopes have different individual magnification, the difference between them causes an overall magnification or reduction. Periscope comes from two Greek words, peri, meaning "around," and scopus, "to look." A periscope lets you look around walls, corners, or other obstacles. Sub-marines have periscopes so the sailors inside can see what's on the surface of the water, even if the ship itself is below the waves.

SUPPLIES:

- Adult assistant
- Two 1-quart milk cartons or fashion something similar with poster board/cardboard
- Two small pocket mirrors (flat, square ones work best)
- Utility knife or X-Acto knife
- Ruler
- Pencil or pen
- Masking tape

HOW TO:

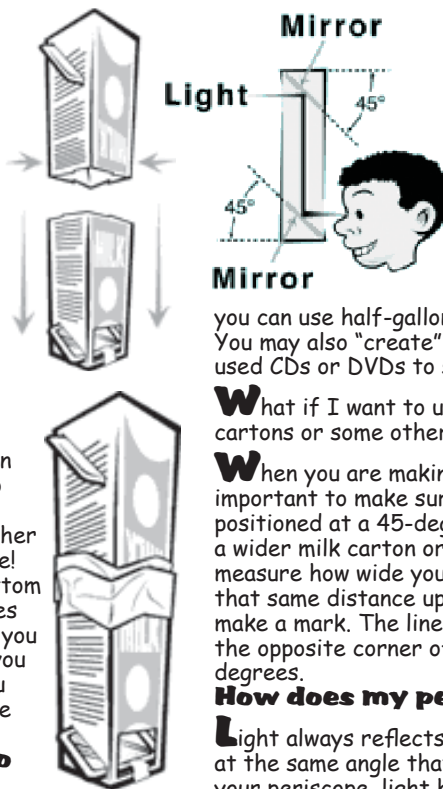
1. Have your adult assistant use the knife to cut around the top of each milk carton, removing the peaked "roof."
2. Cut a hole at the bottom of the front of one milk carton. Leave about 1/4 inch of carton on each side of the hole.
3. Put the carton on its side and turn it so the hole you just cut is facing to your right. On the side that's facing up, measure 2 3/4 inches up the left edge of the carton, and use the pencil to make a mark there. Now, use your ruler to draw a diagonal line from the bottom right corner to the mark you made.
4. Starting at the bottom right corner, cut on that line. Don't cut all the way to the left edge of the carton—just make the cut as long as one side of your mirror. If your mirror is thick, widen the cut to fit.
5. Slide the mirror through the slot so the reflecting side faces the hole in the front of the carton. Tape the mirror loosely in place.
6. Hold the carton up to your



7. Repeat steps 2 through 6 with the second milk carton.
8. Stand one carton up on a table, with the hole facing you. Place the other carton upside-down, with the mirror on the top and the hole facing away from you.
9. Use your hand to pinch the open end of the upside-down carton just enough for it to slide into the other carton. Tape the two cartons together.
10. Now you have a periscope! If you look through the bottom hole, you can see over fences that are taller than you. If you look through the top hole, you can see under tables. If you hold it sideways, you can see around corners.

What kinds of mirrors to use:

You need two small mirrors, but they don't have to be identical. If you have a rectangular mirror, or one with a handle, it's okay if part of it sticks out the side of the carton. If your mirror is round, like the mirror in a make-up compact, you may want to tape or glue it to a square of cardboard before inserting it into the slot in the milk carton so that it will fit better. If you have a mirror with a magnifying side and a non-magnifying side, have the non-



magnifying side facing the hole.

To make a periscope from a 1-quart milk carton, your mirrors must be smaller than 3 1/2 inches in at least one dimension. If the only mirrors you can find are larger than that, you can use half-gallon milk cartons instead. You may also "create" mirrors by cutting old used CDs or DVDs to size.

What if I want to use half-gallon milk cartons or some other boxes?

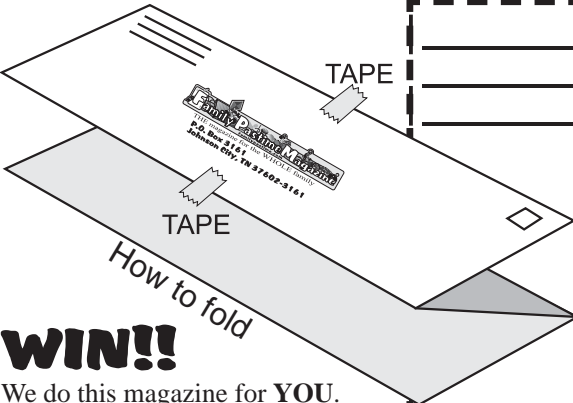
When you are making a periscope, it's important to make sure that your mirror is positioned at a 45-degree angle. If you use a wider milk carton or some other box, just measure how wide your box is. Then measure that same distance up the side of the box and make a mark. The line between your mark and the opposite corner of the box will be at 45 degrees.

How does my periscope work?

Light always reflects away from a mirror at the same angle that it hits the mirror. In your periscope, light hits the top mirror at a 45-degree angle and reflects away at the same angle, which bounces it down to the bottom mirror. That reflected light hits the second mirror at a 45-degree angle and reflects away at the same angle, right into your eye.

Can I make a periscope with a really long tube?

You can make your periscope longer, but the longer the tube is, the smaller the image you'll see. Periscopes in tanks and submarines have magnifying lenses between the mirrors to make the reflected image bigger. **FPT**



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