

**MARCH 2009**

**FREE**



**THE magazine for the WHOLE family** Volume 4 Issue 8

## **Niswonger Children's Hospital Opens In Johnson City**



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and give  
one to  
a friend**

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Operator. *Chris Joker* . . . . . **URGENT**

**MARCH WEEKLY OBSERVANCES**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Consumer Protection Week: 1-7</li> <li>• Ghostwriters Week: 1-7</li> <li>• Words Matter Week: 1-7</li> <li>• Write A Letter of Appreciation Week: 1-7</li> <li>• Return Borrowed Books Week: 1-7</li> <li>• Human Beings Week: 1-7</li> <li>• Folk Tales &amp; Fables Week: 1-7</li> <li>• Celebrate Your Name Week: 1-7</li> <li>• Professional Pet sitters 1-7</li> <li>• Sleep Awareness Week: 1-8</li> <li>• Save Your Vision Week: 1-7</li> <li>• Telecommuter Appreciation 1-7</li> <li>• National Cheerleading Week: 2-8</li> <li>• School Breakfast Week: 2-8</li> <li>• Procrastination Week: 2-8</li> <li>• Newspaper in Education 2-6</li> <li>• Orthodox Lent: 3/2-4/18</li> <li>• Iditarod Race: 7-15</li> <li>• Read an E-Book Week: 8-14</li> <li>• Teen Tech Week: 8-14</li> </ul> | <ul style="list-style-type: none"> <li>• Universal Women's Week: 8-14</li> <li>• National Money Week: 13-15</li> <li>• Rattlesnake Roundup Week: 13-15</li> <li>• YoYo and Skill Toys Week: 13-22</li> <li>• National Toad Hollow Week: 14-21</li> <li>• National Agriculture Week: 15-21</li> <li>• Animal Poison Prevention 15-21</li> <li>• Pediatric Nurse Practitioners 15-21</li> <li>• Act Happy Week: 16-22</li> <li>• Campfire USA Birthday Week: 16-22</li> <li>• Brain Awareness Week: 16-22</li> <li>• National Spring Fever Week: 16-22</li> <li>• American Chocolate Week: 17-22</li> <li>• Bubble (blowers) Week: 20-26</li> <li>• Doctor-Patient Trust Week: 22-28</li> <li>• National Cleaning Week: 22-28</li> <li>• Protocol Officer's Week: 23-28</li> <li>• Consider Christianity Week: 29-4/4</li> <li>• Passion Week: 29-4/4</li> <li>• Root Canal Awareness 29-4/4</li> </ul> |
|---|---|

**MARCH MONTHLY OBSERVANCES**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Adopt A Rescued Guinea Pig Month</li> <li>• American Red Cross Month</li> <li>• Employee Spirit Month</li> <li>• Expanding Girls' Horizons in Science &amp; Engineering Month</li> <li>• Honor Society Awareness Month</li> <li>• Humorists Are Artists Month</li> <li>• Expect Success Month</li> <li>• International Ideas Month</li> <li>• International Listening Awareness Month</li> <li>• International Mirth Month</li> <li>• Irish-American Heritage Month</li> <li>• Music In Our Schools Month</li> <li>• National Caffeine Awareness Month</li> <li>• Cheerleading Safety Month</li> <li>• National Chronic Fatigue Syndrome Awareness Month</li> <li>• Clean Up Your IRS Act Month</li> <li>• National Craft Month</li> </ul> | <ul style="list-style-type: none"> <li>• National Ethics Awareness Month</li> <li>• National Eye Donor Month</li> <li>• National Frozen Food Month</li> <li>• National Kidney Month</li> <li>• National Nutrition Month</li> <li>• National On-Hold Month</li> <li>• National Social Work Month</li> <li>• National Umbrella Month</li> <li>• National Women's History Month</li> <li>• Optimism Month</li> <li>• Play The Recorder Month</li> <li>• Poison Prevention Awareness Month</li> <li>• Red Cross Month</li> <li>• Save Your Vision Month</li> <li>• Small Press Month</li> <li>• Spiritual Wellness Month</li> <li>• Supply Management Month</li> <li>• Women's History Month</li> <li>• Workplace Eye Health and Safety Month</li> <li>• Youth Art Month</li> </ul> |
|---|---|

**Q:** What do lady leprechauns wear in their hair? **A:** Rain-bows!

**Q:** What do you call a ten foot leprechaun who carries a large club? **A:** Sir!

**Q:** Why should you never iron a four leaf clover?

**A:** Because you shouldn't press your luck!

**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.**



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## Help Your Offspring Become Smart Investors

To become a good saver and investor, you probably had to learn some hard lessons along the way. Wouldn't you like to save your children or grandchildren those troubles? You can — by teaching them, early on, about the basics and benefits of investing.

Here are a few ideas for getting young investors off to a good start:

- Suggest a savings strategy. If you give young children an allowance, suggest that they divided it into two pools — “saving” and “spending.” And if they earn money babysitting or mowing lawns, offer to match whatever they put in to a savings account. They will be pleased to see how their balance grows, and, hopefully, they will be motivated to keep putting more in.
- Make “stock-picking” fun. A lot of adults believe their children or grandchildren would not be interested in something as “grown-up” as the stock market. But that's just not true: Kids are often fascinated by the idea of owning shares of a company. And the more they understand about owning stocks, the more interested they become. So, consider playing a family “stock-picking” game. Have everyone in your family choose a stock to follow for a month or so. At the end of that time, award a small prize to the person whose stock has done the best. You also may want to add some “qualitative analysis” by examining the different factors that may have caused the winning stock to outperform the rest. Keep all explanations fairly simple, but don't underestimate your children's ability to grasp fairly sophisticated concepts. Children love to learn — and they're often better at it than adults.
- Give stocks. You can go beyond the stock-picking game and actually give shares of stock to your kids. Try to find companies that make products with which your children are familiar — provided,

of course, that the stocks are of high quality and have good prospects. When you do give stocks to your kids, be aware of the “kiddie tax.” The “kiddie tax” rules have recently changed so be sure to check with an investment specialist to find out how they may apply to a gift of stocks to a minor.

- Show the right behavior. Children are great imitators — so if you show them how you are saving and investing for the future, it's likely to leave a strong impression. Let them know when you've reached a particular savings/investment goal — enough money for a new car, for example. Show them the statements for the accounts in which you are investing for their college education. Make sure they understand the concepts of setting objectives, making regular contributions, delaying gratification, etc.

By following the above steps, you'll be providing your children or grandchildren with the knowledge and skills necessary to help them become savers and investors. And those lessons can last a lifetime. **FPT**

*Provided By: Lindsey Wortman Edward Jones Investment Representative*

## Reverse Mortgage

### Frequently Asked Questions

1. What is a reverse mortgage?  
A reverse mortgage is a loan that enables senior homeowners to convert part of their equity into a tax-free income without having to sell their home.
2. How does a reverse mortgage differ from a home equity loan?  
A reverse mortgage and a home equity loan use the equity in the property to provide cash without monthly payments.
3. What are the advantages of a reverse mortgage?  
You can remain independent by staying in your home with no monthly payments, while receiving tax-free money.
4. How much money can I get?  
This depends on by your age, type of reverse mortgage, interest rates, appraised value and FHA lending limits in your area.
5. How can I use the money I receive from the reverse mortgage?  
You can use the money for anything you choose.
6. What are the requirements of a reverse mortgage?

You must be 62 years of age or older. There are no income, health or credit requirements.

7. When must the reverse mortgage be repaid?  
The loan becomes due when the last surviving borrower passes

- away, sells the home or fails to live in the home for 12 consecutive months.
8. How will a reverse mortgage affect my estate?  
When you leave the home permanently and the loan must be paid in full by your estate any remaining equity in the home will belong to your heirs.
9. Are there any tax consequences?  
Reverse mortgages are not taxable.
10. What about my Social Security and Medicare benefits?  
If you receive SSI, Medicaid, or other public assistance, your reverse mortgage loan advances are only counted as “liquid assets” if you keep them in an account past the end of the calendar month in which you receive them.
11. 11. What advice should I get before taking a reverse mortgage?
12. For your protection the government mandates you speak with a third party counseling agency. The counselor will discuss costs and financial implications, and indicate any other government or nonprofit programs for which you may qualify. **FPT**

*Submitted by Wanda Hall, Primary Residential Mortgage, Inc.*



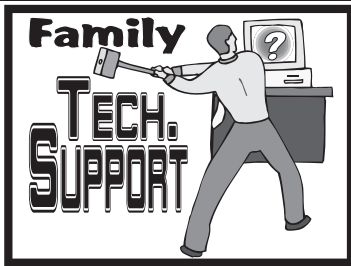
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# How To Scan Images And Documents

By: Chris Joker

There is a science to scanning images and documents.

Although not all scanners or scanning software are the same, my hope is that this article will provide an overview of good scanning practices.

Before scanning you should clean the glass on your scanner with a soft cloth and glass cleaner and then let it fully dry. Next lay your image or document face down on the glass as straight as you can (scanners vary on which direction to put the image so the it scans right-side-up). If your scanning software offers it, scan a preview. If the image is not straight, straighten it on the glass and run another preview until it is straight. Now you can crop the image by dragging your mouse to select just the part of the image you wish to scan. This is also where you will choose at what resolution to scan your image. I can't tell you how many times I have received images and documents that were scanned at the wrong resolution or saved to the wrong file format. As my old college professor Jeff Morris (he's not actually old but since he is not my new college professor I will refer to him as old) used to say, "You need to know the end use of your scan". This means before you decide at what resolution to scan or in what format to save you should know for what purpose you will ultimately be using the scan. Uses might include; printing, website, e-mailing or text editing.

You may see the terms PPI, DPI or SPI. These stand for Pixels Per Inch, Dots Per Inch and Samples Per Inch, respectively. There are actually differences in these terms and what they refer to but if I were to

explain it your eyes would roll back in their sockets and you would fall out of your chair so, for the sake of this article we will just say they are interchangeable. Screen resolution is only 72 dpi and print resolution is 300 dpi. Regardless, I say you should always scan at 300 dpi (as long as you have enough storage space on your hard drive) because you can always reduce the resolution you cannot increase it (without serious compromise). When saving a scan you have several options. If you are saving a photograph and you know you want to print the image (and you have the storage space) you might want to consider saving the image as a .tif (or .tiff sometimes). The image file size will be bigger because a .tif image is lossless. Lossless means there is no quality loss due to compression. Lossless guarantees that you can always read back exactly what you thought you saved, bit-for-bit identical, without data corruption. A .jpg is a good format that takes up less storage space because it uses a "Lossy compression". "Lossy" means is it throws out some of the image data in order to make the file size smaller. In most image editing software you can determine how much data is thrown out so you can find a happy medium between image quality and file size. If you are scanning a black and white photograph I also recommend you scan it as a color photograph, you will be much happier with the outcome. If you are scanning a graphic such as a logo or line art you may wish to save the image as a .gif or .png both of these formats are lossless but they use an indexed color space. This means they only save a certain number of colors (a maximum of 256, unless it is a PNG 24) Back in the day, computer monitors would only show a certain number of colors (256) and if you were creating a website only 216 of these colors were considered "web safe" because only 216 of them showed the same on PC and Mac. So an indexed file format is fine for an image that does not have to be "photo realistic". If you are going to e-mail the scanned picture, unless you are sending it to a printer, you will need to re size it so you do not overload anyone's e-mail box. For information on how to do this read the Family Tech article in the June 2008 issue of Family Pastime Magazine (online at www.familypastime.com). I also have found another awesome free image editing and categorizing software called "Faststone Image Viewer" (available online at www.faststone.org).



The program has an "e-mail image" button that automatically opens a window with re-size options.

Let's talk about documents. If you want to scan a document and be able to edit the text you cannot just scan it the same as you would an image because if you do you will just create an image (picture) of the document. The text will no longer be text, it will be a picture. All is not lost though, you need to scan it using OCR (Optical Character Recognition). What this does is looks at the document an pretty much guesses, with varying degrees of accuracy, what the letters are supposed to be. The cleaner the original the more accurate the guesses will be. Some scanners come with OCR software. You can also purchase OCR software and if you happen to have a copy of Adobe Acrobat (not the reader but the full program) it has a pretty good OCR engine built in. I have also found a few free OCR programs available for download. After scanning you will be asked if you want to save the file as things like a text document, word processing document (word) or even a PDF. When you open the document file you will now be able to edit the text (and correct the wrong guesses). Hopefully armed with these ideas you will be able to create correctly scanned and saved images. **FPT**

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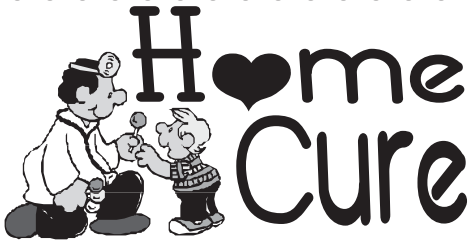
Chris Joker is owner and CEO of Renderforge a local Web development, Multimedia and Graphic Design firm (www.renderforge.com). If you have any technical questions please send them to tech@familypastime.com

**Family Pastime Magazine**

**Last Month's Answer**

**Last month's HARD answer**

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



## Blisters

- Instead of placing a bandage right on top of the blister, “tent” the bandage by bringing in its sides so the padding in the middle of the bandage raises up a bit.
- Use a double-duty bandage. Another type of bandage, available in pharmacies, contains a gel and antiseptic to cushion and “clean” the blister.
- Let it breathe. Some physicians believe a blister needs as much exposure to air as possible and should never be covered. So you may want to give your blister a chance to “breathe” by going without a bandage occasionally.
- Whether you decide to cover your blister or not, you should apply an antibacterial/antibiotic ointment.
- Pad it. When a blister is in a particularly annoying spot, like the bottom of the foot, padding might provide more of a cushion than a bandage alone would.
- Elevating the blistered area can help relieve

- the pressure and temporarily ease discomfort.
- Be patient. It usually takes about a week to ten days for the blister’s fluid to be reabsorbed by the body.
- Popping a blister makes infection more likely, so it is best to leave a small blister alone. To drain large painful blisters: clean the area with alcohol. Using a sterile needle, pierce the blister on one side. Let it drain. Apply antibiotic cream and cover it.
- If you do drain a blister, DO NOT remove the skin above it, this will help to protect it and keep out bacteria.
- Do not try to break the blister. Just leave it alone.
- Leave the blister uncovered unless something rubs against it. If you do cover it:
- Apply a loose bandage. Secure the bandage so the adhesive does not touch the blister. Do not wrap tape completely around a hand, arm, foot, or leg because it could cut off the blood supply if the limb swells. If the tape is too tight, you may develop symptoms below the level of the tape, such as numbness, tingling, pain, or cool and pale or swollen skin.
- If the blister is in an area where pressure is applied, such as on the bottom of your foot, protect it with a doughnut-shaped moleskin pad. Leave the area over the blister open.

- Do not wear the shoes or do the activity that caused a friction blister until the blister heals.
- Wash your hands with soap and water before touching blisters. Blisters can easily become infected.
- Do not use alcohol or iodine on the blister because these may delay healing.
- If the skin under the bandage begins to itch or develops a rash, stop using antibiotic ointment.
- Change the bandage every day and any time it gets wet or dirty. You can soak the bandage in cool water just before removing it to make it less painful to take off.
- Do NOT use a liquid bandage!
- Garlic oil can help infected blisters.
- Vitamin E oil, or zinc ointment will help heal a blister.
- Make an Echinacea tincture by adding 3 tablespoons chopped roots to 1 cup ethyl alcohol. Strain, then apply. Extracts and ointments are available.
- The wildflower Pipsissewa contains traces of helpful glycosides resins, antiseptic methyl salicylate, and astringent tannins. Apply a poultice of fresh leaves, a decoction of dried leaves, or the leaf extract.
- The gel of the Aloe Vera leaf is the most widely used herbal treatment for skin conditions. The gel coats and protects the blister, while its antibacterial polysaccharides promote healing.

“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](mailto:homecure@familypastime.com) or Family Pastime Home Cure P.O. Box 3161, Johnson City, TN 37602-3161



## “Hand Over Fist”

### Meaning:

Unlike the meaning today in the 18th century ‘hand over hand’ (later

## Say WHAT???

By: Family Pastime Staff

‘hand over fist’) had a different meaning. It meant ‘making steady progress’. The term today is used to suggest speed and profusion, especially in financial dealing, such as “making money, hand over fist”.

### Origin:

This saying most likely comes from a naval origin. Sailors through the ages have used the same hand-over-hand motion when climbing up ropes, hauling in nets, and hoisting sails. The best seamen were those who could do this action the fastest. The

allusion in this phrase is to the action of hauling on a rope, which started as ‘hand over hand’ then changed to the current ‘hand over fist’ which is a little more descriptive of hauling on a, after all, when we grab on a rope to pull it we do make a fist and then reach forward with our other open hand.



‘Hand over fist’ This term makes an appearance in William Glascock’s The naval sketchbook, 1825:

“The French ... weathered our wake, coming up with us, ‘hand over fist’, in three divisions.”

Many of the early citations refer to slow steady progress - exactly what could be expected if a ship were being pulled closer to another by means of a rope.

The ‘making money hand over fist’ figurative use is a clear allusion to grabbing handfuls of money and pocketing it. This is version appears later in Seba Smith’s The life and writings of Major Jack Downing, 1833:

“They... clawed the money off of his table, hand over fist.”

### FPT

SUDO-KID-U  
01 Last  
month's  
Answer

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

# THERE'S NO PLACE LIKE HOMESCHOOL

## What IS The Homeschool Mom's Personality?

By: Lisa Baughn

Over the years, when I casually mention homeschooling to people we have just met, I have often heard other mom's say, "I just don't have a homeschooling personality." Some recoil in horror, others blurt it out quickly, and others say it quietly.

And even though we have been educating at home for years, I always wonder, do I have a homeschooling personality? In the beginning I wondered with panic and I was sure that I did not have the right personality.

Exactly what IS a "homeschool mom personality"?

Many folks seem to have an image of a serene, well put together mom overflowing with patience, happily doting on her children all day.

A few years ago, when homeschooling was in its infancy, the image was matching denim jumpers, sewed lovingly by the mom, perfectly matched children, home made bread from freshly ground wheat, and not a hair out of place.

Not our family! How about yours?

Thankfully, as homeschooling has exploded in popularity, much has changed.

Parents come in all flavors, sizes, economic levels, colors, nationalities, religions, educations, backgrounds and ages. Some have an MD, others a PhD and some a GED, and every level of education in-between. Moms, dads, siblings and grandparents are all teaching children. The families are just as diverse, some led by a single parent, some large, others small, some with adopted children, blended families, children from other countries, grandchildren, some even homeschool their siblings, nieces and nephews along with their

own. Some families are healthy, others have chronic illnesses, cancer, or learning disabilities. Dads are increasingly taking over the education in many homes, or teaching the subjects they are gifted in.

Homeschoolers are now just a cross section of America.

Homeschooling has spread all over the world, and is popular in countries as diverse as England and Chile. People have found the joy in educating their children at home and have caught on to the trend worldwide.

One of the most incredible homeschooling moms I have met is blind. Yes, blind. She says with a laugh, "If I can homeschool, anyone can!" With an indomitable spirit, this homeschool mom who is educating her second batch of children has vision that truly inspires!

When you step back and look at what all of these people have in common, it generally boils down to a commitment to homeschool.

When we first started, my oldest dearest friend, who was a rabid homeschooler insisted that I had to commit to homeschool through high school. I panicked. I was worried about if I had "the personality." With a first grader with learning disabilities and a middle schooler, there was NO WAY I was going to give it a lifetime commitment. I committed for exactly ONE semester. That was it. But after spending a semester with our girls, I was so hooked that we never went back to private or public school.

Although I have looked and looked for years, and I just cannot find the "homeschool personality."

There is no single homeschool personality!

It is....a myth!

Well, guess we can all continue the amazing journey of educating our children at home! **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](mailto:homeschooling@familypastime.com). Lisa is launching a new website soon ([www.ThePrudentWife.com](http://www.ThePrudentWife.com)) with How-To Videos on Fabulous Food, Maximum Nutrition, Vibrant Health, Simplicity, Homekeeping and Green Living with a Free Newsletter full of tips! Save Money, Time and Sanity!

<b>Last</b>	8	7	6	9	3	5	2	4	1
<b>Month's</b>	3	4	9	1	7	2	8	6	5
<b>Medium</b>	2	5	1	8	4	6	9	7	3
<b>answer</b>	1	8	4	2	5	9	6	3	7
	9	3	5	7	6	1	4	8	2
	7	6	2	4	8	3	5	1	9
	6	1	7	5	9	8	3	2	4
	5	2	8	3	1	4	7	9	6
	4	9	3	6	2	7	1	5	8

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**SUDO-KID-U 02**

answers from last month

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

**SUDO-KID-U 1**

Instructions: On page 3

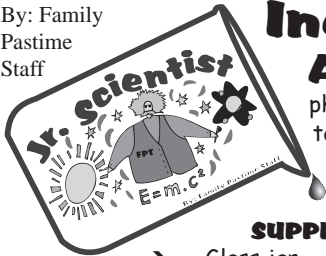
		3	4
	2		1

**SUDO-KID-U 2**

	3		
			3
			4
	1		

**ALWAYS WEAR SAFETY GOGGLES** (For instructions on how to make your own goggles go to [familypastime.com](http://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



## Indoor Rainbow

A rainbow is an optical and meteorological phenomenon that causes a spectrum of light to appear in the sky when the Sun shines onto

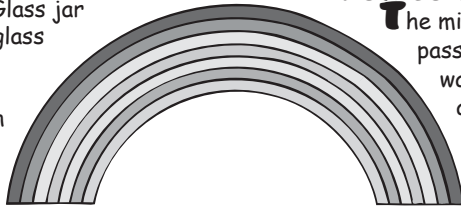
droplets of moisture in the Earth's atmosphere. They take the form of a multicolored arc, with red on the outer part of the arch and violet on the inner section of the arch. This month we will learn how to create our own rainbow inside.

### SUPPLIES:

- Glass jar or a large drinking glass
- Small mirror
- Flashlight
- Dark room with white walls

### HOW TO:

1. Fill the jar or glass with water.
2. Place the mirror inside the water filled jar or glass.
3. Tilt the mirror slightly upward.
4. In a very dark room with white walls, shine the flashlight onto the mirror.
5. A rainbow will appear! (Note: If no rainbow appears at first, just change the angle of the light from the



flashlight or change the angle of the mirror.)

### HOW COME:

The mirror reflects light that passes back through the water, traveling at an angle. The water bends, or refracts, the light. As the light bends, it separates into the colors of the rainbow... red, orange, yellow, green, blue, indigo and violet.

### Rainbow experiment #2

#### SUPPLIES:

- a CD
- a flat surface in direct sunlight

#### HOW TO:

1. Place the CD on a flat surface, in direct

sunlight with the label side down. Look at the ceiling. You should see a rainbow.

### HOW COME:

We normally think of light as traveling in straight lines, but on a very small scale, things are different. When a beam of light hits the edge of an object, it is bent slightly. This bending is called diffraction (diffraction is the bending of light as it passes the edge of an object).

Look closely at the CD and you should see that it also has many tiny lines, side by side. These lines spread the light to make the rainbow on your ceiling. Diffraction gratings are very useful things. Scientists use them to examine the light from stars to help find out what they are made of, their temperature, and many other things. Chemists use them to identify chemicals.



By Chris Joker

Recently my daughter asked me if I would teach her to drive this summer. She's not quite old enough but it got me thinking about when I learned to drive. I remember when I was fifteen I could not wait to learn to drive. I would stalk the driver's ed. teacher, bring him bribes of candy bars, offer to clean his blackboards, clean out the trash in his classroom, anything to get into his class. What I did not think of was that he actually benefited more from me NOT being in his class because he then got candy and cleaning chores done by some dumb teenage boy. Eventually I wore him down and I was enrolled in driver's ed. At first it was boring, book stuff but eventually it became interesting, we got to hit the streets. Back then driver's ed. was using state vehicles, Ford custom 500s to be exact;

you know the same car the police used. I'm really not sure it was a good idea to put inexperienced drivers behind the wheel of a 2-ton automobile with a 429 Police Interceptor engine. I mean WE thought it was but I may have single handedly changed that policy for the entire state of North Carolina. I remember the glorious day it was my first time behind the wheel. I opened the door stuck my head in and right away I could smell what, after hearing about it for so long I could only imagine was that "new car" smell. Turns out I was wrong, it wasn't new car smell I smelled, it was the smell of fear coming off of the instructor. This was a smell I would become very familiar with during the course of my driver training experience. I climbed behind the steering wheel and for the first time ever, I turned the key. Back then, nobody bothered with seat belts... except the teacher he had rigged up like a six point restraining system in the passenger seat. That 429 Police Interceptor engine came to life. It felt so good I turned the key again. Apparently if you turn the key again while the engine is already running, you set

off a chain of events which begins with a loud grinding noise as the starter motor attempts to engage in an already running flywheel and ends with the driving instructor yelling at you. This would be the first of many times my instructor would yell at me. The instructor after, I am sure, was years of experience, had strategically parked the car so that it could be pulled out in a forward direction, no backing required. I began to ease away from the curb and when I say "ease" I mean barrel like a bat out of hell. Those 429 Police Interceptor engines are quite responsive. So are the power breaks, I soon discovered. This is when I decided a seatbelt might be a good idea as did the other student drivers who moments before had been seated comfortably in the back seat and were now seated uncomfortably upside down on the dashboard. "That's enough for today", my instructor stated.

I was so excited that evening sharing my driving experience with my family...I left out the parts about the grinding and the upside down passengers and concentrated on the part where I actually DROVE the car. My

Please see "FKJ" on page 11





## Child Life Services

» Activities and explanations about medical events in a manner that a child can understand

The Child Life Program at **Niswonger Children's Hospital** helps reduce this stress through programs focused on their social, emotional and educational needs. Your donations of crafts, toys and other needed items help brighten hospital stays for our pediatric patients. Below is the Child Life donation policy, followed by suggestions for items you can make or buy.

While the hospital receives many donations for children during the holidays, "Wish List" items are needed year round.

### How You Can Help:

- » Donations may be dropped off at the Information Desk in the front lobby of **Niswonger Children's Hospital** between 8 a.m. and 8 p.m.
- » Please include your Contact Name, Organization Name (if applicable), Address and an estimate of the monetary value of your items so we can send you a letter acknowledging your donation.
- » To follow our infection control policy, ALL stuffed animals, dolls, puzzles and cloth toys must be NEW. Other used toys in excellent condition are accepted if appropriate.
  - » Avoid toys that have small parts that are choking hazards, have sharp pieces or fall apart easily.
  - » A "Wish List" of commonly used items for Niswonger Children's Hospital and St. Jude Tri-Cities Affiliate Clinic has been created at Target and Toys-R-Us to guide donors to needed items. Search baby registry by typing in "Child" for the first name and "Life" for the last name. You can also print the registry at your local Target store.
- » For larger donations or to reach the Child Life Program, please call 423-431-6872.

**Niswonger Children's Hospital** offers Certified Child Life Specialists

who dedicate themselves to making each child's hospital experience as positive as possible. Children visiting or staying in the hospital may experience fear, confusion and unfamiliarity. With the help of a Certified Child Life Specialist, children can master these feelings through play, education and support. Certified Child Life Specialists help infants up to adolescents cope with illness, hospitalization and separation from home, routine and friends.



Through play, Certified Child Life Specialists assess your child's coping style and help your child develop trust and understanding of his/her illness and treatments and be able to express thoughts and feelings. They use teaching tools, special dolls and medical equipment to explain treatments and procedures. Certified Child Life Specialists also help children develop coping strategies like imagery, distraction and relaxation to reduce anxiety during these events.

Certified Child Life Specialists work closely with children and families to ensure that each child's developmental, emotional and psychosocial needs are being met while they are cared for at The Children's Hospital at JCMC. They are an integral part of the healthcare team.

### Services

The Child Life Department offers a number of services designed to make the hospital experience as positive as possible for both patients and their families. These services include:

- » Therapeutic play and interventions, including medical play that promotes coping skills and fosters continued growth and development
- » Procedural and surgical preparation, support, coping education and pain management before, during and after a stressful event (such as an IV start, blood draw, MRI, surgery, etc.).
- » Advocacy for family-centered care through family and sibling support
- » Sibling visits for long-term or critically ill patients
- » Bereavement support
- » Coordinated holiday celebrations, visits from community groups, pet therapy and special visitor events
- » Education on growth, development and reactions to hospitalization
- » Support or preparation to return to school after extended hospitalization or change in physical appearance



Help make our wishes come true!

Coming to the hospital can be stressful for pediatric patients and their families.

Contributed by Mountain States Health Alliance





## Teach Your Dog Not To Bark

Unwanted barking is one of the most common behavior problems in dogs. It is normal for dogs to vocalize and bark from time to time but many times this behavior escalates much to the frustration of many dog owners. There are many causes of unwanted barking. First you must determine why your dog is barking before you can begin a program of retraining. You may need help from your animal behaviorist or veterinarian to do this.

One cause of unwanted barking is attention seeking barking. You may have inadvertently reinforced this behavior if as a pup your dog barked a lot and you gave him attention to try and stop the behavior. As an older dog, he may be exhibiting this behavior

because he is left alone for long periods of time, does not have appropriate stimulation or exercise, or is an active dog that needs to have a job to be happy.

If you suspect this is the cause of your dog's unwanted barking behavior, you can start to retrain him by making sure first and foremost that he is getting enough exercise. Make sure to take daily walks - this also allows him to explore the world around him which is good mental exercise as well. If you have a local dog park, take your dog there and let him socialize with other dogs and people. Take an obedience class - this is good for mental stimulation and will help you to better communicate with your dog. Provide many interesting toys to keep your dog busy while you are not around. Make sure to spend one on one time with your dog on a daily basis and make it fun so that your dog learns that he doesn't need to bark to get your attention.

Another cause of excessive barking is as a response to something that your dog is afraid of. Many dogs bark during thunderstorms or around unfamiliar people. If your dog is barking as a response to thunderstorms or other loud noises, provide him with a safe place he can go in these situations such as a crate. Make his safe place fun by providing good treats such as a Kong filled with peanut butter to keep him occupied. Play a radio or the television at a low level to help mask the noise. If your dog is barking at unfamiliar people, help him get over this fear by enlisting the help of your friends and neighbors. Have them walk by and approach your dog. Have them ask him to sit, and when he does so without barking, have them give him a treat.

Pretty soon, your dog will learn to associate unfamiliar people with treats and will learn new positive behaviors. If your dog barks at people and noises that are coming

from outside the house, you may want to limit his access to rooms with windows. This will help cut down on the unwanted barking behavior.

If your dog is barking when you're not home, it could be due to separation anxiety. If your dog is especially attached to you or has recently experienced a situation of change in his routine such as divorce, a move, or a death in the family, this could be the case. To remedy this kind of barking behavior, you will need to start a course of desensitization. You can begin to do this by taking very small trips such as just out to the mailbox and back, while leaving fun toys and yummy treats for your dog.



As your dog learns to behave while you're gone, slowly increase the length of time you are gone.

To check and see if your dog is barking when you're gone, you may need to use a tape recorder or enlist the help of your neighbors. Separation anxiety often needs to be treated with medication as well as desensitization. If you suspect your dog is barking due to separation anxiety, please consult your veterinarian or animal behaviorist.

Some people choose to treat their dog's unwanted barking problems with bark collars. The most humane bark collar available today is the citronella collar. These bark collars work by spraying harmless citronella in your dog's face whenever he barks. Studies show a very high rate of success with the use of these kinds of collars. Using a citronella collar for a period of time can help to reinforce more positive behaviors.

There are many training tips and tools available to help you replace unwanted barking with more positive behaviors. If you need more information, consult your veterinary staff or pet professional. **FPT**

*Dog Article courtesy of I-Love-Dogs.com*



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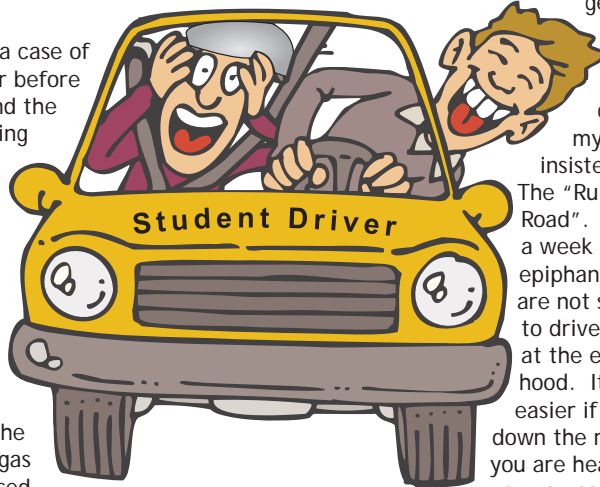
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FKJ *continued from page 8*

Mom insisted that I study the "Rules Of The Road", "You are going to have to know those frontwards and backwards to get your license"....whatever. I was now an actual DRIVER!

It was about a week and a case of Milky Way candy bars later before I was allowed to get behind the wheel again; I was becoming a master at the "Rules Of The Road" though. This time, the instructor insisted everyone wear their seatbelt and he also put on a motorcycle helmet. With everyone properly belted I e-a-s-e-d away from the curb and when I say "eased" I mean I rolled away from the curb. Never touched the gas pedal. Then I slowly pressed the gas pedal and quickly ran into the curb. I eased back out. I hit the curb again. This went on for quite a while. Eventually we made it out of the parking lot and onto the actual street where I kept managing to run off the



road or into the opposite lane which incited much yelling from the instructor, fortunately the helmet muffled it somewhat. I drove in this strange fashion for about a week. Every night I would go home and talk to my parents about how hard driving was. My Dad was

genuinely worried about my mental capacity; my Mom just insisted I study The "Rules Of The Road". After about a week I had the epiphany that you are not supposed to drive by looking at the end of the hood. It's so much easier if you look down the road, where you are headed, this way you can steer

to avoid the curb or the opposite lane way before you get to it. Who knew???

I eventually got my learner's permit which gave me the opportunity to drive with my

parents and the chance for the driver's ed. instructor to lower his medication dosage. Both my parents invested in motorcycle helmets. My Dad got so frustrated with me when he was trying to teach me to back-up he finally threw his hands up in the air and said, "Just park where you can pull out forward." After several months of torturing my parents and about a quart of touch-up paint for the family station wagon I was sixteen. My Mom took me to the DMV to get my license. Turns out she had to re-new her's at the same time. I passed the written test with no trouble, Mom was right, "You have to know The "Rules Of The Road". While I went for the driving test she took the written test to re-new her license. I wouldn't say I passed the driving test with flying colors but I did well enough for the state of North Carolina to entrust me with a driver's license. Oh, by the way, my Mom flunked the written test and I had to drive her home. On the way home I did my best to instill in her the importance of knowing The "Rules Of The Road". **FPT**

Q: What's this? i:) i:) i:)i:)
A: Some Irish i's a-smilin':)

DOUBLE TAKE

Find at least 30 differences in the two pictures (answers are on the bottom...no peeking!!!)



Bird Moved, Balloon shamrock, Sign, Socks, Dog Tongue, Canvas tongue, Paint dabs, Paint dabs, Hat, Jet Tail, Jet engine, Jet Wave Brush, Rainbow Colors, Tree Limb, Finger, Smile, Bell, Well Crank, Cloud, Pipe, Bunny Tail, Bow Tie, Coat length, Flag, Jet Wave



## Recycle Your Toothbrush

By: Michael Bloch

Sounds a bit icky doesn't it? It's reported that over 25,000 tons of toothbrushes end up

in landfill in America each year. It's something we don't think too much about - we use them, we throw them away.

### Here's a couple of ideas for minimizing waste:

- Replaceable head toothbrushes.
- By weight, the head of a toothbrush is the lightest part, the bristles may wear out quickly, but the handle lasts a long time. There's brands of toothbrushes available that have replaceable heads, so you could cut down the bulk of your toothbrush related waste that way.
- Recyclable plastic toothbrushes
- Some manufacturers have heeded

the call to minimize waste and are now making toothbrush handles from recyclable plastics. The plastic is reclaimed, melted down and used for making other items such as outdoor furniture. Next time you're shopping for a toothbrush, look for these - it's likely their "green" credentials will be mentioned on the packet.

- If you're not sure about what a toothbrush is made from check the packet or handle for a resin code - the number will indicate the type of plastic it is and if it's suitable for recycling.

### Toothbrushes around the home

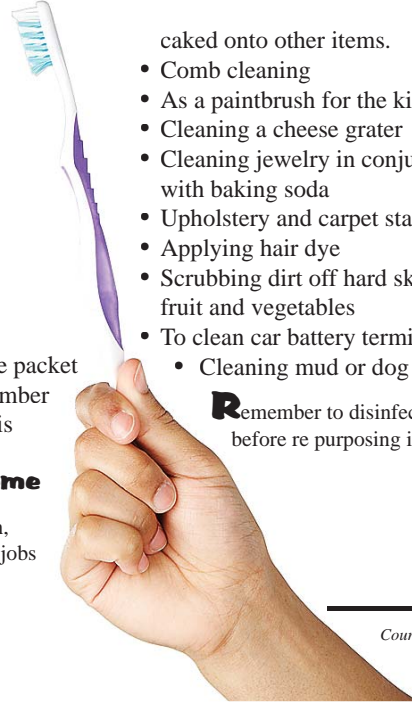
Given the small head size of a toothbrush, they are really handy for all sorts of fiddly jobs around the home, including:

- Scrubbing in between tiles
- Knocking off dust that's


caked onto other items.

- Comb cleaning
- As a paintbrush for the kids art projects
- Cleaning a cheese grater
- Cleaning jewelry in conjunction with baking soda
- Upholstery and carpet stain removal
- Applying hair dye
- Scrubbing dirt off hard skinned fruit and vegetables
- To clean car battery terminals
  - Cleaning mud or dog poop from shoes

Remember to disinfect your toothbrush before re purposing it. **FPT**



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**CREATURE FEATURE**  
By: Georgia Tetch

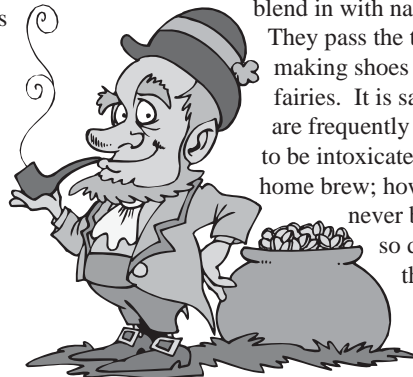


**LEPRECHAUN**

**S**t. Patrick's Day is March

17th. It is Ireland's greatest national holiday as well as a holy day. In America we celebrate the holiday by wearing green. Traditionally, those who are caught not wearing green are pinched.

In Irish folklore leprechauns are included with the St. Patrick's Day tradition. Leprechaun fairies are bearded, aged, diminutive (2 feet tall), mean men wearing green suits, green caps and a shoemaker's



leather apron. There are no female leprechauns. It is believed the green outfit is supposed to camouflage them allowing them to blend in with nature.

They pass the time by making shoes for other fairies. It is said they are frequently found to be intoxicated from home brew; however they never become so drunk that their hand becomes unsteady and

affect their shoemaker work.

Legend has it that, due to their thrifty nature, they are trusted to guard fairy treasures and carefully hide the pots of gold at the end of the rainbow. According to legend, if caught by a mortal the leprechaun will promise great wealth if let go. He carries two leather pouches, one has a silver shilling (a magical coin) that returns to the pouch each time it is paid out. In the other pouch he has a gold coin which he uses to bribe his way out of difficult situations. This coin usually turns to leaves or ashes once the leprechaun has parted with it. You must never take your eye off of him. He can vanish in an instant. They avoid contact with humans whom they regard as foolish, flighty and greedy creatures.

**Leprechaun Trap** By: Patty O'furniture

**SUPPLIES:**

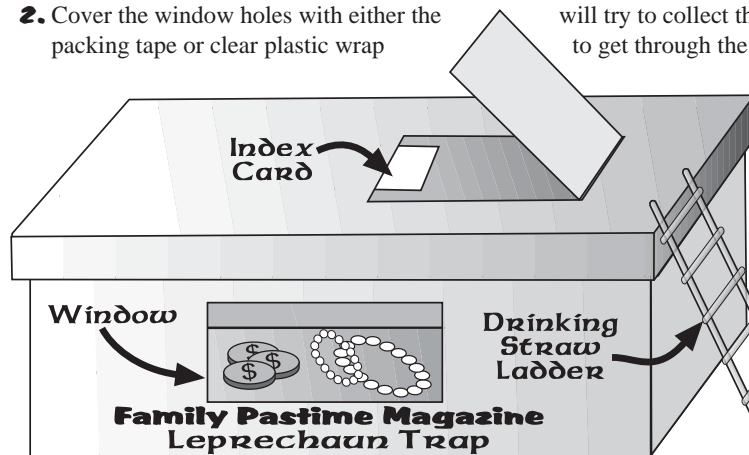
- ♣ Empty shoe or other small box
- ♣ Crayons, Colored pencils, Construction paper etc.
- ♣ Scissors
- ♣ Tape
- ♣ Cardboard
- ♣ Drinking Straws
- ♣ Plastic wrap or clear packing tape
- ♣ Index card
- ♣ "Gold" coins and/or "Jewels"
- ♣ Imagination

**HOW TO:**

1. Cut a couple of windows in the sides of your box.
2. Cover the window holes with either the packing tape or clear plastic wrap

so a Leprechaun can see in but not get in through them

3. Cut a flap in the top of the box
4. Tape the index card as shown in image so that the flap will stay closed until pressure (like the weight of a leprechaun) will force it open.
5. Decorate the box with rainbows, shamrocks and the like.
6. Put the "gold" coins and jewels inside
7. Place the trap near some trees or hedgerows. Make sure it's disguised well and blends into the surroundings. When the Leprechaun sees the coins and jewels he will try to collect them. He won't be able to get through the "windows" so he will



climb the ladder and then fall through the trap door.

8. Leave your trap out overnight.
9. The trap will not always catch a Leprechaun but often one will visit and leave some candy.

**FPT**

**SUDOKU EASY**

Instructions: On page 3

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

Sudoku last month's Really Hard answer

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

### Baked Hash Browns

**SUPPLIES:**

- 1 LB bag Shredded type Frozen Hash Browns
- 1 tsp salt
- 1/2 tsp garlic powder
- 1 cup whipping cream
- 1 cup shredded cheddar cheese

**HOW TO:**

1. Place potatoes in a greased baking dish.
2. Sprinkle with salt and garlic powder.
3. Pour cream over patties.
4. Bake, uncovered, at 350° for 50 minutes.
5. Sprinkle with cheese. Bake 5-10 minutes longer or until potatoes are tender and cheese is melted.

### Crispy Coconut Chicken

**SUPPLIES:**

- 2/3 C crushed multigrain crackers (about 8)
- 1/3 C flaked coconut
- 1 jar (9 oz) mango chutney
- 3 TBS lime juice
- 1 tsp curry powder
- 8 chicken drumsticks, skin removed
- 2 C frozen peas, thawed
- 1 C cooked brown rice

**HOW TO:**

1. Heat oven to 375. Place crackers in a large plastic bag and crush with a rolling pin.
2. Add coconut to the bag and shake.
3. Remove 1/4 C of chutney mixture and set aside.
4. In a small bowl, stir together the remaining chutney, lime juice, and curry powder.
5. Dip drumsticks, one piece at a time, in the chutney mixture, then place drumsticks inside the bag. Shake to coat.
6. Bake drumsticks on a foil-lined shallow baking pan for 40 minutes, or until done.
7. To prevent over browning, cover chicken loosely with aluminum foil for the last 10 minutes of baking.
8. Toss peas with reserved chutney mixture in a bowl.
9. Microwave on HIGH for 1 to 2 minutes, or until heated thoroughly.
10. Combine peas and rice and serve with the chicken drumsticks.

## Kid Friendly Recipes



### General Tso's Chicken

**SUPPLIES:**

- 1 C chicken broth
- 2 TBS low-sodium soy sauce
- 1 TBS chopped fresh ginger
- 2 tsp rice vinegar
- 2 tsp sugar
- 2 tsp cornstarch
- 1 tsp Asian chili paste
- 2 TBS canola oil
- 1-1/2 LBS boneless, skinless chicken breast, cut into 1-1/2-inch pieces
- 2 scallions, trimmed and sliced
- 2 C cooked brown rice
- 1 head fresh broccoli, steamed

**HOW TO:**

1. In a medium-size bowl, whisk together chicken broth, soy sauce, ginger, vinegar, sugar, cornstarch and chili paste. Set aside.
2. In a large nonstick skillet heat oil over medium-high heat. Add the chicken and cook for about 6 minutes, turning halfway through cooking, or until internal temperature reaches 160°
3. Remove to a plate and keep warm.
4. In the skillet, add the chicken broth mixture. Bring to a simmer and add chicken and scallions. Stir to coat chicken with sauce and heat through, about 1 to 2 minutes.
5. Serve over brown rice with steamed broccoli on the side.

### Nacho Casserole

**SUPPLIES:**

- 2 TBS olive oil
- 1 LB lean ground beef (Or Vege-Beef substitute)
- 1/2 tsp garlic salt
- 2 tubes (10 oz each) refrigerated pizza dough
- 1 jar (16 oz) salsa
- 3 C shredded taco-cheese blend
- 1 can (2.2 oz) sliced black olives, drained
- 3 large scallions, trimmed and sliced

**HOW TO:**

1. Heat oven to 375°. Coat 13 x 9 x 2-inch baking dish with nonstick cooking spray.
2. Heat oil in large skillet over medium-high heat. Add ground beef and garlic salt
3. Cook, stirring to break up clumps of beef, until beef is no longer pink, about 5 minutes. Drain off any excess fat from skillet.
4. Remove pizza dough from tubes. Cut the dough crosswise into 1/2-inch-wide slices, then cut each slice into quarters.
5. In large bowl, toss together dough pieces and salsa. Add cooked meat mixture, 2 cups of the taco-cheese blend and olives. Scrape mixture into baking dish. Sprinkle the remaining 1 cup taco-cheese blend over the top.
6. Bake at 375° for 30 minutes. Sprinkle scallions evenly over the top. Bake an additional 5 minutes.

### Personal Pizza

**SUPPLIES:**

- 1/2 lb. frozen whole wheat bread dough, thawed
- 1 tsp. oil
- 3 Tbs. barbecue sauce
- 1/2 cup chopped cooked chicken (about 1 breast)
- 1/4 cup finely chopped green pepper
- 1/4 cup shredded mozzarella cheese

**HOW TO:**

1. Heat oven to 425°.
2. Divide dough into 4 pieces.
3. On a floured surface, pat or roll each piece to a 4-inch circle.
4. Place on a greased baking sheet.
5. Poke each piece all over with a fork, brush with oil, and bake for 8 minutes.
6. Spread hot crusts with barbecue sauce and top with chicken, chopped pepper, and cheese.
7. Bake another 8 minutes, or until golden.

## SUDOKU REALLY HARD

Instructions: On page 3

4								9
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		5	9		7			
3	9			6				
8								7

**Q:** Why can't you borrow money from a leprechaun?  
**A:** Because they're always a little short!



Fun Family Events MARCH



**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. Peace Corp. Birthday, Pig Day, Plan a Solo Vacation Day, Refired, Not Retired Day  
Legion Recreation Center offers ballroom dancing classes in March call 461-4850 for more information
- 2. Fun Facts About Names Day, Namesake Day
- 3. I Want You To Be Happy Day, National Anthem Day, Peace Corps Day, Unique Names Day, What If Cats and Dogs Had Opposable Thumbs? Day
- 4. Courageous Follower Day, Scrapbooking Industry Day, March Forth-Do Something Day, National Grammar Day
- 5. Saint Piran's Day, Nametag Day  
**Kingsport** Library Book Sale through the 8th
- 6. Middle Name Pride Day, Sherlock Holmes Day, World Day of Prayer  
**Hands On!** FREE Movie 6 pm Beverly Hills Chihuahua Rated PG
- 7. National Be Heard Day, U.S. Snowshoe Day  
**Hands On!** 7th - June 27 Play basketball in a wheelchair, master a computer without the use of hands, and order a favorite meal without speaking.
- 8. Daylight Saving Time Begins, Check Your Batteries Day, Day for Women's Rights & International Peace, Girls Write Now Day, Working Women's Day  
**Jonesborough** Repertory Theatre auditions for The Hallelujah Girls 3 p.m. open to 18 or older
- 9. Barbie Day, Get Over It Day, Napping Day,  
**Jonesborough** Repertory Theatre auditions for The Hallelujah Girls 7 p.m. open to 18 or older
- 10. Mario Day, Salvation Army Day, Organize Your Home Office Day  
**ABINGDON**, Classes at The Arts Depot Tuesdays, March 10-31, www.abingdonartsdepot.org

- 11. Dream 2009 Day, Johnny Appleseed Day
- 12. Girl Scout Day, World Kidney Day
- 13. Earmuffs Day, National Open An Umbrella Indoors Day
- 14. Ask A Question Day, Fanny Pack Day, MOTH-ER Day, Pi Day  
**Hands On!** Saturday, 10-1 Girl Scouts Fetch Patch Badge Bash\* \$13 also 27th Blind Art: We will continue to explore how people who are blind create art.  
**Sycamore Shoals** Fibers Show & Sale! 10- 4 pm  
**ABINGDON**, Va. — Barter Theatre auditions for male and female dancers for roles in The Wizard of Oz 11 a.m. www.bartertheatre.com
- 15. Ides of March, True Confessions Day, World Consumer Rights Day, Buzzards Day  
**BRISTOL**, Theatre **Bristol** open auditions for, Alice in Wonderland. Those interested in the role of Alice, ages 10-16, audition at 2:30 all other roles Monday and Tuesday, March 16-17 at 7:00 p.m. www.theatrebristol.org
- 16. Lips Appreciation Day, Wellderly Day  
**Hands On!** 9:30 - 12:30 - AMAZING Automata\* Design your own machine of moving art. Ages 8+, cost \$7 Use everyday items to create a moving art
- 17. ~~St. Patrick's Day~~, Campfire Girls Day  
**Hands On!** Tuesday, 9:30 - 12:30 - St. Patty's Party\* Ages 7+, cost \$7
- 18. Awkward Moments Day, Forgive Mom and Dad Day, Biodiesel Day  
**Hands On!** Wednesday, 9:30 - 12:30 - Shark Dissection\* Ages 8+, cost \$12
- 19. Chocolate Caramel Day, Operation Iraqi Freedom Day, Absolutely Incredible Kid Day  
**Hands On!** 9:30 - 12:30 - Amazing Art\* Paint,

- color, and create wit interesting supplies. Ages 4-6, cost \$8
- 20. Vernal Equinox, Great American Meat Out Day, Snowman Burning Day  
**Hands On!** Friday, 9:30 - 12:30 - Tower Power Challenge\* learn about engineering and work with team members to build the largest cup tower that you can. Ages 7+, cost \$7
- 21. Corn Dog Day, Maple Syrup Day, Memory Day, National Common Courtesy Day, National Quilting Day
- 22. As Young As You Feel Day, International Goof-off Day, Spring Fairy Fun Day
- 23. National Puppy Day, Near Miss Day,
- 24. Chocolate Covered Raisins Day  
**Hands On!** 9:30 - 12:30 Spring Fling Party \*Fly a kite, make a snack out of a bird's nest, and so much more! Ages 4-6, cost \$7  
**BRISTOL**, Paramount Center, ETSU Bluegrass 7 p.m. \$7-\$12 www.theparamountcenter.com
- 25. Kick Butts Day, Pecan Day  
**Hands On!** 9:30 - 12:30 Amazing Art\* Paint, color, and create with interesting supplies Ages 4-6, cost \$8
- 26. Make Up Your Own Holiday Day  
**Hands On!** 9:30 - 12:30 Shark Dissection\* Ages 8+, cost \$12
- 27. Quirky Country Music Song Titles Day  
**Hands On!** Friday, March 27th, 9:30 - 12:30 - Tower Power Challenge\* Ages 7+, cost \$7
- 28. Eggsibit  
**KINGSFORT Arts4Kids**, Jewelry artist Glenna Fleiner offers a workshop, at the Renaissance Center 1-2:30 p.m. and 3-4:30 p.m., \$5 per.
- ELIZABETHTON** The Mountain River Concert Series Sigean 7 p.m. Adults: \$7; Children: \$2
- 29. Mom & Pop Business Owner's Day
- 30. Doctors Day, Grass Is Always Browner On The Other Side Of The Fence Day, Pencil Day
- 31. Bunsen Burner Day, "She's Funny That Way" Day



### Family Crypto-Time-Last Month's Answer

**"If you live to be a hundred, I want to  
 GR VMJ QGFI NM SI X BJTOHIO, G LXTN NM  
 live to be a hundred minus one day, so I  
 QGFI NM SI X BJTOHIO ZGTJP MTI OXV, PM G  
 never have to live without you!"**  
 TIFIH BXFI NM QGFI LGNB MJN VMJ. ~ Winnie the Pooh

Plain: ABCDEFGHIJKLMNOPQRSTUVWXYZ  
 Cipher: XSAOIRCBGKYQZTMUDHPNJFLEVV

\*Please Register : 434-4458 **Hands On:** 434-HAND  
**Crypto clue: L=5**

**Across**

- 2. There is a pot of it at the end of the rainbow
- 5. One of a race of elves in Irish folklore who can reveal hidden treasure to those who catch them.
- 8. Smooth or sweet talk
- 9. The Amendment that won women the right to vote.
- 10. When someone gets you angry it is said they get your \_\_\_\_\_ up.
- 12. We celebrate him on March 17
- 13. Legend is that St. Patrick once plucked a leaf of it for use in illustrating the doctrine of the trinity.
- 16. Find this for luck.
- 17. Made up of Red, Orange, Yellow, Green, Blue, Indigo, Violet
- 20. Often served with corned beef
- 21. What you might get if you forget to wear green on St. Patrick's day
- 22. The date in March when St. Patrick's day falls.
- 24. No snakes here.
- 25. Capital of Ireland
- 26. Legend has it that St. Patrick drove them from Ireland.
- 27. The first day of the Roman New Year.



**Down**


- 1. Wear this on St. Patrick's day. or get pinched.
- 3. They're Magically Delicious!
- 4. Kiss it for the eternal gift of eloquence
- 6. Flower associated with the shamrock.
- 7. Boston Basketball team
- 11. The first day of spring
- 13. When Irish eyes are \_\_\_\_\_

- 14. Might also be a cow that tells lame jokes.
- 15. Ireland Forever
- 18. A five line poem. The first, second, and fifth lines rhyme and so do the third and fourth. The first, third, and fifth have the same verbal rhythm (meter) and length, and so do the second and fourth.
- 19. St. Patrick's given name
- 21. Please don't rain on this.
- 23. You dance this

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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.

 TNO ODR SKQT NP SDVW NP ODR FNVH, NVU  
VIQTZ FNVH NP SDVW NP ODR SKQT

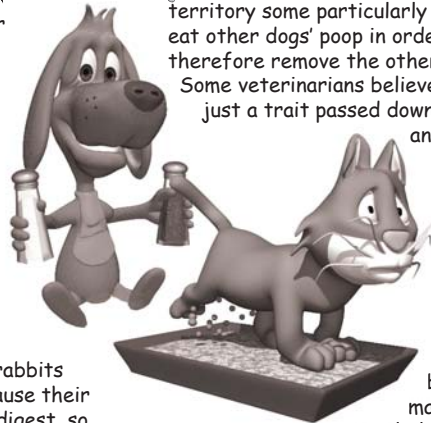
Look on the Fun Family Events page for a clue. Look for the answer next month.





## Why Do Dogs Eat Cat Poop?

I got the idea for this article after observing my puppy eating cat poop. Now that is YUCKY!!!! This yucky habit even has its own name, it's called "Coprophagia" (cop-ra-FAY-jee-a) which literally means the consumption of poop. Hard to believe but there has been little research on why dogs eat poop, and since dogs aren't saying, we can only guess. Interestingly, in a yucky sort of way, many animals eat their own poop because they often have proteins and vitamins in them. Herbivores (plant eaters), such as rabbits and rodents eat their own poop because their diet of plants is hard to efficiently digest, so they have to make two passes at it to get as much nutrition out of their meal as possible (Uh YUCK). For these animals, eating poop is kind of like a cow chewing its cud. But, since a cow has four stomachs, they are able to re-eat their food without having to poop it out first. The bacteria in the intestines also adds some vitamins to the poop that the animal can't absorb through the intestinal wall. Cat poop is especially high in protein and that may be why dogs eat it like candy. A female dog will eat the poop of her pups as a way to keep the den clean and to keep the



one way in which dogs mark territory some particularly dominant dogs will eat other dogs' poop in order to remove it, and therefore remove the other dogs' presence. Some veterinarians believe that eating poop is just a trait passed down to dogs from their ancestors (Thanks for that one, grandpa). Coyotes and wolves have been known to eat their own poop during food shortages, and have also been known to eat the poop of herbivores because it contains many of the B vitamins needed in their diets. We

don't really know why dogs eat poop? Kind of like we don't know why hotdogs come in packages of ten while buns come in packages of eight. Maybe it's just because it tastes good to them---it might taste good but I'm going to just have to take the expert's word on that, I really don't even care how good it might taste, I'm not trying it. Some say it won't harm the dog however, I would say it's not a good idea to let your dog eat poop because many parasites, including giardia, coccidia, roundworms and whipworms, may be transmitted from the poop to your dog. Also,

clumping poop laden cat litter can pose a serious health threat to dogs that snack on it. The litter is designed to clump when it gets wet, so it will do the same thing in your dog's stomach. Whatever the reason dogs eat cat poop one thing is for sure IT'S YUCKY!!! **FPT**

**Q: Which leprechaun wears the biggest shoes?**  
**A: The one with the biggest feet!**

**Q: Why did Saint Patrick drive the snakes out of Ireland?**

**Q: Because he couldn't afford airfare**

### Easy Answer From last month

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

## SUDOKU HARD

Instructions: On page 3

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

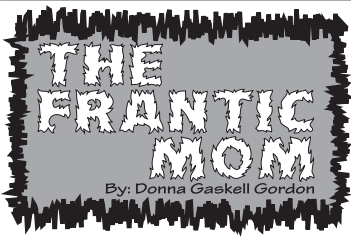
## SUDOKU Medium

Instructions on page 3

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

## SUPER SUDOKU Answer from last month

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



## Protecting Minors From Identity Theft

Recently I was informed by my bank's fraud department that our personal information had been compromised, possibly online. This breach in security is still generating work and frustration on my part. At the advice of the fraud officer, I closed down accounts and opened new ones. The time and paperwork involved is overwhelming, and in some instances the requirements to verify what happened and why border on the absurd.

We are not sure, but we believe that this might possibly be linked to online purchases made by our teenager. Unbeknownst to her, someone on the seller's end may have sold our credit card information to an identity thief. In the process of educating her, I found some scary facts about children and identity theft. I also found some news you can use to protect and educate your own children.

In a 2007 survey, more than 1 million children had their personal identifying information exposed due to information breaches. Identity theft like this is a growing problem that does not become apparent until the children start working, apply for credit or apply for college. It is possible for a thief to use a child's

social security number with a different birth date and establish fraudulent credit lines. Just imagine where your child's social security number is on file. I know my children are listed at school, the doctor and even in the archives of the Girl Scouts of America. When asked to provide a social security number you should ALWAYS question why they need it and how they will it.

Teens have laptops, cell phones, blogs, and participate in social networking sites such as My Space and Facebook. Many are giving away detailed and personal information without knowing the risk. Personal information including social security numbers, birthdates and mother's maiden names are routinely listed with schools, and groups known for mentoring children. The problem is when lax security procedures cause this information to fall into the wrong hands.

Teens need to be taught how critical it is to protect their personal information. To educate your children sit down with them at the computer and watch how they operate. If you haven't already, go over their networking page and check if they are revealing too much information. I found Googling the phrase, "protecting

teens from identity theft" brought up a wealth of information including teaching articles and videos on their wavelength. Excellent articles on credit card safety online are available by Googling "safe online shopping."

Insist children memorize their social security number and never carry a written copy of it with them. In addition, teach them to password protect their mobile phones and laptops. While you teach them about banking; include shredding and identity safe practices along with debiting and crediting. Do not wait until they are leaving for college to do this.

Finally, it is a good idea to check all minors' credit reports annually and Federal law mandates it to be free. This can be complicated, but you can start with www.annualcreditreport.com (Be sure to type the address into the address field and NOT the search engine of your browser. There are "look-alike" sites that ARE NOT free). If you put in the age of the minor and request the report, you will be instructed on how to do proceed.

Check out these websites for additional information on identity theft issues.

www.getsafeonline.com

www.idtheftcenter.org

www.ftc.gov **FPT**

## Creative Kids 6-12: The Next "Pop" Artists?

(NAPS) To mark a half century of flavorful snacking, Nestlé Push-Up is launching Push-Up and Create, a search for kids who can create the next great work of "pop" art. Right now children have a sweet opportunity to demonstrate their creative talents through this unique art contest. Three winning kids will have their designs featured on millions of limited-edition Push-Up tubes.

In addition to having their artwork showcased on this popular frozen snack, each of the three Grand Prize winners will also receive a \$1,000 gift card that can be used for art supplies and a \$2,500 donation to his or her school.

Kids ages 6-12 are invited to design a unique "virtual" tube by visiting pushupandcreate.com, where they can use online design tools to create cool backgrounds, mix colors and sketch their own masterpieces. Young artists can also download a template from the Web site, print it out and design and mail their masterpiece to Push-Up and Create, P.O. Box 713, New York, NY 10013-0713. Entries must be submitted before August 31.

Nestlé Push-Up is available in four delicious assortments: Nesquik Creamy Delights, Laffy Taffy, Fruit Mania and Rainbow Twisters. These frozen snacks are fun for kids (and kids at heart) and each flavor has 90 calories or less. **FPT**

## SUPER SUDOKU Instructions: On page 3

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

# Niswonger Children's Hospital Opens By: James Watson



**N**iswonger Children's Hospital, named after lead donors Scott and Nikki Niswonger of Greeneville, TN.

**T**he \$36 million project consists of approximately 82,600 square feet of new construction and approximately 9,200 square feet of renovation to the existing hospital facilities. Designed to consolidate all of the services offered by The Children's Hospital at JCMC into one facility, Niswonger Children's Hospital promotes operational efficiency while creating an experience that is less intimidating and confusing to children. The ground floor



Center and Wings Air Rescue helicopter pad.

**T**he dream has finally become a reality. After nearly five years of fundraising, community support and steady construction, Niswonger Children's Hospital in Johnson City, TN, is opening. The \$36 million hospital for children located on the campus of Johnson City Medical Center held its official ribbon cutting recently with the first patients admitted on March 2. Niswonger Children's Hospital replaces and expands the services

of the new 69-bed hospital offers a new service entrance for patient transfer, as well as a new corridor linking this entrance to the existing hospital service elevator core. Not only does this provide increased privacy for the patients, but it is much more efficient for the staff when transferring children.

**"T**his is more than just bricks and mortar, more than the 82,000 square feet, more than the larger sized rooms, more than the wonderful colors and tremendous design of this facility,"

said Maureen MacIver, Chair of the Mountain States Board of Directors. "This new reality offers greater hope to the children throughout the region."

**T**he first floor of the new hospital includes a dedicated children's lobby and family support space, a larger, expanded clinic for the St. Jude Tri-Cities Affiliate Clinic, a lobby and registration area for the adjoining Women's Center and various classroom, office and lounge spaces. It also includes two pediatric surgical suites and a dedicated pediatric emergency department with its own entrance near JCMC Level 1 Trauma



previously offered at The Children's Hospital at JCMC. Created in 1992, The Children's Hospital was located on the fourth floor of the medical center.



**"T**his is truly a great and momentous day for our region," said Dennis Vonderfecht, President and CEO of Mountain States Health Alliance, the hospital's parent company. "With the official opening of the Niswonger Children's Hospital and its associated pediatric emergency department, the Tri-Cities joins the other four metropolitan areas of Tennessee in having a full-service children's hospital."

**U**sing natural light to evoke feelings of comfort and healing, the main entrance lobby, three-story glass atrium and window-lined hallways provide bountiful light, accented by skylights of colored glass that shine rainbows of light into these public areas. This is a continuation of the artwork and use of natural elements – primarily the sky, wind and sun – that can be seen on the outside of the building. **FPT**



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