

ESCAPE ADULTHOOD

your guide to living life with less stress and more fun | issue #2

finding balance

an interview with
MARK SANBORN

17 ways to
balance
your life

love your body
love your life

Kim^a & Jason
magazine



Kim & Jason represents the crazy idea that there is more to life than the hectic busyness, cynical melancholy and overwhelming stress that is typical of most modern lives. Adultitis tricks us into missing out on the best parts of life and causes us to take ourselves WAY too seriously.

We believe that life is meant to be lived to the fullest, that our lives should be bursting with big dreams, oodles of passion, and an enthusiastic playfulness. We believe in curiosity, delighting in the little things, and a faith that knows things always work out for the best. We believe that a life that embraces a childlike spirit is a life that is less stressful and way more fun.



Before it was an idea, Kim & Jason started out as a simple love story. Jason Kotecki first drew his lovable characters for his girlfriend Kim sometime before the turn of the century.

The couple shared a kindred childlike spirit, and Jason used the drawings, which represented the couple as children, on many homemade (aka cheap) gifts designed to win her heart.



Luckily for him, this downright sappy play helped him to not only win her heart, but also her hand in marriage. The characters took on lives of their own and in 2000, the real Kim and Jason decided to build a company to share the comic strip and its inspiring message. It has been a wild ride ever since.

So thanks for reading, and remember, it's never too late to have a second childhood. One where a giggle is never far away, good things are just around the corner, and a grand new adventure awaits! May Kim & Jason remind you of that joyful, magical, indomitable spirit that still exists within you, giving you permission to let that spirit come out to play.

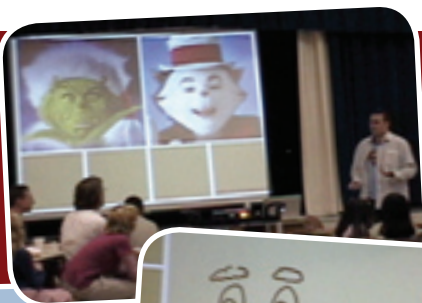
Need a Speaker?

refreshingdynamicauthenticwonderfullyfunny

If you need a speaker for your next function and want something a little out of the ordinary, Kim and Jason are for you. This husband and wife author team is funny, engaging, and inspiring. The cartoonist and former kindergarten teacher share hilarious anecdotes, witty observations, and real world tips that will both entertain and inspire attendees from all walks of life to break free from the stresses of life and become happier, healthier, and more productive.

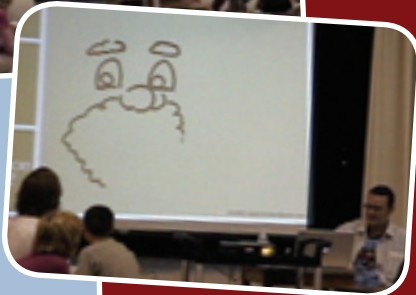
In this age of visual learners, Kim and Jason combine a multimedia presentation with live cartooning to illustrate their life-changing concepts. They have spoken to a variety of businesses, churches, and associations, and will happily customize the talk to the special needs of any audience.

Their schedule fills up fast, so don't hesitate to contact us to learn more about bringing them to speak to your organization. Visit www.KimandJason.com/speaking



"Two thumbs up!
It was genuine,
personable, down-
to-earth, and very
well-received!"

--Craig Robida,
Exchange Center
for the Prevention
of Child Abuse



in this issue...

Your life is busy, hectic, and complicated. It doesn't have to be quite so crazy. This issue is jam-packed with stories, tips, and ideas on how you can use strategies from childhood to bring a little bit more balance into your life.

ask kim & jason 4

Are they really like the comic strip characters?

cool stuff 5

Cookies to ease pain, wake up tips, and more!

champion 6

Meet Gene Gudenkauf, farmer

cover story 7

Balancing Act by Jason Kotecki

an interview with 11

Mark Sanborn, author of The Fred Factor

yum 14

The Straight Dish on Mac & Cheese by Kim Kotecki

escape 16

Escape Plan: Colorado Springs by Kim Kotecki

feel good 18

Love Your Body, Love Your Life by Jill Fleming

workplace 20

Perpetual Summer Vacation by Tony D. Clark

you & improved 22

17 Ways to Balance Your Life

create & do 24

Creating a More Fun To-Do List by Lindsey Cox

back to basics 26

In Search of... by David Stoddard

my childhood 28

The Red Doll by Marilyn Kinsella

funny bone 29

Are Your Priorities in the Basement? by Doug Kotecki

lemonade stand 30

Cool stuff for the young at heart

club k&J profile 31

A childlike look at some of this issue's contributors...



jill fleming



tony d. clark



lindsey cox



david stoddard



marilyn kinsella



doug kotecki

are you really like the characters in the comic?

kim says...

YES. I am “Kim.” There’s really no doubt about it. To say that we are similar would be understating the facts. A more accurate word would be “identical.” Jason describes Kim in the character profile by saying she’s a...“spunky little girl who is a bundle of innocence, unabashed confidence, and hopeless naiveté. She has the ability to pare down complex issues into tidy and logical, albeit misguided explanations. Her carefree attitude guides her through life and her stubbornness sometimes gets the better of her. Her most prized possession is a stuffed skunk named Stinky, a gift from Boompa.”

I like to keep life carefree and simple, sometimes to a fault. I’m probably the most stubborn person you’ll meet, (besides Jason). This was born out of the challenges that come with being the youngest child. It took a healthy dose of persistence to bug my sisters endlessly. It was a full time job that took real commitment and a bit of spunk and confidence. As for the innocence and hopeless naiveté, all I can say is, ‘No comment.’

All of the listed “favorites” about the character Kim are correct, including noodles, the color red, swinging, soggy cereal, candy, playing checkers with Boompa, eavesdropping on Katie (a.k.a my real older sisters, Karen, Kathi, and Kristy).

I really do have a grandpa we called Boompa. I also have a stuffed skunk named Stinky, which Jason gave me during our dating years. He obviously did not think about the kind of message it would send to give your girlfriend a skunk, versus the standard teddy bear. He’s weird, but then again, so am I.

jason says...

Comic strip Jason is a pretty good representation of me as a little boy. When I was young, I was terribly shy and afraid of almost anything new. I was the only kid in my class who cried on the first day of kindergarten. I quit t-ball before the first inning on the first day because I was intimidated by all of the other kids I didn’t know.

I’ve come a long way since then, but I think people can really relate to those aspects of the character, even if they are a bit exaggerated at times. Everybody is afraid of something, and seeing a character struggle with fears that seem irrational, hopefully helps the reader consider that maybe the fears he or she is dealing with aren’t as serious as they may seem.

On the flip side, I like to think that the big dreaming, imaginative side of comic Jason is still very much a part of me. I like being with people, but I love being in my own little world, cooking up big ideas.

And there are lots of minor traits of the character that are based in reality, too. I’m a cereal junkie. I worship superheroes, used to dress up as Superman (complete with red Underoos worn over my blue jeans), and still very much believe that I am maintaining a secret identity to hide the superheroic skills that reside within. I grew up with an almost unhealthy love for Star Wars, and comic strip Jason’s love for Ace Laser of Star Warriors is an homage to one of my childhood heroes, Han Solo.

And were I to let me hair grow out, it probably would look as crazy as little Jason’s.

cool stuff

little nuggets to help you escape adulthood



Okay, cookies have always been a classic comfort food, but research shows that eating sweet foods like cookies, chocolate or ice cream help reduce the sensation of pain. In fact, enjoying a smell that is both sweet and pleasant has been shown to reduce the perception of pain. So whether you're eating or baking the cookies, you're doing a body good.

Did you know...?

- The African bushman lives in a quiet, remote environment and has no measurable hearing loss at age 60.
- The sound heard by a listener when holding a seashell to his ear does NOT come from the shell itself. It is the echo of the blood pulsing in the listener's own ear.
- A bowl of lime Jell-O®, when hooked up to an EEG machine, exhibited movement which is virtually identical to the brain waves of a healthy adult man or woman.

“Death isn’t sad. What’s sad is how few people really live.” -Dan Millman

Check out this interactive wallpaper from Graham & Brown. With the many small “frames”, this wallpaper encourages you to fill them with your favorite pictures, office notes, or your kids’ artistic creations! You decide what you want it to be - whether you want to put up your youngster’s art, paint directly into a frame, or put up family photos - it’s up to you! www.grahambrown.com



People who are Adultitis-free tend to jump out of bed each morning, excited for the day to begin. Here are a few tips from Glen Stansberry on how to make your mornings a little more peppy:

Plan your day the night before. Writing down all the big, important things you’ll be doing the next day give you the extra spring in your step to wake up early and quickly. If you’ve got a purpose, you’ve got a big reason to wake up.

Change alarm sounds often. Don’t let your body get used to hearing the same alarm every day. Drudgery never motivates, my friends. Use alarms that are pleasant, and change them often so they stay pleasant. There’s nothing worse than waking up to something that sounds like a horn on a Chevy.

Source: www.blog.liferemix.net



champion

Gene Gudenkauf

age 70

Farmer

Cascade, IA

Hometown Cascade, Iowa has been my hometown since I was 5 years old. I live in the same house on the same farm that my dad bought in 1943. As of March 1 next year (2008), I will have lived in this house 65 years.

My Biggest Dream In the back of my mind growing up, I felt my dream was to make my life just being a farmer. It's what I grew up knowing, and basically that's what I like.


My Inspiration It had to be my dad. When I came out of service in 1958, I really wanted to try to farm somehow, so my dad offered me an opportunity to start farming on 1/4 of a share. We farmed together until the early 1970s when dad turned 65 and retired. We had a good close relationship. I never saw him mad.

My Favorite Thing About Being a Farmer Working with nature is really a plus to farming; in the spring of the year when you first go out into the field, on a nice warm day, and you turn over that fresh earth,

there's something about it. This is God's creation, and you're fortunate enough to have a hand in it. The good Lord puts it into your care to take care of His land, and at the same time, the good Lord willing, produces the crop, and it's extremely rewarding at the end of a season to harvest a crop of grain.

When I Was a Kid, I... was extremely lacking confidence in myself, almost scared to grow up. I didn't gain that until I got coming out of high school. I was not a very confident guy.

One Way I Stay Childlike Is... listening to my daughters, and not placing all the emphasis on material things in life.

What I Know So Far A good positive attitude is something we really need. I'm not saying I always got it, but it's very important. It's awfully important to do something you like to do for your work, and also it's important in your freetime to do what you enjoy. 

BalancingAct

how to stay sane in a fast paced world

by Jason Kotecki





I was at a restaurant recently, slurping down a smoothie and surfing the web. I overheard some guy on a cell phone. I guessed he was a businessman, because we was in a suit and was wearing an air of extreme importance. He was talking rather loudly, apparently assuming – incorrectly, I might add – that everyone in the place was keenly interested in his conversation and wanted to be kept in the loop.

Naturally, I eavesdropped on his conversation. Not that I wanted to, mind you, but the volume of his voice seemed to tell me that I'd better pay attention because there was going to be a quiz. I don't remember much of the conversation – good thing there wasn't a quiz – except for the typical exchange of pleasantries. The part I remember went something like this: "Blah blah blah... yeah, things are good, really, really busy... blah blah blah."

At that moment, like the sight of a 75-year-old man in a pair of leather pants, it struck me.

The purpose of life.

Perhaps you already know this, and forgive me for coming late to the party, but apparently, the purpose of life is to stay extremely and unrelentingly busy. If we are not busy, something must be wrong. Either we are lazy or unimportant. In either case, if we're not busy, our life has gone seriously off track.

Maybe talking about how busy we are is just a mindless expression we use when engaged in small talk. But in this conversation, it was used as a justification. As proof that things were indeed as good as the guy said they were. Proof that he was the master of his life; a success.

I wonder about that. Is he really in control of his life? How can we even tell? Think about the merry-go-round you may have played on at the park as a child. You got on, able to convince someone bigger than you to push you around on that thing as fast as he (or she) could. As you held on for dear life, certain that you were teetering on the edge of time travel, things were pretty good. Everything was going by in a blur, and you focused on holding on tight. You were...busy. But were you in control? Could you have gotten off at any time of your choosing?

Not unless you wanted to end up in a tree somewhere in another county.

Perhaps a good measuring stick to gauge whether or not you are really in control of things is if you can get off this merry-go-round called life at a moment's notice without suffering a major case of vertigo.

Why is that important? Because if your life is moving ahead at breakneck speed, it's nearly impossible to notice the little things and maintain a sense of perspective. On the merry-go-round of life, everything is one big blur. You can't even see the flowers, let alone smell them. You're missing other opportunities life has to offer, like the slide, and the swings, and the concession stand. Your stomach is telling you that something is not quite right, but you ignore it, pretending that everything is fine. And in the busy life – just like on the merry-go-round – the tendency is to become very self-absorbed. The main objective is to hold on tight, which is fine, because it's awfully hard to carry on a conversation with someone when you're threatening to break the sound barrier.



I'm not sure how or why we as a culture have come to equate busyness with success and being in control. But I do know this: if you catch yourself in a conversation, proudly telling other people how busy you are, you are experiencing a warning sign of Adulthood.

Many people live lives that are seriously out of balance. Rather than do something to fix it, they brag about it to their friends.

"I've been putting in sixty hour weeks at the office, I don't know when the last time I had a day off was!"

"I hear ya. I've been running the kids back and forth to so many things, I've been eating most of my meals in the van!"

Clap. Clap. Clap.

That's me applauding the idiocy of our situation. So much time is spent bragging about how busy our lives are, competing in a never-ending game of "Who's Life is Most Out of Whack?" that a life out-of-balance seems normal. Even expected.

And yet deep down, you just wanna get off the merry-go-round. You know there's more to life than falling into bed at night dizzy from the blur that was your day.

Well, you're right. There is a natural balance to creation. Day and night. Winter and summer. Work and play.

You were meant to fit into that natural balance. The first step is to realize that you have control over your life. You are not the victim of outside circumstances thrust upon you. Your life is the result of every single one of the choices you've made up until now.

If you want your life to change, and be more in balance, you need to start making different choices in order to see a different result.

It's easy to want to say yes to every good opportunity and offer that comes our way – and hard to say no. But as my friend Eliz Greene says, "Saying no to one thing allows you to say an emphatic yes to something more important." We only have 24 hours

in a day. Allowing your kids to be in too many activities – as enjoyable as they may be – is going to result in less relaxed family time (wolfing down fast food in the van on the way to soccer practice doesn't count, by the way) which produces a family that slowly grows apart.

Working overtime on a regular basis is going to result in resentment and a breakdown in the relationship with your spouse and children, no matter how nice a home or trendy the video game system your late nights at the office affords them.

Kim and I have friends who have modeled this idea by taking back their Sundays. Sunday is now a sacred family day for them. They get up, go to church, and return home for a lunch of leftovers from the week. (No

**Saying no to
one thing allows
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something more
important.**

Eliz Greene




cooking for Mom!) The afternoon is spent lounging, napping, and playing games together as a family. They order in pizza for dinner and might watch some TV... together. As you might imagine, they've had to say no to a lot of appealing invitations from friends and family, as well church and community events. But ever since they've decided to reclaim Sunday for themselves, everyone in the family has been affected. They treasure Sunday. Even the kids look forward to it all week. The decision to say "no" to the good in order to say "yes" to the great has ushered in a new level of balance, and everyone in the family is better equipped to tackle the rest of the week with enthusiasm.

Another technique you can use to bring your life into balance is to write out your perfect day. Not necessarily some imaginary day in the future when you've accomplished all of your dreams, but your ideal, ordinary work day. Would you eat breakfast? Go for a walk? Spend some quiet time praying or meditating? How many hours would you work? What would you do for dinner? How would you spend your evening: chatting with a friend? playing a game with the kids? indulging in a quiet bubble bath before bed?

Write out your perfect day. It'll never happen unless you know what it looks like. Then start making choices that will help make your perfect day a reality. Remember, you have the power to change your circumstances by changing the choices you make. Of course, every day presents a new set of unplanned challenges, but the more effort you put into modeling your day after your "perfect" day, the happier and more in balance you will be.

Life is fast enough. Don't abdicate your power to engineer the direction of your life by making thoughtless decisions – or by having them made for you. Don't get so busy that you find yourself missing the treasure of a quiet night at home with your family. Or the opportunity to use a rainy afternoon for a movie and a nap. Or the joy of seeing your child grow up.

Our lives are not meant for aimless wandering and lazy habits. We have been created for great things. Things that will only be accomplished through hard work, determination, and persistence. But let's stop trying to impress people with how fast you're going on the merry-go-round. When you think of how much you're missing out on, it's not really all that impressive. 



Kim & Jason: Your book, *The Fred Factor*, contains the example of a remarkable postman named Fred to demonstrate how passion in your work and life can turn the ordinary into the extraordinary. We found the book to be very inspiring and the techniques very simple. You make the benefits of being a “Fred” a no-brainer. In your opinion, why don’t we see more “Freds” in the world?

Mark: First, we probably don’t look for them, or think about it when we see them. There are many “Freds” who do things for us in our businesses, communities and probably even our homes that we tend to take for granted. I think we need to do a better job of paying attention to the extraordinary things people do for us on a regular basis. Secondly, I don’t think everyone realizes that they can be a “Fred.” I believe one of the first jobs of leadership is to prove significance to others: to our kids, our coworkers, our employees. People who don’t feel significant usually don’t make significant contributions. Third, knowing what one can do and knowing how to do it are two different things. It helps to know what skills to develop, and how to turn desire into results, and that is a primary reason why I wrote the book.

K&J: You’ve observed that so often we live our lives on autopilot, unable to distinguish between activity and accomplishment. Perhaps that is one reason why many people are stressed, restless, and struggling to find balance in their life. What advice would you give to people who may be struggling to distinguish between activity and accomplishment?

Mark: Stop focusing on how busy you are (we’re all insanely busy, it seems) and ask yourself a simple question: “What am I accomplishing?” If you have few accomplishments, or the ones you have aren’t that valued, then it is time to re-evaluate how you spend your time each day.

K&J: What would you say is the secret to finding the balance between rising above mediocrity and competing against your own potential, without getting trapped into a driven, super-achiever mindset that leaves you worn out and out of balance?

an interview with **MARK SANBORN**

The best-selling author of the “Fred Factor” on balancing work and family, having fun amidst the busyness, and lessons we can learn from kids

an interview with...(continued)

Mark: I don't know that there is a secret or even a quantifiable formula, but I believe there are warnings when we're doing it wrong. If you lose your sense of fun, your health, your respect for others and/or the significant relationships in your life, you are paying a price that is too high. Look at the opportunity to be extraordinary in whatever ways you choose as a "get-to" and not a "have-to."

K&J: *The Fred Factor* embodies the essence of a childlike spirit in many ways, such as encouraging creativity and curiosity. In your opinion, what are the most important things an aspiring "Fred" can learn from children?

Mark: Children have few pretenses. They don't try to impress you, which means they are authentic. That is admirable. Kids are typically more interested in you—sharing a story, learning something from you or just playing. They engage you rather than just talking to you. They also have a higher threshold for boredom. A bug or cloud is as exciting to them as trip to Bali or a new car. By the way, I know this because my kids are six and nine.

K&J: Kids seem to be experts at having fun, turning the ordinary into the extraordinary. In your travels and experience, what are some examples you've seen of businesses using these principles in creative and practical ways?

Mark: Here is a great example I just blogged about: recently I took the boys to one of our favorite family eateries, On the Border. Darla wasn't feeling her best, so she asked us to bring her something. Alese (I hope I'm spelling her name correctly) was our waitperson. We had dined in her section a couple weeks ago and been impressed by her service. When we ordered our meals, I put in a to-go order for Darla and explained why she wasn't with us. When we got home, Darla took her food out of the bag and noticed a note written on the lid of

one of the containers. It said, "Get well soon." That was a nice touch, and more proof of how little things make a big difference.

K&J: As a highly sought-after professional speaker, you are on the road for up to 200 days a year. What challenges have you faced and what things have you done to balance your work and family life with your road warrior lifestyle?

Mark: The obvious challenge is carving out sufficient time for my family. They understand why I travel, but that doesn't mean they're happy about it, nor do I want them to be happy I'm gone a great deal. I work extra hard to make time for the family when I'm not traveling. We do frequent short trips and vacations, and I don't always keep a typical 9-5 schedule when I'm not on the road so I have flexibility to spend time with them.

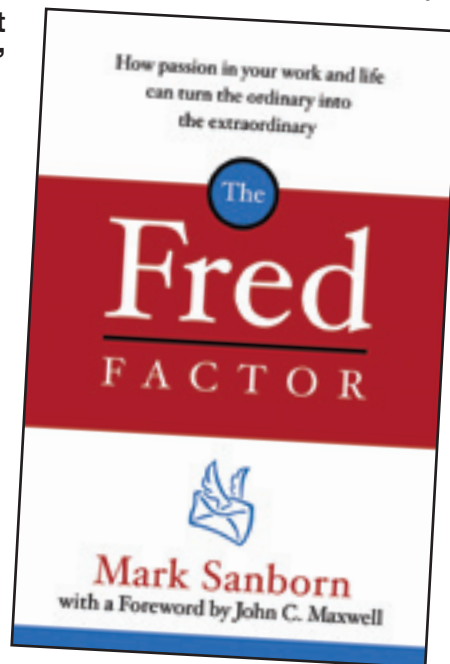
K&J: What is the biggest lesson you've learned from your kids?

Mark: That as parents, everything we do promotes or pollutes. When we set good examples, we promote the right behavior and character in our

kids. When we get casual or careless, we pollute them with negative examples. Kids are like sponges, and we sometimes forget that.

K&J: We love that even though you take what you do very seriously and are highly regarded in the business community (which often has a reputation for being, shall we say, a bit stuffy), you don't take yourself too seriously and place a high value on enjoying the journey and having fun. Have you always had this perspective, and what are some examples of how you try to do this in a busy week?

Mark: I've always enjoyed the journey. I've got a dry sense of humor I think I got from my dad. I find humor in



an interview with...(continued)

just about everything, and that helps keep me sane. I'm also a big prankster and love pulling jokes on relatives and friends.

I believe in making time for what is important and who is important. We never have time to "take," so we make the time by eliminating the trivial and unimportant. I also focus as much on quality as quantity. I used to ski 20-30 days a year. Now I ski a few times a year, but in some ways it is even more fun since I don't get to do it as much. When the weather is nice, I ride one of my Harleys to work. I wish I had more time for long trips, but lacking that, just being on the bikes makes me smile.

My big "secret" is that I am a voracious reader. Reading keeps life interesting if you read the right stuff, and reading can take your mind places your body can't be. Reading makes life more interesting for me.

K&J: Who are your heroes? Why?

Mark: I've got lots of heroes, and the one thing they have in common is that they're all givers. Most have accomplished incredible success, but they didn't stop there. They decided to reinvest in people and organizations. That effectively leverages their positive influence. My heroes have learned the fine art of living well. They know that celebrity is based on what you get, but greatness is based on what you give.

I'm a follower of Jesus Christ, so he is at the top of my list. My heroes also include my parents and some truly great teachers. Some of my biggest heroes are friends of mine in the National Speakers Association and a group I belong to called Speakers Roundtable. The list is long, but it includes legendary speakers and businesspeople like Don Hutson, Charlie "Tremendous" Jones and Nido Qubein. In the world of ideas, C.S. Lewis and G.K. Chesterton are heroes. They always challenge my thinking.


K&J: When you were a little kid, what did you want to be when you grew up?

Mark: This sounds a little weird, but I always wanted to be a speaker. I entered my first speech contest

when I was ten and failed wildly. That got my attention. I decided to try again and keep trying until I won a contest. It took a long time. In the process I learned to love the spoken word. I listened to speakers like Zig Ziglar and Og Mandino and said to myself "How cool would it be to do that?" I must have been about sixteen when I realized that the really good speakers made a living sharing ideas with audiences. I did have other jobs along the way in sales and marketing.

K&J: You've been a best-selling author, one of the youngest members ever inducted into the Speakers Hall of Fame, and were recently awarded the Cavett Award by the National Speakers Association (named after founder Cavett Robert and given to the member whose accomplishments over the years have reflected outstanding credit, respect, honor and admiration in the speaking profession). What piece of advice you've been given has been the biggest factor for your success?

As an author and speaker I'm always looking for clever ways to communicate ideas, but sometimes simple is best, so here's one of the most powerful strategies I've learned: become really, really good at what you love to do. Develop your most valued talent and commit to always getting better, no matter how good you've become.

Walt Disney put it this way, "Find a job that you like so much that you would do it without compensation; then do it so well that people will pay you to continue." 



Mark Sanborn is an international bestselling author and noted authority on leadership, team building and customer service. Mark has shared his insights with over 1900 audiences all around the world. His book, *The Fred Factor*, is an international phenomenon that debuted as a Wall Street Journal best-seller. He lives in Highlands Ranch, Colorado, with his wife Darla and sons Hunter and Jackson.

Learn more at www.MarkSanborn.com



yum

Say Cheese

the straight dish on macaroni and cheese

by Kim Kotecki

Accompanying such favorites as the chocolate chip cookie and chicken noodle soup, macaroni and cheese is one of the Top 25 American Comfort Foods. It's also on the Top 10 list of children's favorite foods and has been enjoyed in the U.S. since the late 1700's. According to About.com comfort foods are "foods that soothe the psyche by reminding us of comforting childhood memories. They invoke feelings of nostalgia, safety, and security."

It's known that of all of our senses, our sense of smell is tied the closest to human memory. Your sniffer helps you recall past experiences and events. It's not a surprise that smell and taste are closely tied together. When it comes to foods, we love the ones that make us warm and fuzzy inside, taking us back to the days of skinned knees and red wagon rides.

Macaroni and cheese tends to be a crowd favorite, so in honor of one of our favorite classic comfort foods, here are some fun trivia questions about the creamy meal...

What does the word "macaroni" mean in Italian?

Dearest Darlings

Why did Yankee Doodle stick a feather in his hat and call it macaroni?

In 18th century England, macaroni was a synonym for perfection and excellence. "Macaroni" was a fancy style

of Italian dress widely imitated in England at the time. This was a way for Yankee Doodle to proudly proclaim himself a country bumpkin.

How many pasta shapes are produced worldwide?

600

Should you rinse your macaroni after you drain it?

No. You should only rinse pasta after draining it when you are going to use it in a cold dish or if you are not going to put sauce on it and serve it right away.

Which U.S. president introduced macaroni to the United States?

Thomas Jefferson. He fell in love with it in Naples while serving as the U.S. Ambassador to France. Upon trying the dish, he immediately ordered crates of "maccaroni," along with a pasta-making machine, to be sent back to the United States.

When did Kraft® release their famous boxed Macaroni and Cheese dinner?

1937, after a salesman came up with the idea to sell more cheese by combining it with a box of macaroni noodles.

On average, how many pounds of pasta does an American child eat in one year?

62 lbs. – kids eat more than any other age group.

Macaroni & Cheese by Marlena Spieler



The kid-friendly favorite is now being spotted at the trendiest restaurants around town, and this fantastic cookbook has it all. More than 50 classics range from the tried-and-true Yankee Doodle Dandy Baked

Macaroni and Cheese and quick to prepare specialties such as the yodel-worthy Alpine Macaroni with Appenzeller and Creme Fraiche to international specialties like Giuvetchi, a Greek dish of orzo in a cinnamon tomato sauce with lamb and kasseri, myzithra, and feta cheeses. Recipes for side salads, soups, and even desserts help round out a balanced meal. Mac & cheese – it'll always please. Available at the Kim & Jason Lemonade Stand!

What year did Crayola release their orange-ish colored crayon called Macaroni and Cheese?

1993. It was added as a color in the box of 96 Crayola Crayons. It was one of the sixteen winners in the "Name the New Color Contest," part of the Crayola's 90th anniversary celebration.

How does macaroni and cheese stack up with the other pasta dishes in terms of popularity?

According to the American Pasta Report, 40 percent of people said spaghetti was their favorite, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%).

How many boxes of Kraft® Macaroni and Cheese are sold each day?

More than one million boxes. 

Sources:

www.ilovepasta.org

www.foodreference.com/html/fkraft.html

www.niehs.nih.gov/kids/lyrics/yankee.htm

www.gone-ta-pott.com/Cheese_Facts.html

Comfort foods don't have to be fancy to be delicious, but it is fun to try adult versions of our childhood favorites, combining the best of both worlds. One of our dreams for Kim & Jason involves opening up a chain of restaurants serving childhood favorites with a classy, gourmet twist. To give you an idea of what we mean, here's a fantastically elegant macaroni and cheese recipe from a recent Escape Adulthood Magazine contributor, Eliz Greene. Bon Appetit.

Fancy Mac and Cheese

This quick and easy recipe is elegant enough to serve to guests.

WHAT'S IN IT

- 1 box bow-tie or penne pasta (12 - 16 oz)
- 1 cup Portobello mushrooms (or baby Portobello), sliced and cut into bite-sized pieces
- 1/2 stick unsalted butter
- 1 cup Milk (1% or 2%)
- 1 cup Gorgonzola cheese, crumbled
- 1/2 cup Walnuts, Toasted & chopped
- 1/4 cup Romano Cheese, Grated
- Chopped Chives for garnish

HOW TO MAKE IT

Cook pasta according to package directions. Drain and set aside.

In a large pan, heat butter and saute mushrooms until tender (3 to 5 minutes).

Add pasta to the pan and toss to coat.

Stir in milk and cook for 1 minute.

Add Gorgonzola and toss lightly. Pour into serving dish.

Sprinkle with walnuts, Romano cheese and chopped chives.

Serve immediately.

escape



ESCAPE PLAN:

Colorado Springs

by Kim Kotecki

Colorado Springs and I really hit it off. Sitting at the edge of the Rocky Mountains and at the base of Pike's Peak, the downtown is 6,035 feet above sea level. Jason and I had a blast taping another adventurous episode of *Escape Plan TV*. Here are five ways to *Escape Adulthood* in Colorado Springs...

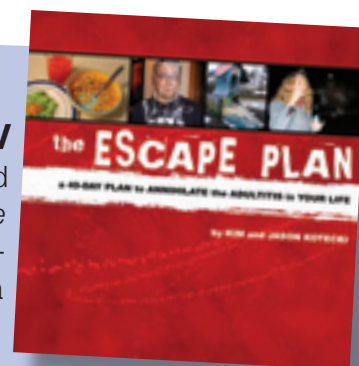
1. Kiss a Long Legged Animal

Yes, you read that correctly. The Cheyenne Mountain Zoo is the place to do this. With breathtaking mountain scenery and more than 750 animals from all over the world, there are plenty of ways to escape the rat race in this animal haven. After you take delight in the meerkats and gorillas you'll want to make sure you have some 1's in your wallet. For \$1.00 you can purchase three crackers to feed the giraffes. This thrilling exhibit houses a herd of giraffes anxious for their cardboard-tasting treats. How do I know what they taste like? Jason and

Escape Plan TV

originally stemmed from *The Escape Plan* that we created in 2006 as a way to challenge us to think and act in a more childlike way.

It's a 40-day program designed to help you annihilate the Adulthood in your life. The challenges are so much fun that we decided to take them on the road and *Escape Plan TV* was born. We're sharing real-world tips and techniques from places all over the world to help you rid yourself of Adulthood by escaping adulthood, creating a life that is less stressful and more fun.





I mustered up the courage to put the crackers in our mouths to feed our gentle, yet frisky, new friends, which resulted in some unforgettable slobbery hijinks. It's hard to take yourself too seriously when an animal's tongue is on your face. This was all captured in an episode of *Escape Plan TV*, found online at KimandJason.com/eptv.
www.cmzoo.org

2. Sing With Strangers

If you're in need of an Adultitis hospital, you need to visit the Golden Bee restaurant, found at the luxurious Broadmoor Hotel at the edge of the mountains. Here you will find the quick and dirty cure to this deadly disease: laughter, singing, and very tall glasses of beer (so tall that they rest on the floor). The Bee is an authentic 19th century English pub, famous for its yard and half-size ales. A ragtime pianist leads everyone in a rousing sing-a-long; songbooks are at each table. It's lively, cheerful, and sure to leave you meeting your laugh quota for the month.
www.broadmoor.com/golden-bee.php

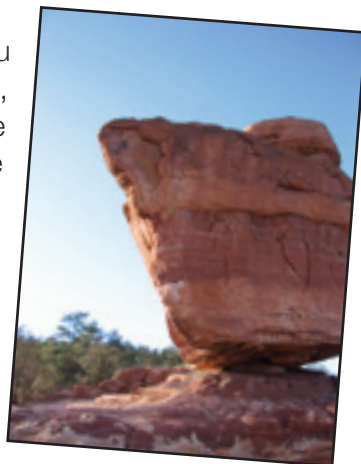
3. Take Your Breath Away

Check out the best view in town. Climb Colorado Spring's pride and joy, Pike's Peak. There's little more exhilarating than standing at the top of a mountain. Reaching 14,110 feet above sea level at the summit, it's a sight that's destined to leave you looking at life differently. Take the 8.9 mile scenic route up by way of the Cog Railway. It happens to be the highest cog train in the U.S. (one of only three in the U.S.), and the


world's highest cog train. Your inner child will revel in the adventure of it all. www.cograilway.com

4. Become a Cowboy

Experience a real working mountain cattle ranch and some frontier hospitality. The Flying "W" Ranch will give you a taste of what it would be like to be a cowboy (or cowgirl.) Tour the old western town with authentic contents from the 1800's and early 1900's. Exercise your childlike curiosity while watching the Navajo Indian women weaving their rugs and peak at a blacksmith demonstrating horse shoeing. The evening gets going with a genuine rustic chuck wagon supper, including their self-proclaimed "very best tasting biscuits you have ever eaten," served with real honey-butter, along with plenty cowboy-sized portions of meat and potatoes. www.flyingw.com



5. Pay Homage to the Gods

Walking and driving through the awe-inspiring (and free to boot) Garden of the Gods is an incredible way to spend the afternoon. This is by all means an escape; you will leave wondering what stress is even like. A feast for the visual senses, the unique shapes of the magnificent red sandstone rock formations will inevitably invite you to use your imagination, reminiscent of your youthful days of cloud watching. You'll have fun finding the "kissing camels," "cathedral spires," and the "sleeping giant." www.gardenofgods.com 


feel good



Love Your *Body* Love Your *Life*

By Jill Fleming, MS, RD

Do you love your body? I do now, but I didn't always. Nineteen years ago, I went to college and gained 40 pounds in just 2 years. I had a very low self-image and made terrible lifestyle choices. I now refer to these lifestyle choices, such as eating junk food, inactivity, excess consumption of food or alcohol, sleep deprivation and chronic (uncontrolled) stress as "Crap Choices." I made crap choices daily and I felt like crap!



After earning two degrees in nutrition, I began to make better lifestyle choices. I call these healthier choices “Love Your Body Choices™.” I lost my excess weight and began to feel good again. The more Love Your Body Choices I made, the better I felt. The better I felt, the more my body craved these same choices.


Food—particularly fast food—is so readily available that we are rarely planning our meals in advance anymore. Our grandparents used to plan for meals a full day in advance. They would thaw the meat, prep the vegetables, and even bake the dessert. They planned meals that were fairly well balanced. Today, we go through the drive through after a busy day. Not only does our meal rarely include healthy options, like fruit and vegetables, but we are not even getting out of our car to get the food.

We are also much less active than we used to be. Advances in technology have allowed us to accomplish more, as we do less. One day I realized that our family was spending too much time in the car driving to town for school, work and activities. We moved to the city to increase our lifestyle activities. We started walking and biking everywhere, even with three kids!

My husband now walks to work daily and lost 20 pounds with this change alone. I walk our kids to school daily to increase my energy expenditure. The biggest benefit of our move has been that our children now assume we are walking or biking whenever we go somewhere. We are teaching them Love Your Body Choices and they love it!

Here is a short list of Love Your Body Choices to help you get started:

- Eat breakfast daily.
- Choose real food (items that grow with the sun and water) more often.
- Eat fewer processed foods. The ingredient list should be understandable.
- Drink 8-10 cups of water daily.
- Limit your consumption of alcohol, caffeine and artificial ingredients.
- Walk/move your body for 30-minutes most days of the week.
- Squeeze any muscle you wish to tone. Hold it until it starts to burn and then hold 5-seconds longer.
- Sleep for 6 ½ - 8 hours per night.
- Deep breathe for 10 minutes daily.

If you want to love your body again, begin to make more Love Your Body Choices daily. Your excess weight will burn off, you will have more energy, and feel great. What Love Your Body Choice can you make today? Your goal is not to be perfect, just a little better. You will soon enjoy your body more and when asked, “Do you love your body?” you can honestly answer “Yes!” 



Jill Fleming, MS, RD is a Registered Dietitian and Wellness Speaker. She lives in Wisconsin with her husband and three children. Jill loves to cook, eat, play tennis, ride a bike, and water ski. Her favorite pastime is reading books while drinking great coffee in bookstores. Learn more at www.LoveYourBodyChoices.com or www.ThinChoices.com.



The Natural Balance of a Perpetual Summer Vacation

by **Tony D. Clark**

There's nothing quite like the thrill of waking up and realizing that it's the first day of summer vacation. You lay there for a few brief moments, and savor the possibilities that lay before you.

School's out. Freedom's in.

As a kid, you know what true freedom is. Although at the time, you don't know it. The freedom and the possibility for adventure that comes with summer vacation, fuels ideas and dreams.

Balance is about deciding how you will spend your time, and then acting on it.

It also creates a natural balance in your life.

Back then, in those rare times when you weren't balanced, your mom tells you to turn off "Creature Double-Feature" and go outside to play.

Natural balance.

Then you grow up. Summer vacation goes away, and so does the freedom and balance associated with it.

Not for me.

I decided early on, during one of those summer vacations, that it would be my life goal to make the freedom of summer vacation last forever.

The Natural Balance of Working from Home

As a home-based entrepreneur, I am often asked how I balance work and family when I'm home all the time. It's a puzzling question, since I think it would be harder to balance work and family if you're never home.

Balance is about deciding how you will spend your time, and then acting on it. Making the conscious choice to live a life that flows, by doing work you were born to do. You wake up each morning with that same thrill that the first day of summer vacation brings. You lay there and savor the possibilities, then launch into your day.

It's a perpetual summer vacation. Work is not miserable, it's something you love. Sure, there are parts that aren't as much fun, but any summer vacation requires a few chores.

When your time is not your own, balance becomes a challenge. Family, fun, leisure, and personal time have to be squeezed in to preset slots, and balance has to be manufactured according to someone else's specs.

The choice that comes from consciously designing your life, and planning your days, allows everything to fall into its right place. Balance and flow are the natural extensions of freedom.

You can take off in the middle of the day for a picnic in the park with the family or to go to a movie. You can schedule your son's play or your daughter's soccer match as the most important appointment for the day, then schedule other meetings and tasks around it.

Like the balance that comes from summer vacation as a kid, doing work you enjoy, on your own terms, creates a natural balance.

Now, in those rare times when you're not balanced, your wife tells you to turn off the computer and come outside to play with the kids.

Natural balance. 




Tony D. Clark is an entrepreneur-designer-artist-writer who is fortunate enough to have never had a real job. He spends a lot of time talking others into profiting from what they know, being creative, and doing what they love. His blog [Success from the Nest](#) provides inspiration, tips, and advice for the home-based entrepreneur and those aspiring to be one — all served up with humor and cartoons.

17 Ways to Balance Your Life

Our lives have become more and more stressful and, as a result, far less balanced. We are left with less time for the simple, yet important, moments that life beckons us to embrace. The simpler times portrayed in such programs as *The Andy Griffith Show* seem long gone: an evening lemonade on the front porch, a real conversation around the dinner table, taking time to help someone less fortunate than ourselves. If only we could have a small taste of those times, or experience some sense of that balance in our own lives.

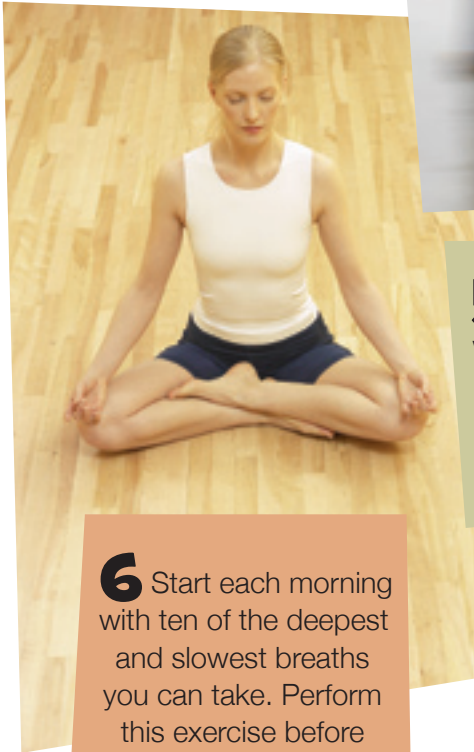
Excerpts from "The Check Book, 200 Ways to Balance Your Life," by Bret Nicholaus and Paul Lowrie Published by New World Library, Copyright 1999. Used with permission.



1 Live one day as if it were your last day to live.

2 Take a good, long walk in the rain. Consciously try to feel it, hear it, and smell it like never before.

3 Make a list of your life's ten most wonderful moments and hang it on your refrigerator door.



4 Pay no attention to time for an entire weekend. Don't set your alarm clock. Cover all the clocks in your house. Don't wear a watch. Simply let things happen when they happen.

5 Expand your knowledge of the world. Sit down in front of a globe for thirty minutes and learn the geography and countries of a continent other than your own.

6 Start each morning with ten of the deepest and slowest breaths you can take. Perform this exercise before anything else.

7 Conquer one fear you've always had – even if it's just a small one. As John Wayne said, "Courage is being scared to death and saddling up anyway."

8 Hang some wind chimes in a location where you can hear them every time a breeze blows.

you & improved

10 Make a serious and diligent effort to eliminate one bad habit in your life.

9 Squeeze some oranges or grapefruits by hand on an old-fashioned juicer and drink in one of the simple pleasures of days gone by.



11 Have a fun-filled pillow fight in bed with your significant other.



12 Wear a humorous tie with your most solemn business suit, or a flamboyant pair of earrings with your most sophisticated outfit.


13 Reread a favorite book from your childhood. Don't overlook the moral or lesson of the story; it's probably as applicable to you as an adult as when you were a child.

15 Turn off the tv, radio, answering machine, lights—anything and everything that might distract you. Sit in a favorite location and do absolutely nothing for thirty minutes.

14 Throw a surprise party for someone.

16 Get away from the city lights and take some time to look at the stars as they appear out in the country. Consider how small your problems really are as you ponder the expanse of the universe.



17 Bake a batch of homemade cookies and leave them with a note on a friend's doorstep. 



Bret Nicholas and Paul Lowrie have inspired and entertained hundreds of thousands of readers throughout the world. Bret and Paul, also known as The Question Guys™ because of their success with question-based books, aim to create books that are highly positive and based on solid family values. Learn more at www.QuestionGuys.com.

Creating An Easier & More Fun “To Do” List

By Lindsey Cox



Most people have a long list of dreams, desires, and things they would like to accomplish floating around somewhere inside their brain. Usually, we are really good at thinking about our goals, but we lack the “Oomph!” needed to follow through much of the time. I’m the type of person who is easily motivated by creating to-do lists. But then again, I know I’m just strange – I enjoy organizing my sock drawer, you know.

Whether you are a list-lover or a list-hater, I have a project for you to try: a 101 in 1001 list. The concept is very basic and easy to understand. Most of all, it is quite easy enough to start and finish. Don’t roll your eyes—this is much easier to stick with than those pesky New Year’s Resolutions!

Sounds good, right? So how do I make one? I’m so glad you asked.

First, you simply create a list of 101 pre-determined tasks that you would like to accomplish. Tasks must be specific, with no ambiguity in the wording. You need to stick with tasks that have a result that is

either measurable or clearly defined. Tasks must also be realistic enough for you to meet in the time frame of 1001 days. Here are a few tasks from my own 101 in 1001 list to get you started thinking:

- Grow a small herb garden.
- Write a letter to each of my children.
- Read every single book on my bookshelf.
- Fix a five course meal.
- Get a hammock.

Once the list is finished, you will have 1001 days in which to cross off all the items on your list. 1001 days equals approximately 2.75 years. I’ve found that the key to beating procrastination is to set a deadline that is realistic. Having 1001 days is a better time period than a year, for instance, because it allows you several seasons to complete the tasks. Having more time is better for organizing because it allows you more time to complete certain tasks such as taking an overseas trip, which obviously requires some planning.

Ever since I began my personal 101 in 1001 list I have been more motivated. It is fun when you are able to cross something off the list, and you feel a sense of pride and accomplishment with each one. Plus, you’re having a great deal of fun along the way!

Speaking of fun, don’t make your list completely swamped with serious adult projects like reformatting your computer or evaluating your stock options. Be sure and throw in some fun, whimsical things that you’ve always wanted to try. Be a little daring and challenge yourself.

Lastly, share the list with someone you love. Pick someone that can help cheer you on and hold you accountable in finishing it.

And just in case you’re curious, the last item on my personal list is to create another 101 in 1001 list! ✍️



Lindsey Cox is a southern born and southern bred lady, wife, and mom to three wonderful children. Her blog, *Enjoy the Journey*, features her daily thoughts and discussions on how to enjoy your journey through life. She loves to talk about most anything: blogs, books, children, homeschooling, faith, family and fun! You can read Lindsey’s blog at <http://justenjoythejourney.blogspot.com>

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33	67	101
34	68	



IN SEARCH OF...

b y D a v i d S t o d d a r d

I had been searching for him ever since he talked me into climbing through all of those structures at the City Museum years ago.

He got me to wiggle myself through hollowed-out trees, wrought-iron “Slinkies,” and indoor caves. He even got me onto really tall slides.

Since then, I’ve been on a personal mission to find him, follow him, learn what makes him who he is, what he does, where he goes. Some may call it stalking, but I just wanted to find out and become more like him.

back to basics

Occasionally I've spotted him riding swings, stomping puddles, running through sprinklers, and playing with anything he could get his hands on in toy stores.

I've even met with people who know him best. They said despite his age, he dresses and acts like a kid way too often. They even said he eats corn dogs and cotton candy for breakfast. Not bad I thought.

Talking with these folks not only gave me insight, it also made me hungry. So I headed home, heated up some leftover macaroni and cranked up the Internet.

I came across his My Space page, complete with 64,289 friends, which put my 220 list to shame. In his blog, he mentioned he'd be at the local water park the next day.

Despite not really liking the idea of getting wet, sunburned or injured by stepping on hot concrete, I packed my Velcro laced shoes, sunscreen, aloe, extra clothes, \$3 slippers and my Cardinals hat and headed to the park.

I knew what he looked like from his My Space pictures. I figured I'd hang back a bit just to observe him. But to do that, and against my better judgment, I'd have to go on the rides he went on.

He started at the wave pool, then headed to the Spin-Slide-Woopsie-A-Rama, the Log Drop, Tornado Fling, Wet Whatchamacallit, and off to the Drop-n-Go-Splash water slide. That's where I tried running up in line to get on the same multi-person tube with him. But the lifeguard and the other 47 people said, "Get back in line buddy!"

I next spotted him getting into the Lazy River. I thought this was my chance to catch up. After seven tries to get on my inner tube, the teenage lifeguard came over and helped me hop on. Though embarrassed, I was on my way.

I started paddling and pushing off the sides in an effort to move faster. While others just went with the flow, there I was kicking and splashing everyone in sight. I was so busy hurrying to catch him, that I didn't notice the waterfall.


The water crashed down on me, stopping me in my tracks. After what seemed like 17 seconds, I felt someone pull me out from under. It was him. I spun around in my tube, said thank you and started floating down the river ride when he called out, "So David, having fun today?"

I spun back and asked him how he knew my name.

He said, "I've been wondering if you'd ever look for me again. I figured you forgot all about me in your busy life. To answer your question, I'm you. Well, at least the 'you' you can be again.

Let's get a funnel cake and some root beer floats and discuss what it'll take."

That day, he changed my life. Or better yet, I did. I started getting back to the simpler things, the fun things I enjoyed. I even tried new things. I began not taking things so seriously (still working on that one).

The best part, I no longer have to search for that kid I once was. It's like he said, he is me after all. 



David Stoddard, a.k.a. "The Unmotivated Motivational Writer," prefers the restful approach when it comes to self-improvement and motivation. Yes, getting out of the Lay-Z-Boy is necessary at times, but it is so comfy. When he doesn't feel like spending \$45 to float on a man-made river on a rubber tube, David gently helps people get up and get out of their own way. Get to know more at www.djstoddard.net

The Red Doll

by Marilyn Kinsella

Back in the old days, back in the fifties, we had the Fairview Fireman's Picnic. During one glorious weekend in July, all of Fairview would come together to observe the passing of summer.

I always saved enough money to go to the booths to try to win a doll. To win, you had to punch a board with a key. I almost always won. I loved the doll booth!

One year I came and I stopped dead in my tracks. There in the middle of the doll booth was the most beautiful doll I had ever seen. She was much bigger than the other dolls with jointed legs that allowed her to sit down. She had black hair, blue eyes, and ruby red lips, but, most stunning, was her red silk dress. She sat there like a queen, arms outstretched, holding court with the other dolls. I had to have her.

Across the way, I saw my Grandpa Joe. I begged him to come over and win the doll for me. He ambled over on his walnut cane and looked at the dolls. "Marilyn, do you see what it says under that doll?"

For the first time I saw a little card that read last punch. "Do you know what that means?" I shook my head. "It means it's the last punch. All the other dolls have to go before you can win the last punch." He left and went to play Bingo. Every so often I snuck back to tell him how close we were to the last punch.

Finally, I was distracted and started to hang around with my neighborhood gang. We were having a great time, when I realized that I hadn't checked out the doll stand for quite some time. I went running back to the stands, but I was too late! The ladies were taking the stand down!

I doggedly walked back to the Bingo stand. "Why so blue?" Grandpa asked as he covered a number with a piece of corn.



"The red doll is gone!" I dramatically sighed.

"Oh, I'm sorry. I meant to get back over there. Oh well, there's always next year."

But, I knew there would never ever be another doll in the red dress.

We lived close to the picnic and, after the last hurrah, Mom and I went home. I walked through the darkened house to my room that was next to Grandpa's. I turned on the light...and there sitting on my popcorn stitch bedspread was the doll in the red dress. "Grandpa, how did you do it?"

"Oh, us grandpas, we have our ways."

The next day I went out into the garage on a snoop and discovered a box in the back of Grandpa's car. I snuck inside and opened it. Inside were the rest of the dolls! Instinctively, I knew they weren't for me. Grandpa was always giving to the poor. I imagined that one day a poor little girl went into her bedroom and saw a most beautiful doll sitting on her bed...one given to her by my Grandpa Joe. ✍️

Read more stories by Marilyn at www.marilynkinsella.org

Are Your Priorities in the Basement?

by Doug Kotecki

Life is full of priorities... Well at least it is now. Choices need to be made, whether it's to spend more time at work or to spend more quality time with your family. Of course, others will still decide to waste their life away plopped in front of the television watching *Small Wonder* reruns. Ah Vicki, the robot daughter...

The funny thing is that most of these "priorities" didn't need to be prioritized as a child. I don't recall a single moment in my childhood when I woke up in the morning, disgusted with my life, because I had to wake up and have a war with my G.I. Joes. I never lost sleep over the possibility of Cobra Commander overthrowing the United States Government, and I certainly never put pulling weeds in the driveway ahead of, well, anything!

There were priorities of course, but I didn't need to make choices between them, because the best choices were instinctual as a youngster. I didn't bust my hump and neglect family events to get a smoking new Power Wheels Jeep. I never missed a game of Home Run Derby in the tennis courts because I was closing a sweet lunch hour merger in which Shark Bites Fruit Snacks would be exchanged evenly for Fruit Roll Ups. And I certainly didn't miss a birthday party because I had some paperwork and taxes to file for my semi-lucrative lemonade stand, which at that point had accumulated a net profit of fifteen cents.

What's the difference? Well, as a youngster, I was completely dependant on everyone else. If I wanted a new toy, I didn't have the resources to go get it. If I was



hungry, I wasn't going to be cooking myself a steak. There was an understanding that without the people around me, I was nothing.

Now, I'm not suggesting that you turn in to a forty-year-old free loader; I'm saying that it didn't matter if I had a Nintendo before anyone else. I know this now because my Nintendo is currently in a box in my parents' basement, yet I still spend time with my family on a more than regular basis.

Look at it like this: I could take away all of your possessions and all you have left is your family and friends (in whatever order you choose!) or I could take away everyone who is dear to you and leave you with your job and your possessions, including your Toaster Mate. Which would you choose?

Friends, family, relationships, memories, and experiences will stay with you longer and provide you with more joy than your most sought after possessions, AND they don't end up in your parents' basement either. ✍️

We're happy to pledge 3% of all merchandise sales to charities that help meet the needs and improve the lives of children all over the world. We want to help kids growing up today have wonderful childhoods to look back on tomorrow.



With fun stuff to add a spark of childhood to your home and office, along with goodies for relaxation and reconnection with family and friends, The Lemonade Stand offers lots of cool stuff for the young at heart!

Table Topics “What’s your favorite family tradition?” “Which famous athlete would you love to meet?” “Would you rather live for a week in the past or the future?” Questions like these fuel lively conversations on a roadtrip or around the dinner table.

Lychee Schezuan Scarf A chill in the air is kept at bay with this super soft scarf. Even more wonderful than the scarf’s warmth is the feeling you get when you knit it yourself. Everything you need including two knitting needles are included in this hobby for young and young at heart alike.

Curly Paperclip Holder You’re busy and shouldn’t waste time digging for paperclips in your desk drawer. This little assistant is efficient and one look at his paperclip-dispensing “bed head” will have you smiling!

Between You & Me Mom Journal All the questions you’ve been meaning to ask mom are in this journal. This spiral bound hard cover book is a touching gift for you and your mom or for a friend who’s become “mom” for the first time.

California Dreaming Bath Ice Cream Relaxing in a tub with these orange-lemon-grapefruit bath salts will help ease tense muscles and soften skin. Take time for yourself or pamper someone else with this luxurious scoop of citrus goodness.

Wall Gumball Machine The anticipation of all of life’s great events is summed up in waiting for a gumball to drop - will it be what I hoped for? No coins necessary for this way fun gumball machine for your office, dorm or rec room wall!



club k&J profile

Steve Arnold

"I'm learning to play the drums...when I play drums with other musicians, part of me feels like I'm a kid getting to play with the big kids. It keeps me in touch with the fact that there is so much I still can learn."



My biggest dream...To discover my calling or purpose, hopefully while I can still fulfill it.

My Inspiration...My parents are inspiring to me. It's a joy to see them continuing to be creative and loving and gracious and selfless.

When I was a kid, I...would pull my covers over my head so I could read or listen to my radio after lights out. On a good night, my AM radio would pick up old-time radio shows from other cities. I think maybe the same properties that covers have to help keep monsters out also keep flashlight beams in so parents can't see them.

One way I stay childlike is...I'm learning to play the drums. Even though I'm already a musician, when I play drums with other musicians, part of me feels like I'm a kid getting to play with the big kids. And it keeps me in touch with the fact that there is so much I still can learn.

What I know so far is...Once you say it, you can't un-say it...It's not all about me (but some of it is)...Just because you can doesn't necessarily mean you should...Sometimes it is worth the trouble you might get into...There are some people you like just because you like 'em.

You see life as a great adventure. You still get excited about the little things.

And you know the power of a good chocolate chip cookie.



People tend to wish you'd take things a little bit more seriously. You wish they'd lighten up and crack a smile once in a while. It's not that you're irresponsible, you just don't need the stress of the fast-paced rat race to find real happiness.

If this sounds a lot like you (or the person you'd like to become, for that matter), welcome home. We saved a space for you as a member of Club K&J. Belong to a playful group of folks who are interested in living life with less stress and more fun.

Check out the dizzying array of good things and exclusive benefits Club K&J has to offer...

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Remember when...

**you used to jump
into towering piles
of crispy colored
leaves?**

**Who says that
all the leaf-jumping
fun is reserved just for kids?
Not us. "As long as I continue to
hear 'normal' people telling me I
am too childish, I know I'm do-
ing just fine."**

--Wayne Dyer

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Nope, not by a longshot.

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