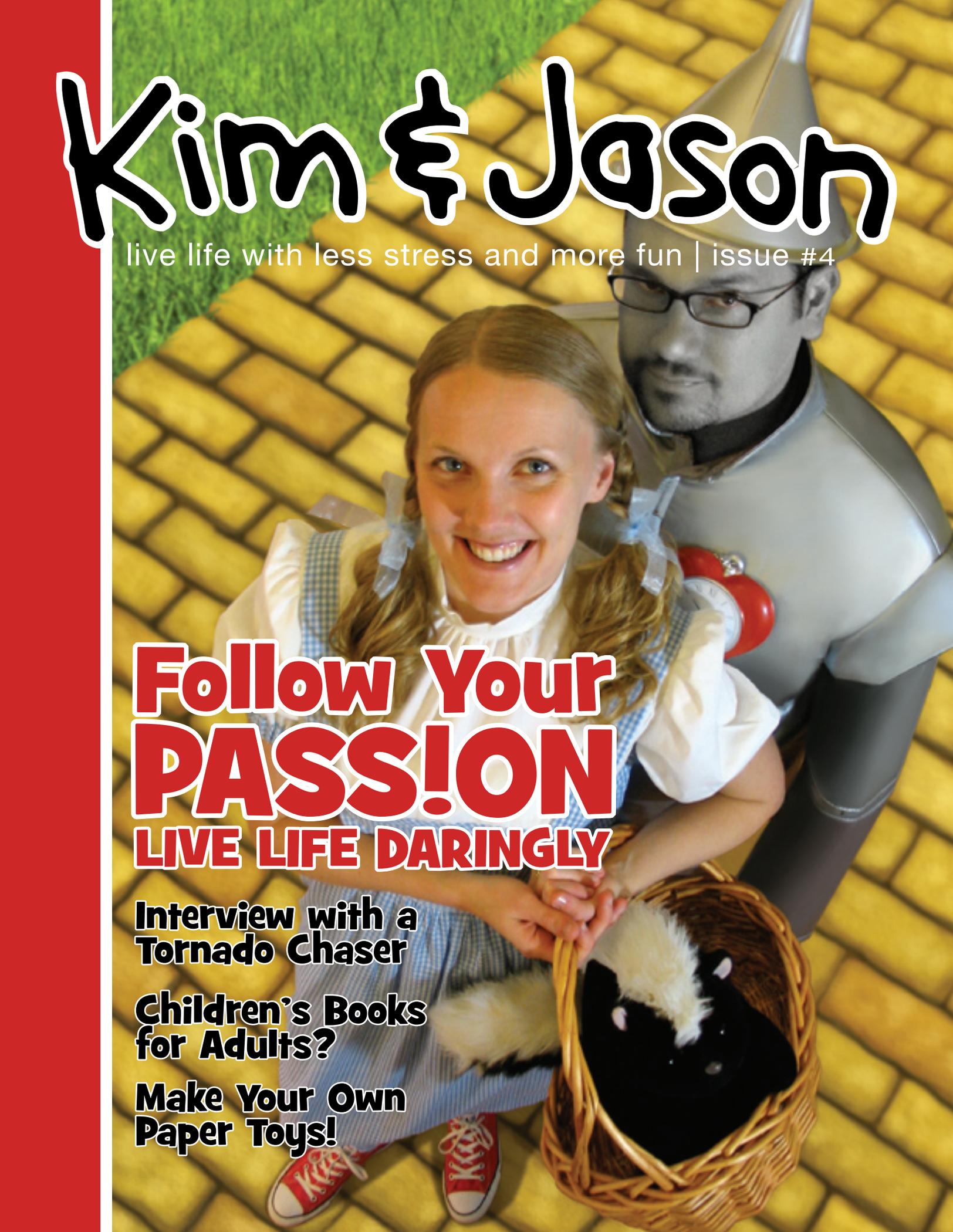


Kim & Jason

A woman with blonde braids, wearing a blue and white checkered dress over a white blouse and red sneakers, is smiling and holding a wicker basket. A man wearing a silver tin man costume with a pointed hat and glasses is walking behind her. They are on a yellow brick road with green grass on the left.

live life with less stress and more fun | issue #4

Follow Your **PASSION** LIVE LIFE DARINGLY

**Interview with a
Tornado Chaser**

**Children's Books
for Adults?**

**Make Your Own
Paper Toys!**

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 ploy 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.

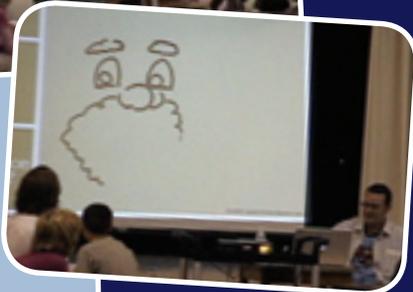
In this age of visual learners, Kim and Jason combine a multimedia presentation with live cartooning to illustrate their life-changing concepts. They have spoken to a variety of businesses, churches, and associations, and will happily customize the talk to the special needs of any audience.

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...

Children are passionate about life. As we get older, Adultitis has the tendency to choke out that passion. This issue is jam-packed with stories, tips, and ideas on how you can tap into your passion and re-energize your life!

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



brett farmiloe



curt rosengren



jen robinson



shirley jones



kim kotecki



doug kotecki



**marilyn
scott-waters**

what part of your job are you most passionate about?

kim says...

This is an easy one! My passion is ignited when I'm connecting with the people we serve, helping them use strategies from childhood to create lives with less stress and more fun. This comes in forms as vast as the number of colors in a field of wildflowers. I love the variety! One day I'm speaking in front of a group of people at an event and with individuals afterwards, hearing their take on our message and how it applies to them. The next day I'm connecting with folks all over the world via the Internet by blogging or taping an online video. And another day I'm writing an article, editing our magazine or recording a podcast. All exhilarating stuff!

My actual official job title in our company is the "Director of Everything." It proves to be an accurate title, since I find my hands in all sorts of projects along the way, similar to my days of teaching kindergarten.

My mom will attest that I have always loved the phone. Between the ages of twelve to seventeen, I'm pretty sure my parents thought the phone had become a permanent part of my head. (Not an uncommon worry for parents of teenage girls.) Thinking back, I've always enjoyed connecting with people. Today, I love talking with meeting planners, working through the objectives and hashing out the details for our events to find the best ways we can help them reach their goals.

Hands-down, sharing the heart of our message continues to keep my light shining bright day after day.

jason says...

I am probably most passionate about waking people up to the Adultitis in their lives. I mean, there are lots of things I love about my job (working with my wife is one of them), but it really burns me up to see people who, although technically alive, are not really living. What a waste!

It's a shame to see people live by rules that don't exist. It's an even bigger shame that it often takes a tragedy before people really start living the life they were born to live. I hate seeing people chase after the wrong things, all the while missing out on the best parts of life that are right in front of them.

I get excited any time I can make a person stop and think, and if that pause leads them to make a positive change in their life, I couldn't be happier. Unless that change also happens to positively impact the life of a child -- like when a dad decides to change his work schedule so he can be home for family dinners -- then I'm ecstatic!

It's just so gratifying to be able to use my talents to inspire, entertain, and encourage people to renew their childlike spirit and believe in their dreams. I'm passionate about drawing. And speaking. And writing. And traveling. And meeting cool people. And just being creative. But the sum is truly greater than the parts. Waking up every morning with the opportunity to do what I love, knowing that I'm making a difference -- as infinitesimal as it may sometimes be -- makes all of the sacrifices Kim and I have made totally worth it. This passion is what drives me to persist, even when the road ahead seems dark and bumpy.

“Only passions, great passions, can elevate the soul to great things.”

-Denis Diderot



Make Your Own Tornado!

MATERIALS:

- Two 2-liter clear plastic bottles
- 1-inch metal washer
- Duct tape
- Water
- Food coloring
- Glitter (optional)

INSTRUCTIONS

- 1) Fill up one of the bottles about 3/4 full with water.
- 2) Put in a few drops of the food coloring and the glitter (which represents debris).
- 3) Place the washer over the top of the bottle.
- 4) Now, place the head of the empty water bottle onto the washer and tape the top of the empty bottle to the top of the water-filled bottle. Make sure there is a very secure connection between the heads.
- 5) Turn the tornado maker over, and swirl it in a circular motion.

The swirling motion you give the bottle will create a vortex, mimicking the way a tornado comes down from the sky and moves.



One great way to escape adulthood is to take a routine you do everyday and put a childlike spin on it. One example of this is to tie your shoes in a whole new way. Ian Fieggen’s incredibly amazing Shoelace Site (<http://www.shoe-lacing.com>) offers up 33 different ways to lace your shoes! And if you want to spiff up the laces themselves, check out the Lemonade Stand to buy a set of funky mismatched shoelaces!

In this issue, we feature Marilyn Scott-Waters, who makes awesome paper toys. We’ve even included one that you can cut out and make yourself right on page 25! If you’re hungry for even more handmade creations, you can also download a set of her paper wind boats at: www.kimandjason.com/toymaker



Did you know...?

- In 1981, a tornado lifted a baby from its carriage in the Italian city of Ancona. The baby was carried 50 feet into the air and set down safely 300 feet away — without waking.
- In *The Wizard of Oz* movie, Ray Bolger was originally cast as the Tin Man but asked to play the Scarecrow because his childhood hero was Fred A. Stone who played the Scarecrow in the 1902 play.
- Also, next time you watch the movie, notice that after slapping the Lion, you can see Judy Garland use Toto to cover her face so you couldn’t see her giggling.



champion
Jarkko Laine
age 27
Software Developer
Vantaa, Finland

Hometown Vantaa, Finland

My Biggest Dream I dream a lot. But my biggest dream is the simplest one of them all: It's a day when I wake up early in the morning, work on something creative while the rest of my family is still asleep and then, as the sun rises, wake them up to spend the rest of the day together enjoying the best company with no stress or hurry to get something done.

My Inspiration I'm hugely inspired by every person out there who is following his or her dreams, building something creative and meaningful.

My Favorite Thing About Being a Software Developer I started programming when I was ten years old, and I think in many ways those early days were my best days as a programmer so far. Back then, creating software meant taking ideas from my imagination and making them happen. It was all about that magical moment when you see the thing, that first existed only in your imagination, come alive and start taking form. And that, I think, is a universal thing. It's a moment full of excitement and anticipation.

When I Was a Kid, I...was always creating something new. My dad kept encouraging and helping me and my three brothers in the projects that we came up with, so we never stopped: we created our own movies, wrote and played our own music, created our own magazine, and programmed our own games. I guess that's why I still find it really hard to do just one thing.

One Way I Stay Childlike Is...by keeping my eyes open and not hiding my curiosity. Whenever a question pops into my mind, I try to act on the curious moment and not ignore it. This way I never stop asking questions and trying out my new ideas. (But to be honest, while this sounds like a nice theory, it isn't. It's just the way I happen to function – so I can't take any credit and call it my invention. What a shame.)

What I Know So Far Life is a gift. Every day, every new opportunity that comes our way and every kind word we hear comes straight from God. Life is an adventure, and it's almost a sin to let it pass without seizing the possibilities that it brings to us. Plus, using your talents is FUN! 

BREAK FREE

An essay on following your heart, pursuing your passion, and living life daringly.

by Jason Kotecki

As I travel the country speaking to various organizations, I see it in the faces of the people. It is a lost look; a dull, overwhelmed, and resigned look. It's peppered with a twinge of cynicism and laced with traces of melancholy. An easily unnoticeable sadness lies behind their eyes. They are people that are busy, successful, and comfortable, but not necessarily fulfilled.

Like the Tin Man in *The Wizard of Oz*, they're missing their heart. Their passion has faded. They are alive, but not really living life.

Examine a four-year-old and you'll see someone who is truly engaged in the business of living life. His spirit is playful, eager for new adventures. He curiously pokes and prods the world around him, delighted by the tiny — but amazing — wonders his explorations turn up. He believes anything is possible, including tooth fairies, dream jobs, and happy homes. His passion is on display for the whole world to see; he doesn't once consider what others may think. He doesn't take himself too seriously (note his uncombed hair and jelly-stained t-shirt, a souvenir of yesterday's lunch). And yet he somehow is able to understand the important things, that there is a God who loves us very much, and that time is always more precious than things.

Now this child does not live in an idealized fairy world. Really living life can be uncomfortable and messy, and he has the scrapes and bruises to prove it. Things don't always go as planned, stuff breaks, and tears are shed. And yet you never see a four-year-old walk into a room and complain of how stressed-out he is. To a four-year-old, a giggle is never far away, good things are just around the corner, and a grand new adventure awaits.

As we get older, we close ourselves off in little invisible, safe, comfortable boxes. It seems like a good idea at first — the sense of security and control is welcome in a world of change and turmoil — but before long, we find ourselves tricked, imprisoned in a dull, predictable life devoid of the passion that consumed us as children.

A little over a year ago, I received an e-mail from a New Hampshire woman named Kim. She had a special vanity license plate that she no longer needed. It was a plate of particular interest to me and Kim, as it read "KIM & JAS" across the front in big, bold letters.

Well, New Hampshire Kim said she was just going to throw it out, but first wanted to offer it to us as a souvenir. We gladly accepted the wonderful gift. It is now hanging proudly in our office as a symbol of the amazing power of the Internet as well as the generous gesture of kindness from a stranger.

We were also impressed by the slogan on the top of the plate, “Live Free or Die.” Clearly, this is a reference to the revolutionary history of our nation, when the early colonists were fighting for their freedom from England. But it also strikes me as a declaration that is very childlike.

Children are often seen as carefree. They are free to wear the most ridiculous looking outfits, never thinking that someone might be snickering behind their backs. They are free to draw whatever they wish, without looking over their shoulder to see what everyone else is drawing. They are free to love the color brown, even if colors like red and blue are way more popular.

We all experience this freedom as children. Eventually — earlier and earlier these days, it seems — that freedom slips away. We become more aware of the latest trends. We care more about social norms. And we do start paying attention to what our peers are doing, as well as how they perceive us. And I’m not just talking about the peer pressure of the adolescent and teenage years.

If you’re not careful, you may wake up one day and find yourself in a career that someone else desired for you, stuck in a job with a salary that you can’t afford to lose, living a life that looks eerily similar to that of your neighbor’s. To top it all off, you’re afraid to do anything about it because other people might think you’re crazy, foolish, or in the middle of some sort of mid-life crisis.

You’re stuck in the stupid box and suddenly, life in the “Land of the Free” doesn’t seem so free after all.

One of my favorite quotes is by Saint Irenaeus, who said, “The glory of God is man fully alive.” It’s hard to be fully alive when your passion has slowed to a trickle, your fear has secretly enslaved you, and you find yourself regularly experiencing Sunday Night Dread.

When I was a kid, there was nothing worse than a Sunday night during the school year. The foreboding end of weekend freedom was perilously near. As the sun set

and the clock ticked older, the pit in my stomach grew and grew. I did well in school, but thinking ahead to a week of early mornings, boring lectures, bad lunches, stupid bullies, and unexciting homework was hardly a thing to look forward to.

I was suffering from Sunday Night Dread.

On Friday afternoon, the future unfolded before me with endless possibility. The freedom was intoxicating and the sky was the limit. On Saturday, I knew the clock was ticking, but took comfort in the fact that I still had a whole day left in the bank. But there was no escaping Sunday Night Dread; its whispers of Monday growing ever louder as the day wore on.

The most treacherous Sunday Night Dread of all came on the last day of summer vacation. Then Sunday Night Dread spilled into an entire week!

I used to believe that Sunday Night Dread was a condition that only affected school-aged children. Graduation from formal education taught me otherwise. I discovered that a vast majority of adults also suffer from Sunday Night Dread, complete with the anxiety of another week of early mornings, boring meetings, bad lunches, stupid bosses, and unexciting work. It is so widespread that a restaurant chain has achieved great success by embracing a theme - Thank God It’s Friday - which is the antithesis of Sunday Night Dread.

Once I got married and started full force into my career as a freelance illustrator and designer (which evolved into what I do today), I have never really suffered from Sunday Night Dread. I was finally doing what I loved and actually looked forward to Mondays. Sunday Night Dread is still a major factor for most people. It doesn’t need to be.

On his show, *The Big Idea*, Donny Deutsch interviews people who are doing what they love and, in many cases, have made millions doing it. During one episode, he made this statement: “If Sunday night feels different than Friday night, you’re doing something wrong.”

Re-read that sentence again, and let it sink in.

If you’re on the right path, Friday should feel no different than Sunday or Tuesday or any other day of the week. You should have a passion for your work that doesn’t

if sunday night feels different than friday night, you're doing something wrong.



shut off when it's time to go home. It should keep you up at night – in a good, excited-to-get-going-the-next-day sort of way. You were not designed to toil away with your talents and passions rotting away on the sideline.

You were designed to live fully alive.

After a speaking engagement in Scottsdale, Arizona, as I signed books for busy moms and teased little kids, I noticed an elderly woman standing quietly in the background. She looked like she was waiting for the crowd to clear out. Once the activity level died down, she and her walker made their way over to the table where I was sitting. “I want to share a story with you,” she said eagerly.

Dorothy was her name, and she informed me matter-of-factly that she was eighty. Her wispy, silver hair framed her plump face and sparkling eyes.

“Ten years ago, my doctor thought I was going to die,” she started. “So I made a list of all the things I thought I was going to do ‘some day.’ One by one, I started doing them, you know, the things we always say we’re going to do, like visiting someone, making a phone call, writing a letter.”

One of the things Dorothy decided to do was book a flight to meet her brother for lunch. They didn’t see each other very much; he never had the time and she never had the money. He picked her up at the airport and he took a half day off (“He never does that!”). They had a delightful lunch with his wife and family.

“My brother is kind of a workaholic,” she said. “For the life of him, he couldn’t figure out why I was there. I told him, ‘I’m here because I love you and I wanted to spend time with you.’ It was probably the best gift I could have ever given him.”

“After that I, surprised my husband when I told him we were going to Hawaii,” she continued. “‘What?! You’re crazy!’ he said. ‘People like us don’t go to Hawaii.’”

A year later, they were in Hawaii.

And I could see the childlike joy shine from her eyes as she described traveling to Italy for the opera, another life-long dream. “It was so wonderful!” she exclaimed. “They SO love their opera over there. The old theater was beautiful, so opulent — and it was even an opera I knew!”

“I had so much fun doing all of those things,” Dorothy continued. “I’m sure it was one of the reasons I was cured.”

Just minutes earlier, I had been encouraging a roomful of people to make the most of their days, slowing down enough to appreciate life’s captivating details, and being brave enough to chase their dreams. But if everyone had the chance to hear Dorothy tell her story and see firsthand the effervescent life in her bright blue eyes, my words wouldn’t be needed.

And I’d be fine with it.

But instead, most people work late into the night, rushing around like pinballs in a noisy arcade game, desperately trying to keep up with an impossible standard, even though something deep inside yearns for something different. Sadly, it often takes a doctor telling you that your days are numbered before you begin to make some changes.

And that’s if you’re lucky enough to get a warning.

I am more certain than ever that God intended our lives here on earth to be more like the one Dorothy described: exciting, invigorating, and filled with moments of wondrous awe and giddy delight.

I think that when we get to heaven, it will be like returning home from a long trip. The angels and the saints will crowd around us, eager to hear the tales of our life. “Who did you meet? Who captured your heart? What did you see? Wasn’t the sunset over the ocean great? How impressive was that opera?” These are the questions they’ll ask us, and they’ll even be patient and sincere enough to want to see all our pictures and watch all of our home movies.

How sad would it be for them to hear you respond, “People like me don’t do that sort of stuff.”

My hope is that Dorothy’s story can help you find your childlike heart, and the passion that’s buried deep within it. Whatever is in your heart to do, do it. Write that letter. Make that call. Learn that skill. Try that new thing. Take that trip. Helen Keller was right when she said, “Life is either a daring adventure or nothing.”

Live your life daringly. You only get one.



I am more certain than ever
that God intended our lives
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the one Dorothy described:
exciting, invigorating, and filled
with moments of wondrous
awe and giddy delight.

an interview with

TWISTER SISTER PEGGY WILLENBERG



Melanie

Peggy

Kim & Jason: How did you and Melanie meet and how did you become known as the Twister Sisters?

Peggy: We actually met twice. The first time, Mel attended a Skywarn class I was instructing. It was my first time to present a class and I thought Melanie seemed really smart and knowledgeable. Then about a month later, I joined an Internet discussion group of chasers in our area. She was also in the group and was the only other woman; we naturally began talking on our own. We decided to meet up and go for a chase together. We had a great time and it went from there. The Twister Sister name started out as a joke and it just stuck.

K&J: We're sure lots of people must think you're crazy. But then again, anyone who chases his or her dream can be expected to be called crazy at some point or another. Why do you chase tornadoes?

Peggy: I have been fascinated with severe weather and especially tornadoes since I was about three years old. They seemed like such threatening monsters. I wanted



Photo Credit: Melanie Metz

to know how they worked and get close to such an awesome thing. Of course there was lots to learn, and life gets in the way, but when the time was right, I turned my full attention to learning meteorology and the art of forecasting. You have to be in the right place waiting for one to form or you will never see one.

K&J: When did your fascination with and passion for tornadoes begin?

Peggy: As a child growing up in Indiana, I experienced a lot of severe weather. I often dreamed about tornadoes (as did Melanie). When everyone else would run to the basement, I would run outside!

K&J: What's the biggest myth about tornadoes? And what's a fact that most people would be surprised to know about tornadoes?

Peggy: I think the biggest myth is that some places in the U.S. are "safe" from tornados. People think tornadoes can't form over big cities, can't cross a river or mountain and none of this is true. You can't stop a tornado if the conditions are right for its formation. I think most people would be surprised to hear we have

over 1,400 tornadoes a year in the U.S., although most of these are very brief.

K&J: What's the scariest or most dangerous moment you've ever experienced while chasing a tornado?

Peggy: Chasing the Hallam-Wilber, Nebraska tornado at night, we came upon an injured man walking down a dirt road asking for help. His family was buried in a destroyed house and there was no one around to help other than us. We got everyone out OK, but with leaking propane and lightning all around, it was pretty scary.

K&J: What has been the most thrilling or rewarding moment?

Peggy: Seeing a tornado form 25 yards ahead of us on the road. The vortex went from a tiny thing to a huge tornado throwing trees in about three minutes. I guess you could say we saw the "birth" of a tornado.

K&J: On your web site, you promote storm chasing tours that anyone can sign up for. What can people expect when they go on a tour like this?



Photo Credit: Melanie Metz

Peggy: Storm chasing is strenuous. You need to be prepared for long drives with few conveniences. When we are rewarded with a beautiful storm, however, all discomforts are quickly forgotten.

K&J: You also had a TV show on WE TV. That must have been fun. What did you learn from that experience?

Peggy: We have done TV before, but never a series. Seven weeks of non-stop chasing is a LOT of work. I missed my family tremendously. But then, Melanie is family too, so that made it work for me.

K&J: So, with such an adventurous lifestyle, what does a Twister Sister do when she's not chasing tornadoes?

Peggy: I love to garden, volunteer in animal rescue and serve on several environmental commissions. I am a huge Indy car fan, and we travel around the U.S. to as many races as we can.

K&J: What advice would you have for people about following your passion and chasing your dreams?

Peggy: DO IT! Don't let someone talk you out of it because it is unconventional. We only get one time around; you have to make it count.

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

Peggy: A racecar driver! 🏎️



Peggy Willenberg is one half of the duo known as "The Twister Sisters." Peggy and her friend Melanie Metz started chasing twisters together in 2001. They've been involved with two documentaries for The National Geographic Channel, and enjoyed their own series on WE TV. They aim to share their passion and knowledge with others who are interested in learning more about storm chasing, forecasting, and the dynamics of severe weather. www.twistersisters.com

yum



Story by Kim Kotecki

Saturday, February 23rd will go down in history as the first ever Kim & Jason Escape Event.

You may be asking, “Kim, what exactly is an Escape Event?” Well, imagine tons of fun folks all over the world, joining together to do something childlike, all on the same exact day! That’s the idea behind the Kim & Jason Escape Event. Club K&J Members were invited to participate and share their results in order to be voted on with the winner to be awarded a cool prize!

The themed Escape Event activities are in the same vein as the challenges in *The Escape Plan*: something open-ended that is designed to produce as many different results as the people who participate.

The inaugural event was a blast! The challenge was “Kitchentertainment: Make a childlike moment in your kitchen. It could be resurrecting an experience from your childhood or creating a brand new one.”

The Club K&J Crew were playing for a Cuisinart ice cream maker from Williams-Sonoma (valued at over \$100) and a copy of *Ben & Jerry’s Homemade Ice Cream and Dessert Book*. Sweet prizes – too bad I wasn’t eligible to win.

Jason and I walked away with our own prizes by the end of our kitchen fun, though. With some markers, a little plastic and a whole lot of laughs, we made homemade Shrinky Dinks. Surprisingly easy, the cute creations whisked me back to childhood instantly, especially when I went to retrieve them from the oven. They really DID shrink. Amazingly cool. I highly recommend it! (Watch our video at www.KimandJason.com/escapeevent)

We had a hoot thinking about all of the other Club K&J members embarking on their escape, engaging their creative childlike spirits. K&J Headquarters was flooded with emails, many featuring photos and even some videos illustrating the kitchen happenings. The finalists offered a diverse array of offerings from making face paint to baking a tiny pie in an Easy Bake Oven...remember those?

The winner was (drumroll, please)...Jim Peters from Colorado, walking away with 54% of the vote. In his candid explanation, he admitted that the best thing he typically makes for dinner is reservations. He shared, “Those who know me will agree that just finding my way through the kitchen is in itself a major challenge. So, actually creating something intrigued me. The first question I asked was, ‘What kid doesn’t like Rice Krispies Treats?’ Having never

made them, I thought this might be a reasonable challenge.”

Jim quickly won the hearts of the voters when he dared to not only make a seemingly yummy batch of Rice Krispie Treats for the first time, but he took it all a step further by molding the sweet goodness into an Easter Bunny. Sharing numerous photos, he sent one that he labeled as “BBP’S,” basic bunny body parts. Using hand-selected colors of jellybeans, he added the eyes, nose, and colorful attire. He even bent the Easter Bunny’s ear, sharing, “Notice the one bent ear, providing an air of savoir-faire.” Jim’s cherry on top was the final picture of the adorable bunny in a basket, with green grass, jellybeans and Peeps. His enthusiasm was obvious and soon spread throughout his workplace, a church in a Denver suburb.



He donated the prize to the church, but not before making a batch of green ice cream in honor of St. Patty’s Day for the staff. It looks like the kitchen is no longer an intimidating place for Jim!

The first Escape Event was such a success that we have officially decided to host them on a regular basis. Watch the blog for details – you don’t want to miss the next chance to Escape Adulthood with fellow Club K&J Members! 



Make Your Own Shrinky Dinks!

Supplies Clean #6 Plastic
Permanent Markers
Scissors
Aluminum Foil
Oven and Tongs or Oven Mitt

- 1.) Obtain a piece of #6 plastic (polystyrene). Most clear containers at salad bars, delis, and grocery stores will work. Just flip it over and look for a “6” inside the recycling arrows. Jason and I asked our local grocery deli for a fresh piece, and they were happy to help.
- 2.) Cut any excess plastic away to make a flat sheet and recycle the excess.
- 3.) Draw or write your desired image or text on your plastic canvas using permanent markers. The total image will shrink to about a third of its original size, and five or six times its original thickness.
- 4.) Pre-heat your oven to 350°, and place a rack in the lowest position. Create a “tray” out of the aluminum foil by bending up the sides. Technically, you could cover a baking sheet with foil, but the thinner surface allows for more direct heat and quicker shrinking.
- 5.) Place your art in the tray, then use the tongs or an oven mitt to place the foil on the bottom rack.
- 6.) For the first minute, your art will curl up all crazy like. Then, it will flatten itself out. Once it is finished, take it out. If you have an oven door through which you can see, then just keep an eye on it. If your door is solid, open it just slightly (as you would do when broiling) after 90 seconds. Total time for a large piece (5-6” starting size) will be about 3 1/2 minutes.
- 7.) Remove the tray. At this point, it’s still plyable, so if you want to flatten it more, or add waves or bend the corners, do so CAREFULLY within the first ten seconds.
- 8.) Now you can do as you please. It’s still cut-able, sand-able, drill-able, glue-able, and more. Attach it to jewelry, make a luggage label, or even a guitar pick!

Source: Chrisjob @ <http://www.curbly.com>

escape

ESCAPE PLAN:

San Diego Zoo

by Kim Kotecki

The San Diego Zoo is a destination that is guaranteed to reignite your childlike wonder and awe. You don't have to be eight-years-old to delight in the magnificent animals and stunning foliage in beautiful Balboa Park. Put on your walking shoes, as this 100-acre zoo will be quite the journey back to childhood. Here are five ways to Escape Adulthood at the San Diego Zoo...

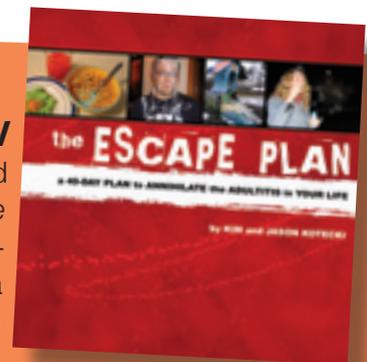
1. Chitchat With a Wildlife Whiz

Everywhere you turn throughout the zoo, there are friendly zoologists eager to attend to the inevitable childlike curiosity stirring within visitors. In an episode of *Escape Plan TV* we talked to Ellie, a panda narrator, at the world famous panda exhibit. Taking a page out of *Curious George's* book, we asked her all sorts of questions about the exhibit, her history at the zoo, and the habits of the pandas. It was fascinating, with each answer leading to more and more questions. Ellie was

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.





patient and helpful in answering our inquiries, which undoubtedly added to the richness of our experience. You can watch the video here: <http://kimandjason.com/escapeplan/2007-08-08/escape-plan-tv-6-san-diego-zoo.html>

2. Get a Bird's Eye View

There are lots of ways to locomote around the zoo: guided bus tour, the miniature railroad, and there's always skipping...but my favorite was the Skyfari aerial tram. We rode it a few times and enjoyed the magnificent views of downtown San Diego, the Pacific Ocean, and the incomparable bird's eye view of the zoo. Savoring the beautiful breeze, you can relax and take in the sights, as well as plan your next stops. Don't forget to exercise your childlike friendliness by waving at your fellow tram riders, but be sure to keep your arms and legs inside the ride at all times!

3. Behold the Bamboo Bears

Even though Hollywood is only 120 miles North, the real California celebrities are found at Panda Canyon. The San Diego Zoo is known for its giant panda exhibit, being only one of four zoos with pandas in the U.S. The layout of the exhibit creates the opportunity to see these amazing animals up-close and personal, with winding, elevated viewing paths. There's something very peaceful about watching them lying around, relaxing, chewing their bamboo. Be careful, though, the child inside will want to jump into the exhibit and cuddle up with the furry friends. (We heard the zoologists frown upon this!) If you must experience more panda pleasure, check out the zoo's web site, which offers a number of fun tools to learn more about them, including a free podcast tour of the research station.

<http://www.sandiegozoo.org/wordpress2/category/izoo-fari-zoo-tours/giant-panda-station>

4. Sleepless in San Diego

Remember the days of sleeping bags and slumber parties? How about trying a safari sleepover! The zoo has a variety of themed zoo sleepovers, such as a Mother's Day Sleepover, designed specifically for moms (who are used to living in a zoo!). They have a special tour featuring "Marvelous Mothers" in the zoo, with a close-up view of special animal moms. The evening also includes dinner, desserts, wine, entertainers, a night prowler, and a captivating campfire performance. Similar evenings are available for fathers and kids, families, and adults-only evenings. Who said sleep overs were just for the kids? http://www.sandiegozoo.org/calendar/zoo_safari_sleepover.html

5. Laugh with the Hyenas

Giggle with the best of them! In Bear Canyon, you'll find two playful spotted nine-year-old hyena brothers, named Zephyr and Turbo. They absolutely love people watching, which happens to be one of my favorite forms of entertainment as well. Get them chuckling...maybe try a knock knock joke or two. Playful and highly intelligent, hyenas are actually some of the most fierce predators in Africa. They are living proof that you can be serious about your work and have fun at the same time. In between laughs, watch them swim, bury their bones in the water (don't ask!), and bask in the sun as they chill out in their Bermuda hay beds. 

FEELING GOOD IS QUICK, BUT NOT ALWAYS EASY

BONNIE

ST.

JOHN



In the process of writing my next book, *Live Your Joy* (Spring '09 from Hachette), I discovered something amazing. Feeling good – feeling joy – is something you can change in an instant!

As we grow up, we take on more and more responsibility for solving problems. We have to. But we get so good at it that we become magnets for problems. Our attention is always looking around, “Is there a problem?” Especially once you have children, you are always looking to solve or even prevent the next catastrophe.

Joy, on the other hand, never demands our attention. As an adult, our brains are so filled up with joyless demands (groceries, taxes, bills, phone calls to return...you know

what I mean!) that all the space for joy gets crowded out. And joy leaves without a whimper of complaint.

As kids we experience joy because we have room for it. Remember what it was like to have hours and hours with nothing to do? Johnnetta Cole, a former college president, told me in an interview how she wished for chocolate ice cream every night on the first star she saw when she was a child. Kids think about new toys, playing baseball or whatever the next fun thing will be. They fill their heads with joy-inducing thoughts.

The good news is that it is simple to get back that focus on joy! All you have to do is decide joy is important and make it a priority. In addition to writing my next book

“RESEARCH HAS SHOWN THAT STOPPING TO FEEL JOY FOR A FEW MOMENTS ACTUALLY MAKES ALL OF YOUR PHYSIOLOGICAL SYSTEMS WORK BETTER TOGETHER.”

about joy, I am providing video clips, podcasts and other freebies on my web site, www.bonniestjohn.com, to help anyone and everyone get more joy into their life starting today!

Try this simple exercise. Sit still for a minute. Close your eyes and think about something that makes you smile or feel good. Notice how your whole body changes? Your energy increases. All you have to do is stop and take the time to feel the joy wherever you are.

The health benefits of doing this are tremendous. Research has shown that stopping to feel joy for a few moments actually makes all of your physiological systems work better together! (Check out www.heartmath.org) We know that

stress causes our immune system to be less efficient and can lead to disease, muscle tension and many other health problems. Who knew, however, that the reverse is also true? Simply taking more time to focus on joyful thoughts actually improves your immune system, makes your heart and lungs work more efficiently together, and has other healthful impacts on all of your body's functions.

Now, just because it is fast, simple and a stunningly good health idea, doesn't mean it is easy. I know I have so many reasons not to give myself permission to take the time to feel joy. Being too busy is my favorite excuse.

Another powerful excuse is when I feel guilty about feeling joy. For example, if someone I love is seriously ill, I would feel guilty taking out time for a joy moment. My instinct would be to worry myself sick...literally.

The important thing to remember is that avoiding joy—even in the most difficult situations—doesn't help anyone else. If you were in the waiting room while your spouse was being operated on, stopping to feel a joy moment would be the best thing you could do. Keeping up your own health and immune system in a crisis is more helpful than stressing yourself and possibly getting sick. Of course you may not be able to stop yourself from worrying completely, but stopping to absorb some joy is as helpful as taking vitamins and exercising.

Isn't this great news? You don't have to take a fancy vacation, buy something, or go to the movies to feel joy. All it takes is a moment of your time and the willingness to feel joy. 



Bonnie St. John is an author, inspirational speaker, executive coach, TV personality, mother, and seeker of wisdom. Simply meeting Bonnie has been life transforming for many people. “If a one-legged, African-American girl from San Diego with no money and no snow can go to the Olympics as a ski racer...” people think to themselves, “surely I can follow my dream and find the joy in my life.” Visit www.bonniestjohn.com

the workplayce

by Brett Farmiloe

Sometimes “the fun” can be sucked out of a workplace. Other times, it can be created.

During the summer of 2007, I went on a cross country roadtrip with three guys in a RV. The purpose of our *Pursue the Passion* tour was to interview people who had found a passion for their work, because as a corporate auditor, passion was something I was seriously lacking. My goal was to create a web site that would serve as a resource for people stuck in the “what should I do with my life?” dilemma. We proceeded to find a sponsor in Jobing.com and wound up interviewing a hundred seventy-five people over the course of sixteen thousand miles in four months.

Our workplace, a mobile thirty foot RV that also served as our home, was somewhat of a mess. We lived on twenty dollars a day for a hundred and twenty days. We got by on free Hot Pockets for two months (trust me, those forty-five days were just as bad as what the guy in the movie *Super Size Me* went through). We never had a solitary, peaceful place to return to every night because there are not too many places to escape in a RV. We crashed on fifty different couches, floors and/or balconies across the country.

workplayce

By all means, our “workplace” could have been the most miserable, hard to deal with environment in America.

For awhile, it was.

As the fearless leader of the group, I took on a stance of viewing my friends as employees. My goal in the journey had been to create a website that would turn into a prosperous career for all of us. To get to that goal, I believed that we had to work all the time to get to where we needed to be. The spirit of the trip immediately morphed from an exploratory journey to a working day that required the world and paid twenty dollars a day. It showed me that even the most fun situations could turn into stifling, dysfunctional environments.

I eventually emerged from my clouded vision and the second half of the journey (the half where we mixed fun with work) created more memorable experiences and produced greater results for our web site than before. Our goal of making *Pursue the Passion* into a job came to fruition when the Jobing Foundation offered us the opportunity to share the lessons we learned from the trip with high school students across the country.

We were able to do it by transforming the workplace into a workplayce.

A question we concluded every interview with was, “If you could go back to when you were 22, and offer yourself one piece of advice, what would it be?” To take a page out of our book, if I could go back to the start of the trip, this is what I would offer myself based on what I learned by the end of the tour.

Most employees that work in a job they hate focus on obtaining the things employers and bosses hate to offer. Employees want more money to compensate for their unhappiness. They want bonuses, raises and responsibility. The employers grumble because they look at their excel spreadsheets and gripe that it cuts into their budget. But employees forget all their negative reasons for more pay and benefits when they start to have fun. Even though you may be unable to financially meet those needs and desires, you can still fulfill those



gaps by making the workplace into a workplayce. Do this by listening, thinking, and taking action.

When you think you have nothing to offer, you still do. You can offer yourself. 



Brett Farmiloe is the founder of *Pursue the Passion*, which started as a group of college students who had no idea what to do with their lives after graduation. That idea turned into a flagship program of the Jobing Foundation with the goal of getting current and future workforces to not only realize that they can be passionate about a career, but to provide them with the tools to do so.

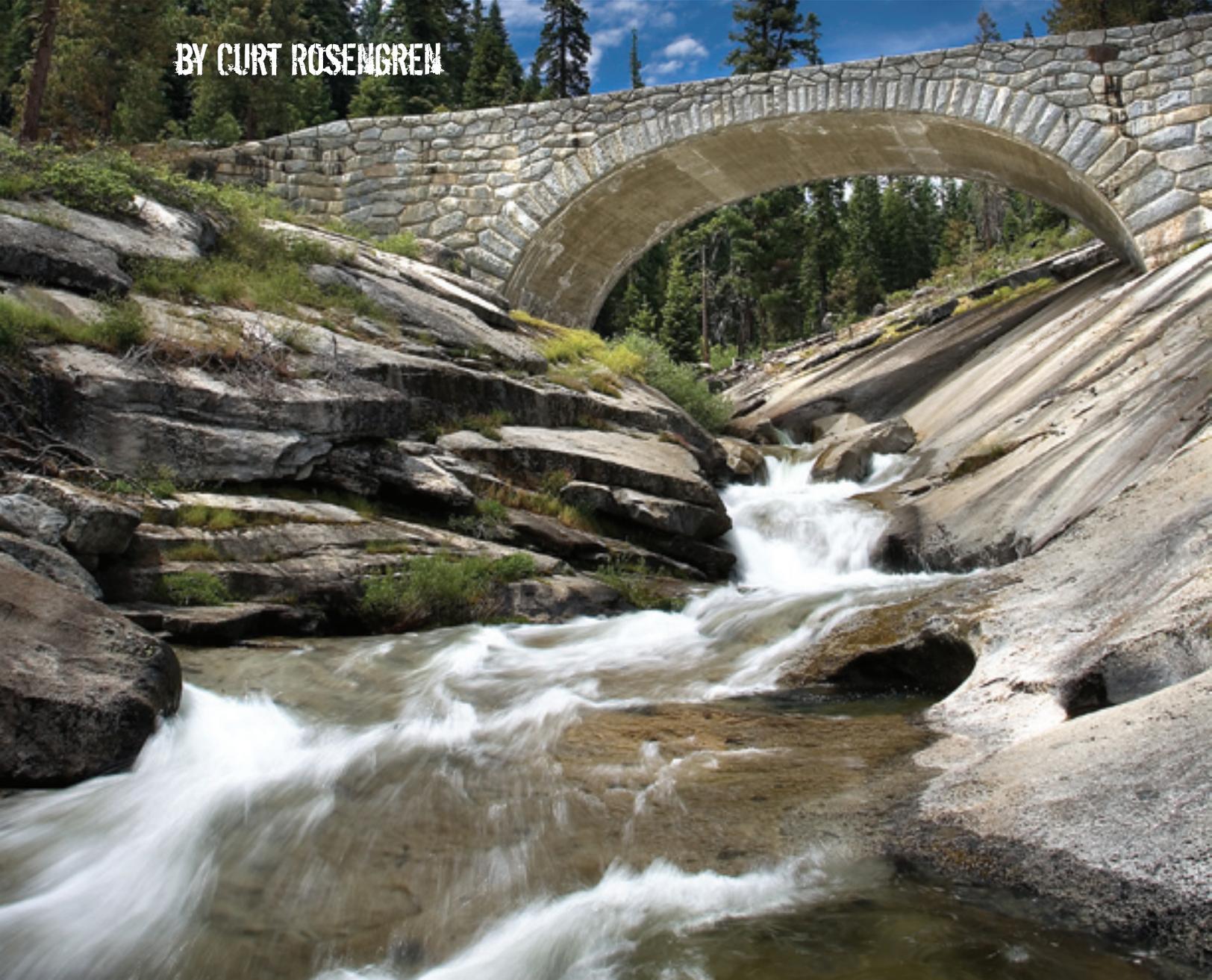
Visit www.PursuethePassion.com

you & improved

LIVING THE M.A.P. MAKER'S LIFE

CRAFTING A LIFE OF MEANING, ABUNDANCE, & PASSION

BY CURT ROSENGREN



Imagine putting your passion to work to make a difference that inspires you, in a way that lets you thrive.

Sound like a dream career? If it does, you're ready to be a M.A.P. Maker™, someone dedicated to crafting a life of meaning, abundance, and passion.

Being a M.A.P. Maker is about living life at the intersection of dreams and reality. Meaning and passion are about living the dream, while abundance is a nod to the fact that the dream has to play out in the real world.

In my work helping clients become M.A.P. Makers in their own lives, I focus first on identifying the passion element, then on meaning, and finally on figuring out how to build a career that will let them thrive (i.e., abundance). So let's look at the ideas in that order.

PASSION

My definition of passion is "the energy that comes from bringing more of YOU into what you do." Simply put, it's being who you are and doing what you're naturally drawn to.

When you figure out what makes you tick and make choices that bring more of that into your career, the work you do actually energizes you. It's like allowing water to gain energy from flowing along its natural riverbed, rather than forcing it up and over a mountain. Not only is that more fun, it also gives you more energy to put towards success in what you do.

Here's a simple exercise to help you bring more of *you* into what you do. Make a list of things you have loved doing over time, work or play, and then ask, "Why have I loved that?" When you identify the underlying characteristics of why something has been energizing and engaging (for example, "exploration and discovery" and "being a catalyst" are two big ones for me), you can consciously make choices that incorporate those characteristics into the picture.

MEANING

Work is inherently about making some kind of difference; something is different when you finish than it was when you started. With that in mind, I define meaning in work in terms of making a difference.

But not just any old difference. If you want to ratchet up the inspiration and energy in your work, think in terms of making a *personally meaningful* difference. Of the bazillion ways to make a positive impact in this world, what are you drawn to? What feels important? What would feed that feeling of gratification? When it's all said and done, what would you look back on and be glad you did? It isn't about what anyone else thinks is important – it's about what inspires *you!*

When something feels personally meaningful, it inspires you and pulls you forward. You want to do it, not just because it's fun, but also because it feels important.

ABUNDANCE

When most people think of abundance, they typically think about making great gobs of money, but that's only part of the equation. Financial abundance is about creating a "zone of plenty," maximizing the positive gap between the money you make and the money you spend. That zone grows by a) making more money, b) spending less, or c) both.

At the same time, abundance isn't solely a financial concept. Money is important, certainly, but it's only one element of what I call 360-degree abundance. Other examples of abundance include health abundance, relationship abundance, time abundance, and fun abundance.

An abundant life is a balancing act. Too much focus on any one thing at the expense of the others, and your life runs the risk of getting out of whack. It's only by keeping multiple elements of abundance in mind that you can consciously evaluate how your decisions will affect each of them so you can purposefully create a multi-faceted, thriving life. 



In his work as a coach, writer, and speaker, **Curt Rosengren** has helped thousands tap into the power of passion. His newest book, *101 Ways to Get Wild About Work*, blends insights and action steps in 101 bite-sized ideas to help people turn dreams into reality. Read his great blog at <http://mapmaker.curtrosengren.com>

Thoughts from a Toymaker

featuring Marilyn Scott-Waters, paper toymaker extraordinaire!

How did you get into making folding paper toys? How many have you made so far?

I've always loved making things, since I was a little girl. I remember I had a special pair of blunt-tipped bandage scissors that I used to cut and paste. I made paper dolls, little books, and doll house furniture. When I grew up, I was a clothing designer for many years, which was not as much fun as it sounds. I had to measure pockets and zippers and fill out lots of paperwork, which got very tedious. So I started making funny, little whimsical toys to keep my creative muscles in shape. I have close to two hundred paper toys on my website, and I'm making more just as fast as I can.

Why do you think toys can help make the world a better place?

There is a wonderful Helen Keller quote, "I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks, as if they were great and noble."

Making paper toys is a simple way to be creative and make something fun. Many of my paper toys can be used as gifts, filled with chocolates or little treats to make someone smile. It's a lovely thing to teach our children to be generous and thoughtful. People get as much from the act of giving as the recipient does, don't you think?

Why do you think it is so important for grown-ups and kids to spend time together?

What happens when people sit around a table, whether it's for a family meal, to play a game or to make a fun project, is that it allows time to talk. Kids have lots to say if given the space to share it, grown-ups too. We can talk about ideas, solve problems and share small victories that are happening in our lives. You'd be surprised what a kid will tell you given the opportunity! Who doesn't want to know if their child is

unhappy at school or aced their spelling test?

When you spend time with a child you give them a gift. Kids learn not just from what we tell them to do, but also from watching us from day to day. Our actions do make a bigger impact than the words that come out of our mouths.

Do you have any tips or ideas you can share on how parents can spend more time with their kids?

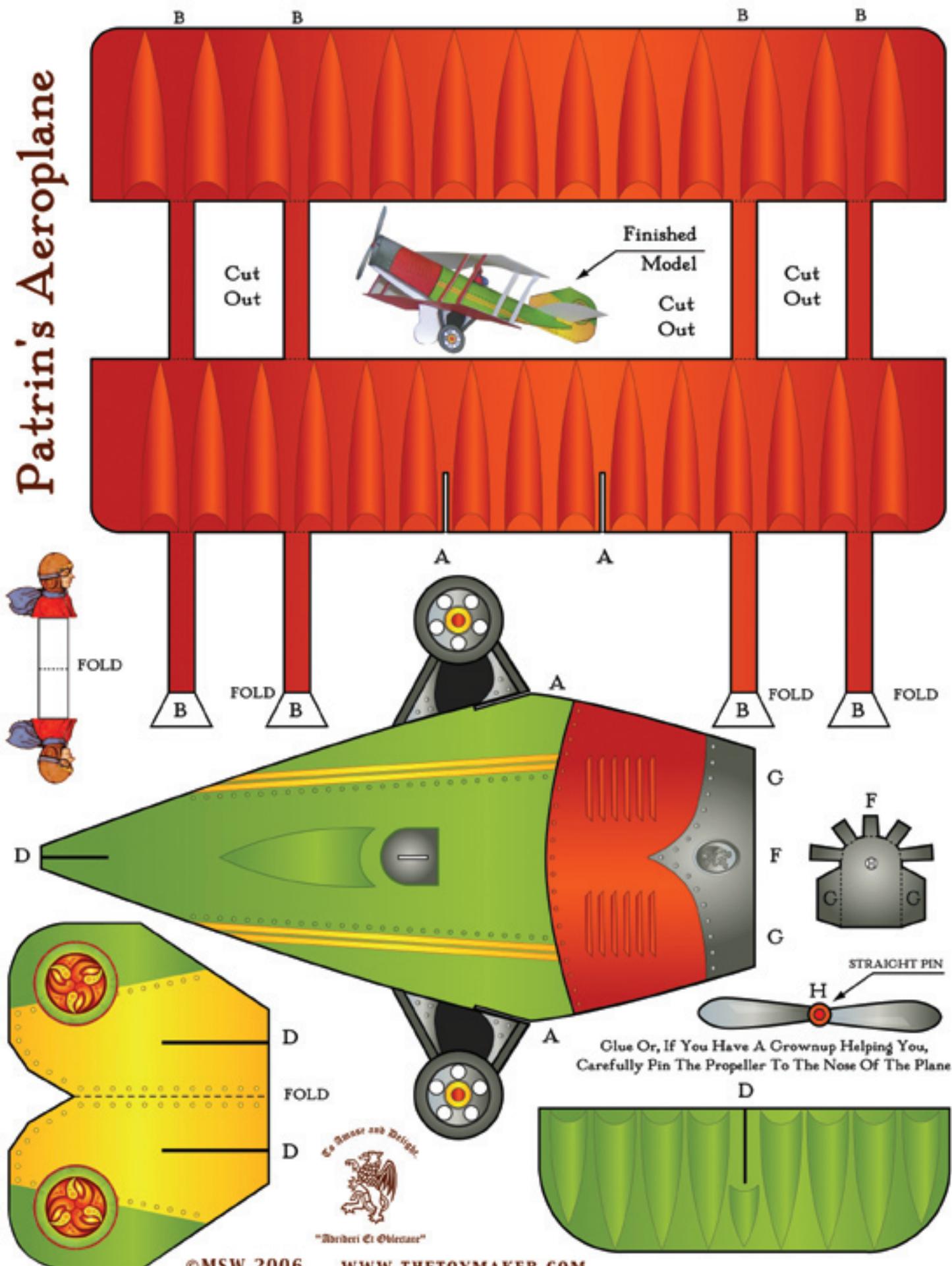
The first thing is to make spending time together a priority. Big adventures like museum visits, fairs and amusement parks are fantastic once in a while, but everyday activities are really the best. One often overlooked activity is to do chores together. Kids love to help in the kitchen, work in the garden, and go to the market. If you start working together early, then hopefully you won't end up with a teenager that has no idea how to make a sandwich or fold clothes.

Another perfect way to spend time is to read to your kid. Every single night read out loud together. It doesn't matter so much what book you read as long as you're reading and having fun. It's a perfect way to end your child's day. 



Marilyn Scott-Waters loves making things out of paper. Visitors have downloaded more than three million of her easy-to-make paper toys from her website, www.thetoymaker.com. Her goal is to help parents and children spend time together making things, which she herself does with her own child every week. Marilyn is the author of *The Toymaker: Paper Toys That You Can Make Yourself*, the best selling paper toy book on Amazon.com.

Patrin's Aeroplane



Cut Out

Finished Model
Cut Out

Cut Out

FOLD

FOLD

FOLD

FOLD

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FOLD

D



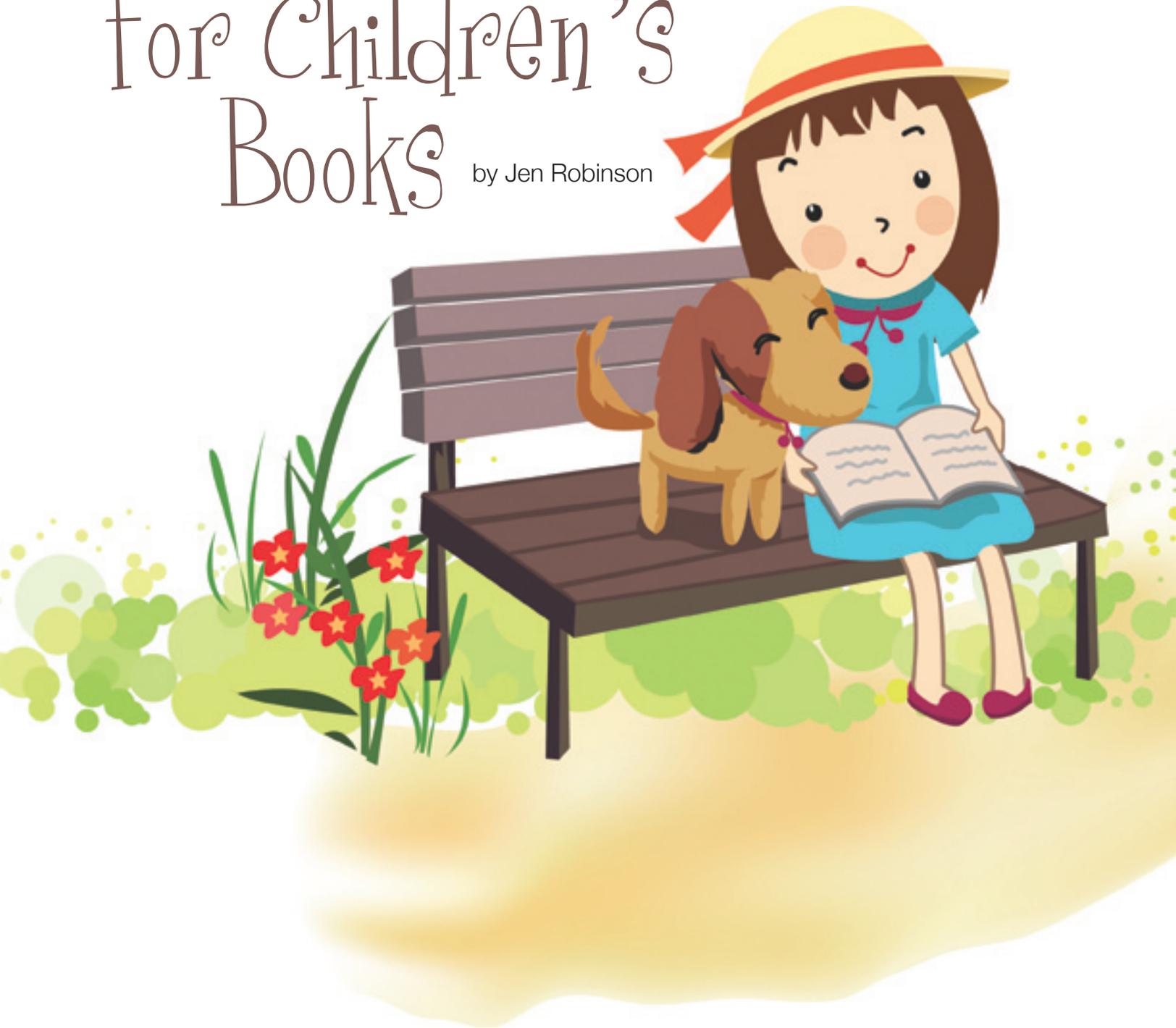
"Biberli & Obervoer"

Glue Or, If You Have A Crowthup Helping You, Carefully Pin The Propeller To The Nose Of The Plane

STRAIGHT PIN

a Passion for Children's Books

by Jen Robinson



I'm engineer by day, with a Ph.D. in engineering and co-ownership of a software company. While I've been successful in business, the thing that I am truly passionate about is children's books. Last year I read more than 200 books, 85% of which were children's books. There are two primary reasons why I am passionate about children's books: I enjoy them, and I think that by reading and reviewing them, I am doing something important.

Here are just a few things that I enjoy about children's books:

Children's books are like portable time machines that take the adult reader back to visit his or her childhood self. When I re-read certain books from my childhood, I can remember where I was when I read them for the first time.

Children's books are as well-written as most adult novels, and are often more engaging reads. Children's books are usually plot-driven. The story moves along quickly. Children's authors know that children won't sit still for a dull plot, or thin characters, and they deliver.

Children's books are relatively free of genre constraints. A children's book might have elements of mystery and fantasy, tied into a school story, for instance. This freedom from genre constraints frees the author to tell the best possible story.

Children's books are often inspirational. The characters go off on quests. They take it upon themselves to save the world. I'm not talking about books that deliberately set out to teach a lesson to children - those are deadly. But great children's books often focus on overcoming obstacles, and being smart and brave and loyal. They remind us of our childhood ideals, and help us to stay young at heart.

And here are the reasons that I think by reading children's books, I am doing something important:

Children who grow up with a love of books do better in school, and have more opportunities in life. Beyond the academic benefits, these children will experience the joy of visiting other worlds through books, and will learn empathy by seeing the world from other people's perspectives. Children who love to read will never be bored. By reading and reviewing children's books, I help parents and teachers to learn about great books and select books that will meet their children's interests.

Reading children's books helps me to better connect with the children in my life. I can talk to them about the books they are reading. Sometimes, a book will open up discussion about an issue that might have otherwise been hard to approach. By reading the books that they read, I demonstrate to them that I think reading is important.

In short, I read children's books because I love them, and also because I believe by helping parents and teachers to engage children in books, I can make the world a better place.

A Few Recommended Children's Books for Adults

The Percy Jackson series by Rick Riordan This fast-paced series features modern-day children who are demi-gods. The books are smart, funny, and full of classical references.

The City of Ember by Jeanne DuPrau Ember is a city built beneath the ground, whose residents have never seen the light of day. Until the infrastructure starts to crumble and two brave children must lead their neighbors to safety.

Holes by Louis Sachar This multi-layered novel alternates between three interlaced stories, one modern and two from the past. It is about a boy sent to a work camp in the desert, where he must dig holes every day, and much more.

The Penderwicks by Jeanne Birdsall This is a modern novel for anyone who enjoyed the classic stories by Elizabeth Enright, E. Nesbit, and Louisa May Alcott. The Penderwick family rents a house next to a large estate, and the four daughters befriend the lonely son of the manor.



Jen Robinson lives in San Jose, CA, and is co-founder of a software company (FabTime) that helps computer chip manufacturers make their products more quickly. She promotes the love of books by children and the continued reading of children's books by adults. You can read her blog about children's books at <http://jkrbooks.typepad.com>

Freedom to Have Fun

by Shirley Jones

The thing I remember being most passionate about during childhood was the total freedom. I loved it! The lack of expectations, the freedom to play, wander, and investigate absolutely anything my little mind could conjure. The endless possibilities provided by a single Saturday. The way a weekend stretched out into oblivion with the limitless choices of places to explore, games to play, and new things to experiment with.

Coming home from school, I would literally bounce up and down in my seat, tapping my foot impatiently for the bus to hurry up and get there already! My mind raced with images of the dazzling variety of choices that waited. Would I climb the tallest tree at the wood's edge and look out over the neighborhood to the highway where cars zoomed by like a queen surveying her kingdom? Would I show off my favorite new skill and ride my ten-speed through the streets, waving to show I could ride with no hands? Or should I simply plop on the sofa and watch my favorite afternoon cartoons?

Without bills or a job, there was time to gaze at the clouds, watch a caterpillar turn into a butterfly or visit all the friends I wanted. My super-cool and extremely lucky best friend had received the amazing new video game by Atari called Pong. Then it was time to join the boys in a game of basketball, flag football, or maybe some bike races. Maybe I'd help my dad in the garden and eat some fresh strawberries off the vine, or choose the carrots, tomatoes or corn to have for dinner.

I remember vividly those days at school, just watching the minutes tick past and dreaming about all the things I could do when I got home. And summertime – oh that was Christmas and Halloween and Easter and every other holiday all wrapped into one! Those never-ending days of glorious abandon, where school could not intrude on your exciting adventures, nor spoil a peaceful day of doing absolutely nothing at all.

One of my favorite activities was exploring the woods at the end of the street. I would wander around for hours.



There were bike paths with big jumps for the daredevils to ride. Small streams ran through parts of it with fish and frogs and tadpoles all wiggling and squiggling around. And if you went all the way through the woods out to the other side, you could pet the velvety noses of horses from the farm next to the woods.

You never knew what would happen. Would one of the kids get a new Slip-N-Slide and invite everyone over to try it out? Would your wacky neighbor decide to see if he could fly and jump off the roof of the shed in his backyard? Would you look out your front window to see a horse appear like magic on your street after finding a hole in the farm fence? Each new day could bring miraculous events that surpassed even the best fantasy book.

The freedom to go anywhere, do anything, and try something new every day was intoxicating. No day was ever the same as the one before. Every day was filled with opportunities for nonstop entertainment and exhilarating exploits. Writing this now, I realize that it's time to make my world this alive and exciting again. Living every day with this kind of electrifying enthusiasm is a sure cure for any Adulthood sufferer. Now get out there and use that precious freedom of yours to have the most fun you can dream up! 

Read more of **Shirley Jones'** awesomely optimistic stuff online at brightdays.wordpress.com and www.funspirit.blogspot.com

Too Much Passion?

by Doug Kotecki

Is it possible to live too passionately? I doubt it, even if your passion explodes into the realm of social awkwardness. Yet we continue to put a limit on it.

It's like the limit we put on fun. You can have fun, but not too much fun. You can enjoy the Wii for an hour or two, and you're normal. If you enjoy the Wii for three straight days, you're a weirdo. Why is that?

Now I'm not advocating abusive amounts of digital entertainment. (Even though some people earn very handsome compensation for playing video games all day.) I think we tend to use the same philosophy on passion. Unless it's your *job* to be passionate, you shouldn't be living passionately.

There's an assumption that we can't get fired up anymore. We expect doctors and actors to be passionate because they make handfuls of money, but it's creepy and weird for someone to be passionate about collecting garbage or BJ and the Bear memorabilia.

It doesn't matter what you're passionate about. I'd bet some of my wrestling action figures (some, not all, I love those little guys) that those of us who judge the passions of others are simply having trouble finding, accepting, or fully realizing our own passions.

Embrace your passions. Feel free to live them everyday. If there's something you can get really excited about...do it. Even if you have to sell a child! (Sorry, got a bit carried away there. DO NOT sell your children.)

The point is this: if something makes you happy, dive in. Live life to the fullest. There is no limit to the amount of



passion you can have in a lifetime.

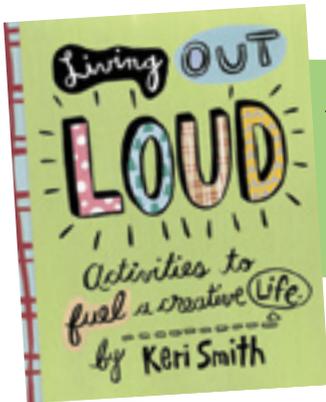
When you live with passion, every day is like getting a Ricky Steamboat action figure for Christmas instead of a "Outlaw Ron Bass" action figure. It's exciting!

(Geek Translation: In professional wrestling during the 1980s, Ricky Steamboat was way cooler than the overweight wrestling cowboy Ron Bass. For you passionate math addicts...Ricky Steamboat > Ron Bass)

Now, let's throw a little disclaimer on here. If your passion is murder, you're a sicko! Suppress your passion. I'll trust that you can police yourselves. If it's illegal, it shouldn't be a passion. Make sense?

If your passion lies within the law, even if it makes you socially inept, find it. Embrace it. Live your life with joy and never look back. However, to try to contain your enthusiasm on the nation's highways and byways. You share a road with me. Only cut me off if it's your passion!

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 to have wonderful childhoods to look back on tomorrow.



Living Out Loud

Full of activities to help you get the most out of life every day.

www.KimandJason.com/shop
With all kinds of cool stuff for the young at heart, The Lemonade Stand gives you fun ways to live life's moments with more passion.

Ice Cream Lazy Susan If you could run an ice cream parlor out of your kitchen, this awesome serving set puts all the goodies right at your fingertips.



Colored Pencil Set

Fully portable in a sweet suede case, you can create anywhere with this art set that includes 12 pencils, metal sharpener and spiral bound sketch pad.

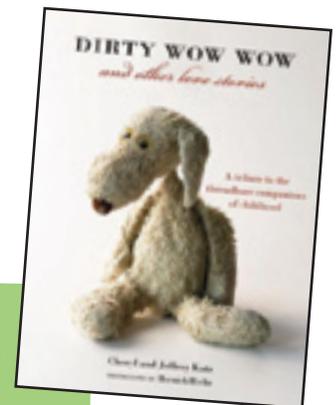
Dirt Candle Perfect for the person who loves to dig into dark rich soil, this unique candle makes a great gift.



Peace Love & Soapiness & Fudgey Soapicle

Soapicles represent your favorite childhood treats so well you can almost hear that ice cream truck music while you wash your hands.

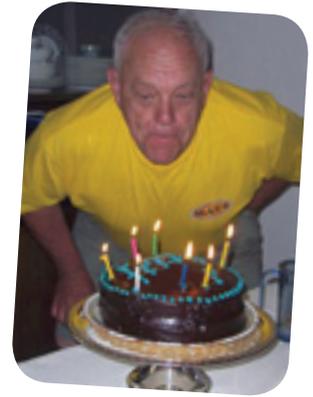
Dirty Wow Wow This wonderful collection of photos and stories of the soft friends of childhood will bring back memories of your own "Henry Dog" or "Blankie."



club k&J profile

Jim Weisbeck

“This is a photo of me blowing out the candles on my most recent birthday. Note the 7 candles. Unfortunately each one represents 10 years. Actually, I think I am at least 10 years old, not 7.”



My Biggest Dream To always be happy with good friends, good health and few worries.

My Inspiration My Dad, of course, and Sister Aloysia. Sister Aloysia was a Franciscan nun who taught science, math and some languages in high school. Her motto was simply “aim high.” A great teacher who believed there was good in everyone and motivated them (somehow) to let it out.

When I Was a Kid, I... was a fat little kid who obeyed his elders, worked hard and was always happy.

One Way I Stay Childlike is... to smile a lot, laugh at life’s woes and associate with only fun people.

What I Know So Far is... is that the older I get, the more I don’t know (the older I get the stupider I get?), or is it I get too soon old and too late smart?

My Favorite Thing About “Kim & Jason” is... they have a great concept that is the answer to all the world’s and people’s problems. Now as soon as we can convince the world to realize it...and practice it, wow, what a great world it would be!

Join Club K&J!



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.

>Join Today! Learn more at KimandJason.com/clubkj

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

- A copy of “Escape Adulthood: 8 Secrets from Childhood for the Stressed-Out Grown-Up” AND a nifty members-only t-shirt.
- An awesome 25% discount on all Kim & Jason Lemonade Stand orders (including shipping!).
- 4 annual issues of Kim & Jason magazine mailed right to your door!
- Online access to top-secret, behind-the-scenes, members-only stuff!
- Entry into the monthly Supremely Wonderful & Exciting Loot Lottery, where we give away things like gourmet jelly beans and concert tickets!
- Every Christmas, you’ll receive the annual limited edition members-only Kim & Jason print.
- Plus, \$2 of your subscription fee is donated to the Make-A-Wish Foundation®!

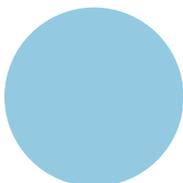


Remember when...

**an entire morning
could be spent happily
chasing bubbles?**

**“Touch
passion when it
comes your way. It’s
rare enough as it is. Don’t
walk away when it calls
you by name.”**

--J. Michael Straczynski



Like this issue? Hungry for more?



Club K&J members receive the glossy paper version of the Kim & Jason magazine hot off the presses!

Oh, and that's not the only perk they get.

Nope, not by a longshot.

Learn more at www.KimandJason.com/clubkj

You can also buy individual back issues printed on dead trees [here](#).