

# Kids Holiday Crafts Magazine

Vol. 1; Issue 3

[www.kidsholidaycraftsmagazine.com](http://www.kidsholidaycraftsmagazine.com)

October 2003

## 'Fall' in Love With Autumn

Autumn stories,  
crafts and poems

Getting a pet from  
an animal shelter

Challah recipe  
and Yom Kippur  
traditions

Fire Safety Week

Playdate etiquette

Spinach facts and  
recipes

Should you get a  
pet?

Back pain in kids

Teddy bears and  
their history

Apple picking tips  
and recipes

And much more!



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## From the Editor

All I can say is that I am overwhelmed at how successful the magazine is becoming and all the amazing material that I've been sent. I am truly blessed.

I am happy to say that the forums have started to pick up a little bit. There have been some exchanges but I would love to see more. Remember there is no longer a membership requirement so please stop by and let us know about your experiences and suggestions.

The reference section has grown to include links for pen pals, teachers and pets. If you have any web site suggestions, please drop me a note at [editor@kidsholidaycrafts.com](mailto:editor@kidsholidaycrafts.com).

The past month has been so busy! It started with Owen's cousin from Manchester, England visiting at the end of August through Labor Day weekend.

Then school started and all that comes with that wonderous event! "Back to School Night" was the highlight of the week. Oh, and all the homework for me! I just \*love\* filling out paperwork!

Along with the start of school came the start of chorus (twice a week before school starts) and beginning piano lessons (once a week after school). At least I know she's not going to be bored!

The middle of September saw a two-week visit from Owen's best mate from Scotland. That was fun. We did some shopping, he went sightseeing, and Owen and him travelled down to DC and North Carolina.

In all this mayhem I even managed to start

doing research for a book I want to write on black holes. I don't think I ever did this much research when I was in high school! It has been a ton of fun so far and I'm learning so much. And what I don't understand Owen, the physics graduate, explains to me. He's my technical advisor on the book.

October's issue is packed full of articles that I hope you'll find useful and fun. From back pain to car batteries and autumn crafts and activities to a special Halloween supplement, you're sure to find something to make the month more interesting!

*Nancy Cavanaugh*



### Letters to the Editor

*If you have something to say about what you've seen here, good or bad, please send us a letter. Send your letters to [editor@kidsholidaycrafts.com](mailto:editor@kidsholidaycrafts.com).*

# Children and Back Pain

By Eric Luper, D.C.

With back-to-school season here and gone, more children are complaining of back pain. As a chiropractor, I see young children more often than ever before. There are many myths about back pain in children and often it is difficult for parents to decide what to do.

Should I take away my child's backpack? Should I make them exercise more? Should I put my child on a weight-loss program?

Much of treating a condition revolves around reducing aggravating factors. By following some simple guidelines, I find most cases of back pain in children resolve quite easily.

## Lighten the Load

We are not turtles; we were not designed to carry our houses on our backs. However, children load up their backpacks like they are going on a month-long trek. Although there are conflicting studies, reducing the weight of a backpack is only going to help. I recommend it weigh no more than 10-percent of a child's body weight. The backpack should be on both shoulders and the weight should be distributed evenly from side to side. Bags with waist straps help distribute weight across the hips and off the spine.



## Turn off the TV

Too many kids spend the day in front of the TV or computer, or sitting in school. Otherwise, they are sitting in the back of a car or on the school bus being carted between the TV and school. Obesity and deconditioning syndromes in our country are through the roof. Help fight the battle of the bulge by encouraging your children to walk places or play sports. Exercise

will help keep excess weight down and muscle-tone up. This alone will reduce the incidence of back pain. Don't forget to teach proper stretching!

## Hands On

Most cases of back pain are muscle-related. The benefits of infant massage fill the neo-natal



books, but no one ever speaks of massage for children between the ages of one and eighteen. Find out where your child has the pain and lightly mas-

sage the muscles to each side of the spine in that area. It might be ticklish at first, but once they learn to relax, they will realize how much it can help. Giving children pain relievers and medication only masks the problem and does not treat the cause of the pain.

## Be Proactive

Don't wait for your child to complain about back pain to take steps to help. Do things to prevent the problem from starting in the first place!

From my experience, following the above guidelines will prevent or alleviate about eighty percent of all back pain complaints by children.

Remember, back pain that does not go away or seriously limits activity warrants the attention of a medical professional. Also, be sure to bring your child for scoliosis screenings annually, especially during growth spurts. With any spinal condition, the earlier you catch it, the easier it is to deal with.

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[www.marykay.com/Lureta](http://www.marykay.com/Lureta).*

# Fire! Get Out!

By Melissa Markham

Ben pulled the pillow over his head trying to block out the shrill beeping that was intruding on his dream. A coughing spasm forced him awake. His throat felt dry and scratchy. He lifted his pillow and panicked. He couldn't see the alarm clock on his desk. He coughed again as he inhaled the smoke that had filled his room. He could hear the smoke alarm blaring.

He rolled out of bed and crawled to the door. Right before he grabbed the doorknob, he remembered his fire safety course in school, and touched his door instead. It felt cool. Ben slowly opened the door and peered down the hall. He could see the glow of fire coming from downstairs. His heart thudding in his chest, Ben wondered what to do next.

Scuttling like a crab beneath the thick gray cloud, he counted doors to make sure he stopped at the right one. He pushed the door open and made his way to his parents' bed. "Mom! Dad!" he shouted anxiously, shaking the bed.

"You've got to get up! There's a fire downstairs! We've got to get out of the house! Come with me! I know the way out!"

Sleep flew from their faces as they saw the smoke swirling around their son. They scrambled out of their beds and headed towards the door.

Ben led his parents out the door and down the hall to the spare room. He crawled over to the window and looked out.

"Here Dad, this is the place! You can drop onto the front porch, then help mom and me out. From there we can jump to the ground."

Ben's dad looked surprised, then he quickly climbed out of the window. Within minutes the whole family had landed safely on the ground.

Dad ran to a neighbor's house and called the fire department. Within minutes, the firemen were spraying water on the home.

Ben's parents hugged him close as they watched the firemen work. Ben could see the pride in his father's eyes as he said, "Son, you

## Fire Safety at Home

1. Have a family meeting to discuss locations of fire extinguishers, smoke alarms and escape routes. There should be a smoke alarm near or inside bedrooms and on every floor or level of your home. Test the alarms once a month, and change the batteries once a year.

2. Practice different ways to get out of the house during a fire, and agree on a safe place to meet outside.

3. Have a fire extinguisher in the kitchen and one on each floor or your home. Check it as recommended by the manufacturer.

4. Keep matches and lighters out of reach of children and teach them the dangers of playing with those items.

5. Make sure everyone in your family knows the STOP, DROP, and ROLL procedure in case their clothes catch on fire.

6. Remember, if there is a fire, leave your home immediately and go for help.

7. When leaving a house on fire, crawl on your hands and knees to keep below the smoke.

8. Never return to a burning house for any reason!

9. Call the fire department from a neighbor's house.

saved our lives. How did you know what to do?"

"The smoke alarm woke me up. Remember when I won the fireman's badge last year for having the best fire escape plan during Fire Prevention Week? A fireman came and told us different ways to get out of a burning house. He told us we should set up different escape plans because you never know where a fire will start. The plan we used tonight was my secondary plan in case we couldn't use the stairs."

Ben's mom ruffled his hair.

Ben smiled and said, "I guess I learned something in school after all."

# A Brief History of Teddy Bears

Teddy bears are wonderful creations that have made people, young and old, smile and want to give a good ole-fashioned “bear hug” to any within reaching distance.

October 11 is Take Your Teddy Bear to Work Day in the US. It seems like a silly ‘holiday’ but got me to thinking about the history of teddy bears.

Teddy bears were named after Theodore Roosevelt, the 26th president of the United States.

Roosevelt visited the southern part of the country in November 1902 to help solve a dispute between two states. While there he decided to go bear hunting but had no luck.

Others found a bear that fought with and killed one of the hunting dogs. Roosevelt ordered his men to humanely put the wounded animal out of its misery.

Washington Post cartoonist Clifford Berryman saw what happened and turned it into a cartoon that was dubbed, “Drawing the Line in Mississippi”. The cartoon showed Roosevelt’s dual accomplishments on the trip - negotiating border disputes and protecting wildlife.

The bear had not really been the helpless animal he first drew so the cartoon and the story of Roosevelt’s hunting trip were changed.

The new cartoon portrayed the bear as a frightened-looking cub. The new legend that went along with the new cartoon said that, after having poor luck hunting, Roosevelt was given the opportunity to shoot a bear cub that his staff had captured and the president refused to do that.

This new telling of the story was very popular and Berryman used the bear in all the cartoons featuring the president. Before long it gained the name “Teddy’s bear” and was very popular with Americans of all ages.

Morris Michtom, the owner of a small novel-

ty store in Brooklyn, NY, was inspired by the cartoon. His wife stitched several plush toy replicas of the bear and sold them in the family store.

They sold quickly and Michtom sent President Roosevelt one, asking for permission to use his name on the bears. When the president gave his okay, Michtom along with Butler Brothers, a large wholesaling company, began to mass-produce the toy bears.

And the teddy bear was born.

-- Nancy Cavanaugh

## Cookie Cutter Bears

What you need:

Bear cookie cutter	Brown Felt
Marker	Fabric glue
Scissors	Quilt batting

What to do:

1. Trace the bear cookie cutter onto one side of the felt then flip it over and trace a second one on the other side next to the one from before. Cut each bear out.
2. Cut one bear, about 1/4” smaller out of the quilt batting (ask mom or dad for help).
3. Put one bear on the table, ink side up, then place on the quilt batting, followed by the last bear, ink side down.
4. Glue the edges together. Let dry.
5. Decorate the bear with buttons, lace or glitter. Add a face with the marker.

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# High Holiday Challah for Yon Kippur

By Debra Seibert

This year, Yon Kippur, the Day of Atonement, begins at sundown on October 5th and ends at sundown on October 6th. During those hours, Jews all over the world will be deep in thought and solemn prayer as they atone for their sins. Every fall, Jews observe the High Holiday season which includes Rosh Hashanah and Yon Kippur.



On Rosh Hashanah, the start (or head) of the Jewish New Year, God opens the great book containing records of all human deeds.

Then for 10 days, until the final hour of Yon Kippur, God reviews the deeds of each individual and decides everyone's fate for the year. When the sun goes down on Yon Kippur, God closes the book. By that time, he will have decided who will live, who will die, who will prosper, who will suffer, etc. This sacred time is so important that many people spend the entire day fasting as they pray for God and ask forgiveness.

Although challah, a sweet egg bread, is traditionally served at Jewish celebrations, the loaves of challah eaten during this season are special. High Holiday challah is shaped into a circular braid. The circle reminds Jews of the never-ending cycle of season as their faith is renewed for the year. The braiding makes the loaf look like a crown to represent the holiness of this celebration. The crown is served as part of a great feast eaten before the fast begins. Then more challah is enjoyed as Jews break the fast after sundown the following day.

My children love rolling the challah dough into "snakes" and practicing their braiding tech-

nique. They also like "painting" the loaves with egg wash using a pastry brush.

## Ingredients:

Bread dough - 2 medium loaves or 1 extra large loaf  
2 T yeast  
2 C potato water (drained off of boiled potatoes)  
3 eggs  
1/2 C honey  
2 t salt  
1/4 C canola oil  
7 to 8 C unbleached flour (may substitute 1/2 C with soy flour)  
1 C raisins

## Egg wash

1 egg white mixed with 1 T water

Dissolve yeast in water. Add eggs, honey, salt, oil, and 3 C flour. Beat until flour is mixed in. Beat in remaining flour. Then stir in raisins. Knead 5 minutes on a flat surface, adding more flour to keep dough from sticking, but using as little flour as possible. Shape dough into a ball and place it in a greased bowl. Roll the ball around once to coat it with a light coating of grease. Leave dough in the bowl and cover the entire bowl with a clean towel. Let dough rise for 2 hours. Punch down and shape using directions below. Let loaf (or loaves) rise on greased cookie sheet until doubled (usually about 1-1/2 hours). Brush with egg wash. Bake at 350 degrees for 35 minutes, until golden brown.



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Shaping Loaves:

For one loaf, divide the dough into three equal parts. On a lightly floured board, roll each part into a long strand about 1" in diameter. Scrunch the three strands together at one end. Braid the strands together by laying the left strand over center and then the right strand over

the center until you reach the ends. Then shape the entire braid into a circle and tuck the ends under the strands of the braid.

For two loaves, divide the dough in half first. Then proceed to divide each half into three equal parts and continue as described above.

## Take Time to Talk to Your Kids

October is National Communicate with Your Kid Month. Conversation flows naturally when adults and children are doing creative activities. Arts and crafts projects like these help your kids open up, express their thoughts and feelings and share their dreams, fears, and memories!

**Share Ideas with Art and Writing:** Everybody has a personal style of communicating with words and illustrations. Get kids into the habit of writing and drawing as a window into their minds and to pave the way for heart-to-heart talks.

**Record family stories:** Capture lasting memories in family memory books.

'Remember when we...?' prompts children to enthusiastically recall when the new baby came home or Grandpa's special bedtime stories. With Crayola® Colored Pencils, write down young children's words for them as they talk. Older kids and adults write their own memories. Illustrate with Crayola® Gel FX Crayons. What a keepsake!

**Start a Family Journal:** Daily records of family life help you keep track of events and cute sayings that otherwise tend to fade from memory. Use Crayola® Washable Kid's Paint to paint a journal cover. Punch holes, thread yarn through notebook paper, and you have a one-of-a-kind family journal. Family members write or sketch their daily highlights with Crayola® markers or colored pencils.

**Write surprise notes:** Tuck a friendly Crayola® Gel Pen note inside the kids' lunch

boxes, pockets, or book bags. Writing notes with cool pens becomes a fun habit that builds literacy skills and motivates kids to express their thoughts and feelings. You may be surprised by the clever, thoughtful notes they leave for you - in surprising places, too!

**Say thank you:** Writing thank you notes is a valuable social skill that children of all ages can learn. After every gift or special act of kindness, urge children to write their sentiments and address envelopes using Crayola® Colored Pencils. Scribbles or a drawing from a toddler is just as treasured as a formal note from an older child.



From Crayola ([www.crayola.com](http://www.crayola.com))

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# Spinach is Not Just for Popeye

By Nancy Cavanaugh

Mention the word spinach and my daughter is quickly reminded of Marc Brown's D.W. and how much she hated the vegetable, that is until she went to the fancy restaurant and had Little Bo Peep Pie. My daughter didn't follow in D.W.'s footsteps and become an instant fan of spinach, but she will occasionally admit that she tried and liked Boston Market's creamed spinach.

The word spinach comes from the Latin words *spinacia oleracea*, which means spiny fruit and herbaceous garden herb. It has broad, tender green leaves that are the edible portion of the plant.

Spinach originally came from Persia, now known as Iran, where it was known as "aspanakh." According to historical records, spinach was cultivated by the Greeks and Romans. By the 1300s, it had spread to Europe and Britain where it was popular in religious communities, particularly during Lent.

It was being cultivated in North America by the early part of the 19th century. More recently, it was popularized by Popeye, who would eat it to get super-human strength.

When it comes to buying spinach, there are only two ways to do it: in bags already pre-washed or in a bunch. Bunch spinach is the best choice because it usually has better flavor, but the pre-washed works if you don't have time for the bunched.

## Here are some tips on what to look for when buying spinach:

- Dark, green leaves - no yellow or wilt.

- Absolutely no slime anywhere.
- Thin stems usually are a sign of better flavor.
- For bunch spinach look for small leaves that smell sweet.
- For bag spinach squeeze the bag gently to check for limp or wilted leaves.
- About 16 cups of raw spinach shrinks to about two cups cooked.

Spinach has a short shelf life. It only keeps about three days max. If the spinach was purchased in a bag, take care to check for moisture. Moisture is the culprit that turns beautiful, leafy green spinach leaves into a slimy mess.

## Other tips for storing spinach:

- Remove any bad leaves.
- Store good leaves loosely in a resealable plastic bag in the vegetable crisper in the refrigerator.
- Store bunch spinach loosely wrapped in a plastic bag in the vegetable crisper in the refrigerator.
- Keep bunch spinach unwashed until ready to use to avoid the leaves turning soft - water, in this case, is the enemy.
- Just before using, tear large leaves into bite-size pieces for easier handling while eating - especially if using spinach raw.

To clean spinach you have to wash it. Bagged spinach is already pre-washed but bunch spinach is not. It will be full of sand so several water baths in the sink will be necessary. When there is no sand in the bottom of the sink the leaves are clean enough to use.

Once washed, dry the leaves in paper towels or a salad spinner. If the spinach is to be cooked, remove the thicker stems as they will cook slower than the leaves and will be difficult to eat.

## Spinach Cooking Tips

Finally, spinach doesn't take long to cook. One of the best ways to cook it is to blanch it in boiling water for just a second, drain it and then sauté it.

## Other ways to cook spinach include:

- Boil for 3 to 5 minutes
- Steam spinach for about 9 to 12 minutes
- Microwave for 4 to 7 minutes

You can season spinach with garlic, onion, nutmeg, lemon or lime juice. To add some "spice" to spinach, serve it with crumbled bacon bits, cider vinegar, soy sauce, white sauce, toasted sesame seeds, hard-boiled egg slices, sour cream or French dressing.

## Spinach Strawberry Salad

### Salad

- 5 cups fresh torn spinach, about 1 pound
- 2 cups sliced strawberries
- 1/3 cup toasted pecans or almonds

### Dressing

- 2 tablespoons fresh lime juice
- 2 tablespoons honey

October 5 is  
Spinach  
Lovers Day.

1 tablespoon vegetable oil  
1/4 teaspoon ground ginger  
Toss together spinach, strawberries, and toasted nuts. Whisk together dressing; pour over spinach mixture and toss just before serving. Serves 6.

## Spinach Wheels

- 1 16-oz cont. cream cheese with vegetables
- 1 pkg. croissant roll dough
- Fresh spinach

Preheat the oven to 350 degrees F.

Open the croissant rolls package then unroll onto a flat surface. Spread a moderate amount of the cream cheese (plain cream cheese can be used if you can't find the vegetable variety) on the dough. Put a single layer of fresh spinach on top of the cream cheese. Starting on one long side, carefully roll towards the other side.

Slice the roll into 1/4" slices. Place on a baking sheet then cook in the oven for approximately 9 minutes, or until lightly browned.

# Gimme Shelter!

By Wendy Perkins

For thousands of dogs and cats, October is the greatest month of the year -- it's Adopt-a-Shelter-Animal month! If you've been thinking about adding an animal to your family, your future best friend might be waiting for you at a shelter.

The cost of adopting an orphan animal varies from one shelter to another. Adoption fees may range anywhere from \$30 to \$150, depending on the type and age of the animal. Rabbits and guinea pigs are usually the least expensive, as are "older" dogs and cats (meaning they are more than 2 years old).

Kittens and puppies command higher fees at

some shelters. For a long time, animal shelters were the place to get a "cheap pet."

Today, animal shelter staff realizes that they are in business -- the business of saving lives. As donations dwindle, shelters have raised adoption fees to continue funding their vital missions. The money from adoptions and sale of pet supplies is used to save more animal lives.

In most cities and counties, stray animals are by law the responsibility of Animal Control. Unclaimed stray animals are usually put up for adoption. In addition, people who can no longer care for their pet will give it to Animal Control.

Private, non-profit shelters take animals that have been "surrendered" by their owners, and have been health and temperament checked by a veterinary staff.

There's no truth to the idea that when you adopt from a shelter you inherit someone else's "problem." Animal shelter staff work with the dogs and cats to give them the "manners" their previous owners often failed to teach. A big benefit of adopting from a shelter is that the staff is always there to help you manage behavior. Most shelters have behavior hotlines, and many offer behavior training classes at a discount.

All this adds up to one conclusion: your best bet for a great pet is at an animal shelter. Now it's time to see for yourself.

Shelters can be noisy places. Don't be put off by the barking, jumping, or -- on the other extreme -- the aloofness you see in the kennels. Nine times out of ten, an animal's "kennel behavior" is very different than its "normal behavior." Shelter life can be stressful, and animals under stress don't act normally.

Watch your children closely and don't allow them to put their hands into kennels to pet animals or pick up toys. When you or your child reach into the kennel, you are invading the animal's territory. Even sweet, friendly animals will bite if their territory is threatened.

If you see a dog or cat you'd like to learn more about or get to know, talk to the shelter staff. An adoption counselor will bring the animal to you for a get-acquainted session for both of you! The counselor will ask questions about your lifestyle (how long you're away from home during the day, etc.), share the animal's

background and answer any questions you have. Since the staff and the animal know each other, you'll have a chance to see it behave "normally."

Once you find a critter you'd like to adopt, it's time to make sure yours is the right home for the animal. The shelter staff wants every one of the animals in their care to get a loving home, and they can seem a little picky at times.

It might help to look at things through the shelter workers' eyes: these dogs and cats belonged to people who decided they couldn't/didn't want to care for them anymore. The shelter workers have nursed the animals through the trauma of separation from their homes. The staff doesn't want the animal to have to go through that again. So, they do what they can to make each adoption a "happily ever after."

In addition to an in-depth interview, the adoption counselor will likely want all the members of your household to meet the animal at the shelter. This means if your spouse is at work, you'll need to arrange a meeting with the animal and adoption counselor.

If you already have a dog or cat, you may be asked to bring it in so that the counselor can see how the two animals react to one another to assess whether they will accept each other in the long run.

When all the pieces fit just right, it's time to go home and enjoy one another. Adopting a companion from an animal shelter is a double delight; you not only made life brighter for an animal, you've found a friend who will love you for life.



**Photo Credit: Wendy Perkins**

# 10 Ways to Ensure a Perfect Playdate

By Carren W. Joye

All parents want their children to have friends. Getting together with friends at the park, playing with friends at day care or preschool, or visiting with relatives are part of a preschooler's social life. So are going over to a friend's house and inviting them over to play for a playdate. All of these are important to facilitate friendships for your toddler or preschooler.

Unfortunately, personalities and play styles may sometimes clash during these get-togethers. However, if you are prepared, you can help these playdates go so much more smoothly.



1. Invite a small and even number of children. Inevitably, with an odd number of children, one child will be left out of the fun. Plus, fewer children means fewer conflicts, so limit your guests to two or four, including your own child.

2. You do not have to totally babyproof your house, but make it as safe as possible and alert parents to potential dangers. Perhaps set aside a designated play area and close the doors to any rooms you do not want children to enter.

3. Put away favorite toys so your child will not have to worry about sharing. Also, put away popular toys if you only have one. For example, if you have only one riding toy, youngsters are likely to fight over it, so put it away until after the playdate. Alternatively, you could ask your guests to bring their own favorite riding toys.

4. Don't expect too much socialization. Most toddlers and preschoolers parallel play, so do not push them to play together. Even when youngsters play side by side, they can learn a lot just by watching each other.

5. Intervene only when necessary and have alternative plans. When there is a conflict with sharing, let them work things out on their own,

unless the situation escalates to violence. In this case, you may need to distract them with other activities, such as blocks, Legos, puzzles, bubbles or Play Doh, so have items like these on hand.

6. Encourage cooperative play with items and activities such as bubbles, Play Doh, Legos, sand box or age-appropriate games. Some parents find that starting the playdate with one of these shared activities gets the playdate off to a good start. Definitely do not turn on the television or put on a video. The children are supposed to play during a playdate, not watch television.

7. Offer snacks. This is a great way to calm things down if things start getting out of hand, or to liven things up if the kids are bored. You can even include the kids in preparation. However, check with the parent first to make sure the snack will not interfere with dinner or to find out about any allergies. If a snack time would interfere with the next meal, at least offer beverages to your guests.

8. Plan for the playdate to last less than two hours. Children will get tired of each other and cranky after about an hour and a half to two hours. It is better to leave the children wanting more than to extend the time and have the playdate end with fights and tears.

9. Give a five-minute warning before leaving. This will give the children time to get adjusted to leaving.

10. Help pick up toys. Encourage the kids to clean up together, so that no one will be left with a mess. Not to mention, this will teach the children cooperation and good manners.

## Kids Holiday Crafts Mailing List



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# Whose Pet Is It Anyway?

By Chitra Soundar

Animals have doubled up as friends and family to humans since pre-historic times. Historians say cats were the first animal to be domesticated by humans and Noah's ark has motivated many humans from the ancient times.

Animals have ruled the world, for long. And even today, they rule the hearts of people, who rule the world. Animals have played an important role in history long before history itself.

We can find references of animals in the Holy Scriptures like the Bible and the victory documents of great rulers. Animals have played a significant role in history by predicting victories, taking part in wars and fighting with man side by side. Animals have been revered by ancient civilizations and are still worshipped by many. Cats and dogs have appeared in royal dreams to signify war, good omens, joy and danger. They have been and will always be a part of human civilization not just as earth-dwellers but friends of humans.

Getting a pet is not child's play. There are many things to consider when deciding to get a pet and choosing one:

1. Financial and Legal factors: You have to know the rules of your country with respect to pets. You also need enough money to buy a pet, buy a license and do regular visits to the vet.

2. Reasons for getting a pet: Do you want a pet that would keep you company at home or someone to play with, both indoors and outdoors?

3. Space and security: You need adequate space for the pet to move around, play. Do you have access to additional space? Who will take care of the pet when you go out? Will you be able to control your pet from disturbing neighbours and visitors?

Before you get a pet, start with these steps:

1. Read as many books as you can about pets and the chosen animal.

2. Talk to your parents about whether they would agree to have a pet.

3. Find out details from your city's SPCA or animal welfare organisations.

4. If you have a friend who has a pet, get to know the pet.

Before you decide on a pet, let's find out more about celebrity, royal pets and those that grazed the lawns of the White House.

Thomas Jefferson housed two grizzly bears just outside the White House gardens.

Theodore Roosevelt was a game hunter and he is considered the biggest pet-owner among the American presidents. His pets included Jonathan Edwards, the bear, Bill, the lizard, Josiah the badger, Eli Yale the Macaw, Baron Spreckle, the hen, Maude the pig, five guinea pigs and a snake.

Calvin Coolidge had a virtual zoo in the premises. He kept a bobcat, a bear cub, a pygmy hippo, a wallaby, lion cubs, antelope, a white goose called Enoch, a donkey called Ebenezer and raccoon called Rebecca. The first lady Grace Coolidge even found a husband for Rebecca. His name was Horace.

Emperor Caligula had an ivory stall built for his racehorse Incinatus. On the night before races, no one dared to make noise, lest they should wake the horse.

Alexander the Great named a city after his war dog Peritas.



Photo Credit: Owen Buckingham

# Spring Ahead, Fall Back

By Emily Puro

With autumn in full swing, it will soon be time to set back the clocks, marking the end of Daylight Saving Time for another year.

Changing the clocks dates back nearly 100 years and is practiced in many countries around the world.

In the United States, Daylight Saving Time (DST) begins each year on the first Sunday in April at 2 AM, when the clocks are set ahead to 3 AM, and ends on the last Sunday in October at 2 AM, when the clocks are set back to 1 AM. DST is observed in most U.S. locations, but in some areas, like Arizona, Hawaii, and most of Indiana, it is not.

The main reason we set the clocks ahead each spring is to save energy. A great deal of energy is used in the evening, when most people are home from work or school cooking dinner, watching television, listening to music, and using a variety of appliances. When it is dark during the evening hours, lights must be turned on as well. By extending the hours of natural light into the evening, we reduce the need to turn on artificial lights.

With daylight lasting later into the evening, many people stay outside longer, too, using less electricity than they would in their homes. We turn the clocks back in the fall because the sun rises later and we need the light in the morning.

Many people credit Benjamin Franklin for beginning the practice of changing the clocks, but although he did mention the idea in an essay written in 1784, DST was not observed until the early 1900s.

William Willett of London, England, suggest-

ed the change when he noticed that many people slept through the first hours of daylight during spring and summer. Because of his efforts, British Summer Time was established during the first world war.

During World War II, the British set their clocks ahead two hours during summer, and one hour during winter, saving even more energy.

The United States adopted DST during both the first and second world wars, but the idea was not popular and was not made into law. After World War II state and local governments were free to observe or not observe DST as they wished. This caused a great deal of confusion, so the Uniform Time Act of 1966 created the standard that DST begin on the last Sunday of April and end on the last Sunday of October.

Local areas were allowed to pass ordinances exempting them from the practice, which explains why some areas of the U.S. do not observe DST. The law was changed in 1986 to begin DST on the first Sunday in April.

In 1973, when the United States suffered an oil shortage, Congress extended DST for two years to save even more energy. While keeping the clocks ahead of standard time year-round did save energy, it was discontinued in 1975 because of opposition, much of

which came from farming states where people need daylight very early in the day.

Clocks are set ahead during summer months in many countries around the world. In 1996



## SAFETY TIP

The beginning and end of Daylight Saving Time are perfect times to change the batteries in your smoke detectors. Changing the batteries twice a year ensures that smoke detectors remain in proper working order, and it's easy to remember to change them regularly if you do it every time you "spring ahead" or "fall back."



## Knock-Knock Groaners

Celebrate Knock-Knock Jokes Day on October 31 with some of our favorites.

Knock-knock.

Who's there?

Banana.

Banana who?

(repeat three or four times)

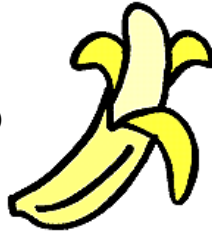
Knock-knock.

Who's there?

Orange.

Orange who?

Orange you glad I didn't say banana?



Knock-knock.

Who's there?

Little old lady.

Little old lady who?

I didn't know you could yodel!



Knock-knock.

Who's there?

Wooden shoe.

Wooden shoe who?

Wooden shoe like to know.

Knock-knock.

Who's there?

Boo.

Boo who?

There's nothing to cry about!

Knock-knock.

Who's there?

Bat.

Bat who?

Bat you're glad there are no more knock-knock jokes!



the European Union standardized the practice for its member countries, setting clocks back on the last Sunday in March and returning to standard time on the last Sunday in October. Countries far from the equator (higher latitudes), where daylight hours are significantly longer during the summer and shorter during the winter, benefit greatly from the time change. Russia's clocks are set head two hours during the summer and remain one hour ahead of standard time even during winter.

In the southern hemisphere where summer falls in December, DST is observed from October to March. Countries close to the equator don't observe DST because the length of daylight does not change significantly with the seasons, so there would be no benefit from the change.

This year DST ends in the U.S. on October 26, so don't forget to set back your clocks - just in time for a dark and ghoulish Halloween!

Check out our reasonable ad rates on the advertiser's page!

**Bear Pawsibilities**

Are you a bear lover? Then look no further! Bear Pawsibilities has links to many sites selling collectible bears and supplies as well as an extensive list of free bear patterns to sew, knit, crochet and more. You can also meet Baby Ileana (left), my only collector bear.



[www.bearpawsibilities.com](http://www.bearpawsibilities.com)

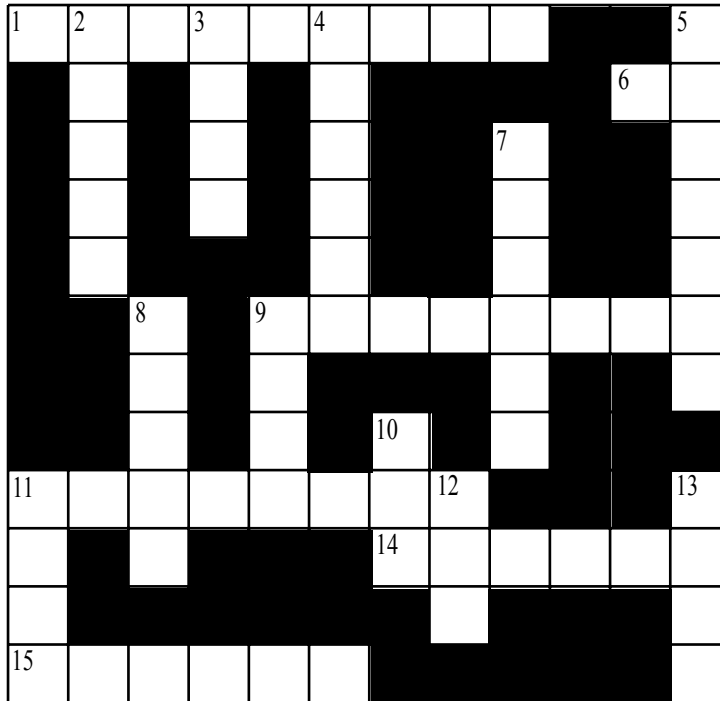
### Do you like to write?

**Kids Holiday Crafts Magazine is looking for writers, no experience necessary. If you're interested, click on the submission guidelines link today!**



# Spring Ahead, Fall Back Crossword Puzzle

By Emily Puro



## ACROSS

1. The beginning and end of DST is also a good time to change these in your smoke detectors.
6. One of the US states, along with Arizona (AZ) and Indiana (IN), that doesn't observe DST (abbreviation)
9. What the D in DST stands for.
11. Some people credit Benjamin \_\_\_\_\_ for the beginning of DST.
14. The city in England where the answer to 5 Down lived.
15. What we save by observing DST.

## DOWN

2. The month during which DST begins in the US.
3. What the T in DST stands for.
4. A country where the clocks are set ahead two hours in the summer and remain ahead one hour in

winter.

5. William \_\_\_\_\_ proposed the idea of changing the clocks in the early 1900s.
7. The season during which DST begins.
8. We set the clocks one hour \_\_\_\_\_ when DST begins.
9. It gets \_\_\_\_\_ one hour later when we set the clocks ahead.
10. A shortage of this in 1973 caused Congress to extend DST year-round for two years.
11. A working smoke detector can prevent damage and injuries from this.
12. Countries close to the equator do \_\_\_\_\_ change their clocks twice yearly.
13. In October, DST \_\_\_\_\_ in the US and Europe, but begins in the Southern Hemisphere where summer begins in December.

**See answers on page 22**

# Celiac Spruce Disease Awareness Month

## What is celiac disease?

Celiac spruce disease is a genetic disorder affecting children and adults. People with celiac spruce disease are unable to eat foods that contain gluten, which is found in wheat and other grains. In people with celiac spruce disease, gluten sets off an autoimmune reaction that causes the destruction of the villi in the small intestine. People with the disease produce antibodies that attack the intestine, causing damage and illness. Finding the cause of this disease is a priority of The University of Maryland Center for Celiac Research.

## What are the symptoms of celiac disease?

Symptoms of celiac spruce disease include diarrhea, weight loss, abdominal pain, chronic fatigue, weakness, malnutrition, and other gastrointestinal problems. In children, the symptoms may include failure to thrive (an inability to grow and put on weight), irritability, an inability to concentrate, diarrhea and bloating. Further, people affected by celiac spruce disease may experience extra intestinal symptoms that involve many systems and organs including bones (osteoporosis, arthritis, and joint pain), blood (anemia and bleeding), reproductive system (infertility and reoccurring abortion), nervous system (chronic fatigue syndrome, depression, dementia), and behavioral changes.

## How common is celiac disease?

Nearly one out of every 150 Americans suffers from celiac spruce disease, according to a new study by the University of Maryland Center for Celiac Research in Baltimore. The research indicates that celiac is twice as common as Crohn's disease, ulceric colitis and cystic fibrosis combined.

## How is celiac diagnosed?

A blood test is now available to screen for the  
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presence of specific antibodies. A biopsy of the intestine (before beginning a gluten free diet) is needed to make a final diagnosis.

## What are the long-term effects of celiac?

Untreated celiac spruce disease can be life threatening. Celiacs are more likely to be afflicted with problems relating to malabsorption, including osteoporosis, tooth enamel defects, central and peripheral nervous system disease, pancreatic disease, internal hemorrhaging, organ disorders (gall bladder, liver, and spleen), and gynecological disorders. Untreated celiac disease has also been linked an increased risk of certain types of cancer, especially intestinal lymphoma.

## What is the treatment for celiac disease?

There are no drugs to treat celiac spruce disease and there is no cure. But celiacs can lead normal, healthy lives by following a gluten-free diet. This means avoiding all products derived from wheat, rye, barley, oats, and a few other lesser-known grains.

From the University of Maryland  
Center for Celiac Research  
(<http://www.celiaccenter.org/facts.asp>)

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## Gluten Free Peanut Butter Cookies

2 eggs  
1 cup sugar  
1 cup peanut butter (smooth or chunky, depending on your preference)  
Chocolate chips, optional

Preheat the oven to 350 degrees F.

Mix the eggs, sugar and peanut butter together. Add the chocolate chips if using them. Form into balls and place on a cookie sheet, then flatten with a fork, making a criss cross pattern.

Bake for about 9 minutes or until light brown.

# Car Battery Care and Jump Starting

By John Goepel

Today's batteries can last for years with very little maintenance. But age, damage, or inadequate charging can make even the best battery too weak to start your car. Some simple preventive measures will go a long way toward keeping a battery healthy. And when it falters, a jump-start is sometimes all you need to be on your way.

## Safety

The main safety concerns with batteries are the possibilities of severe shock and of explosion,



with a consequent spray of sulfuric acid and battery shards.

A battery creates hydrogen gas, which is explosive and can be ignited by a spark. Even if it's too weak to start your car, a battery still may be able to give you a considerable shock. So don't smoke or wear metal jewelry near it. Do wear eye protection - safety glasses or goggles.

## Maintenance

Keep the cable connections clean and tight. If the battery has caps that let you check the water level, keep it up to the full-mark (usually just under an inch from the top of the cell). The battery should be tightly clamped so it can't slide.

## Jump Starting

If the battery is sound but too weak to start your car, the alternator will probably be able to recharge it as you drive. The trick is to get the car going, and jump-starting will often do the job. But before you get out the cables, check your vehicle's owner's manual. Some carmakers advise against jump-starting to protect the car's electronics from a power surge.

In addition, some batteries have a "state of charge" indicator. A fully charged battery has a colored indicator, usually green or red. Black or clear means the battery is completely discharged and you should not try to recharge or jump-start it. Also, never try a jump-start if the battery's frozen.

You jump-start a car by attaching the weak battery to a similar but strong battery with cables specially made for the job. It's important to follow the exact order of procedure to do this safely:

1. Locate the battery. It has two terminals, each marked with a symbol: - for the negative and + for the positive. In some cars, the battery is difficult to reach, so there is often a more accessible remote positive terminal in the engine compartment.

If you can't access the terminals-or even find the battery-consult the owner's manual.

2. The good battery must be similar to the one in the car that won't start. Most gasoline-powered cars have 12-volt systems; older cars may have six-volt systems. Park the car with the good battery close enough for the cables to reach the car needing a start, but not so close that they touch.

3. Turn off the ignition and all accessories on both cars; set parking brakes; put transmissions in park (automatic) or neutral (manual).

4. Connect the cables in this order:

- Connect one cable to the positive terminal of the weak battery.
- Connect that cable's other end to the positive terminal of the good battery.





# Apple Picking Tips and Recipes

To find pick-your-own orchards in your area, contact your state tourism bureau, chamber of commerce, or Cooperative Extension Service office.

Call ahead to find out days and hours they're open.

Dress appropriately and wear comfortable clothes and footwear that can get dirty. Don't forget the bug spray and sun screen!

Try varieties of apples that are new to you.

Mind your manners. Be nice to the trees, and carry your trash out with you. Take all the fruit that you pick.

For the best apple-eating experience, pick fruit that is firm to the touch and free of bruises. Once you get them home, store apples in your refrigerator, in a ventilated bag, away from other strong-odored foods.

## Easy Microwave Applesauce

6 Cups of peeled, cored and sliced fruit  
1/4 C water  
1/3 C sugar (adjust to taste)

Mix all ingredients in a 2-quart microwave safe baking dish. Cover and microwave on high power 6 to 8 minutes. Using a food processor or blender, process the cooked mixture to the desired consistency. For chunkier sauce, use a potato masher or pastry blender.

## Apple Wrapples

Apple Salsa (Makes 2-1/2 cups):

2 unpeeled apples, cored and diced  
1/2 ripe avocado, peeled and diced  
1 Tbsp. diced green onion, including top  
1 tsp. chopped fresh cilantro leaves  
1 tsp. granulated sugar  
1 tsp. fresh lime juice  
1/2 tsp. minced jalapeno pepper

1/4 tsp. minced garlic  
Dash pepper

Fajita Marinade (combine in a small bowl and mix well):

1 Tbsp. vegetable oil  
2 Tbsp. water  
2 Tbsp. fresh lime juice  
3 large cloves garlic, finely minced  
2 tsp. fresh cilantro leaves, minced  
1/4 tsp. red pepper flakes

Pork Wraps:

8 ounces pork tenderloin or lean pork roast  
Fajita marinade  
8 flour tortillas (8-inch)

Combine all salsa ingredients in bowl and mix well. Cover and refrigerate several hours to meld flavors.

Place pork in large sealable plastic bag and cover with marinade. Cover and refrigerate for 1-1/2 hours or more, turning occasionally.

Preheat grill. Drain marinated pork, reserving excess marinade. Place pork on grill and brush with reserved marinade. (Discard plastic bag and remaining marinade.) Grill over hot coals, turning frequently, for 8-10 minutes, until internal thermometer reads 155-160 degrees Fahrenheit. Remove from heat and place on clean plate.

Wrap tortillas tightly in foil and heat on upper grill rack for 10 minutes.

Meanwhile, cut pork diagonally across grain into thin slices. Arrange one-eighth of pork slices and 2 or 3 tablespoons salsa in center of tortilla. Fold bottom half of tortilla over filling and overlap sides on top. Arrange on serving plate. Makes 4 servings, 2 wraps each.

From the US Apple Organization  
[www.usapple.org](http://www.usapple.org)



As soon as **Jillian Crider** discovered art at an early age, she knew that was what she was. It wasn't 'what' she was, but 'who' - an artist! Lack of support for following this vocation, sent her in a diverse

range of directions, mostly away from doing art. Situations change, and she is doing art whenever possible, and in a many different forms, ranging from fine art in all mediums, to book illustration (adult as well as for children - even being a finalist for an illustrated children's book award), and miniature paintings. She has won awards and recognition for her works, and is looking for all opportunities to use her God-given talent. Please visit her website at [www.JillianCrider.com](http://www.JillianCrider.com). She is a member SCBWI.

**Dr. Eric Luper** is the father of a two-year-old boy named Ethan. He is the owner of Peak Performance Chiropractic in Albany, NY, and has treated many professional athletes, actors, and musicians in his eight years in practice. He sees children on a regular basis. Dr. Luper had the opportunity to treat fire fighters, policemen, and other rescue personnel at Ground Zero after the September 11 tragedy. He taught Alternative and Complementary Medicine at Fairleigh Dickinson University in NJ for several years and spends his time writing children's fiction. He is currently pursuing the publication of several novels.

**Debra Seibert** is homeschooling her two children ages 6 and 10. She is currently working on a book, Preschool at Home for Jewish Children.

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**Carren W. Joye** is the author of A Stay-at-Home Mom's Complete Guide to Playgroups (ISBN 0-595-14684-8). A homeschooling mom of four children, she has founded five successful playgroups and helped start countless other playgroups around the world. Visit her website at <http://www.Online-Playgroup.com> for more information about playgroups. This article provided by the Family Content Archives at [www.Family-Content.com](http://www.Family-Content.com)

**Wendy Perkins** writes about pets, children, and nature for adult and juvenile magazines.

