

Kids Holiday Crafts

magazine

Vol. 1; Issue 6

www.kidsholidaycraftsmagazine.com

February 2004

**Valentine's Day
crafts & prose**

**Tracking and
feeding birds**

**Chocolate facts
and history**

**Groundhog's Day
craftiness**

**Black history is
celebrated**

**Collecting coins
for fun**

**Fairy tales are
celebrated**

**Help your kids
deal with bullies**

**Tooth fairy look
out!**

**And much
more!**



Staff

Editor-in-Chief: Nancy Cavanaugh

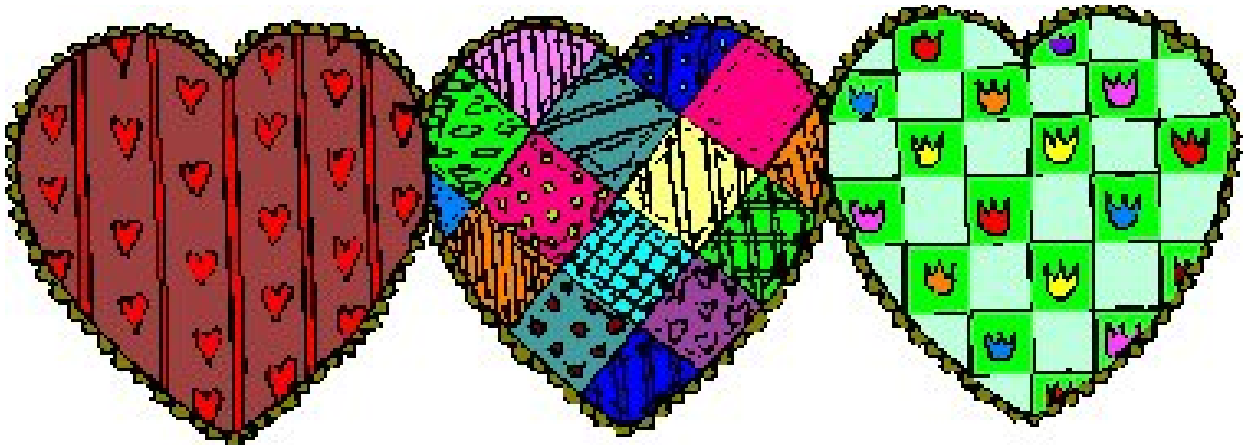
Magazine Copy Editors: Open Position

Website Design: Elizabeth Dulemba

Cover Illustration: Elizabeth Dulemba

Writers: Jaki Ryan
Andrea Posey
Melissa Markham
Sarah Eshelman
Tina Musial
Susie Michelle Cortright
D. S. Foxx
Shannon Bridget Murphy
Donna J. Sheperd
Susan Dunn
Suzanne Miles
A. J. Rigby
Cecile Peterkin
News Canada

Queries: editor@kidsholidaycrafts.com



Copyright 2004 by Nancy Cavanaugh. All rights reserved.

No part of the website or other materials can be reproduced in any form without written consent. Parts of the site and materials include, but are not limited to, graphics, copy/content, HTML, meta tags, template and web layouts or other features. If you have a technical problem with this website or accompanying .pdf files, please e-mail the webmaster at webmaster@kidsholidaycraftsmagazine.com.

Table of Contents

Something to Sink Your Teeth Into	4
Tooth Fairy Pillow Project	5
Lily's Wish	6
Making Fairy Wings	7
Name That Chocolate Bar	8
Chocolate Sorbet	9
Valentine's Day Party Planner	10
Backyard Bird Count	11
Bird Buffet	12
True Romance for Couples with Kids	12
George Washington Carver: The Peanut King	13
Altered Books	15
History of Groundhog's Day	16
Valentine Invasion	17
My Garden is a Wildish Place	18
Toothless	18
18 Great Ways to Celebrate Valentine's Day	19
Peanuts Are Good For You	20
Hooray, Hooray, Its Pancake Day	21
Goal Setting for Kids	22
Valentine's Day Jokes	22
Black History Month - Great Minds Quiz	23
Coin Collecting	24
Valentine Luvbugs	24
Ski Bear Coloring Page	25
Snow Angels Coloring Page	26
Swan Coloring Page	27
Meet the Authors	28

Something to Sink Your Teeth Into

By Jaki Ryan

Centuries ago, toothaches were thought to be caused by the Toothworm, a worm-shaped demon that bored into teeth until they crumbled and broke. Known remedies consisted of kissing a donkey or biting off the head of a mouse. The earliest toothbrushes were fashioned from small sticks, mashed at one end. Early versions of toothpaste consisted of dried flowers, ground shells, mice and the head of a hare or lizard livers. Fortunately, with modern technology, maintaining healthy teeth and gums is a whole lot easier and palatable!

This month marks the 52nd anniversary of National Children's Dental Health Month. What started as a one-day celebration in 1949 has grown into a month-long event sponsored by the American Dental Association to promote healthy teeth. February 9, 2004 marks National Toothache Day.

The most common chronic childhood disease is cavities. Despite their prevalence, cavities don't have to be an accepted part of childhood. The main cause of tooth decay is an attack of acid on the surface of the teeth. Bacteria, acid, food particles, and saliva combine to form a sticky substance called plaque that adheres to the teeth. Plaque that is not removed from the teeth irritates the gums, resulting in periodontal disease. A toothache is generally the result of tooth decay or sometimes an infection, which can be very painful for your child. Tooth decay is often caused by poor dental hygiene, although the tendency for tooth decay is partly inherited.

The following tips will prevent tooth decay and unhealthy gums in children:

- Avoid putting infants and young children to bed with a bottle. (This also causes ear infections.)
- Drink fluoridated water every day. Most tap water is fluoridated.
- Avoid eating sugary foods, especially between meals. The less sugar put into our mouths, the less acid that plaque can produce.
- Eat nutritious snacks. A variety of healthy foods help boost the intake of specific nutri-

ents that are essential for healthy teeth—and bodies.

- Rinse with water and chew sugarless gum whenever brushing isn't possible.
- Avoid sweet drinks and soda. (You may want to monitor the consumption of soda from school vending machines.)
- Give your child foods to encourage chewing.
- Use dental floss daily.
- Use a soft toothbrush and fluoride tooth paste at least twice a day, after breakfast and before bed.
- See your dentist regularly, starting as early as two years of age.

Proper brushing takes at least two full minutes. No skimping! Brush using short, gentle strokes, paying extra attention to the gum line and hard-to-reach back teeth. If you are eating a variety of healthy foods and brushing your teeth properly, the proof will be found in a beautiful smile.

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 lots of free bear patterns. Meet Ileana, my only collector bear, too!

Stay at Home Parents Mailing List

A free mailing list for parents who stay at home with their kids. Chat about life and the trials of being at home, get sanity checks, and make new friends. Come join the fun!



TOOTH FAIRY PILLOW PATTERN

Create your very own tooth fairy pillow to commemorate National Toothache Day on February 9, 2004. Each time you lose a tooth, place it in the pocket. Leave out for the Tooth Fairy to find. Remember to have good oral hygiene!

Materials:

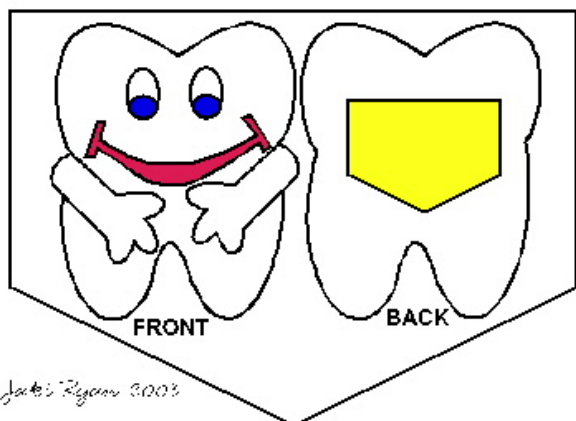
Felt squares - white, blue, red, yellow
Fiberfill stuffing
Glue or white thread

Instructions:

Print out pattern and trim each piece. Trace onto felt. Glue three sides of pocket leaving top portion open. Glue eyes and mouth to the remaining tooth. Sandwich arms between front and back portions of tooth and glue in place. With right sides of teeth facing each other, glue around the edges, leaving a small section at the top open. Once glue is dry, invert tooth. Stuff with fiberfill. Glue remaining section closed.

TOOTH
CUT 2

POCKET



ARM
CUT 2

MOUTH

EYEBALL
CUT 2

PUPIL
CUT 2

©Jaki Ryan 2003

By Jaki Ryan

Lily's Wish

By Andrea Posey

Deep in the midst of the most ancient forest, there dwelled a troupe of faeries. They were so tiny they could sit in the yellow center of a daisy. Their gossamer wings were just like those of a dragonfly and their shimmering raiment were made of spider silk. They spent long, sunny days flitting from flower to flower, singing faery songs, and doing faery things. The most beautiful one in the troupe was Lily. She had long curling golden hair, large violet eyes, and lacy wings.

One fateful day, Lily began to grow. She became larger and larger until she was as big as a human child. She could not sit on the yellow center of a daisy, nor could she flit from flower to flower. Lily was sad because she longed to be just like the other faeries. She wanted to dance on the petals of a rose or rest on a lacey fern leaf. She felt conspicuous with her huge body and even larger wings.

One bright morning, Lily sat among the flowers and watched her sisters dancing merrily on the dew laden blossoms.. She watched their transparent wings sparkle in the sunshine and heard the soft buzz as they flew by. "How can I become small again?" She asked.

"Go see the Oak," suggested Greenfern, "He is old and wise. Surely he could tell you how to become small." Lily went to see the Oak. "Grandfather Oak, how I can be small again like my sisters?" Grandfather Oak yawned and shook his leaves. He had been asleep for a very long time.

"Lily, my gift is strength. I can give you this, but I can't make you small. Go see Willow. Perhaps she can help you." Grandfather Oak gently hugged Lily with his strong arms and blessed her with strength. Then, he closed his eyes and went back to sleep.

Lily walk beside a crystal stream until she spied the beautiful willow tree. Willow was waving her graceful, flowing branches to the music of the wind. "Auntie Willow," asked Lily, "How I can be small again like my sisters?"

Auntie Willow sighed as her leaves continued to dance in the wind. "Lily, my gift is grace. I can give you this, but I can't make you small. Auntie

Willow tickled Lily's cheeks with her flowing leaves and blessed her with grace. "Go see Owl. He has great knowledge and surely he can tell you what to do."

Lily turned away from the stream and walked back into the green woods. Night was coming and darkness settled on the forest like a comfortable blanket.

Lily heard Owl calling "Who, Who, Who are You!"

"I am Lily, she replied, "Please tell me how to become small again like my sisters."

Brother Owl, stretched his enormous wings. "My gift is knowledge. I can give you this, but I can't make you small. Go see Wisteria, the Wise Woman. Perhaps she can tell you how to become small." He looked at her with his large, round, yellow eyes and plucked a feather from his wing. He gave the feather to Lily and blessed her with knowledge. Then owl flew silently away into the night.

Lily was grateful for her gifts, but she was disappointed because she was still huge. Determined to become small, she set out to find Wisteria, the Wise Woman.

Lily knew the path to Wisteria's house. She had seen it many times.

As she started down the path, the familiar trees cast long shadows upon the ground in the waning daylight. Lily found the path blocked by a large boulder. On it, sat a brown snake, coiled and hissing.

"Help!" she heard a small voice cry. "If you don't help, the snake will surely eat me!" Lily looked down and she saw a small green lizard. The huge boulder was sitting right on his tail. She remembered Grandfather Oak's gift. She pushed the boulder with all might and heaved it off the lizard's tail and off the path. The snake slithered off the boulder and disappeared into the forest.

"Thank-you, kind lady." Said the lizard as he scurried off into the trees. Lily continued her journey.

Suddenly, Lily stopped. A huge spider web stretched between two trees and across the trail. The silken threads gleamed brightly in the sil-

very moonlight.

Help!" she heard a tiny voice. As she approached the web, Lily saw a delicate butterfly stuck high up in web. "Please help me," called out the butterfly. "If you don't set me free, I will certainly become this spider's dinner." He pointed to a large, furry spider sleeping on the far edge of the web.

Lily stretched out her arm for the butterfly, but she could not reach it. She remembered Auntie Willow's gift of grace. Lily climbed up one of the trees and carefully walked out on one of the limbs to the butterfly. Gently, so she wouldn't wake the sleeping spider, Lily untangled the butterfly and set it free. "I thank you with all of my heart," he whispered as he flew silently away.

Lily carefully climbed down the other tree and made her way further down the path. The path was dark and the trees were so dense, Lily could see only a faint light far ahead.

Lily cautiously walked toward the light. As she neared, she could see a woman, about her own size, dressed in a white robe standing in the center of the path. A radiant light emanated from her. A small lizard was perched on one shoulder...the very same lizard Lily had freed from the boulder. On the other shoulder sat the tiny butterfly Lily had plucked from the spider's web.

"I am Wisteria, the Wise Woman," she said. "Why do you seek me?"

"Lady, I wish to be small again like my sisters" replied Lily.

"Lily, you have used your gifts unselfishly to help those smaller than you, but I will not grant your wish. You have the power to determine your own path." The lady stood to the side of the path and stretched out her arm. Lily beheld two doors; one white and the other red. Trillium and white lilies surrounded the white door. Deep pink azaleas surrounded the red door. "You must choose. The answer to your quest lies beyond."

Lily touched the feather and remembered Owl's gift of knowledge. Suddenly she understood. The mystery was revealed to her.

"I will choose red door." Said Lily. When she passed through the door, Lily saw a handsome young man standing beside a beautiful clear pool. She instantly fell in love with him and he with her.

"I am Ayden, prince of these lands. I came to

Wisteria, the Wise Woman seeking a bride. Will you be my bride?" He took her small hands in his.

"I will," replied Lily gazing up at his beautiful face.

"Drink from the pool," he said.

Lily drank the pure water and suddenly she began to grow in height and her lacy wings began to shrink. When she stopped she was the same size as the handsome young man and her wings had disappeared. Lily and her handsome prince walked off together into the forest and from that day on, Lily was content to be herself.

Make Fairy Wings

What you need:

- 2 wire coathangers
- 1 pair of pastel coloured pantyhose
- Puff paints to match pantyhose
- Glue
- Thread
- 1 yard of 1/2 inch wide elastic
- Medium size paint brush
- Tin snips or thick wire cutters
- Pliers

What to do:

1. Shape the triangular part of each coat hanger into the shape of a wing.
2. Cut the hooks off both coathangers, leaving a length of wire long enough so you can twist the two together.
3. After you have twisted the two together take the pantyhose and cut off the panty part. Pull the leg part over each wing until you have a smooth covering and wind the excess neatly over the exposed wire.
4. Sew the excess hose in place neatly.
5. Lay the wings flat on a table and paint with puff paint.
6. Let dry.
7. Apply a little glitter in each spot with a little glue. Let dry thoroughly.
8. Finally cut two pieces of elastic and sew to the padded center of the wings, adjust the length of elastic to fit over your child's shoulders and sew the other ends in place.

Name That Chocolate Bar

By Melissa Markham

Have you ever wondered how the companies that make chocolate bars come up with names for these tasty treats? Perhaps you imagined a room full of people writing names down on tiny sheets of paper and tossing them into a hat. One name would be chosen and a new candy would be born. Or perhaps you imagined an eeny, meeny, miney, moe situation. These methods may have been used to name your favorite candy bar, but below you will find out the very interesting origins for the names of many candy bars.

For instance, it is believed that Hershey's Kisses may have been named for either the sound or the motion of the chocolate being deposited during the manufacturing process.

The Mars Snickers Bar was named for the Mars family horse. Now this is a horse whose name is more famous than Black Beauty, Seattle Slew or Mr. Ed, but he hasn't received the recognition he deserves.

Ask your parents who the O. Henry bar was named for. They may tell you that it was named after the author William Sydney Porter (who used the pseudonym 'O. Henry' when he began writing short stories). In fact it was named after a young fellow who frequented the Williamson Candy Company to talk with the girls who worked there. The girls got into the habit of asking Henry to do odd jobs and favors for them, so you would always hear, "Oh Henry, would you get me this or that?" When it was time to name the newly developed confection, the salesman commented that all they constantly heard around the store was "Oh, Henry!" Another candy bar name was created.

Maybe you thought the Baby Ruth was named after the famous baseball player. Wrong. It is a candy bar named after Grover Cleveland's daughter. He was the 24th president of the United States of America.

Chunky was another candy bar named for a child. It was introduced in the mid-1930's by Phil Silverstein, who named it after his granddaughter, at that time a "chunky" baby.

Mr. Goodbar was introduced in 1925. Someone said, "That's a good bar." Milton Hershey thought they said "Mr. Goodbar." And so it was named.

Butterfinger was introduced in 1928. This candy bar is unique as the name was selected through a public contest. It was a popular expression at the time, used by sportscasters to describe athletes who were unable to hold on to a baseball or football.

M & M's were launched in the United States in 1941 by Forrest Mars, Sr., in a limited partnership with R. Bruce Murrie, son of Hershey Chocolate Corporation president, William Murrie. M & M stands for Mars and Murrie. Legend has it that the idea for M & M's was born during the Spanish Civil War (1936-1939). Forrest Mars, Sr. encountered soldiers in Spain who were eating pellets of chocolate that were encased in a hard sugary coating to prevent them from melting.

Symphony was introduced in 1989 and was named to suggest smoothness and elegance. NutRageous was introduced in 1993. It was named to emphasize the abundance of nuts contained in the bar.

One candy got its name due to its imperfection. Despite the efforts of manufacturer F. Hoffman and Company of Chicago, this candy would not retain a perfectly round shape like its creators wanted. Since there was a lot of milk in the product, it became known as Milk Duds.

Many chocolate bars carry the names of their creators. H. B. Reese, a former dairy employee of Milton S. Hershey, founder of Hershey Foods Corporation, developed the Reese's peanut butter cup. The Clark bar is named for David L. Clark who came to America from Ireland when he was only 8 years old and later started a company

Interested in a free makeover?

*Visit me, your Mary Kay Independent
Beauty Consultant:*

www.marykay.com/Lureta

that produced a line of chocolate bars with unusual ingredients. The Heath toffee bar was named for the Heath Brothers, who established a candy store in 1914. The recipe for the Heath bar was perfected in 1928.

Two chocolate bars, which have carried their current name since the 1930's, were not always made of their current ingredients.

The Krackel chocolate bar was introduced in 1938. In the beginning it had crisp rice and almonds in milk chocolate. In 1939, the almonds were replaced with peanuts. In 1940, all nuts were eliminated.

The Three Musketeers bar was named for the novel, *The Three Musketeers* by Alexandre Dumas. From its introduction in 1932 until 1946, it was actually a three piece, three flavor confection (chocolate, vanilla, and strawberry). In 1946, it became the candy bar we know today.

And finally, there is one chocolate bar that has had many different names. Since its introduction in January, 1934, it has been the Not-So-Sweet bar, then Bitter Sweet bar, then the Hershey's semi-sweet bar and finally in October, 1971, it was renamed the Special Dark chocolate bar.

For lots more interesting information about chocolate bars and the companies who make them, visit the following websites:

- www.clarkbar.com
- www.hersheys.com
- www.mars.com
- www.nestle.com

DID YOU KNOW?

The history of chocolate dates back to the Mayans. They drank a dark brew called cacahuaquchtl (made from cacao, water and hot chilies). Later, the Aztecs consumed chocolatl (meaning warm liquid) and used the cocoa bean for currency. In 1523, they offered cocoa beans to Cortez, who introduced chocolate to Europe, where it swiftly became a favorite food among the rich and nobles.

Cacao is a tropical tree native to South America. The fruit of this tree is a pod that contains a sweet pulp with rows of embedded

seeds. Cocoa is obtained by fermenting the pods and then curing and roasting the extracted seeds.

Two-thirds of the world's cocoa beans are harvested in African countries. The rest comes from South American countries.

Hershey Foods Corporation is the leading producer of chocolate and confectionery products in North America. The company is based in Hershey, Pennsylvania.

Nestle is based in Vevey, Switzerland, but derives only a small amount of its revenues from sales in Switzerland. Its largest market is the United States.

50,000 cows are needed to provide enough fresh milk for one day's production of Hershey's milk chocolate at the Hershey Plant in Pennsylvania.

Halloween is the top candy holiday in the United States followed by Christmas/Hannukah, Easter and Valentine's Day.

In the United States, Smarties is the name of a tart confection created by Ce De Candy, Inc. Outside the United States, Smarties is the registered trademark of Nestle for an entirely different candy. Smarties are like our M & M's, only they do melt in your hand!

The earliest cocoa bean products were 'balanced' by mixing ground cocoa with potato starch and sago to absorb excess cocoa butter and to give healthy properties to the drinks.

Chocolate Sorbet

Ingredients:

- 1 cup cocoa
- 3/4 cup sugar
- 2 1/2 cups water
- 1 teaspoon vanilla extract

Instructions:

1. Combine all the ingredients but the vanilla in a saucepan. Heat on medium, stirring frequently, until the mixture reaches a boil.
2. Turn off heat, and stir in vanilla.
3. Chill.
4. Freeze according to your ice cream maker's instructions.

Valentine's Day Party Planner

By Sarah Eshelman

Plan a fantastic Valentine's Day party for your friends!

Handmade Invitations: Paper Mosaic, Ribbon-bordered, or Fingerprint Hearts!

Paper doilies and red, pink, and white construction paper are a fun start for Valentine's party invitations. An easy way to make a heart is to fold a piece of paper in half, draw half a heart on the fold, and cut it out. You can also use the extra paper as a heart stencil.

- To add a neat border, punch holes along the invitation's edges and thread a thin red ribbon through them.

- You can make little heart designs using red ink pad. Use one fingerprint for each half of a heart!

- For a cool "mended heart" Valentine invitation, tear a construction paper heart into pieces and glue back together on white paper. Leave spaces between the pieces for a mosaic effect!

- Include the details of your party and deliver to your friends.

Party Games: These games are easy to set up — and score high on the fun scale!

How Many Candies? Fill a glass jar with candies and have your friends guess how many treats are inside — the person with the closest guess gets to take home the candy.

Guess That Valentine! As guests arrive, ask them to write their name and their favorite color, book, animal, movie, and food on a heart-shaped piece of paper. Read each heart out loud (except for the name) and have your friends guess whose it is.

Hidden Valentine: One guest leaves the room while the others hide a Valentine somewhere in the room. The "seeker" looks for the Valentine, as other guests let her know how close she is to finding it by saying "warm"(near) and "cold"(far). Take turns hiding and seeking.

Word Scramble:

Part I: Scramble these Valentine's words, print them out, and have your guests unscramble

them: friends, cupid, flowers, valentine, love, sweetheart, cards, envelope, mailbox, chocolate

Part II: See how many words you can make using the letters in "Valentine's Day" (for example: tale, ten, van) or "chocolate" (cool, hat).

Conversation Hearts Storytelling: Each guest receives five candy conversation hearts. One person starts to tell a story, then "passes" to the next player, who adds to the story, and so on. The catch: each time a player adds to the story, he or she must include the words from one of their candy hearts! **Warning:** It's bound to be a very silly story!

Refreshments: Beyond cookies and cupcakes!

Use a cookie cutter to make heart-shaped peanut butter and jelly sandwiches. Make apple-sauce look romantic by adding a little bit of red food coloring! Bagels and strawberry (pink!) cream cheese make for a festive snack.

Serve pink lemonade or cranberry juice and call it Love Potion! Hot apple cider or hot chocolate will help warm up a chilly February day. For fun ice cubes, pour cranberry juice, orange juice or pink lemonade into an ice-cube tray and freeze.

Scrumptious smoothies: With a grown-up's help, mix frozen fruit with a little orange juice in a blender.

Chocolate-covered strawberries and pretzel sticks: Wash strawberries (a few for each guest) and dry them well. Melt one package semi-sweet chocolate chips in a glass bowl in the microwave in 30-second intervals until chocolate begins to melt, but is still lumpy. Remove and stir until chocolate is smooth.

Dip strawberries or pretzel sticks into the chocolate, and place on waxed paper to harden for about two hours.

Valentine's Day Crafts: Fun projects for your guests to create!

Paper Heart Animals: Have guests create animals out of paper—using pink, red, and white hearts!

Valentine's Stained Glass Hearts: Cut a heart

shape out of waxed paper. Glue one-inch squares of colored tissue paper onto it in any pattern you like. You can glue them flat, or scrunch them up for a crinkly effect. It makes a beautiful stained glass heart for your window.

Valentine Snowflake: Fold a piece of pink or red tissue paper like an accordion. Make small cuts in the folds — diamonds, triangles, or squares. When you are finished, open up the

accordion — you have a beautiful work of art! This craft was inspired by the art of papel picado, a paper-cutting craft from Mexico. (P.S. "Te amo," pronounced "tay-AH-mo," means "I love you" in Spanish!)

Heart-Shaped Wreath: Glue overlapping construction paper hearts in a circle shape to make a festive heart wreath — a sweet decoration for your friends to take home as a souvenir of your party!

The Great Backyard Bird Count

By Tina Musial

Bird feeding and bird watching are great family wintertime activities. February 13th - 17th is the Annual Great Backyard Bird Count, where the whole family can be involved and learn a nature lesson. Providing food and water for wild birds helps them survive the winter and spring until Mother Nature replenishes her cupboard.

Why?

It is important to count the birds (and feed them) in the winter months when food sources are hard to come by. Their natural food supply of seeds and berries is used up or covered with snow. Reporting the flock numbers aids scientists in determining bird populations, and bird migratory movements.

Who?

Anyone, anywhere can count. The only requirement is that you spend at least 15 minutes observing on each day you participate.

When?

February 13-17, 2004. You can observe one day or each day, any time that the birds feed outside. If you do not have feeders already up, hanging some a couple weeks before the Bird Count will ensure you get visitors. It takes birds anywhere from a few hours to several days to recognize a new feeding station.

How?

You choose the count location, but the organizers prefer it be within one mile of your home. To start, make sure there is ample bird food to attract the feathered diners. Have paper, pen and bird book ready.

Keep a tally section for each species of bird. To count, write down the highest number of same species birds you see at one time. If there are four cardinals at one time below your feeder, write four. If one comes back in a minute, do not add it, as it may be the same bird.

Results are reported to their website at: www.birdsource.org/gbbc/checklist.html. You will also need to provide the location, local habitat and count duration time.

For more details, go to: <http://www.birdsource.org/gbbc/how.html>. Interesting links: <http://www.birdwatching.com> and <http://www.birdfeeding.org>





Kids Holiday Crafts.com

Free holiday crafts, puzzles and more for busy parents and their kids at www.kidsholidaycrafts.com

Buffets for Your Backyard Birds

By Tina Musial

Milk Jug Feeder

What you need:

- 1 empty, clean plastic milk jug with cap on
- Sunflower seeds
- Scissors
- Wire hanger

What to do:

1. Using scissors, cut an opening in the middle half of the milk jug. Make sure it is large enough to allow birds ample room to land and take off.
2. Poke a small hole under the cap on each side. Cut wire hanger and thread through holes. Twist wire to connect at one side, using hook part to hang over a branch.
3. Keep cap secured at the top so moisture does not get in and rot the seeds.
4. Fill with seed and watch the birds eat!



18" or longer of string or twine

Pinecone Feeder

What you need:

- 1 large pinecone
- Peanut butter
- Sunflower seeds

What to do:

1. If pinecone is closed, warm oven to 300 degrees and place inside until it opens up, about 5-10 minutes. Let cool.
2. Tie string securely around one end and leave 18" to hang with a large loop at the top.
3. Smear generously with peanut butter and roll in sunflower seeds.
4. Hang outside near a window and watch the feeding begin.

True Romance for Couples with Kids

By Susie Michelle Cortright

In my marriage, some of the most memorable evenings have also been the least expensive. Sure, I have enjoyed the bouquets and the boxes of chocolate, but it is the folk music in the ski lodge, the sips of Chardonnay on our summer porch swing, and the nights spent reading in bed, side by side, that really stand out.

Anyone can splurge on a formal dinner or a pricey bottle of perfume, but it takes creativity, forethought, and time to be truly romantic.

The key lies in personalizing your celebration. Here are ten ideas to fuel your own creativity:

1. Empty a box of chocolate (either into your

mouth or onto a plate...) Then cut out 50 to 100 hearts from lace doilies, construction paper, or fabric. On each cutout, record something about him that you love. Be specific, "The way you smell when you come to bed at night," "The way you take care of me when I'm sick," or simply "Your recipe for pancakes."

Another variation: Write down 100 cherished memories of your life together. Fold the cutouts, place them in the chocolate box, and top with a red satin bow. The time you spend coming up with these ideas will contribute to your own romantic mood, and what he thinks is a plain

box of chocolates will be a gift he'll keep close to his heart forever. And you can add to the box each year.

2. Build a romantic fire. Before the kids go to bed, have fun roasting marshmallows. After their lights are out, host your own indoor picnic, complete with a bottle of wine and chocolate-covered strawberries.

3. Recreate your first date together. What were you wearing? Where did you go? Do you remember what you talked about? Spend the evening reminiscing and reflecting on how far you've come as a couple.

4. Spoon all night.

5. Choose a book in which you are both interested, fiction or nonfiction. Read a new chapter each night before bed. This cozy tradition will allow you to spend some quality time together and often makes for thought-provoking breakfast conversations.

6. Make a tape of the songs special to your relationship. Include "your song," songs from your wedding, songs from favorite movies. Add a personal voice dedication and leave it in his briefcase, Walkman, or car stereo.

7. Turn off the TV.

8. Kidnap your husband. Arrange for a babysit-

ter for a few hour—or a few days. A friend of mine had a lot of success with this one. She knew her husband had always wanted to get married in Vegas, but he had agreed to a large, formal ceremony hosted by her family. So, after they had been married 10 years, she surprised him at work with a packed suitcase. They caught an evening flight and renewed their vows before an Elvis impersonator in a Vegas chapel. Years later, they're still talking about it.

9. This one requires a babysitter, too. Next time you're visiting your parents or in-laws, leave the kids with their grandparents and travel to another town, where no one will recognize you. Check into a hotel or B&B. Dress like another woman. Act like another woman. It's fun to slip into another persona from time to time.

10. Have a scavenger hunt. Write a few poems, wrap candy kisses inside, and hide them around the house. Each poem should be a clue to finding the next one. Make sure the final clue lands your man someplace you want to end up for the entire evening. A romance package, including a bottle of champagne and new lingerie, is a nice touch.

Create a memory this Valentine's Day, not with your pocketbook but with your imagination.

George Washington Carver: The Peanut King

By D.S. Foxx

George Washington Carver was born a slave just before the Civil War, kidnapped and then rescued. A busy childhood! He worked with plants while in grade school, and decided to study agricultural science in college. His work changed the way farmers chose what to grow, and he found hundreds of new things that could be done with the crops.

No one really knows how many things G.W. Carver invented, because he didn't register many patents—he said that knowledge should be "made common," shared with everyone. He worked with something people didn't grow very often where he lived, or think very much of. Peanuts.

In the South, farmers used to grow cotton year after year, but cotton doesn't grow well on the same land for a long time. Carver discovered

that peanut plants would "feed" the soil, and taught farmers to rotate their crops, planting cotton one year and peanuts the next.

But what were farmers supposed to do with all those peanuts? They weren't very popular as food. Most of them were used to feed animals, but Carver found at least 325 ways to use them, from cooking oil to printers' ink. When he discovered that sweet potatoes and pecans also put nutrients back into the soil, he found ways to make things out of them, too, including a substance used to pave highways.

Peanuts are still used in many things besides food: they are used in building materials, fire-place logs, kitty litter, paper, detergent, ink, cosmetics, paint, explosives, and medicine. And more! And Carver, who was the first African-American professor at Iowa State University,

where he took his degrees, created “movable schools” to teach communities how they could not only grow plants that would improve their land, but how to use what they grew, for food and for industry.

He moved to Alabama after receiving a Master’s Degree in 1896, to work with another famous African-American man, Booker T. Washington. At Tuskegee Institute, Carver con-

tinued to work with peanuts, and to teach among the community as well as in the university setting. Not just how to grow peanuts, but how to be self-sufficient, to grow healthy foods and sustain the land.

In 1990, 47 years after his death, George Washington Carver was inducted into the National Inventors Hall of Fame.

Playing With Peanuts

For younger kids:

G.W. Carver used peanut shells and skins, powdered dried peanuts, and everything in between. For now, why don’t we stick with peanut butter?

What you need:

- one 18-oz. jar creamy peanut butter
- 6 tablespoons honey
- 3/4 cup non-fat dry milk

What to do:

Mix peanut butter and honey, then stir in dry milk a little at a time until it’s the same texture as play-dough. Use some of it to make little sculptures and ask a parent or teacher to put them in a drying oven.

Cover some with sunflower seeds or birdseed and put out where the birds can find it. Use your imagination! (Yes, you can eat it, if you’ve washed your hands.)

For older kids:

Get a bag of unshelled peanuts, and shell them. Try different ways to get them out of the shell. What works best? (Hint: dropping them off the roof isn’t a good idea.)

Eat the peanuts, and collect the shells. What do they remind you of? Packing material, rodent bedding, potting soil?

Try using them for all of that, or make your own kindling log.

What you need:

- newspaper
- peanut shells

What to do:

Crush peanut shells fine; roll newspaper around the shells and twist to close.

When you’re ready to use it, have a parent stack fire materials around the kindling log, then poke a hole in the newspaper and insert a lit match into the hole. The peanut shells should catch fire even faster than paper!

For cooking:

Here are some recipes G.W.Carver developed, that are still made sometimes today. Peanut Recipes (From "How to Grow the Peanut and 105 Ways of Preparing it for Human Consumption, 1925)

Number 22: Peanut Wafers Number One

What you need:

- 2 cups flour
- 1 cup water
- 1 cup powdered sugar
- 1/2 cup rolled peanuts
- 1/2 cup butter

What to do:

Rub the butter and sugar together until light and creamy; add the flour and water alternately. Lastly add the peanuts; drop on buttered tins, and bake quickly. Cut into squares while hot, as it soon gets brittle after baking.

Number 71: Peanut Candy

What you need:

- 2 cups sugar
- 1/2 cup milk

2 tablespoons peanut butter

What to do:

Blend together; boil for 5 minutes; remove from the fire and beat steadily till cool.

Number 80: Peanut Butter Fudge:

What you need:

2 cups powdered sugar
1 cup milk
2 heaping teaspoons peanut butter

What to do:

Mix ingredients; boil vigorously for 5 minutes;

beat; pour in a buttered pan, and cut in squares.

Number 100: Peanut Brownies

What you need:

2 eggs
2 squares chocolate
1 cup sugar
1/2 cup flour
1/2 cup melted butter
1/8 cup coarsely ground peanuts

What to do:

Mix and bake in shallow pan in a quick oven; garnish the top with nuts, cut in squares.

Alter Books to Hold Fond Memories

By Shannon Bridget Murphy

Altered books and objects can breath new life into old items. Old and unwanted books found at book sales, flea markets and library sales can be used for altered books. A book, scissors, glue and the stuff to collage your works of art are all that you need to create an altered book. Best of all, there are no rules involved in making your altered books and works of art.

Choosing your book is the first step in making your altered book. This is purely a matter of personal taste. You can make this decision based upon the title or pictures in the book. When making your altered book, you can paint over entire pages, fold or cut out the pages, add new pages or sew. You can cut squares through many pages. This will emphasize the picture on a page. You can highlight key words, paste new text or paint over the words.. You can paste cutouts from magazines or books and add them to your pages. You can even use lace, ribbon, beads, yarn, copper, rubber stamps, buttons, charms, feathers, pieces of jewelry or anything else that you want.

You can also use outworn objects to create your works of art. Here is how to make a mini altered prayer box for a friend.

Alter or embellish a small container that will hold a special prayer or an inspirational message. The container should be no larger than

3X3. Your container can be plastic, paper, metal, wood, round, square, match boxes, film containers, mini mint tins, candy containers or whatever you want. Your message can be something that has helped you through a problematic time in your life. The friend that you give this to can keep this to share secretly with someone who might be in need of a heartfelt message.

February is filled with holidays. You can make altered books and all kinds of things that will brighten your day and those that you know. Use your imagination and see where it will take you.

Let's get chatting! Sign up for the Forums today!

Click on the subscriptions link to sign up for our Yahoo! groups mailing list with magazine announcements and notification about the latest issue's release!

Groundhog Day Rooted in the Past

By Nancy Cavanaugh

Groundhog Day, which is celebrated on February 2nd, is an American and Canadian tradition. But the roots go back across the “big pond” to Europe and centuries into the past.

The story goes that this is the day that the groundhog comes out of his hole after a long winter sleep to look for his shadow. If he sees it, he regards it as an omen of six more weeks of bad weather and returns to his hole. If the day is cloudy and, hence, shadowless, he takes it as a sign of spring and stays above ground.

The origins of this holiday go back to ethnic cultures and animals awakening on specific dates.

The groundhog tradition stems from similar beliefs associated with Candlemas Day and the days of early Christians in Europe. Even then, it marked a milestone in the winter and the weather that day was important.

According to an old English song:
*If Candlemas be fair and bright,
Come, Winter, have another flight;
If Candlemas brings clouds and rain,
Go Winter, and come not again.*

According to an old Scotch couplet:
*If Candlemas Day is bright and clear,
There'll be twa (two) winters in the year.*

The Roman legions, during the conquest of the northern country, are believed to have brought this tradition to the Germans, who

picked it up and concluded that if the sun made an appearance on Candlemas Day, a hedgehog, would cast a shadow, thus predicting six more weeks of bad weather.

This belief was brought in America during the 18th Century by the German settlers. These settlers adopted the groundhog as their weather predictor.

Groundhog Day came into being during the late 1800s. Thanks to the combined effort of Clymer H. Freas, a newspaper editor, and W. Smith, an American Congressman and newspaper publisher, who organized and popularized a yearly festival in Punxsutawney, Pa.

This festival featured a groundhog named Punxsutawney Phil who was used to foretell how long the winter would last.

Apart from Pennsylvania, fascinating Groundhog Day events are also held in other states, specifically, Nebraska, Tennessee, Georgia, Ohio, Arkansas, and California.

Groundhog Day is also very popular in Canada and Wiarton Willy is the groundhog that is used to predict the length of winter there. Since 1956, Willie of Wiarton emerged from hibernation in his burrow long enough to pronounce his weather report.

Discovered in 1956, Willie of Wiarton consistently delivered reasonably accurate predictions on the remaining course of winter with an 90% accuracy rate! He died in 1999. Wee Willie, his successor since 2000, has had accurately predicted the end of winter over the last three years.



Valentine Invasion

By Melissa Markham

It's February 14th, but I don't think I'll open any valentines this year. Not after what happened last Valentine's Day!

I was about to follow my friends out to recess when I noticed a valentine lying on my desk. Wondering who left it, I picked it up and tore it open. What a mistake! Stinky green smoke puffed out and swirled around my head. My eyes watered. My stomach churned. Then the card began to quiver in my hand. "Ahhhh!" I yelled, dropping it to the floor.

I turned to run, but the smoke surrounded me like a thick fog. I stumbled over a desk. Where was the door? I couldn't see a thing.

I dropped to my knees, hoping for clearer air, but the green smog was everywhere. Something moved. Sharp claws clicked across the linoleum, then scrambled past my hand. I jumped up, not knowing which way to go! I crashed into a chair and went sprawling across the floor.

What could IT be? Would IT eat me alive? And if IT did, would my parents give my room to my kid brother?

The stinky green smoke was clearing. Soon I would be able to see, but so would whatever was in the room with me! I slithered like a snake toward the door, hoping to escape.

"Xricdreabolm!" A voice squealed. Turning, I saw IT standing on the teacher's desk, waving one of his six purple tentacles at me! He was about three feet tall. His orange eyes gazed around the room. Then he squeaked, "xricdreabolm!"

"What?" I asked. "Are you talking to me?" I looked around, hoping someone else had suddenly appeared.

He fiddled with a red disk hanging from his neck. "Ah, so this is Earth! I have set my language translator so we can talk."

WOW! An Alien in MY valentine! I got up the nerve to walk a little closer.

"My name's Trevor. What's yours?"

He replied, "You'd never be able to pronounce my name, so just call me Fred. Trevor, do you

think you could help me out?"

"Sure," I replied, "as long as I'm home in time for dinner. Mom doesn't like it when I'm late."

"I came here from the planet Xenon. I was hot on the trail of my evil brother, when he trapped me inside this valentine card. He plans to take over your planet."

I burst out laughing, "No offense, but you guys don't look like you're big enough to take over anything!"

"Size can be deceiving," Fred answered. "My brother is very powerful and must be stopped! You must help me find him."

That's when we heard screams coming from the playground. "It's an alien! Run for your life!" The ground shook. I looked out the window, directly into a huge, orange, eye!

"I...I...Is that your brother?" I stammered, backing away from the window.

"Yes, but we can stop him. Quick! Do you have any salt?"

"Salt?!" I yelled. "You want to eat now?!"

"No, silly," Fred answered. "Salt will help me capture him."

"Salt, salt, salt..." I snapped my fingers. "There's salt in the cafeteria storeroom! Let's go!"

Fred jumped on my back and wrapped his tentacles around me. I raced down the hall. We could still hear screams from outside, but now there was a new noise. Fred's brother was crashing against the school doors. I grabbed the salt and dashed up the steps to the roof.

Pulling the top off the canister, I flung salt all over the large alien's head. He shrieked. "Motxribo! Motxribo!" He glared up at me and began to shrink. Fred quickly jumped off the roof. His tentacles billowed like a parachute, and he landed beside his shrunken brother.

I rushed down the stairs. Fred was waiting for me, his brother safely captured.

Fred laughed and pointed a laser gun at me. "Now that I have captured goody-two-shoes, I will rule the earth! Thanks for your help, goofy earthling!"

“Who are you calling goofy?” I yelled, throwing the remaining salt at Fred.

“NO” Fred squealed and shrank to the size of a pea. Released from Fred’s grasp, his brother scooped Fred up and put him in his pocket.

My Garden is a Wildish Place

By Andrea Posey

My Garden is a wildish place
Where wee folk love to play.
They gather in the mossy glen,
Upon the ferns they lay.

The roses are their dining rooms,
Leaves, the tiny chairs.
Petals are the tables,
And thorns, the spiral stairs.

King Oberon in glorious red.
And Mab all dressed in yellow.
Next, is fine friend Robin,
Trickster and good fellow.

Among the lush and shady greens
The Court all take their seats.
They drink from dewy glasses,
And eat the flowery treats.

The faery band begins to play
A wild and rollicking song.
All the wee folk start to dance.
They frolick all night long.

When the night gives in to day,
The wee folk need a rest.
They spread out mossy blankets.
And sleep in grassy nests.

But when the twilight sky returns,
The golden sun dips low.
The faery folk resume their dance,
Beneath the starry glow.

Turning the knobs on his language translator, he said, “Thank you, friend. Now I can take him home where he won’t cause any more trouble.” Waving a purple tentacle, he faded away.

Toothless

By Donna J. Sheperd

What a bore! It’s such a chore
brushing my teeth each day.
Where does that stinky, slimy plaque
come from anyway?

Every day when I get up,
my mouth is lined with cotton.
Gunk coats teeth and tongue each morn,
and makes my breath smell rotten.

I know I need to brush and floss,
Do I have to brush my tongue?
Teeth will rot, so I’ve been told,
whether you’re old or young.

Pearly whites would soon turn dark,
then yucky shades of green.
Black would follow, teeth fall out
leaving big gaps between.

I like steak and things that take
all of my teeth to chew.
I don’t want to be nicknamed
the ‘Toothless Kid’ at school!



18 Ways to Celebrate Valentine's Day If You're Not a Couple

By Susan Dunn

When we think of Valentine's Day, we tend to think of a man and a woman celebrating together. If you aren't paired at this time, here are 18 great ways to celebrate Valentine's Day YOUR way.

1. Celebrate with a child! If you don't have one, borrow one! Invite your grand-daughter over for an afternoon of tea with tiaras and tutus, making Valentines, and reading Valentine's books. Got a boy in your life? How about some slap-jack or Pente, video games and a candle-lit dinner with fondue - to keep those hands busy! Nice red catsup is good enough for the sauce!

2. Give a party at a children's shelter. The Volunteer Director is trained to help you! Simple refreshments, favors, plan a game, tie-dye t-shirts, crafts, play the piano and sing. It's the thought and the companionship that count. Games? Play musical chairs, tying big red bows to the front of the chairs. Pin the Lips on Ms. Valentine - draw "her" on posterboard - use moving eyes, false eyelashes and pipe cleaners for hair. Put each kid's name on a pair of red lips cut out of construction paper with tape on back. Blindfold them with Valentine scarf and proceed! Valentine Bingo - make bingo cards with Valentine items instead of numbers to call. Use February theme to increase number of items - groundhogs, Presidents Lincoln and Washington, candy, hearts, doves, lovers, Valentines, etc. Serve "Love Potion" for the beverage.

3. Make it a special day for someone in a retirement or nursing home. Put on that bright red sweater and your Valentine tie and head on over! One friend of mine takes something he bakes called Terribly Naughty. I believe it has pecans, peanut butter, chocolate morsels, marshmallows, butterscotch pieces, pure butter, at least a pound of sugar, and brandy in it. He's very popular!

4. Have friends over for a Valentine's Party. Sing love songs, watch a video, make an outra-

geously beautiful buffet spread. Have everyone bring a grab bag gift. Have a poetry contest. Romantic songs list here: <http://www.inspirationpoint.com/ipmusic.htm> .

5. Call up your son and daughter-in-law and tell them you're coming for the weekend to take care of the kids so they can go celebrate. Bake Valentine's cookies with the kids and have a red dinner - red jello hearts, heart-shaped pasta with tomato sauce or heart-shaped pizza, Hawaiian punch and cinnamon hearts in hot cocoa. "Willie Wonka" video, everyone gets in the big bed with Nana, snuggle-time, dogs included. Woo hoo!

6. Celebrate with your animal companion. There's no more reliable source of love in our lives. Get a deeper connection with your beloved animal companion.

7. Bake some homemade dog biscuits. Recipes here: [ww.gurney.co.uk/pads/bone.htm](http://www.gurney.co.uk/pads/bone.htm). Take your dog for a walk in the park, and on the way, drop off your treats at the local animal shelter.

8. Take your animal companion with you to a nursing home or convalescent center. Many facilities are making this opportunity available for their guests. You can deck your dog, cat, ferret or rabbit in a festive Valentine scarf for the occasion. Red vest, tie, bows, boas! and other festive wear for your small furry friends.

9. Enjoy the day helping others. A local place of worship might be building a house for Habitat or going Valentine caroling at a housing project. If not, why not? If not you, who?

10. Book a Valentine cruise on the Costa cruise line and dance the nights away. Be a gentleman host, or dance with one! Gentlemen dance hosts "work" from 8 pm to 1 am every night, visiting with and dancing with women cruise guests. Great vacation for singles! Gentleman, don't forget your red cummerbund and bowtie. Wait til the last minute when the rates go down really low.

11. Have friends over for a Valentine Day Brunch. Make pancakes and fried eggs shaped like hearts, serve with strawberry syrup, fresh strawberries, some nice crisp bacon, strawberry daiquiris and nice hot tea. Yum! Set a terminal-ly romantic buffet table and fill the DR ceiling with pink and/or red helium balloons.

12. Check for special events in your town. A romantic Valentine pops concert perhaps?

13. Get away for the weekend and see some great art. Bring one home; they're all for sale.

14. Organize something with your civic group. If the New York Giants can do it, so can you. They'll be visiting patients in Children's Hospital of New York-Presbyterian on Valentine's Day.

15. Call your favorite aunt or your bratty little brother and head for "New York in Love." The Museum of the City of NY is featuring an exhibit of 19th Century Valentines.

16. Try something zany. The Embassy Suites,

Richmond, Va. Offers the King's Dominion Package – 2-room suite, breakfast, reception, indoor pool and Jacuzzi and 2 adult tickets to go ride that roller coaster! There's more than one way to 'lose your heart' on Valentine's Day.

17. The Winter-storm adventure! Ancient Cedars Spa, Vancouver Island at the Wickannish Inn, situated on a rocky promontory at the westernmost point of Chesterman Beach, at the gateway to Pacific Rim National Park Reserve. Enjoy the spectacle of 20' waves pounding the coast from your room with ocean view, deep soaker tub, and fireplace for optimum viewing. All spa amenities, epicurean dining and "the storm-watching experience". Slickers provided. Bring along some friends, your pet, and/or a good book!

18. Feed your heart! Curl up with a good book. "A General Theory of Love," of course, by Amini, Lewis and Lannon.

Peanuts Are Good For You

By Suzanne Miles

Do you know these other amazing facts about this popular snack?

1. Peanuts are in the bean family. They are closely related to peas.

2. Peanuts grow on a green plant, similar to how tomatoes grow.

3. Peanuts give you energy for work or play.

4. South American Indians have grown peanuts for at least 1,000 years.

5. Elephants and monkeys enjoy eating peanuts.

6. A peanut pod contains 1 or more seeds.

7. You can bake or boil them. They taste good with butter.

8. A tasty treat on a sundae.

In the puzzle below, can you find foods that taste great with peanut butter?

APPLE BANANA CRACKERS
BREAD JELLY HONEY MILK
MARSHMALLOW CHOCOLATE

P A B H O J E R I L B M
C J P L E Y K A Y H J A
R E S P M I L K B S L R
A L R B L B R E A D L S
C L H O N E Y W N M W H
K Y T J R H O H A R O M
E D B L R E Y O N N C E
R M C H S C H L A T D L
S R C H O C O L A T E L
J E L M A R S B L O K O
W O H B R P P T E N H W

Do you like to write? *Kids Holiday Crafts Magazine* is looking for writers. Click on the submission guidelines link today!

Answer on page 24

Hooray, Hooray, It's Pancake Day!

By A. J. Rigby

Is there really such a thing as Pancake Day?

Sure! Pancake Day is on Shrove Tuesday, the start of the Easter celebration.

Pancake Day started out as a way of using up food stores before the Christian custom of Lent. Lent is traditionally a time of fasting. That means no food is eaten for forty days. Instead, food is replaced with prayer.

In England, Pancake Day is still celebrated. In Olney, Buckinghamshire, they hold Pancake Races, a tradition since 1445. People race through the streets of the town in their aprons, tossing pancakes to the finish line.

Other cultures traditionally feast on Shrove Tuesday. Mardi Gras is a big celebration in Louisiana, US and Brazil, South America. Mardi Gras means 'Fat Tuesday'. Carnival means 'removal of meat'.

English pancakes look more like French crepes than American pancakes. The ingredients are simple and they are easy to make.

What you need:

- 2 cups of flour,
- 3 cups of milk
- 4 eggs

What to do:

1. Put the ingredients in a very big bowl and mix them together. Ask to use an electric mixer, or use a long spoon and WHIZZ it. Careful! Don't splash! It will look very runny. This is the batter.

Tip: Make the batter early and let it stand for a few hours to blend (this will get rid of any lumps). The batter will separate – simply stir it again.

To cook: Spray cooking oil into a flat bottom pan and warm over a medium heat. Pour 1/2 cup of batter into the middle.

Let it brown on the bottom before - FLIP - toss it

over with a spatula, or a flick of the wrist with the pan. It should have brown spots and look like the moon when it's cooked.



To serve: Spread your favorite flavor on the pancake. Or try Lemon juice and sugar (the English tradition), bananas and ice-cream. Then roll it up and gobble it down!

For fun: Dare a grown up to flip them up to the ceiling.

Make rainbow pancakes by swirling a few drops of food coloring into the batter.

Make shapes as you pour it in the pan. Try a heart, the perfect circle, your house, a face.

Make the whole solar system! Try and match the shapes and colors of every planet. Pluto should be small and blue. Venus should be large and red.

Save a couple of pancakes for an outdoor Pancake Race. Use paper plates instead of heavy pans. Make an obstacle course. Time how fast you can finish. Count how many times you toss it.

This year Pancake Day is Tuesday 24 February, 2004. Don't forget!

Strawberry Sauce

What you need:

- 1 16 ounce pkg. thawed strawberries
- 2 teaspoons cornstarch

What to do:

1. In a medium saucepan, combine juice from strawberries and cornstarch. Cook over, medium heat, stirring constantly, until mixture thickens.

2. Cook 2 minutes longer. Add strawberries and heat to serving temperature. Do not overcook the strawberries.

Goal Setting for Kids

By Cecile Peterkin

Goal setting is essential for building a successful life. However, teaching kids how to set and achieve goals is not part of most school curriculums, nor is it taught in most homes. Many parents never learned the techniques of goal setting, and are still struggling with their own. You don't need to know it all. While you develop your own goal-setting skills, you can also be helping and encouraging your children to develop theirs.

Goal setting is a life-long skill. It helps your child to focus their unique gifts and talents, it helps to cultivate and strengthening your child's self-worth, and equips them to lead a life full of meaning purpose, and direction, regardless of the professional or personal paths they choose.

Consider:

Career (school grades, skill development, future plan); personal (character development, and personal growth (self-image, sense of responsibility, ability, self-esteem), appearance); health (exercise, diet, overall well-being, and balance); community (commitment to serving others through volunteer work); financial (understanding the value of money, earning, saving); friends (expanding their circle of friends, choosing friends wisely); household (chores, contribution to building home life); and recreation (hobbies, relaxation, fun activities).

Remember

Expect resistance; Be firm; Look for performance, not perfection; Kids need to see the end before they begin (incentive - what will happen if...); Kids need rewards; Kids need praise.

Results

As kids learn how to set goals and experience the difference goal setting makes in their personal destinies, it will encourage them to take action. They will begin to create lives for themselves that they want and "Dare to live their Dreams!" As your kids become more aware of greater possibilities in their lives, and tap into their respective talents they will develop a

stronger sense of self and of their contribution to society.

Success is the accomplishment of an aim or purpose. Failure is the lack of success. When we make mistakes and truly learn from each respective lesson these corrections are directly correlated to our eventual and inevitable success.

Joking Around on Valentine's Day

By Sarah Eshelman

Q: What did the boy pickle say to the girl pickle on Valentine's Day?

A: You mean a great dill to me!

Q: What did the bat say to his Valentine?

A: I love hanging around you.

Q: What did the stamp say to the envelope?

A: I'm stuck on you!

Q: What did one oar say to the other?

A: Can I interest you in a little row-mance?

Answers from p. 20

P	A	B	H	O	J	E	R	I	L	B	M
C	J	P	L	E	Y	K	A	Y	H	J	A
R	E	S	P	M	I	L	K	B	S	L	R
A	L	R	B	L	B	R	E	A	D	L	S
C	L	H	O	N	E	Y	W	N	M	W	H
K	Y	T	J	R	H	O	H	A	R	O	M
E	D	B	L	R	E	Y	O	N	N	C	E
R	M	C	H	S	C	H	L	A	T	D	L
S	R	C	H	O	C	O	L	A	T	E	L
J	E	L	M	A	R	S	B	L	O	K	O
W	O	H	B	R	P	P	T	E	N	H	W

Black History Month: Great Minds Quiz

By D.S. Foxx

Do you know who invented window cleaner? Traffic signals? Ice cream? Here's a hint: February is Black History Month.

The first refrigerated rail-car?

- a. Albert Einstein
- b. Wile E. Coyote
- c. Arthur Conan Doyle
- d. Frederick McKinley Jones.

In 1935, F. Jones found a way to keep food cold during trips so it wouldn't spoil. He turned trains into refrigerators on tracks, so food could be shipped from where it was grown to where it was needed. Before his roof-mounted refrigerator, food was shipped packed in ice—and people just hoped it wouldn't all melt away! He also developed a self-starting gas engine, a ticket-delivery machine for movie theaters, and more than 40 other inventions.

Central heat?

- a. Thomas Edison
- b. Chris Rock
- c. Rudyard Kipling
- d. Alice Parker

First there was fire. Then fireplaces. Then furnaces. But until the 1900s, there was no easy way to move heat from one place to another. Families often slept in the same room all winter long, so they could share the same fire for warmth.

In 1919, Alice Parker of Morristown, New Jersey, invented a new and improved gas heating furnace that provided central heating. Her design meant that one furnace could heat a whole house—so people could sleep in their own rooms and still be warm.

You have to leave the house sometimes, warm or not. Who invented the traffic signal?

- a. Nicola Tesla
- b. Richard Pryor
- c. William Shakespeare
- d. Garret Morgan

The first American-made cars hit the roads in the late 1800s, and things were very confusing for a while. People tried waving flags and blowing horns, and even walking in front of cars to make sure the road was clear.

In 1923, Garret Morgan designed a simple, inexpensive traffic signal to be put at intersections. He invented a lot of other things, too, including the gas mask that firefighters use.

How about an invention you might not like. Who invented the dust pan?

- a. Leonardo da Vinci
- b. Whoopi Goldberg
- c. F. Scott Fitzgerald
- d. Lloyd P. Ray

People were probably using things to pick up sweepings before Lloyd P. Ray won a patent for his invention, but think of how much harder your chores would be without it!

Window cleaner?

- a. Orville Wright
- b. Bugs Bunny
- c. Maya Angelou
- d. A. L. Lewis

In 1892, Lewis mixed a liquid that could clean glass easily, and that wouldn't burn the lungs of people trying to use it. The blue stuff you can buy now still has some of the same ingredients.

All right, time for some good stuff. Who invented Ice Cream?

- a. Marco Polo
- b. James Earl Jones
- c. Terri McMillan
- d. Augustus Jackson

1832 must have been a good year; it's when Augustus Jackson invented modern-day ice cream. But it took until 1897 for Alfred L. Cralle to dream up the Ice Cream Scooper.

People are still inventing things, of course. So,

one last question: Who invented the SuperSoakertm?

- a. J. Robert Oppenheimer
- b. Ice T
- c. Richard Wright
- d. Lonnie Johnson

Lonnie G. Johnson, born in 1949, invented the world-famous watergun, the Supersoaker. At age 18, he won a national competition with a robot he made out of junkyard scraps. Bet you can tell what his favorite subject was in school!

Are you an inventor, too?

Three Steps To Starting A Coin Collection

(NEWS CANADA) – First of all, look around for coins - any coins - and put them in a safe place. A good spot to find the first coins for your collection is right in your pocket. You might find some of the 25-cent coins that the Royal Canadian Mint made for the Millennium. Or the special 50-cent coin commemorating the Golden Jubilee of Queen Elizabeth II. Maybe your parents or grandparents have some loose change they could spare to help you start.

Here's another idea: Take your allowance to the bank and buy a roll of coins, then keep the ones you need for your collection. Or check out the newest and coolest coins at the Mint's website (www.mint.ca/en/RoyallyCool/FunFacts) and start your collection with some 'Royally Cool Money.'

Whatever you decide, make sure to keep your coins in a safe place - like in a small jar with a lid or ask your Mom or Dad to hold onto them for you. And always remember, some of the biggest and best coin collectors in Canada started with just a few pennies!

Next - find out what coins you have and make a list. The experts call this part "compilation." To make sense of your cents take out a sheet of paper - graph paper is best. On one side make a list of years. Start anywhere you want - 1900 or 1967 or maybe the year Grandpa or Grandma was born. It's up to you. Then check the dates on your coins and check off those years on the sheet of paper. This may not sound like heaps of fun, but you'd be surprised. You just might find a coin that's really old or has some special mark on it that makes it worth a lot more than you thought!

Once you've compiled, its time to classify and conserve your coins. This means putting the same kind of coins together - like, for example, coins from the same year. Conservation refers to

taking care of your collection.

These three simple steps are your ticket to a wide new world of fascinating people and places. Think of it as your own personal Canadian treasure, rich with stories about the incredible history, spectacular geography and unique symbols that make Canada a special place in which to live.

Valentine Luvbugs

From KidsHolidayCrafts.com

What you need:

- Coffee filters
- Clothespins
- Markers
- Tape or glue
- Red construction paper
- Pipe cleaners



What to do:

1. Decorate the filter with markers. Using a marker draw a face on the clothespin. If you prefer, with the red construction cut a large heart out to use at the wings.
2. Slide the filter or heart in the opening/slit of the clothespin. The filter or heart will be the butterfly's wings. You may want to attach the "wings" with tape or glue.
3. Add the pipe cleaners for antenna.

To simplify the coloring process place washable felt-tip marker dots all over the coffee filter surface, using as many colors as you want. Using the "mist" or "spray" setting on a water spray bottle, wet the filter till the colors start to run together.



©2004 Elizabeth O. Dulemba
<http://dulemba.com>



©2004, Elizabeth Dulemba
<http://dulemba.com>



©2004, Elizabeth O. Dulemba
<http://dulemba.com>

Meet the Writers

Donna J. Shepherd lives in Ohio with her husband, Don, and two children, Leah and Aaron, who have inspired many of her poems. Two poodles, a parakeet, and a very fat Bichon Frise named Chelsea round out the household. Her poems and articles are in *Just Between Us*, *Wee Ones*, *Whimsy*, and *Strate* magazine. She may be contacted at donnashepherd@cinci.rr.com.

Tina Musial is an aspiring children's book writer and mom. She currently resides in New Jersey with two very busy pre-schoolers who are a great source of inspiration. View her website at www.tinamusial.smartwriters.com.

Elizabeth Dulemba is a former graphic designer currently writing and illustrating children's picture books. Her website is Dulemba.com. You can also email her at elizabeth@dulemba.com.

D.S. Foxx is a freelance writer and editor. Her short story "Dreads" will appear in *Dark Dreams*, Kensington Press 2004 at <http://bookwurm.hypermart.net>

Suzanne Miles has a Bachelor of Science in early childhood education with a concentration in art. She has taken children's writing courses with Barbara Seuling and is currently enrolled in the writing course at The Institute of Children's Literature. She is a member of The Society of Children's Book Writers and Illustrators'.

Jaki Ryan resides in Arizona and is the author of *Kroppin' Your Kids, A Step-By-Step Guide to Scrapbooking Your Children's Photos*. In addition to homeschooling her three children, she has owned and operated a daycare/nursery school in her home and was the craft coordinator for an agency that funded educational programs for all home daycares in her state. She is currently working on several picture books and non-fiction articles.

Sarah Eshelman writes and teaches in St. Paul, Minnesota.

A. J. Rigby is the best pancake maker in the world, according to the local kids. She is particularly fond of pink pancakes. When she's not cooking for children she spends her time writing for children. She likes to serve up adventure fantasy as well as nutritious non-fiction. Originally

from England, she now lives a flavorful life in Fairbanks, Alaska.

As a professor of nursing, most of **Andrea Posey's** writing has been scholarly and geared toward education. She is an avid fantasy reader and as a creative outlet, she started writing fairy tales and poetry for herself and her children about 4 years ago. She has had 2 poems published.

Cecile Peterkin is a trained Career/Life Coach and speaker whose work centers primarily on middle managers and their various challenges. She also works with individuals who are ready to move forward, take action, achieve goals and experience overall life improvement, both in personal and in career. Find out more at her website at www.cosmiccoachingcentre.com

Susie Michelle Cortright is the author of *More Energy for Moms* and *Rekindling Your Romance After Kids*, as well as the *Soul Snacks* booklet series, featuring creative ways to nurture yourself and your family in 15 minutes or less. Each of these publications is available through Momscape.com, a website devoted to helping women celebrate and embrace their diverse roles: <http://www.momscape.com> This article provided by the Family Content Archives at: <http://www.Family-Content.com>

To find more work by **Susan Dunn**, please visit <http://www.Family-Content.com>

News Canada (<http://www.newscanada.com>) is a niche service in public relations, offering access to print, radio, television, and now the Internet media, with ready-to-use, editorial "fill" items. Visit News Canada and learn more about the NC services.

Shannon Bridget Murphy can be reached via editor@kidsholidaycrafts.com

Melissa O. Markham is a stay home mom, homeschooler, and writer. She lives in Virginia with her husband, 17 year old step son, 6 year old son, and 3 year old daughter. She has been published in Weeonesmagazine.com, *Focus on the Family Clubhouse*, *Lighthouse Magazine*, *Story Art*, *Boys Quest*, *The Writer*, *The Willamette Writer*, *FellowScript*, and *The Working Writer*. She is currently working on several fiction and nonfiction picture book manuscripts.