

Saplings

Magazine

Vol. 1, Issue 7

www.saplingsmagazine.com

January 2005



WINTERY FUN

Staff

Editor-in-Chief: Nancy Cavanaugh
Managing Editor: Lisa Keele
Proofreader: Sarah Eshelman
Website Design: Elizabeth Dulemba
Front Cover: Bonnie Everett-Hawkes
Writers: Teresa Nordheim
Sarah Eshelman
Barry Eva
Katelyn Thomas
Cindi Jo Nordheim
Bonnie Myerson
Belinda Mooney
Donna J. Sheperd
Christy Cambum
Jude Hudson
Kerri B. Norris
Nancy Viau
Bill Kirk
Evelyn Hall
Kurt Meizer
Jes Ferguson
Queries: saplingsmagazine@gmail.com



Copyright 2004-2005 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 saplingsmagazine@gmail.com.

Table of Contents

Keiko and the Missing Tuna Roll	4
Japanese Tuna Rolls	4
The Kings are Coming!	5
Accidental Discovery of Tea	6
Don't Trash Your Tea Bags	7
George the Dinosaur	7
I Love to Visit the Zoo	7
Kids in the Kitchen -- Soup's On	8
Skinny Snowman	8
Amazing Eye Facts	9
Make an Eyeglass Holder	9
Snowmen Cookies	9
Keeping Warm in the Arctic	10
Penguin Pop Quiz	10
Penguin Word Scramble	11
Introduction to Story Writing	11
Make a Pair of Mittens	13
Waterless Snowglobe	14
Winter Word Scramble	14
Snow Painting	14
Happy New Year's Word Search	14
Poetic Celebration: Robert Burns' Day	15
Quick Peek -- Facts About Scotland	16
Creative Nature Crafts for Kids	17
Rainbows	18
Baths	18
Almost Out the Door	18
Crystal Rainbows	19
Friendships	19
Hugger Mugger	19
Snow Angel Coloring Page	20
Making a Snowman Coloring Page	21
Snowfall Fun Coloring Page	22
Meet the Writers	23

Keiko and the Missing Tuna Roll

By Teresa Nordheim

"Keiko, hurry up or we'll be late." Mom called up the stairs.

"I'm on my way!" Keiko shouted.

She came running down the stairs and almost tripped over Meko, the family dog. Meko jumped up from the steps and barked happily, greeting her.

"Come on, Keiko, we need to get going or we'll be late."

Meko begged at Mom's feet.

"Yes, Meko, you can come. Just be on your best behavior tonight."

Mom smiled as she put on Meko's fancy collar.

Within moments, the car pulled up in front of "Hasegawa's House of Sushi."

Dad greeted them at the door. "Welcome to Hasegawa's House of Sushi," he said as he took a bow. Keiko giggled at her dad as she entered the restaurant.

"I can't believe we have our own restaurant." Keiko smiled.

"Here we go," Dad said as he walked over to the closed sign and flipped it to read OPEN. The Hasegawa's House of Sushi was officially open for business.

The customers came in a hurry and the restaurant began to buzz with noise.

"What is going on?" A man shouted. Dad ran from the kitchen. Keiko followed him.

"Over there, Dad," Keiko pointed to the elderly gentleman in the corner booth. The stout man was still shouting and pointing at his plate.

"What seems to be the problem, Sir?" Dad asked.

"Someone stole my tuna roll! I looked away for just one second. When I turned back, it was gone!" the gentleman exclaimed.

Keiko stood behind her father with a notebook in her hand. "Keiko and Meko Detective Agency is at your service," she smiled. "I think we can help you. We're the best detectives in the entire first grade." Keiko placed her hands on her hips.

The elderly gentleman smiled, "That would be wonderful."

Keiko searched every corner of the restaurant but she did not see the tuna roll. She pulled out her magnifying glass to get a closer look but there was no trace of the missing tuna anywhere.

Meko let out a small whimper.

"What is it Boy? Did you find a clue?" Keiko asked. Meko stood still as he sniffed the ground. He pointed his left paw towards the darkest corner of the restaurant. Keiko saw a trail of seaweed and rice

leading from the gentleman's table, to the table in the opposite corner of the restaurant. A set of glowing eyes peered out from under the table.

"Meow, meow."

Meko replied with a sharp, "Woof, woof."

Keiko lifted the tablecloth and found a small kitten nibbling on a large tuna roll. Keiko smiled as she gently pulled the kitten out and petted his long white fur.

Dad smiled, "It looks like someone else enjoys my tuna rolls." The restaurant filled with laughter as everyone realized the small kitten was the tuna roll thief.

"Looks like I need to get more tuna rolls," Dad smiled at the elderly gentleman and disappeared into the kitchen.

Dad returned with two plates of tuna rolls. He placed one plate down in front of the elderly gentleman. He placed the other plate onto the floor. The kitten stared at the plate.

"Meow."

"Well, come and enjoy your own tuna roll," Dad said. The kitten's fluffy tail went straight into the air as he pranced toward his dinner.

"Another case solved by the two greatest private eyes in the universe!" Keiko smiled.

Japanese Tuna Rolls

What you need:

- 4 cups sushi rice (rice and sweet vinegar mixture)
- 4 sheets of dried seaweed
- 4 ounces raw tuna

What to do:

1. Cut tuna into thin, long sticks.
2. Put a sheet of seaweed on top of a bamboo mat.
3. Spread the sushi rice on top of the seaweed.
4. Place the tuna sticks on the rice.
5. Roll the bamboo mat, pressing forward to shape the sushi.
6. Press the bamboo mat firmly and remove it.
7. Cut the rolled sushi into bite-sized pieces.

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

The Kings Are Coming!

By Sarah Eshelman

This article is dedicated with love to Doña Limpia, Erin Cerezo-Schafle.

"¡Ya vienen los Reyes!" "The Kings are Coming!"

This is what you might shout in early January if you lived in Spain. Spanish children eagerly look forward to the morning of January 6, Three Kings' Day - in Spanish, el Día de los Reyes Magos. On this day, children wake up to find gifts left for them by the Three Wise Men, or Reyes Magos, who visited baby Jesus when he was born.

Many countries, such as Spain, celebrate Three Kings' Day, also known as Epiphany, to remember an event that took place a long, long time ago. According to the Bible, Three Wise Men followed the light of a bright star to Bethlehem, where they brought gifts of gold, frankincense, and myrrh for the Baby Jesus. Every year, the Wise Men continue to bring gifts to children, like they did long ago for the Baby Jesus.

Spanish families have the figurines of the Three Wise Men in nativity scenes, or **belenes*, in their homes. Three-year-old Santiago Cerezo, who lives in Madrid, loves the lights and the elaborate nativity scenes in neighborhood shop windows, which have real grass and water. Franchesca Cerezo, who is eight years old, says that in her school during December there are contests for drawing belenes. Most children have a favorite King; Franchesca's favorite King is Gaspar.

Rey Mago Gaspar visited two-year-old Miguel Ángel Sánchez Cerezo's preschool last year, to give out presents to the children. Miguel Ángel received a drum!

Before Three Kings' Day, children write letters to the Reyes Magos asking them for presents. They know the Kings will bring them nice or not-so-nice presents, depending on how they have behaved!

Daniel Cerezo Corisco, who is four years old, says, "I am going to write a letter to the Kings and I'm going to say that I've been really good and I've eaten all my food at my grandparents' house and I haven't fought with my brother."

He explains, "If I misbehave, the Kings will bring me coal - last year they brought me pretend coal for a joke! I'm also going to ask for toys for my brother because he can't talk yet, so he doesn't know how to ask. And I'm going to leave them some food. Last year they ate it all. I left them mandarin oranges, milk, and **turrón*." **Turrón* is a special kind of almond candy eaten at this time of year in Spain.

On the evening of January 5, the Three Kings, Melchor, Gaspar and Baltasar, arrive from the east. In all cities and towns of Spain, there is a Cabalgata de Reyes, a big parade with floats. The children welcome the Kings, and the Kings' helpers throw them candy. Eight-year-old Enrique Galvez says he never misses la Cabalgata de los Reyes. His favorite Rey Mago is Baltasar.

Before going to bed, families leave a snack for the Three Wise Men and their camels. Then they place their shoes in the living room or on the doorstep.

In the middle of the night when everyone is asleep, the Wise Men will leave gifts for the family to thank them for leaving them a snack. Families wake up in the morning to find their shoes filled with presents!

Later that day, there is a fun celebration with a family gathering and festive meal to celebrate this joyous holiday. Families enjoy **Roscón de Reyes*, a special dessert in which a **sorpresa*, surprise, is hidden. Everyone waits to see who gets the small present!

Three Kings' Day Questions and Answers:

Does Santa Claus visit Spain?

Traditionally, Spanish children have celebrated Christmas with their families, and waited for Three Kings' Day for presents. Now, many children receive some gifts on Christmas, also.

Where else is Three Kings' Day celebrated?

Three Kings' Day is called el Día de los Reyes in Spain, Mexico, and some other Spanish-speaking countries. It is also celebrated in other European countries, such as Germany, France, and Italy, where it is called Epiphany. In Italy, the sweet Bellafana leaves gifts such as nuts and candy or small toys, on this holiday.

Spanish Pronunciation Guide

Día - DEE-ah

Reyes Magos - RAY-ays MAH-gos

Gaspar - Gahs-PAR

Melchor - Mel-CHOR

Baltasar - Ball-tah-SAHR

Belenes - bay-LAYN-ays

Cabalgata - cah-ball-GAH-ta

Turrón - too-ROHN

Roscón de Reyes - ros-KOHN day RAY-ays

Sorpresa - sor-PRAYSS-ah

The Accidental Discovery of Tea

By Barry Eva

As every Englishman will tell you, there is only ONE way of drinking tea: hot.

There is a very simple principle to the making of tea and it's this – to get the proper flavor of tea, the water has to be boiling (not boiled) when it hits the tea leaves. That's why we English have these odd rituals, such as warming the teapot first (so as not to cause the boiling water to cool down too fast as it hits the pot).

The Art of Making a Cup of Tea

Experts recommend using two separate pots when making tea. The first will be used to boil the water, and the second is used to brew the tea in. Loose tea leaves can be added to water directly and then pulled out with a tea strainer, or a tea ball, which holds leaves inside a metal container, can be used.

1. Begin with fresh water. Bottled and filtered water make the best tea.

2. Begin to boil the water.

3. As the water begins to boil, remove teapot or kettle from heat.

4. Pour a small amount of water into your brewing kettle. This will "scald" the pot. Discard the scald water immediately. (This is step is known as warming the pot.)

5. Pour remainder of boiling water into teapot or kettle.

6. Add tea to pot or kettle. If you're using tea bags, add four bags for every six cups of tea. If you're using leaves, it's best to gently pack leaves into a tea ball. (Note: Tea balls can only be filled halfway. Overpacking a tea ball will cause it to explode.)

7. Time the brewing process. Most types of tea take 3-5 minutes.

8. Remove tea bags or balls.

9. If you've used tea leaves, you will need to strain your tea as you pour it into a cup.

Accidental Discovery of Tea

In 2737 BC, legend has it that leaves from a tree dropped into Emperor Shen Nung's cup of water a servant was boiling. The water was turned brown by the wayward leaves. Being a scientist, the emperor was curious and decided to try some of this new liquid. He found the liquid aromatic and refreshing. Since that serendipitous beginning, tea has been part of many cultures down through the years.

The first samples of tea reached England between 1652 and 1654. Tea quickly proved popular enough to replace ale as the national drink of England. Prior

to the introduction of tea into Britain, the English had two main meals-breakfast and dinner. Breakfast was ale, bread and beef. Dinner was a long, massive meal at the end of the day.

The first mention of adding milk to tea came in 1680. Sugar from the plantations in Jamaica might also be added. About this time, as it was said, the Earl of Sandwich, who couldn't seem to tear himself away from the gambling tables long enough for lunch, came up with a new food. He would have his valet bring him meats and other sustenance between two slices of bread so that he could eat and continue the games at the same time. Thus the "sandwich" was born.

It was no wonder that Anna, the Duchess of Bedford, one of Queen Victoria's ladies-in-waiting, adopted the European tea service format. She invited friends to join her for an additional afternoon meal at five o'clock in her rooms. The menu centered around small cakes, bread and butter sandwiches, assorted sweets, and, of course, tea. In colder months this often turned into "tea and crumpets"

Tea Bags

The first tea bags were made from hand-sewn silk muslin bags and I have found tea bag patents of this sort dating as early as 1903. First appearing commercially around 1904, tea bags were successfully marketed by tea and coffee shop merchant Thomas Sullivan of New York, who shipped his tea bags around the world. A machine was soon invented to replace the hand sewing of tea bags.

Thomas Lipton incorporated the Lipton Tea Company in 1915. Lipton Tea patented a novel four-sided tea bag in 1952 called the flo-thru tea bag.

In May of 1989 L Lyons, after five years of research, developed the first "round" teabag.

In 1996, PG Tips, the number one brand of tea in England, launched their pyramid bags, the result of four years of research. The new 3D shape provided as much as 50 percent more room for the tea leaves to move around when boiling water was added. The extra dimension meant the tea leaves could infuse with the water more effectively and provide 50 percent more tea flavor.

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

Don't Trash Your Tea Bags

By Katelyn Thomas

Did you know that tea is good for a lot of things besides drinking? Here are just a few uses for tea:

Tea for Crafts

Do you have a dollhouse? Dry out used tea bags and then use the tea inside the bags to make dirt for a dollhouse garden. You can also use tea to dye fabric to make it look old.

Tea for Health

Next time you have a bad sunburn, reach for a tea bag. Wet tea bags help take the sting out of your sunburn fast.

Tea for Gardens

If you want a healthy garden, you can make a

compost pile and add your used tea bags to the pile.

Tea for Houseplants

Do your plants look a little droopy? You can make them feel better with a cup of plain tea. Just make sure the tea is not still hot before you water the plants.

Tea for Dogs

Next time your dog is a flea bag, give him a tea bag! Those pesky little fleas hate tea. Grab a few unused tea bags and put them in your dog's bed to chase the fleas away.

So, the next time someone says, "Throw out this tea bag, please," think twice before you toss the bag!

George the Dinosaur

By Cindi Jo Nordheim

There once lived a great dinosaur named George. He was lime green and had spikes on his back. He also had very sharp teeth, 106 of them to be exact. He did not appear to be very friendly.

Most of the villagers thought George was dangerous, nasty, and wild, but really, he was a cute, cuddly teddy bear inside. The problem was no one looked past the spiked teeth and large body to give him a chance.

Every year on November 4th, he would celebrate his birthday with his Mom, Dad, and little sister, Caly. The only creatures who understood George were his family. He didn't have any friends. So when his birthday came the only present he got from the villagers was torture, teasing, and threats. Not something anyone wants on his or her birthday.

On George's 7th birthday, he decided he had had enough. That is, no one better be mean to him or his family. If they were, he would have to tackle them to the ground and tickle them.

One day, a little girl changed the way George thought about life. She made a cake for him. She walked all the way up to his cave to deliver it.

When she met George face-to-face she started to sing.

"Happy birthday to you," she sang. George didn't know what to do.

"What is your name?" George demanded, showing his sharp teeth to the little girl.

"Jo," she replied, looking up at the green dinosaur.

"Well, thank you, Jo," George said as he wiped a teardrop from his eye. "You are a very kind little girl."

It is said, somewhere in that faraway land, George and Jo are still the best of friends.

I Love to Visit the Zoo

By Bonnie Myerson

Lions and tigers, koala bears and bats.
Children with balloons and bunny ear hats.

Monkeys, and camels with humps on their backs,
Bouncing kangaroos with babies in sacks.

Snakes and lizards, turtles and frogs,
Cows, sheep, and pink muddy hogs.

Big gray elephants and tiny mice too.
I know where to find them, do you?

They are not in the grocery store, or at the park,
They are not in the basement, hiding in the dark.

They are not in my back yard, or up a tree,
They are not in my toy box, come look and see.

All of these things can be found at the zoo,
I love going there, and I am sure you do too.

Kids In the Kitchen - Soup's On

By Belinda Mooney

January is a wonderful month for soups. It's pretty chilly in most places in January and a bowl of hot, steamy soup makes you warm inside. Even if it's not cold where you live, soups can be fast and fun to make.

A-Plus Alphabet Soup

Makes 4 Servings

2 cups all-natural chicken broth or vegetable broth (such as Imagine Natural)

1 1/2 cups water

One 8-ounce can tomato sauce

4 ounces dried alphabet pasta (about 3/4 cup)

1 1/2 cups frozen mixed vegetables, thawed

One 7 3/4-ounce can chickpeas, drained and rinsed

1/4 cup grated Parmesan cheese, optional

Add the broth, water, and tomato sauce to a medium saucepan and stir to combine. Cover and bring to a boil. Add the pasta, vegetables, and chickpeas, and boil gently, uncovered, until the pasta is done, 6 to 8 minutes. Stir occasionally. Serve in individual bowls and top with Parmesan cheese as desired.

Simple Ramen Noodle Soup

Two 15 oz cans of vegetable broth (you can use chicken or beef broth as well)

1 cup water

4 to 6 ounce package of curly Ramen noodles

1 scallion, green part only, thinly sliced

1 cup small mushrooms, sliced (optional)

1 cup frozen peas, thawed

Bring the broth and water to simmer in a large saucepan. Add the noodles and cook for a couple of minutes or until you can separate the noodles with a fork.

Add the scallions and the mushrooms and cook until the noodles and mushrooms are tender, about 5 - 7 minutes. Add the green peas and cook until heated through. Use the curly Ramen noodles found in the Asian section of your market, not the Ramen soup. You can also substitute very fine egg noodles. (<http://www.vegkitchen.com> & The Vegetarian Family Cookbook)

Chili Concoction

1 1/2 pounds of hamburger

One no. 2 can tomatoes (a large can, about 15 - 20 oz)

One no. 2 can kidney beans

1 large onion, chopped

1 tablespoon chili powder

1/2 teaspoon salt

Brown hamburger in large skillet. Drain extra grease with an adult's help. Then stir in the tomatoes, beans, chili powder, and salt. Heat to boiling. Turn down heat to simmer. Simmer for 30 minutes, stirring often. Makes 4 - 6 servings. (Betty Crocker's Cookbook for Boys and Girls - used with permission.)

Fun Things to Do with Canned Soup

Start with a can of your favorite soup and use these fun ideas to spice it up.

- Tomato Soup - sprinkle cheese or croutons on top, add a handful of frozen peas or mixed vegetables, or add some cooked hamburger.

- Cream of Chicken or Mushroom - Add sliced mushrooms, stir in chopped cooked chicken or turkey, or toss in some frozen chopped broccoli.

- Chicken Noodle Soup - Add some extra ABC noodles, shredded carrots, chopped chicken, or frozen veggies.

- Mix more two favorites - Tomato & Vegetable Soup, Chicken Noodle with Cream of Chicken, Tomato & Chicken Noodle.

Cooking Terms:

Simmer - Cook over heat until near boiling but not hot enough to bubble over

Mince - Chop into tiny pieces

Skinny Snowman

By Donna J. Shepherd

Help me quick!

My snowman is sick.

His body is wasting away!

He used to be fat

With a belly to pat,

But now he gets slimmer each day.

He doesn't work out,

He just stands about.

So why is he still losing weight?

With temperatures higher

He seems to perspire.

Let it snow before it's too late!

Amazing Facts About the Eye

Ever notice how many times your eyes blink?

Probably not, because we blink so fast. The average person blinks about 12 times a minute. That's an amazing 10,080 blinks in a kid's day (14 waking hours). That's why when someone says "it happened in the blink of an eye," they mean it happened really fast.

How far can an eagle see?

A lot further than the human eye can see. An eagle can see a rabbit about 1 mile or 1760 yards away. The average person needs to be about 550 yards away to see the same rabbit. That's why when someone says, "You must have eagle eyes," they mean you can see really far.

Does being color blind mean you only see in black and white?

Not exactly. People who are color blind just can't see things in as many colors as people who have normal vision, and they cannot see certain colors like red, green, and some blues. Not all color-blind people see colors the same way, either. That's why when someone says, "You must be color blind," they mean you didn't pick out your colors very well.

If bats are blind, how do they "see" where they are going?

It is a common misconception that bats are blind.

Almost all bats can see, and their sense of sight and smell is well developed, but these bats don't use their eyes to "see" where they're going. They use sound waves. They make high pitched sounds and then listen for the echoes caused when the sounds bounce off an object. Some bats can fly at a speed of up to 30 miles per hour. Their "radar" must be pretty good to fly that fast at night!

If someone is nearsighted they can't see things that are near, right?

Actually it is the other way around. People who have nearsighted vision can see things that are near very well, but they have trouble seeing things far away clearly. The scientific name for nearsightedness is myopia.

People who have farsighted vision can see things far away clearly but have trouble seeing things close up. The scientific name for farsightedness is called hyperopia.

Snowmen Cookies

Round sugar cookies (as many as needed)

White icing (recipe below)

Icing for decorating the face - black, orange and blue

Edible 'glue' (recipe below)

Small candies

1. Cover the front of the cookie with the white icing. Allow to set.

2. Use the other icing colors to decorate the face, or use small candies and the food 'glue.'

Icing

3 tbs. meringue powder

1 lb. sifted confectioner's sugar

5-6 tbs. lukewarm water

1 tsp. flavoring

1. Combine all ingredients.

2. Mix with electric mixer 5 to 6 minutes on high speed.

Edible 'glue'

3 egg whites

1 lb. confectioner's sugar

1. Beat eggs to foam

2. Add confectioner's sugar and mix.

Make an Eyeglass Holder

By Nancy Cavanaugh

What you need:

One sheet of fun foam, any color

Hole puncher

Yarn to match or complement the fun foam

Yarn needle

Misc. stuff to decorate with – markers, glue and glitter, lace, fun foam shapes, etc.

Craft glue

Scissors

What to do:

1. Print out the template. Cut it out and trace two onto fun foam. Cut out the pattern.

2. Hold the two pieces together then punch holes from one side, along the bottom and up the other side. Leave one end unpunched.

3. Cut out shapes from other pieces of fun foam and glue them to the case or draw on it with markers, glitter, lace, etc. Let dry completely.

Keeping Warm in the Arctic Experiment

What you need:

- 3 zipper sandwich-size plastic bags
- Ice cubes
- 2 people

What to do:

1. Take one bag and close it most of the way. Blow air into it to partly fill it up, then close it completely.
2. Fill one bag with ice cubes, then close.
3. Leave one bag flat and closed.
4. Place both of your hands, side-by-side, palm sides up.

Have someone lay the flat, empty plastic bag on your hands, and then lay the plastic bag filled with ice on the empty plastic bag. Leave this on for about 1 minute.

What do you feel?

5. Place both of your hands, side-by-side, palm sides up.

Have someone lay the plastic bag filled with air on your hands, then lay the plastic bag with the ice on top of the bag. Leave this on for about 1 minute.

What do you feel?

What happened when you laid the bag filled with ice on the empty plastic bag? How did your hands feel?

What happened when you laid the bag filled with ice on the plastic bag filled with air? How did your hands feel?

Why do you think your hands didn't get cold with the bag filled with air? How would this help penguins to keep warm?

How penguins keep warm

Penguins have several layers of feathers that help to insulate them from the cold. On the top layer, the feathers overlap, fitting close together like scales on a fish. These coarse outer feathers are also covered with a waxy, oil-like substance. This waxy substance is secreted out of a special gland located at the base of the penguin's tail. Penguins spend lots of time preening and spreading this waxy substance over their outer feathers with their beaks.

Underneath this tight layer of outer feathers is a thick layer of feathers called down. These fuzzy feathers trap air under the outer feathers. The layer of downy feathers combined with air acts to insulate the penguin from the cold. The fluffy, downy feathers combined with air keep the body warmth in and help to keep the cold air out. Both layers of feathers help the penguin survive in the coldest temperatures on earth.

The plastic bag with the air is like the fluffy down under the outer feathers. These feathers keep the warmth in and the cold air from reaching the penguin's body. This allows the penguin to survive in some of the coldest temperatures on earth.

Penguin Pop Quiz

How much do you know about penguins?

1. Which is the largest of all the penguins?
 - a. King
 - b. Chinstrap
 - c. Emperor
2. Which penguin lives the farthest to the north?
 - a. Little Blue Penguin
 - b. Rockhoppers
 - c. Galapagos Penguin
3. What animal class do penguins belong to?
 - a. Fish
 - b. Bird
 - c. Mammal
4. How do penguins keep warm in the Antarctic?
 - a. Oil in their outer feathers, a layer of fluffy down, and a thick layers of blubber,
 - b. Thick fur
 - c. Hibernation
5. How do penguins protect themselves from their enemies in the water?
 - a. Black & white coloration
 - b. Fighting
 - c. Flying
6. Which penguins are close to becoming endangered?
 - a. Magellanic & Chinstrap
 - b. Rockhoppers & Gentoo
 - c. Humboldt & Galapagos
7. What do most penguins eat?
 - a. Grass, plants, and seeds
 - b. Fish, squid, and krill
 - c. Meat from other animals
8. Which parent takes care of the eggs and the chicks?
 - a. Just the female penguin
 - b. Both the male & female penguins
 - c. Just the male penguin

9. Why can't penguins fly?

- a. Their bones are heavy and their flippers are too thin
- b. They don't know how to fly
- c. It is too cold for them to fly

10. Which animal preys on penguins in the Antarctic region?

- a. Blue Whales
- b. Leopard seals and killer whales
- c. Sea turtles

See page 19 for the answers!

Penguin Scramble

Unscramble the words relating to penguins. See answers on page 19.

rdib
mswi
kabe
cichk
tfahere
odcl
fhis
blbeubr

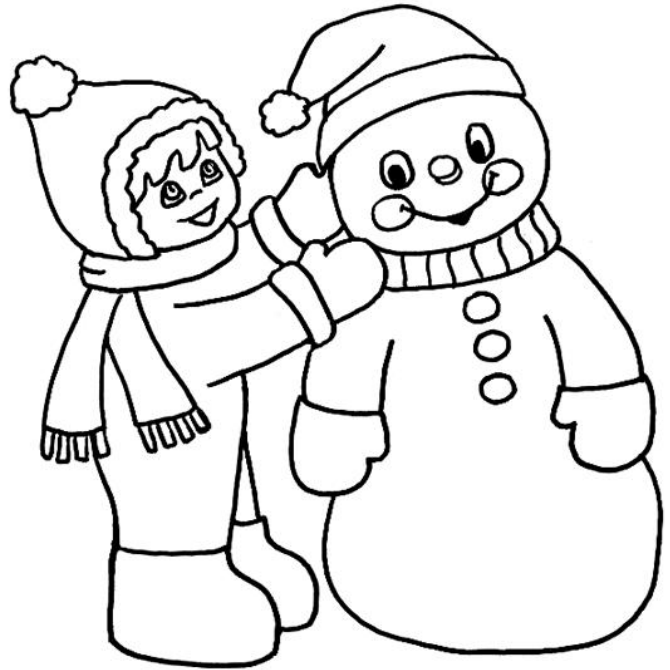


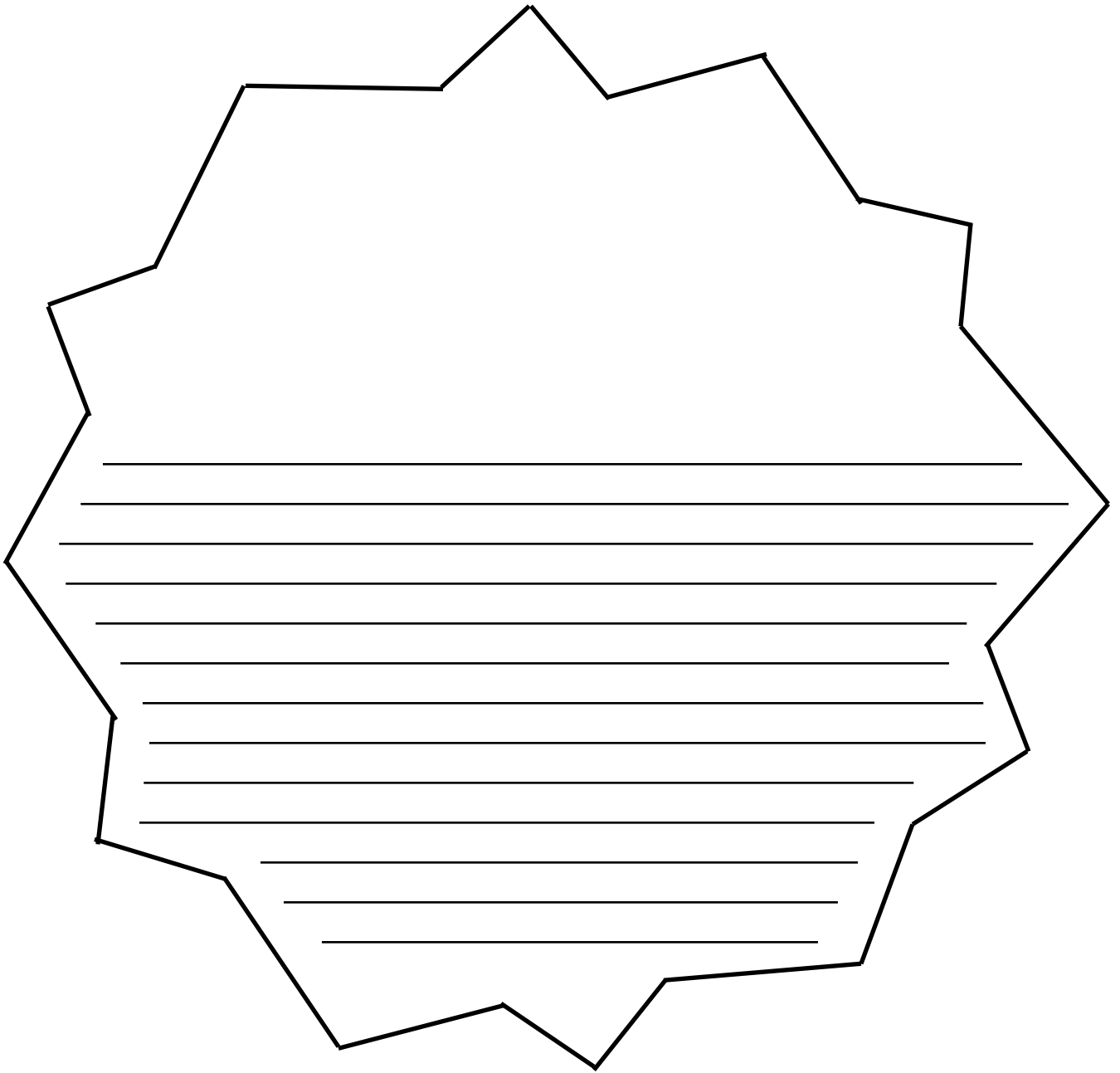
Introduction to Picture Story Writing

Using the pictures below, write a short story telling how the picture of a boy sledding can be connected to the picture of a girl building a snowman.

When you've finished writing the story, print out the snowflake pattern on the next page, enlarging it

on a copier first for a bigger snowflake, and copy your story onto it, using as many snowflake pages as needed. Draw pictures at the top of the page. Staple at the top. Now you have a fun, snowflake-shaped book to share with your family and friends.





Fine Literature Digitally Re-Published

Project Gutenberg

<http://promo.net/pg/>

Make a Pair of Mittens Craft

By Nancy Cavanaugh

What you need:

Hole punch
Scissors
Fun foam or construction paper
Yarn
Yarn needle
Markers, paint, glitter, lace, fun foam shapes, etc.
Glue

What to do:

1. Print out the pattern, then cut it out.

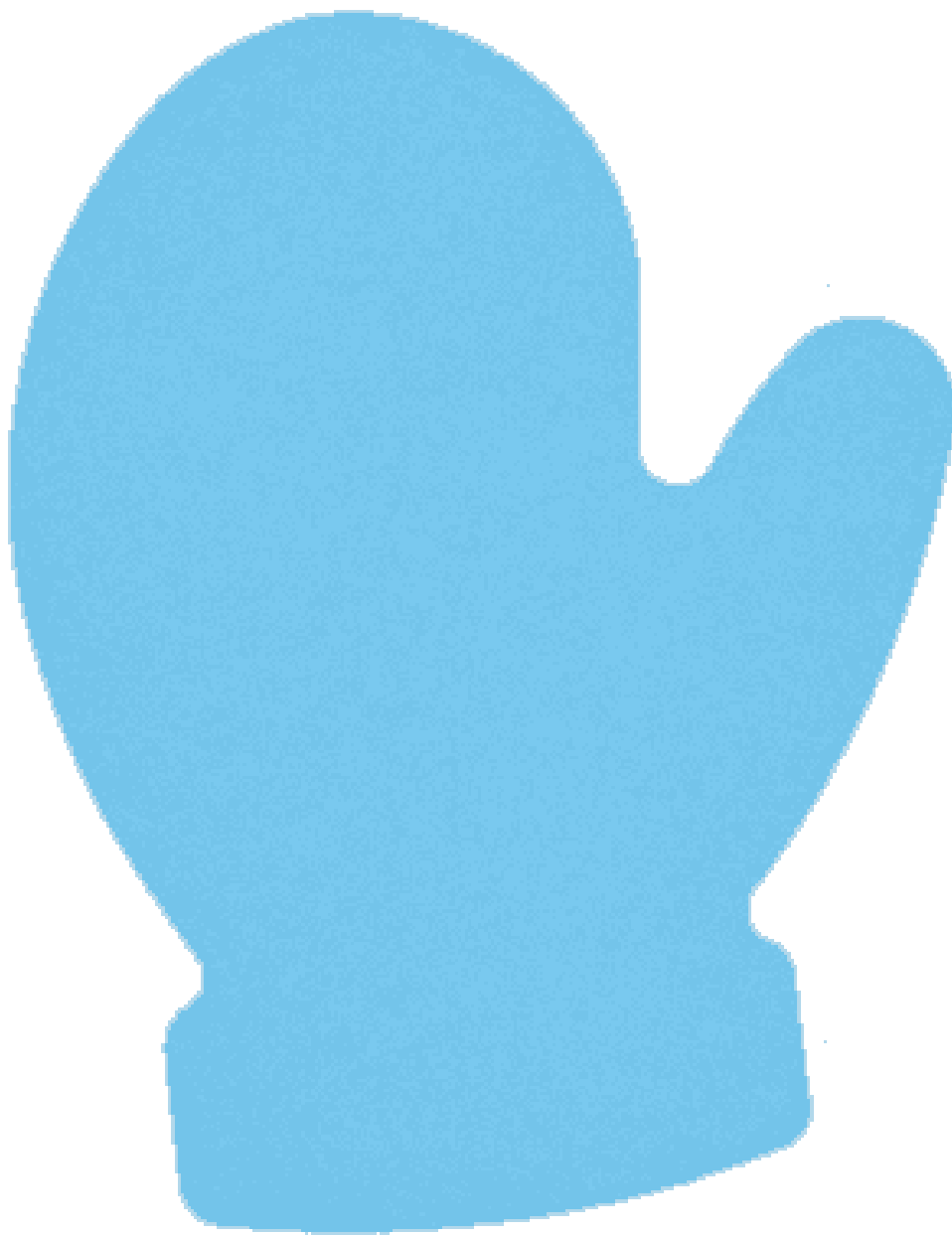
2. Trace four mittens onto the fun foam or construction paper.

3. Using the hole punch, make several punches around the mitten, leaving the bottom un-punched.

4. Cut a piece of yarn and thread it through the needle. Sew around the mitten.

5. Decorate the mittens. If glue is used, let dry completely.

6. With another piece of yarn, tie an end on each mitten then hang up.



Winter Scramble

Unscramble the following winter words. See the answers on page 18.

dlse
ksis
velgos
nosmwna
tha
tskesa
fcasr
eci
wons
vlsohe

Snow Paintings

From www.kidsholidaycrafts.com

What you need:

- 1 cup Ivory Snow soap
- 3/4 cup water
- Black paper
- Small brushes

What to do:

- Mix 1 cup of Ivory Snow powder and the water using hand beaters.
- Use small paintbrushes to paint pictures on the

black paper.

Waterless Snowglobe

From www.kidsholidaycrafts.com

What you need:

- 1 plastic bubble container that vending machine toys come in
- A can of spray snow
- 1/2 to 1 inch Christmas ornament
- Hot glue gun (to be used by an adult only)
- Black spray paint
- Paper cup
- Toothpick
- Ribbon, optional

What to do:

- First separate the top and bottom of the plastic container. Spray paint the top (the smallest piece) with black paint. Let dry.
- Spray snow in paper cup - dip toothpick into snow mixture and place drops of snow inside the bottom portion of the clear bubble. Note: You can not spray snow directly into bubble - it will not work!
- Hot glue ornament on the top of the lid.
- Hot glue the lid inverted to the plastic bubble. Parents or teachers only!
- You may wish to glue ribbon around the bottom of the globe to add that extra touch!

Happy New Year Word Search

By Teresa Nordheim

E D Q Y F A B Y P X M U N R H
D T O B H A R K C R Y I C A Z
R R A V M A M D K C O L C E L
J Q N R U F R I E N D S D Y W
U V V N B Y Q A L M M R J E J
H Z A E U E N F F Y Z M N Z Y
S J Y R Z X L K C M F C A U L
K H D T U R F E G T P H E S X
R G A K R I L B C S H X K R N
O H A Z R A M T V L T I I Q L
W A R S F E P G A C F K C Q K
E P T L L J E P T G H E M Y Q
R P E V D B L R X W Q F W G X
I Y N A Z K H E M J E L D G C
F E T G W Y I X C A B C J S R

CELEBRATE
CLOCK
FAMILY
FIREWORKS
FIRST
FRIENDS
HAPPY
JANUARY
NEW
PARTY
YEAR



See answer on page 19.

Poetic Celebration: Robert Burns' Day

By Jes Ferguson

How would you like to have a pudding cooked in a sheep's stomach served at your birthday party?

That is what happens in Scotland each year on January 25, the day the whole country celebrates the birthday of their National Poet, Robert Burns.

Robert Burns was born in Ayrshire, Scotland in 1759, the son of a tenant farmer. When he was young his mother taught him many of the traditional Scottish folk songs and legends. These must have left a lasting impression on him, because when he grew up, he began writing his own poetry and songs.

One of the things that made the songs and poetry of Robert Burns so special was that he wrote like the people around him spoke. He used the common language of the Scottish people in much of his poetry.

This made him very popular with the people of Scotland. They also loved him because he wrote about their daily lives. Even after Robert Burns died in 1796 at the age of 37, the Scottish people continued to honor him with the Robert or "Robbie" Burns Dinner.

All over Scotland, as well as other European countries, large dinners are given to honor Robert Burns. Each dinner has its own style, but they all have similar menus.

The first thing to be brought to the table is the haggis. Haggis is a meat and oatmeal pudding cooked in a sheep's stomach. It is a favorite treat of many Scots.

The haggis is served because Robert Burns wrote a poem called, "To a Haggis, in which he calls the haggis that "Great chieftain O' the puddin'-race." So it would not be fitting to have a Robert Burns Dinner without the haggis. At some dinners, the haggis is even escorted in by a bagpiper!

Along with the haggis, the dinner guests are usually served neeps and tatties. More commonly known as turnips and potatoes. Guests may also be served cock-a-leekie soup, a cream of chicken and leek soup.

Tipsy Laird Trifle is a common desert served at Burns Dinners. It is a sponge cake layered with raspberry jam, a pudding filling of sorts and topped with whipped cream, nuts and berries. Several kinds of cookies, or biscuits as they are called in Scotland, are also served

After the meal, guests take turns reading poems and songs by Robert Burns. At some Burns Dinners ghost stories are told for the children.

After all the fun, it is traditional to end the dinner by singing Robert Burns' famous song, "Auld Lang

Syne." Auld Lang Syne means "times gone by."

Perhaps this year you and your family would like to celebrate Robert Burns Day with a Dinner. You could even end it in the traditional way, by learning the words to "Auld Lang Syne" Robert Burns' most famous song.

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!*

Chorus

*For auld lang syne, my dear,
For auld lang syne.
We'll tak a cup o' kindness yet,
For auld lang syne.*

If you have your own Robert Burns Dinner, you might want to try some Scottish recipes. However, many people find that some ingredients in traditional Scottish food are difficult to find. The recipes below have been adjusted so that it is easy to find the ingredients.

Be sure to have an adult with you when you try any recipes that require the use of the stove.

Americanized Haggist

- 1 lb boneless lamb shoulder or breast - ground or cut into small pieces
- 1/2 lb lamb liver - cut into small pieces
- 1/2 cup water
- 1 small onion - chopped
- 1 large egg
- 3/4 tsp salt
- 3/4 tsp black pepper
- 1/2 tsp sugar
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- 1 cup rolled old fashioned oats

1. Pre-heat your oven to 350 F degrees.
2. Grease an 8 1/2 x 4 1/2 loaf pan.
3. Put a chopping blade in a food processor and process together half the lamb, the liver, water, onion, egg, pepper, sugar, ginger, cloves and nutmegs. Process this until it is very well combined.
4. Now add the rest of the lamb and the oats.

5. Process again until well combined.
6. Put this mixture into the greased loaf pan.
7. Bake for 45 to 55 minutes .
8. Cool for 5 to 10 minutes before un-molding onto a platter.
9. Slice and serve.

Neeps and Tatties

- 2 lbs potatoes
- 1 1/2 lb yellow turnips
- 1/2 tsp salt
- 1/4 cup melted butter
- 1/3 cup warmed milk

1. Peel and cut potatoes into chunks.
2. Peel and cut turnips into 1/2 inch cubes.
3. Place potatoes in a 3 quart sauce pan and cover with water.
4. Bring to a boil over high heat.
5. Then reduce heat and cook covered about 20 minutes (or until tender).
6. Place turnips in a 2 quart pan.
7. Add 1/2 tsp salt and cover with water.
8. Bring to a boil over high heat.
9. Then reduce heat and cook covered about 30 minutes (or until tender).
10. When potatoes are tender, drain them and place them back in the pan.
11. Beat the potatoes with a mixer on low.

12. Add 1/2 tsp salt, half the milk and 2 Tbsp of butter.
13. Beat until smooth.
14. Add the remaining milk and beat until the potatoes are fluffy.
15. Keep warm until serving time.
16. When turnips are tender, drain and put back in pan.
17. Toss with 2 Tbsp of butter .
18. Keep warm until serving time.

Scottish Lace Cookies

- 3 tbsp shortening
- 1 1/2 cups granulated sugar
- 3 eggs
- 1 1/2 tsp almond extract
- 3 cups rolled oats
- 1 1/2 tsp salt

1. Preheat oven to 325 F .
2. Cream together sugar and shortening.
3. Add eggs.
4. Add almond extract.
5. Add oats and salt a bit at a time.
6. Use a spoon and drop dough 2 inches apart on cookie sheet.
7. Use a glass dipped in flour to flatten the cookies.
8. Bake 12 - 15 minutes until golden.
9. Cool on wire rack.

Quick Peek: Facts About Scotland

Capital City: Edinburgh (population, 450,000)
 Major Cities: Aberdeen, Dundee, Edinburgh, Glasgow and Inverness
 Languages: Scots Gaelic, Scots and English
 Official Currency: Pound Sterling
 Population: 5,200,000
 Flag: First hoisted in 1512, the flag is the historic Cross of St. Andrew.
 Land Area: 78,772 sq km (30,418 sq miles)
 Landforms: Scotland includes numerous islands, and three (3) distinct regions - the northern highlands, the central lowlands and the southern uplands.

The Northern Highlands (nearly two-thirds of the land) includes the Grampian Mountains and many smaller ranges. Ben Nevis, the highest point in the UK, is located here. It stands at 4,406 ft. (1,343m).

The Central Lowlands (about 60 miles wide) divide the southern farming region from the highlands of the north. Most of Scotland's population lives here. It's the flattest, lowest lying part of Scotland, and

includes the Clyde, Tay and Forth rivers, assorted lochs - including beautiful Loch Lomond.

The Southern Uplands, the bordering land (mostly farmland) between England and Central Scotland, is so called because it's the most southern part of Scotland, and is hillier than the Central. The Cheviot Hills form a natural border between Scotland and England. The significant river here is the Tweed.



Creative Nature Crafts for Kids

By Christy Camburn

Here are some creative arts and crafts ideas to do with young children ages 2 to 8. You can find almost all of the supplies right in your own backyard or around the house. Enjoy!

Apple & Pear Prints

What you need:

Apple & pear, cut in half
Paint
Paper

What to do:

1. Use red paint to dip the apple, light green for the pear, then have your child stamp prints of each on paper, or on cardboard, tile, etc.

Leaf Bracelet or Rose Petal Bracelet

What you need:

Masking Tape
Leaves or rose petals

What to do:

1. Wrap a piece of masking tape backwards (Sticky side up) around your child's wrist.
2. Let her collect leaves or rose petals to stick to her bracelet.

Nature Collage

What you need:

Glue
Paper plate or construction paper
Leaves, flower petals, seeds, twigs, pebbles, sand

What you do:

1. Before you start this project, have your child go on a scavenger hunt to find items to use in the collage.
2. Then have your child spread glue over the entire surface, and arrange all of the nature items that he found right on top.

Macaroni Necklace

What you need:

Macaroni that is tubular in shape
Hand sanitizer (or rubbing alcohol)
Food coloring
Yarn

What to do:

1. At least one hour before, color the macaroni by mixing 1 cup of macaroni to three squirts of sanitizer in a bowl or ziplock bag. Add three drops of food coloring then macaroni.
2. Spread out the mixture on a wax paper covered cookie sheet, let dry.
3. Have kids string the noodles with yarn for necklaces.

Music Shakers

What you need:

2 toilet paper tubes
Beans, seeds, pasta or rice (uncooked)
Paper
Tape
Markers, crayons, or paint
Stickers (Optional).

What to do:

1. Fill the tubes with beans/seeds/pasta/rice then wrap with any kind of paper like you would a gift, by folding up or tying the ends closed.
2. Let the kids use their imagination and decorate with markers, crayons, stickers, or paint.

Glitter Rocks

What you need:

Small smooth egg-sized rocks
Elmer's glue
Glitter

What you do:

1. Have children roll a rock in glue, then cover completely with glitter. Let each dry for 30 min. to 2 hours, depending on how thick the glue is, then add a top coat of Elmer's and let dry completely.

Stick Picture Frame & Magnet

What you need:

Four straight sticks, the same size
Old pizza fridge magnet
Photo
Glue
Paper plate

What to do:

1. Glue photo to paper plate.

2. Place sticks around picture, glue down and let dry overnight.
3. Cut plate around picture and frame.
4. Attach magnet to the back.

Flower Wreath

What you need:

- 10-20 flowers (dried or fresh)
- Cardboard circle or paper plate
- Glue
- Ribbon

What to do:

1. Cut out center of cardboard or paper plate.
2. Place a substantial amount of glue all over your cardboard/paper plate, place flowers all around. Let dry.
3. Tie a ribbon around the top and use to hang up.

Pine Cone Bird Feeder

What you need:

- 1 small pine cone, or you can substitute a small milk carton (cute) or juice box.
- Peanut butter

- Bird seed
- Yarn

What to do:

1. Have children spoon the peanut butter onto the pine cone, then roll into the bird seed.
2. Hang with yarn or wire.

Grass Mat

What you need:

- Grass
- Dandelions
- Clovers
- Contact paper
- Scissors

What to do:

1. Cut contact paper into two equal lengths. Let children gather grass, clovers, dandelions or anything you would like.
2. Remove the backing from one side of the contact paper, have children place their collection on the sticky side.
3. Cover with the remaining piece of contact paper, press and cut to size.



Rainbow

By Jude Hudson

There's a rainbow outside my window
Looking down on me.
A rainbow in the gray, gray clouds
Above the gray, gray sea.
An arc of colors across the sky,
Brighten this gray, gray day for me.

Baths

By Kerri B. Norris

Baths are for splashing
And swimming and crashing,
For sinking toy boats
And filling up moats
Pretending to fly
And being a spy
Filling with bubbles
And making big puddles
For sponges squashing -
No time for washing!

Almost Out the Door

By Nancy Viau

My snowsuit is on upside down,
The zipper can't be found.

Two legs peek out a single sleeve.
A scarf sits on the ground.

My hat is tangled in my hair,
The mittens aren't a pair,

Two socks are stuck inside my boot,
But where's my underwear?

Answers from page 14

- | | |
|---------|--------|
| sled | skates |
| skis | scarf |
| gloves | ice |
| snowman | snow |
| hat | shovel |

Do you like to write? *Saplings Magazine* is looking for writers. Query today!

Crystal Rainbows

By Bill Kirk

In my bedroom window
Upstairs and down the hall,
Hang two magic crystals –
A teardrop and a ball.

In the morning sunlight
With curtains open wide,
The crystals cast their magic
On walls, from side to side.

Red and blue and yellow,
Each rainbow has its place.
But when I twirl the crystals,
Around the room they race.

Like multi-colored fireflies
They dance and flit and spin,
While through the open window,
The morning sun beams in.

But slowly rainbows fade away
As sun climbs in the sky.
Please, hurry back another day
So I can watch you fly.

Friendships

By Evelyn Hall

One friend who understands
is better than ten who don't.
One friend who will listen to you
is better than ten who won't.
One friend who holds your hand
is better than ten in all the land.
One friend who is always there
is better than ten who just don't care.
One friend who gives you good advice
is better than ten who just try to be nice.
I cherish this one friend, like silver and gold,
this one friend is you, to have and to hold.

Hugger Mugger

By Kurt Metzler

Beware!
Beware of the Hugger Mugger
Your huggingest aunt
You try to escape her

Try, but you can't.

A Hugger Mugger hug
Goes to the bone
They flubber your cheeks
And say that you've grown.

They stalk you at airports
Or wait for your bus
They grab you at weddings
And make a big fuss.

A Hugger Mugger hugs
In front of your friends
A Hugger Mugger hug
Just never ends.

Don't ever go near one
And never admit
You kind of enjoy it
The tiniest bit.

Answers from page 10

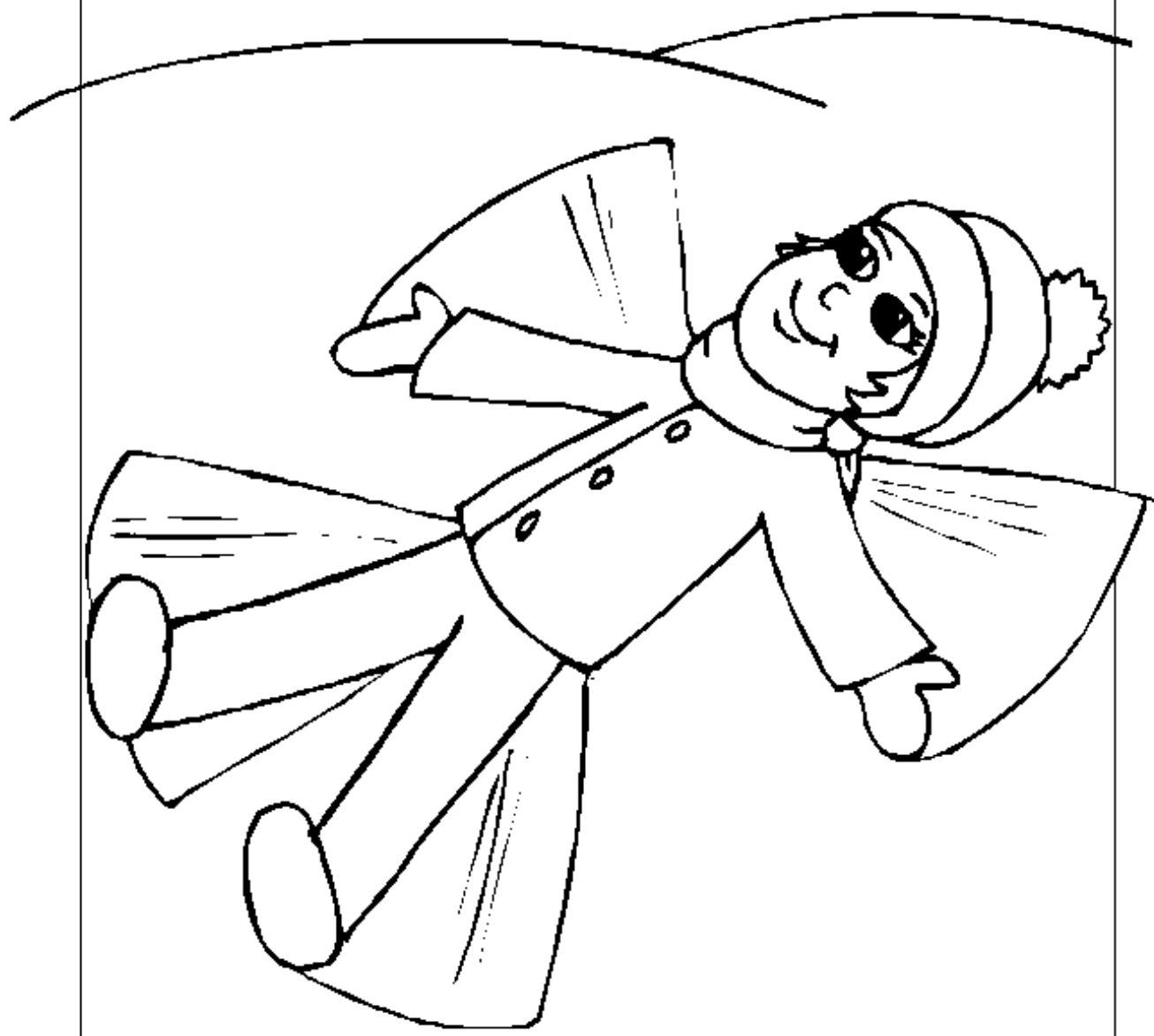
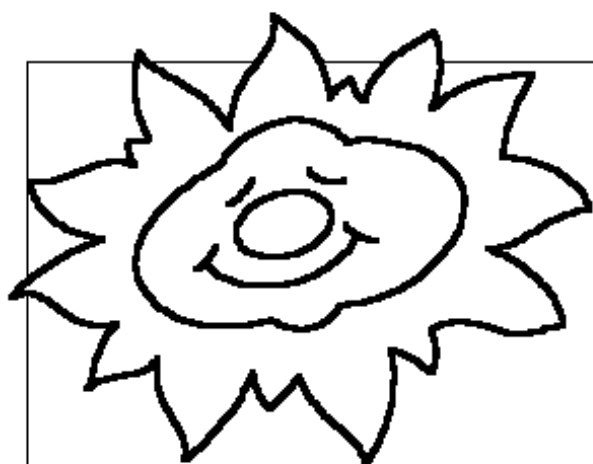
- | | |
|------|-------|
| 1) C | 6) C |
| 2) C | 7) B |
| 3) B | 8) B |
| 4) A | 9) A |
| 5) A | 10) B |

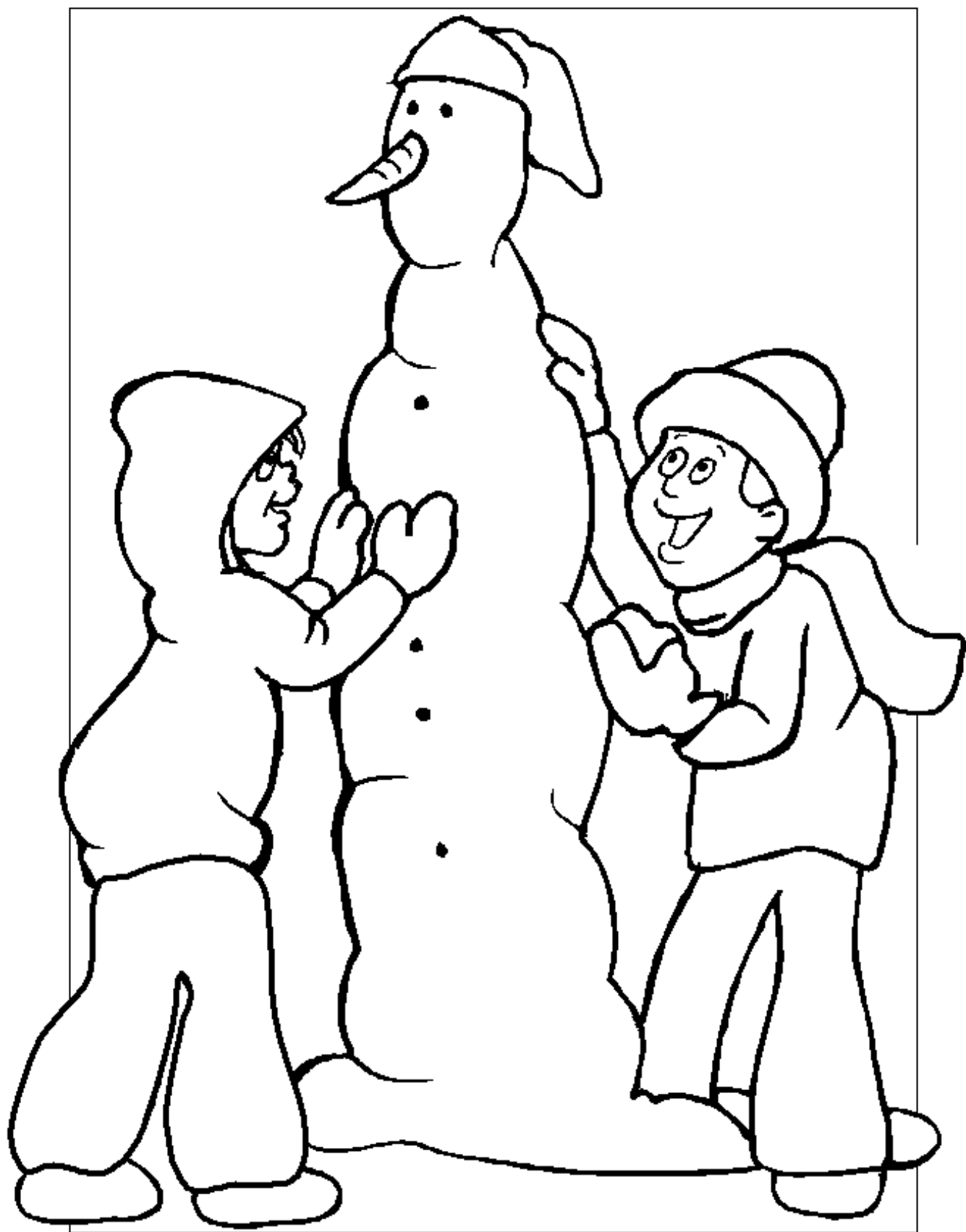
Answers from page 11

- | | |
|-------|---------|
| bird | feather |
| swim | cold |
| beak | fish |
| chick | blubber |

Answers from page 14

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







Meet the Writers

Being a children's author and illustrator is **Teresa Nordheim's** dream. Apart from being a Mom, it is her favorite thing to do. Her supportive husband Andre, daughters Cindi, Katerina, and Teresa. Her graphics and writing samples can be viewed at: www.buzzyb.net.

Barry Eva, a former resident of England, lives in Connecticut with his wife and young family. He can be reached at saplingsmagazine@gmail.com.

Cindi Nordheim is 12 years old. She enjoys drawing pictures, reading, and hanging out with her friends and family. She lives in Washington with her Mom, Dad, and little sister, Katerina.

Bonnie Everett-Hawkes has been drawing, designing and creating since she was old enough to hold a pencil. She is a Graphic Designer, Illustrator and Photographer. She has been professionally illustrating books since 1975 when her first author-illustrated book was published. You can contact Bonnie through her site www.4uall2c.com/labluerose-gallery.

Kurt Metzler teaches at the Shoreham Public School in Toronto and has been writing with children since his first placement in 1989. When his children were young he was lucky enough to be home by day and playing music in the evenings. His stories, songs and poems have appeared in Ladybug, Spider, Sing Out, Smile and Cappers.

Kerri B. Norris is a full-time writer/domestic engineer with a degree in English and psychology. She lives in Alaska with her wonderfully supportive husband and six entertaining children. She worked in schools and counseling centers with at-risk children for a number of years before returning to writing. Her current work includes polishing up several children's picture books and enjoying her family.

Evelyn Hall is a self published author & poet, residing in Atlanta, Ga. She has been writing for more than 35 years. She has published three books and has been published in several magazines, including "Purpose." One of her goals is to publish all of the children's books she has written.

Christy Camburn is a busy mom of three and the editor of ChildCareFinders.org – a website dedicated to parents and child care professionals. For information, ideas, resources, and support, visit Child Care Finders at <http://www.ChildCareFinders.org> or Contact Christy by e-mail: christy@ChildCareFinders.org.

Jude Hudson is a retired New Englander, now living on a tropical island in the Pacific Ocean. When not writing, Jude loves the frequent rainbows, magnificent sunrises, sunsets and year around

snorkelling there.

Bill Kirk and his wife, Rita, live in Sacramento, California with Riley the Cat and a rather plump guinea pig, Fritz. His rhymes capture the rhythms and sounds in every child's life. (Bill was published in Boys' Quest Magazine (2004) and accepted by Wee Ones Magazine and Ebooks4Tots.com in 2005.)

Nancy Viau is a freelance writer whose publication credits include: Highlights for Children, Hopscotch for Girls, Wee Ones Magazine, Sprouts, Family Circle Magazine, and The Philadelphia Inquirer. She is a contributor to The Writing Group Book and the forthcoming book Boomer Women Speak. For more information, visit Nancy's award-winning Web site: <http://www.writernan.com>.

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

Katelyn Thomas has a Bachelor of Science in instructional technology and works for Cecil County Public Library, where her favorite job is story time. In addition to writing for children, she writes two columns at Bella Online: Gardening and Wireless Office. She can be reached at Pinehavenfarm@msn.com.

Bonnie Myerson has been in the educational field for 17 years now (wow that's long), and taught pre school for thirteen of them. Bonnie was an early childhood developmental consultant for one year. She is now a stay at home Mom, and a part time student. She also write product reviews for Kaboose website.

Belinda Mooney is a homeschool mother of seven and freelance writer in Montana. She enjoys working with kids of all ages. You can visit her websites at www.learningtreasures.com, www.childrensrecipes.com, www.kidskreate.com and www.dinnersinthefreezer.com. In her spare time, (HA!) she loves to curl up with a good mystery.

Jes Ferguson lives somewhere in the enchanted Appalachian Mountains where she shares her herb gardens with faeries, wood elves and four magical cats. Jes is currently working on several projects including one about a dragon that eats unusual food. Be part of the magic at: <http://www.jesferguson.com>

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.