

# Kids Holiday Crafts

*magazine*

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March 2004

**Butterflies fun  
galore**

**Fun with tricky  
leprechauns**

**Super spring  
recipes**

**Celebrating  
woman's history**

**The real Johnny  
Appleseed is  
revealed**

**Read Across  
America on Dr.  
Seuss' birthday**

**National parks  
are explored**

**And much  
more!**



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# Happy St. Patrick's Day!



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# The Real Johnny Appleseed

By Dara Lehner

Some folks still regard Johnny Appleseed as an American folk myth, but he is not a myth. Johnny's real name was John Chapman. He was a New Englander traveling west to seek adventure and new opportunities during the 1790s. Chapman was also a missionary for the Swedenborg church.

John Chapman, or Johnny Appleseed, was well known to settlers across the area as he shared his faith in God and traveled from settlement to settlement planting apple trees. He led a very

simple life, and from this simplicity and dedication to God's teaching, the legend of Johnny Appleseed was born.

There are no records to indicate John Chapman had a wife or children, but records do indicate Chapman had a sister and a brother. His brother died in infancy and mother soon after. Chapman's father remarried and had an additional family, thus giving John ten half brothers and sisters.

John Chapman was very devoted to the Swedenborg church, he helped draw up plans for the establishment of a Swedenborg sponsored university. He died five years before the dream became a reality. The current Urbana University located in Urbana, Ohio is the fruit of that labor of love.

Urbana University campus houses and co-sponsors The Johnny Appleseed Education Center and Museum, with the Johnny Appleseed Society. The center holds rights to the largest collection of memorabilia and written information about the life of John "Appleseed" Chapman known to exist in the world.

The Education Center also maintains a research computer database, and a National Registry for genealogical documentation. The museum has among its collection a cider press used by John circa 1850, wood and bark from some of the original trees he planted, along with books and collectibles commemorating his life and legends.

You are encouraged to visit the center in Urbana, or check out their website at [www.urbana.edu/applesed.html](http://www.urbana.edu/applesed.html) ; click on Museum. There is no charge to visit but donations are accepted. The Museum hours are Tues.- Fri. 10 am - 2 pm, and Sat. 12 - 4 pm. , other times by appointment.

You might consider joining the Johnny Appleseed Society, who in 1999 transplanted seedlings from the last known-surviving apple tree planted by Johnny Appleseed as a testament to his contributions to agricultural stewardship.

- An Early Ohio Farmer (1800-1835)
- Had Apple Tree Nursery's in sixteen Ohio Counties:

Allen, Ashland, Auglaze, Belmont, Carroll, Champaign, Coshocton, Defiance, Hancock, Huron, Jefferson, Knox, Licking, Logan, Mercer, and Richland

- Owned more than 1074 acres of land in fifteen different tracts in Ohio

- Planted seeds, did not use grafting

- Earned about three dollars per day compared to laborers in Philadelphia who only earned one dollar per day.

- Would sell seedlings for three cents each or plant an orchard for six cents a tree.

- Only one tree still living in Ohio that we know of.

- American Revolutionary War Veterans were given land in Ohio. One stipulation was that they had to have fifty fruit trees growing on the property within three years. Guess who was Johnny on the spot?

– Courtesy of The Johnny Appleseed Education Center and Museum



# Dr. Seuss Celebrates 100th Birthday

By Nancy Cavanaugh

“The Cat in the Hat,” “Green Eggs and Ham,” “One Fish, Two Fish, Red Fish, Blue Fish” are just a few of the many wonderful stories written by Dr. Seuss (aka Theodor Geisel). Children for more than three decades have been reading these early reader classics.

This year marks what would have been the 100th birthday of Dr. Seuss. Schools across the country will be joining together under one hat (the very familiar red and white stovepipe chapeau) to help celebrate this occasion through the National Education Association’s (NEA) Read Across America program.

NEA President Reg Weaver says: “For the seventh year, NEA is the proud sponsor of the nation’s biggest reading party. And it’s a party with a purpose – to show young and old alike not only the importance of the written word, but the joy of reading as well. No one better illustrates the pleasure and the power of learning to read than Dr. Seuss.”

Since the first celebration of Read Across America in 1998. Last year more than 45 million adults and children participated in reading events that ranged from green eggs ‘n ham

breakfasts and pajama parties to reading extravaganzas featuring politicians, pundits, sports celebrities, and stars of television and movies.

Theodor Seuss Geisel was born in 1904 in Springfield, Massachusetts. His father and grandfather ran a successful brewery, however threats of Prohibition and World War I caused them to become active participants in the pro-America campaign of World War I. Ted and his sister Marnie became involved in many activities where they were popular.

His mother had worked

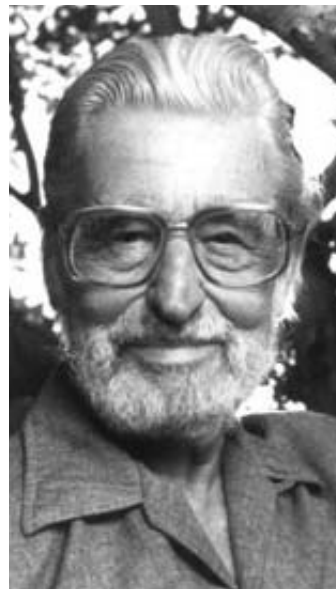
in her father’s bakery before marrying Ted’s father. She memorized the names of the pies that were on special and chanting them to their customers. She would often share these “pie-selling chants” to help Ted when he was having trouble getting to sleep. Ted credits these chants for the rhythms he wrote and urgency in which he wrote.

He attended college at Dartmouth and after a lot of hard work became the editor-in-chief of the school’s humor magazine Jack-O-Lantern. After a party that was against school policy, he was relieved of his editorship but continued to contribute using the pen name “Seuss.”

After Dartmouth, he went on to Oxford University in England. He had gone there intending to become a professor. While sitting in his Anglo-Saxon for Beginners class another student, a fellow American named Helen Palmer, noticed his doodling. She suggested that he become an artist instead of a professor. Thankfully he took her advice! And eventually married her.

The “Cat in the Hat” was released in 1957. Other books include “Fox in Sox,” “One Fish, Two Fish Red Fish, Blue Fish,” “Horton Hears a Who,” “Green Eggs and Ham” and “How the Grinch Stole Christmas.” Many of his books were made into popular cartoons, and a few have been made into live-action movies.

You can find out more about the 100th birthday celebrations at: [www.seussville.com/seuss-entennial](http://www.seussville.com/seuss-entennial). Find out more about the Read Across America program at [www.nea.org/readacross/](http://www.nea.org/readacross/) For Dr. Seuss books, visit our Articles section.



# The 'O' Detectives

By Mary Scarbrough

"Can I push the cart, Dad?" Petey asked, as they entered the grocery store.

"Sure," Dad replied. "What week is this? Is this 'N' week?"

"Nope!" Petey said. "Mom and I did nachos, nectarines, and noodles last week. We're 'O' detectives today. Where to first? Fruits and veggies?"

"Okey dokey. We're looking for two things here." Dad said, checking his list. "First we need something round, the color of a basketball."

"That's too easy! We had them at snack today. Oranges!" Petey put a bag of oranges into the cart.

"The second one here is round too, but can be either white, purple, or yellow," Dad said.

Petey peered at bunches of broccoli, piles of peaches, and mountains of mangoes. He didn't spy anything round and white, yellow, or purple. "Give me a hint, Dad. Please."

Dad dabbed his eyes. "Sometimes they make you cry."

"Onions!" Petey spotted them. Dad picked some out.

"Here's another toughie," Dad said, as Petey steered around the corner to the next aisle. "They come in two colors. But the 'O' sound is more like what you say when the doctor asks you to stick out your tongue."

"Ah," Petey tried the sound. He studied jars of jam, oodles of noodles, and jugs of juice. He wasn't sure what he was looking for. He paused near the pickles.

"Here are three clues," Dad said. "You like them on pizza. Grandma puts them on her relish tray at Thanksgiving. And sometimes inside them is something from next week's letter – pits or pimentos."

"Olives!" Petey pointed to jars of green ones and cans of black ones. Dad took one of each.

In the cereal aisle, Petey peered at boxes of Frosty Fruities, Corny Crunchies and Cinnamon Sillies. "I know! Oatmeal!" Petey said.

Dad gave Petey a high five and checked his list. "One more thing in the dairy section and

we're done. This food doesn't begin with an 'O'. But its shape starts with 'O'." Dad drew in the air with his finger.

Petey puzzled over the clue. "Oval!" he shouted. "We're looking for eggs! We talked about ovals yesterday, when we drew Humpty Dumpty."

Dad carefully placed a carton of eggs in the cart. They headed toward the checkout. "What are we going to do with all this stuff?" Petey asked.

"I don't know. Maybe we could—"

"I know!" Petey interrupted. "Hurry, Dad. Let's go home and make one-of-a-kind omelets!"

## Fun Omelet Recipes

Try some of these fun and different omelet recipes.

### Cheese and Ham

Ingredients:

- 3 eggs, beaten
- 3 tablespoons Swiss cheese, grated
- 3 tablespoons cold ham, chopped
- 1 tablespoon butter
- Seasonings to taste

Directions:

Mix cheese and ham with the beaten eggs and seasonings. Make an omelet.

### Green Pepper and Bacon

Ingredients:

- 3 eggs
- 1 green pepper, seeded, cut in pieces
- 1/2 slices bacon, cut in pieces
- 1 tablespoon butter
- Seasonings to taste

Directions:

Cook slowly bacon and green pepper with part of the butter in a large frying pan. Remove from frying pan with a skimmer and mix with the eggs. Beat the mixture and make an omelet with the rest of the butter.

# Found Poetry Makes Books Special

By Shannon Bridget Murphy

Found poetry is not poetry at all. It is a collection of text that you add when you alter and decorate your books. This is usually done by gluing it to your pages. Found poetry has something that makes it unique. It can work as a stand alone poem or it may not. Wherever you find it, you recognize that special pizzazz about it that you think is exciting and recognize it for its expressionist and creative worth. You can find it anywhere.

For your March pages, you can use watercolors, gel pens, colored pencils, garden pictures, glass capsules, vellum and envelopes made from it and tulle. March is a time of holidays that celebrate heritage.

Shamrock skies and golden skies are some things that you can use in your March pages. St. Patrick's Day marks the anniversary of the death of the missionary who became the patron saint of Ireland. The day is celebrated worldwide with parades, speeches, festive dinners and dances. Green is the color for this holiday. Thousands of shamrocks are worn by people around the world.

St. Patrick was born in Britain near the end of the 4th century. At the age of sixteen, he was taken as a prisoner by a group of Irish raiders who attacked his family's estate. They took him to Ireland. There, he spent six years in captivity. He worked as a shepherd outdoors and away from people and became a devout Christian. A found poem for St. Patrick's Day:

May the road rise to meet you.  
May the wind be always at your back.  
May the sun shine upon your face.  
The rain fall soft upon your fields.  
And, until we meet again,  
May God hold you in the palm of His hand.

The New Orleans tradition of Mardi Gras began in the 1870s. You can use feathers, beads, sequins, masks, illustrations of dancers and American Indians, confetti and streamers for your Mardi Gras pages. Purple for justice, green for faith and gold for power are the perfect col-

ors to use for Mardi Gras. Chants, as well as poetry, can both find a place in your pages.

King Cake parties are popular throughout the Mardi Gras season which begins on January 6 and continues to the day before Ash Wednesday. The King Cake is an oval shape to honor the three kings. Its shape symbolizes the unity of faiths. The search for the hidden baby in the cake adds excitement as each person waits to see which slice of cake will have the baby in it.

A found poem for Mardi Gras is Pat a Cake:

Pat a cake, Pat a cake, baker's man.  
Bake me a cake just as fast as you can,  
Pat it and prick it and mark it with a 'B',  
And put it in the oven for baby and me.

The March winds are upon us this month. Illustrations of lions and lambs will definitely add pizzazz to your March pages.

A found poem for March is Little Wind by Kate Greenway which was published in 1910:

Little wind, blow on the hilltop.  
Little wind, blow on the plain.  
Little wind, blow up the sunshine.  
Little wind, blow off the rain.

I hope that you will find these altered book ideas useful when you create your altered books. They are assured to be treasured memories of the introduction to this spring.



# Butterflies and Life Lessons

By Tina Musial

To break up the dull, dark days of winter, I ordered a cool science project in the form of a butterfly kit. I had cute lessons planned to coincide with the caterpillar life cycle for my two little boys. The box arrived and we opened it to find five microscopic, lifeless brown caterpillars in a jar. (picture A) "I think they're dead," my oldest said.



We read Eric Carle's *Very Hungry Caterpillar* and Lois Ehlert's *Waiting*

*for Wings*. Three days later, Slowpoke, as we named the only one we saw move, and his gang were obviously bigger by the evidence left behind. "Cool, poop," said my youngest child. These "lessons" were going well.

In one week, these homely critters tripled in size. They munched their processed food stuck on the bottom of the jar and hung out. My oldest said, "We squish ones like this at school." Well, not the direction I had planned on, but, I was having fun. (picture B)



The caterpillars ate and ate. After ten days, Slowpoke turned into a cocoon. (picture C) It took four days for the rest of Slowpoke's gang to climb to the lid and hang down and form a chrysalis.

Seven days later, the first cocoon became dark brown. We watched closely, but were away for a couple hours when it broke and the first Painted Lady Butterfly emerged. (picture D)



The next morning we had a second butterfly, and the third came out during nap time. Two more popped out in the night.



All five butterflies flitted about with flowers to sip on in their tent. The boys didn't seem to care. "Power Rangers are on Mom." Oh, duh. I should have known.

Our two cats, however, loved this stage with me. (picture F1) Clifford and Buddy stood guard over the butterfly house 24/7, whether it was on the stove, in the sun, on the table or on the floor. They had more fun observing the winged beauties than the boys did most of the time.

The butterflies lasted ten days indoors with nectar and sugar water. (picture G) Our project was complete and I discovered you can't force life lessons on active little boys.



Several varieties of live bug kits are available at [www.insectlore.com](http://www.insectlore.com).

Other ways to explore butterflies:

*Caterpillars, Bugs & Butterflies*, Mel Boring  
*Butterflies in the Garden*, Carol Lerner

<http://butterflywebsite.com> has a list of farms and houses to visit butterflies hands on

<http://www.butterflies.com> has everything about butterflies

<http://www.naba.org> is home to the North American Butterfly Association





# How to Catch a Leprechaun

By Sterling Pearce

There are several things that you should know before you go hunting leprechauns.

## First thing a good leprechaun hunter should know is, what is a leprechaun?

A leprechaun is a tiny bearded man ranging anywhere from two feet tall on down to fairy size. They usually wear green coats and trousers along with a large brimmed hats of green or red.

Leprechauns are very fond of smoking and most carry a clay pipe of rather foul smelling tobacco with them at all times. Use your nose. Do you smell a leprechaun?

Leprechauns are tricksters and avoid contact with humans if at all possible, so you will have to be super sneaky to find one.

## What do leprechauns do?

The word leprechaun comes from the Gaelic words *leith brogan*, meaning "maker of one shoe." That's right, leprechauns are fairy shoemakers! But the odd thing is, they only make one shoe, never pairs. You may hear them in the woods tap, tap, tapping with their tiny hammers if you listen closely.

Another job that leprechauns have is guarding the fairy treasure. Leprechauns make wonderful guards because they never forget where they have hidden the treasure. Leprechauns have great memories.

One of the leprechaun's favorite hiding places for the fairy gold is at the end of the rainbow. Be especially watchful on rainy days just as the sun starts to come out. Leprechauns will be scurrying about moving the treasure, since the humans will be able to see the end of the rainbow, and their secret hiding place.

You may also find the treasure in other places. Hollow logs are wonderful places to find fairy treasure. Leprechauns are also known to hide the treasure under rocks and in flower beds

behind prickly roses.

## What is the best way to find the leprechauns' treasure?

The best way to find the leprechauns' treasure is to catch a leprechaun. If you catch a leprechaun, he must tell you where the treasure is. That is fairy law.

## What is the best way to catch a leprechaun?

The best way to catch a leprechaun is to just reach down and grab him in your hands and hold on tight! Leprechauns are tricky and will try to get away. As long as you never take your eyes off the leprechaun, he can't escape.

## Tricks the leprechaun will play in order to escape

The first trick the leprechaun will try is to act as if you are hurting him. He will yell and moan as if you are crushing him. He is only trying to fool you into letting him go. Hold on tight!

Next he will ask you to let him down so he can show you the way to the treasure. Don't do it!

Once he is out of your hands, he is free and won't show you the treasure at all. He will just laugh and run away.

He may offer you a gold coin to release him. That is a trick too. The coin will disappear once the leprechaun is safely away from you. Don't be fooled.

He may also offer you three wishes. This can be tricky. If you use the wishes well, you could be very happy.

The leprechaun will try to trick you into using them up quickly by saying things like, "I wish I knew what to wish for." Don't fall for this trick.

It may seem that catching a leprechaun is impossible, but with a little magic, it can be much easier. You can make a magic leprechaun glass on the next page to help you see those tricky leprechauns.



# Magic Leprechaun Glass

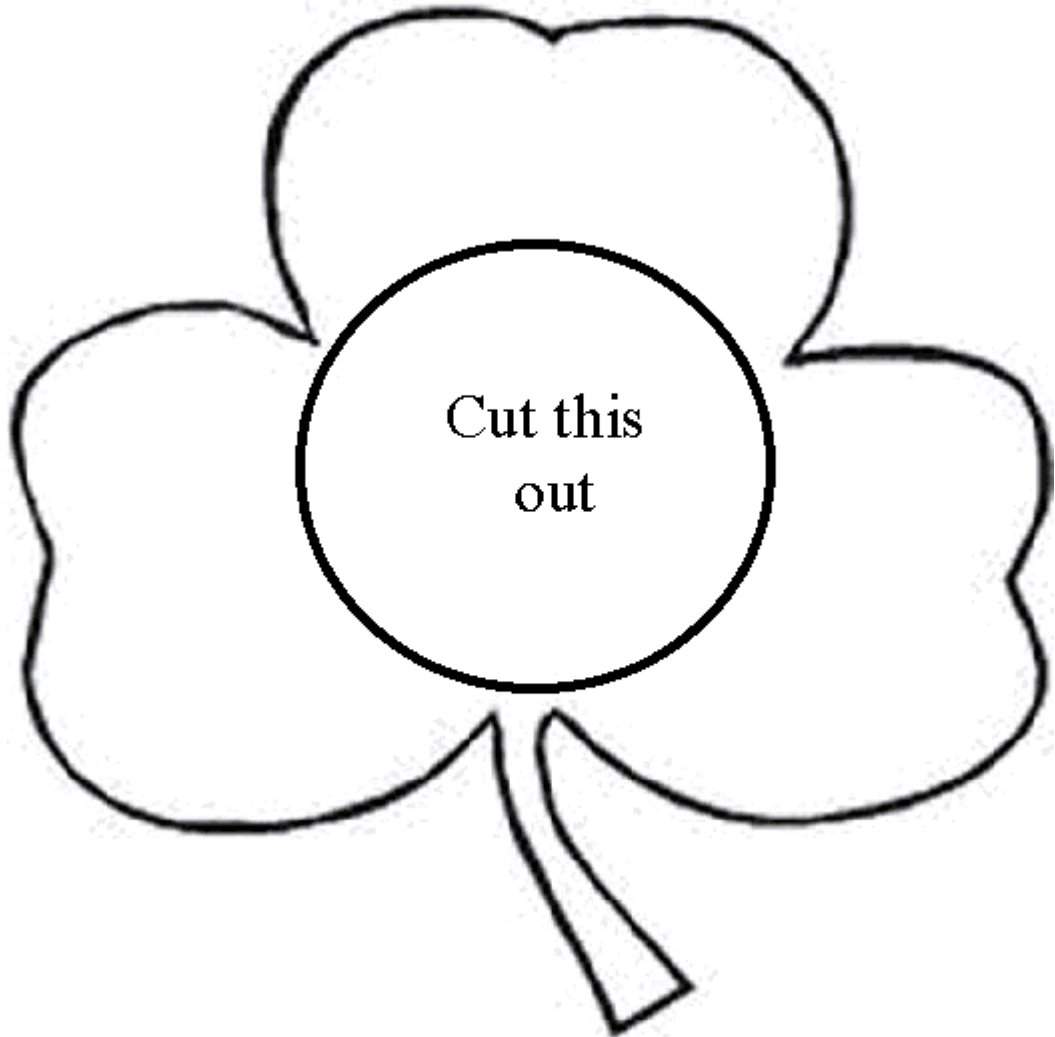
By Sterling Pearce

## What you need:

2 sheets of green construction paper  
Plastic wrap  
Popsicle stick  
Glue  
Pattern

## What to do:

1. Cut two shamrocks out of the green construction paper.
2. Cut the hole in the center of the shamrocks.
3. Glue plastic wrap in place to cover the hole in the center of one shamrock.
4. Glue the Popsicle stick to the stem of the shamrock.
5. Now glue the second shamrock to the first - sandwiching the plastic wrap and Popsicle stick between them (should look like a magnifying glass).
6. Let dry .
7. Look through your Magic Leprechaun Glass and see how many leprechauns you can find!



# Barbara Builds Bridges

By Claudia Pearson

## Amy argues appeals

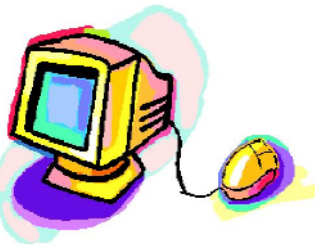
Lawyers help people with problems. They know the law and are ready to argue for people in court. Do you ever argue for someone else?

## Barbara builds bridges

Architects and construction engineers must know how much weight materials can hold so bridges and buildings won't fall down. What would happen if they made a bridge out of marshmallows?

## Carol connects computers

Electrical engineers and computer technicians learn how computers work. They also write programs and help people use computers. Can you help your grandparents surf the web?



## Donna designs dashikis

Fashion designers learn how clothes are put together and the different materials that can be used to make clothes. Would you wear a fur bikini?

## Elaine edits encyclopedias

Editors are writers who help other writers and check their work before it is printed. Have you ever found a misspelled word in a book? Oops!

## Fran flips flashcards

Teachers help us learn math. Do you like to play math games in class?

## Gina glazes glass

A carpenter fixes broken windows. Have you ever had to replace the glass?

## Helen honks her horn

Cabbies know all the shortcuts so they can get their passengers where they are going quickly.

## Irene inks illustrations

Artists and illustrators love to draw and know

about different papers, paints and coloring materials. Although many use computers to draw illustrations now, some still use pens and ink for black and white pictures. What do you like to draw?

## Julie judges juveniles.

Family court judges help kids get out of trouble and stay out of trouble. Have you ever helped a friend who was in trouble?

## Kathy keeps kudu and koala.

Zookeepers study animals and some become veterinarians. But to run a zoo, you also have to know about humans!

## Linda lifts ladders.

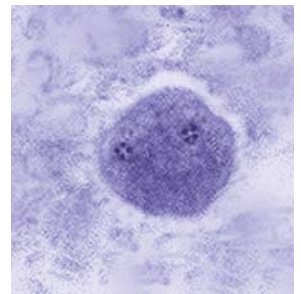
House painters, window washers, and roofers carry ladders, cans of paint, roof shingles and buckets of water. Do you like to climb the jungle gym?

## Michelle markets merchandise.

Buyers go to interesting places to find neat things to sell. Some learn different languages. Can you speak Chinese?

## Nancy nurtures nuclei.

Microbiologists and bioengineers work with plant and animal cells to help cure sick people, and make plants better. Would you like to discover new plants and tiny animals?



## Olive opens the oxygen.

An anesthetist is a doctor who gives sick people medicine and oxygen during an operation. Do you take care of your pets when they are sick?

## Penny plugs pipelines

Plumbers and pipe-fitters make sure we have

clean water to drink and fuel for our homes and cars. Where does the water in your kitchen come from?

Queenie questions quotes.

Fact checkers make sure quotes and facts are stated correctly. Librarians are excellent fact checkers because they know where to find the right books. Some fact checkers use the computer to locate information. How would you check something on the computer?

Ruth records rainfall.

Meteorologists study the atmosphere. Have you ever wondered how the weatherwoman knew it was going to rain tomorrow?



Sarah studies surveys.

Social scientists and psychologists ask people questions to find out what they think about something. Did you know that

the way you ask a question might make a difference in how the question is answered?

Tia tracks traitors.

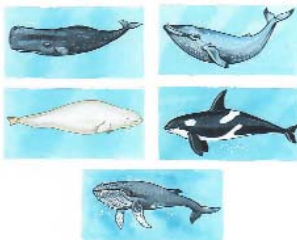
Law enforcement agents go to special schools to learn how to find criminals and catch them before they hurt others. What would you do if you saw someone you didn't know in your neighborhood?

Ulma ushers uptowners underground

Some subway engineers get up early to help people get to work on time. Some stay late to help them get home again. Have you ever ridden on a subway?

Violet vents valves.

Mechanical engineers design systems that won't explode, even when there are tiny explosions inside. Do you know how the engine in a car works?



Wendy weighs whales  
Environmentalists

help endangered animals all over the world. What would the world be like if there were no more whales?

Xena x-rays xanthene

Chemists don't just study things on earth. They use different kinds of light to discover what stars are made of. Have you ever noticed that some stars are red and some are blue?

Yvonne yells, "yes."

Congresswomen vote on new laws. They must learn many facts and decide whether the law is a good law or not. How would you decide?

Zelda zeroes in on zinc.

Geologists study the earth to find valuable resources under ground. Could you tell what's under the grass at the park without digging it up?

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## Mom's Fruit Pie

By Tina Musial

Ingredients:

- 1 qt of strawberries, blueberries or raspberries
- 4 oz cream cheese, softened
- 1 pie crust, baked and cool
- 3 tbsp cornstarch
- 1 c sugar
- 1 c water, divided

Directions:

1. Have 1 pie shell cooked and cool.
2. Wash and drain berries. In a saucepan, bring 1 c berries (if strawberries, slice them up) and 2/3 c water to a simmer for 3 minutes. Blend sugar and cornstarch well, then pour slowly into berries with 1/3 c water. Bring to a boil and stir constantly for 1-3 minutes, until mixture goes clear and starts to firm. Remove from heat and cool.
3. Spread cream cheese in bottom of pie shell carefully. Put 2 1/2 c berries on cream cheese (if strawberries slice). When cooked mixture is cool, pour over prepared crust. Garnish with more berries if desired. Refrigerate until firm, about 2 hours. Serve with whipped cream.

# You Don't Know Beans

By Lisa Keele

A nice hot bowl of chili, maybe with some cheese melting on top, and good crusty bread to dip in it. A gooey brown serving of refried beans, spread on a tortilla and topped with onions, cheese, and other goodies. That strange-colored but oh-so-tasty soup, split pea with ham. Our favorite chant after all these meals: "Beans, beans, the magical fruit..." You eat beans. You know beans. Or do you?

First of all, in spite of our song, beans are not a fruit, but a legume (but you knew that, right?). Legumes grow on plants; the part we usually eat is the seed of the plant. Split peas are actually not beans at all, though they too, along with fresh green peas, are legumes. Sometimes we eat the pod of the legume plant with the seeds, when we eat snow peas, snap peas, or green beans. Usually, though, bean pods are too tough and we throw them away after removing the edible seed.

Legumes come in many sizes, shapes, and colors, from the tiny brown lentils to the broad, flat fava beans. White beans, black beans, red beans and pink beans, a fifteen bean (or even a three bean) soup can be a great-looking as well as great-tasting dish. The three main shapes of legumes determine their classification: peas are round globes, beans are long ovals, and lentils are like peas, only flatter.

Legumes have been eaten in almost every time and place in history. Lentils were eaten by people in the Neolithic era (or "new stone age") over 9,000 years ago. Farmers in Central America grew kidney, navy, and pinto beans in 5000 BCE. Fava beans were found in the ruins of Troy (the city destroyed by the Greeks after they snuck in using their fabled "Trojan Horse"). Ancient Egyptians lived on beans as a staple, although the priests and rulers were at one point

instructed to avoid them. Pompeii, an ancient Roman city which was buried by lava and ash when the volcano Vesuvius erupted in 79 CE, reveals that the last meal of the Isis Temple priests included bread, nuts, dates, and lentils.

Columbus brought bean varieties Europe had never seen before back to the Old World; Africans brought black-eyed peas and recipes with them on slave ships to the New World.

It's no wonder legumes have been so popular. Perhaps most importantly, they are easy to grow. For proof, take a dried bean, soak it in water, and keep it in a cool, dark place. Very soon, you will notice a small white thing growing from it - it has sprouted; a new bean plant has begun!

Legumes actually enrich the soil in which they grow, instead of merely using up the nutrients in the dirt like most plants. Beans are low in fat and cholesterol, which we don't need, and high in fiber, vitamins, and protein, which we do need. Dried beans can sit on a shelf for years, no refrigeration required. They are easy to cook and can be used in countless dishes. And best of all, they're delicious!

Now, about that old rumor - you know, the one in the song. "Beans, beans, the magical fruit, the more you eat, the more you - " You know! Is it true? Do beans cause flatulence? (If you don't know what "flatulence" means, go ask your mother. She'll be so glad you learned a new word.) Well, the answer is yes, and no.

Beans have loads of fiber, which, as we said, is very good for you. It can help prevent heart disease and cancer, among other things. However, if a body is not used to a high-fiber diet, a sudden large serving of fiber, like that found in beans, can cause a body to - well, it can cause flatulence. You can help lessen this "magical" effect by washing dried beans before you soak them,



then changing the soaking water before you cook them. But if you eat beans every day, or almost every day, your body will get used to the fiber content, and soon your dinner won't embarrass you in school the next day.

I know how disappointing you find that fact.

There! Now the next time someone asks, you can tell them that in fact, you do know beans!

### A Bean-y Recipe

The obvious beans in this recipe are the pinto beans. But more beans sneak in here: tofu is made from soybeans. Tofu is a traditional Asian food, but Americans eat many soybeans and soybean products, often without realizing it. Soy sauce is made from soybeans, and soybean oil is used in many food products.

Go check out the ingredient lists on your salad dressing, vegetable cooking oil, shortening, even your peanut butter. I bet you'll find soybean oil listed in more than one place!

### Dump and Stir Chili

#### Ingredients:

2 cups tofu, smashed with a fork or chopped with a butter knife (depending on if you want big or little tofu bits)

3 cups canned pinto beans (rinsed, if you want them to be less "magical")

2 cups canned tomatoes, drained

1/4 cup ketchup

1 1/2 cups canned corn, drained

1 tablespoon paprika

1 teaspoon ground cumin

3/4 teaspoon chili powder

1/2 teaspoon garlic powder

1/2 teaspoon salt

#### Directions:

Dump the tofu, beans, tomatoes, ketchup, and corn into a large pot. Mix well. Stir in the spices and salt. Cover and simmer over low heat for 45 minutes to an hour, stirring occasionally. Serves 8.

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

# A Wild Couple

By Annie Razz

The Squirrel and the Rat  
Lived side by side,  
The Rat dragging home  
Everything he could find.



The Squirrel put it away,  
In this place or that,  
So the nest was tidy  
But it maddened the Rat.



Until one day the Rat said,  
"Enough is enough,  
this place is a disaster,  
I can't find my stuff!"



The Squirrel's voice squeaked,  
"What do you mean?  
This nest is not a mess-  
It is totally clean."



"But where are my acorns?  
My crumbs and my glitter?  
Where is my cardboard?  
My crushed leaves and litter?"



The Squirrel only answered  
By crossing her eyes...  
A Rat is a rat,  
Why be surprised?



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# A Walk in the National Parks

By Dara A. Lehner

With spring fast approaching many of us are looking forward to being able to explore nature around us. With March 30th being Take a Walk in the Park Day, we all have a great opportunity to get out to explore our local and state parks. An oft-overlooked diverse area for many of us is the National Parks System.

The National Parks System opened the first national park in the world in 1872 with the creation of Yellowstone National Park. The U.S. National Park System is run by the National Park Service, which is a bureau of the United States Department of the Interior.

The Parks System includes designated areas in every state except Delaware, totaling more than 83 million acres in 376 areas. There are also designated sites in the District of Columbia, American Samoa, Guam, Puerto Rico, and the Virgin Islands.

There are activities within the National Parks that will appeal to everyone's interests. Activities

are available for every season and ability. The various parks have extraordinary and scenic vistas throughout the United States, as well as superior recreational assets. Most parks are handicapped accessible; some even allow pets to visit. Many of the sites are distinguished either for their prehistoric or historic importance, or scientific interest. You literally can enjoy an outdoor classroom and have fun at the same time. The day rates are very reasonable and in some cases free. There are special rates with passes for extended stays and multiple park admission. Call ahead for specific info; rates subject to change.

Check out the National Park Service facility closest to you. Enjoy your next vacation, weekend jaunt, or even a leisurely day hike through one of our nation's unique natural treasures. For more info go to the National Park Service website, [www.nps.gov](http://www.nps.gov) or cruise the web exploring the web sites of a specific National Park.



Badlands National Park located in the Black Hills of South Dakota.

# Time in a Bottle

By Jaki Ryan

Spring is often thought of as a season of renewal and new beginnings. With that in mind, take the opportunity to reflect and preserve your family's memories and traditions, and what best represents our world today. You can accomplish this by creating a memory time capsule.

If you could capture the essence of your lifetime or generation with one item, what would it be? Some people believe that it should include electronic devices that reflect our ever changing technology. Others believe it should preserve meaningful personal items, such as a poem or a treasured message from a loved one. Regardless of what you decide to place inside, creating a time capsule can be a fun experience for your entire family—a way to bring your family together to share precious memories.

Whether you create a time capsule as an annual tradition or to mark an important event in your life, a classroom project, or a community project, the method in which you employ is a matter of personal preference. Time capsules can range from decorated paper towel tubes or oatmeal containers to commercially made airtight containers.

This process is an opportunity to discuss important world events that have happened in the child's lifetime and previous generations. To introduce your child to your family's history, start by looking at old pictures that depict his or her growth. Then move back further in time by sharing your own childhood and the photos of grandparents. When choosing items for your child's time capsule, discuss the significance of each object and why your child feels it should be included.

## Time Capsule

### What you need:

Empty shoebox, mason jar, plastic milk carton,

coffee can, oatmeal container, cookie or popcorn tin, or a commercial airtight container.

Markers, crayons, stickers, construction paper or decorative contact paper

Glue or heavy duct tape

Scissors

### What to do:

1. To begin, find a clean, sturdy container.
2. Decorate with contact or construction paper and stickers, if desired.
3. Gather personal items, such as photos of family members, friends and adored pets. The quality of some objects, such as photographs, or newspaper clippings, can deteriorate over time. Place all objects subject to wear and tear in a protective covering or copy important documents onto acid free paper.
4. Record the exact date on all artifacts, if possible.
5. Add a piece of your child's artwork, perhaps a handwritten letter or story, a handprint and a current toy.
6. Collect artifacts that reflect current history: fashion magazine (clothes, hairstyles), games, music, a newspaper headline, a new coin or postage stamp, movie listings, grocery receipt, a local map, etc. Choose items from different time periods—childhood, teenage years, and early adulthood. Another fun idea is to record your child's voice. The child could also write a letter to her future self.
7. It is not a good idea to store valuables, such as family heirlooms, money, or expensive jewelry as these items may be damaged or lost over time.
8. Include an inventory of items and a note—the infamous message in a bottle. Some objects may have special meanings that may not be clear in the future.
9. Place items inside the capsule. Each child



could create his or her own time capsule or create a family time capsule. Each family member could include 2-3 items of significance.

10. For a longer-lasting capsule, choose a metal, glass or plastic container with a tight-fitting lid to keep the air out. For added protection, seal edges with duct tape. Sign and date the seal.

11. After replacing the lid, explain that the capsule is to be hidden away until a certain date.

Help your child decide when the capsule should be opened. For a child, five years is a good starting point.

12. Hide the capsule in a dry, dark place, such as a basement, bedroom closet, or attic. Time capsules don't have to be hidden away. It is best not to bury the time capsule in the ground. This method is best reserved for profession historians. The earth speeds decay and is likely to be lost or destroyed.

# Playing With Potatoes

By D. S. Foxx

March 17 is Saint Patrick's Day, the day when nearly everyone pretends to be Irish. (Why, you ask? Well, why not?) People will wear green clothing, drink green milk, sing old Irish songs, and... eat lots of potatoes.

Baked potatoes, chips, fries, potato pancakes, shephard's pie that's like pot pie made with mashed potatoes for a crust, even potatoes cooked with leeks and cabbage—that's an Irish dish called colcannon, and it's green! But potatoes aren't just for eating, even on Saint Patrick's Day.

You've seen Mr. PotatoHead—a lumpy brown body with a bunch of parts to stick on. Where do you think the toy people got the idea? This year, why not make a Potato Person of your own? If you want, you could give it a top hat, and call it a leprechaun. Those are Irish, too.

What you need:

- potatoes for bodies
- toothpicks
- carrots, cherry tomatoes, parsnips, radishes, or more potatoes to cut into body parts (or other fruits and vegetables, if you like)
- your imagination
- a parent or responsible adult to help cut up the bits

What to do:

The tip of a carrot makes a good nose, and half-circles of anything make ears, but you can cut whatever shapes you want—floppy ears like a

donkey? Whiskers like a cat? Have fun!

Hollow out a grapefruit to make a coracle—a round boat still found in parts of Ireland, kind of the local version of a canoe—and put your Potato Plaything inside, with a stalk or twig to steer. Or make it a T-shirt out of a lettuce leaf, and name it after one of your neighbors!

## Poetry for Spring

By Kimberly M. Hutmacher

### Butterfly Bustle

Dancing on a bush,  
Darting out of trees,  
Swooping over grass,  
Sailing in the breeze.  
Roaming through the yards,  
Rushing to the sky,  
Whisking past the nets,  
Waving wings, goodbye!

### Raising Roses

Digging a bed  
For the thorny bush,  
Tucking it in  
With a swish and swoosh,  
Sprinkling water  
Until that day,  
Love starts blooming  
In the month of May!

# Getting Things Done: Maggie Lena Walker

By Claudia Pearson

Maybe it was because Maggie's parents had once been slaves. Born in Richmond, Virginia on July 15, 1867, Maggie spent her childhood in the Van Lew home where her parents worked. After her stepfather was killed, Maggie helped her mother start a laundry business.

Maybe it was because Miss Van Lew insisted they all receive good educations. Maggie was an excellent student at the top of her class and followed the examples set by Miss Van Lew and her parents: If something needed to be done, she

## Elizabeth Van Lew

"Crazy Bet" Van Lew was never afraid to do what she thought was right. Before the Civil War she set her father's slaves free and she got her nickname by pretending to be crazy when she was really spying for the Union Army.

But Miss Van Lew did strange things even after the war. It was reported that she had over 40 cats and never took her Christmas decorations down.

got it done. When Maggie's class was not provided public graduation ceremonies like white students, she organized a successful protest.

Maybe it was because Maggie joined the Independent Order of St. Luke when she was only fourteen. Like many other mutual aid societies, the Order had thousands of members, but no money. After she graduated, Maggie worked as a secretary for the Independent Order of St. Luke and convinced the Order to open a department store, start a bank and a newspaper and recruit new members.

Whatever the reasons, Maggie Lena Walker became a remarkable woman. She became the Grand Secretary Treasurer of the Order, President of the bank and Editor of the newspaper. By 1924 the Order had grown to 100,000 members, had accumulated \$70,000 to help its members, and owned an office building worth \$100,000. The St. Luke Penny Bank helped many African Americans buy homes and start businesses and still exists today as Consolidated

Bank and Trust.

-Maggie was always interested in children. She started children's thrift programs in the Order, established the St. Luke Educational Fund to help black children get an education, organized 1400 women who worked together to establish a home for delinquent black girls, and was a trustee of the National Training School in Washington, D.C. Maggie also worked for equal rights for black



Americans. She organized the Council of Colored Women, was national director of the National Association for the Advancement of Colored People and a board member of the National Urban League.

In 1934, African American organizations recognized her lifetime of doing whatever needed to be done by declaring October "Maggie L. Walker Month." Maggie died later that same year.

## Helping One Another

Have you ever thought of forming a mutual aid society with your friends? What things would be easier if you had their help? If your members got sick, you could bring homework assignments to them and talk with them on the phone about what happened in class. If one member found a job raking leaves, the others could help so you all earned money.

When you saved enough you could buy a book or a video game to share or go to the movies together. If one of your members went out of town, the others could help by feeding pets or collecting mail and newspapers. There are lots of things you and your friends could do to help each other.

# The Tricky Leprechaun

## (A Retelling of an Irish Fairy Tale)

By Sarah Eshelman

One drizzly day in March, a little girl was on her way home to her village when she came across the tiniest pair of shoes she had ever seen. "Whose are these?" she wondered. They were only an inch long, made of satin, and tied with red ribbons. She looked under the hedge at the side of the lane and what did she see but a tiny man wearing a green suit, a black hat, and a tie!

"A leprechaun! You are the one who is making these fairy shoes!" she exclaimed.

The leprechaun looked up at her, startled.

"I've discovered you!" the girl said. "Now you must take me to your gold." She knew that leprechauns were elves whose job was to make shoes for fairies. If a leprechaun is discovered by a human, he must give the human his gold.

The leprechaun was disappointed, but said, "Very well. Come with me and I will show you where my gold is buried."

The girl couldn't believe her luck—finding a real leprechaun! As the little man trotted ahead of her, she followed close behind and didn't take her eyes off him, knowing he would run away if given the chance.

They soon arrived at a grove filled with hundreds of trees. The leprechaun led her to one tree and pointed to the ground next to it. "This is where I've buried my gold," he said.

"Is it really buried here?" she asked.

"Yes," said the leprechaun.

"I'll need a shovel to dig it up," she said. "Do you have one I can borrow?"

"No," said the leprechaun, with a mischievous smile. "You'll have to go get one."

"Oh, no, you don't," said the girl, laughing. "You're not going to trick me. This tree looks exactly the same as every other tree here. If I leave, you'll run away and I won't know where the gold is buried."

"Here," the leprechaun said. "Take this red ribbon. Tie it around the tree trunk. When you come back, you'll know that the gold is buried next to the tree with the red ribbon tied around it."

The girl tied the ribbon around the tree trunk. "Now, do you promise not to remove it?" she asked.

The leprechaun smiled. "I won't even touch it," he said. "You have my word."

The girl rushed home to find a shovel.

When she returned to the grove, she stopped short and gasped.

The leprechaun was gone. And every single one of the trees in the grove had a red ribbon tied around it.

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

## St. Patrick's Day (Pistachio) Bread

By Tina Musial

### Ingredients:

- 1 box white cake mix
- 3 oz. box instant pistachio pudding
- 1 c. sour cream
- 4 eggs
- ¼ c oil
- ½ tsp almond extract

### Directions:

Mix all ingredients well. Mixture will be very thick. Pour into 2 greased loaf pans. Bake at 300 F for 50 minutes.

# Ethelda Bleibtrey

By Dara A. Lehner

Ethelda Bleibtrey is not what one would call a household name; she nevertheless is an extraordinary woman who broke down many traditional barriers for women of her day. Ethelda was born February 27, 1902 in Waterford, New York.

She had an unremarkable childhood, until she began swimming competitively at 16 to overcome the ravages of polio on her body. This was considered inappropriate during the era; an era when American society questioned the "propriety" of women competing in sports.

Before the Olympics Bleibtrey held the world record in the 100-yard backstroke in women's swimming. In 1920, Antwerp, Belgium, hosted the Olympics, less than two years after the end of World War I. At this Olympics the only three events for women were the 100-meter and 300-meter freestyles and the 4 by 100-meter freestyle relay. Therefore, she entered all three and won three gold medals.

There were no suitable pools, indoors or outdoors at this Olympics, so the swimming competition was held in an ocean cove. Bleibtrey stated later it was like swimming in mud. Nevertheless, she set a world record of 1:14.4 in the third heat of the 100-meter freestyle and she lowered that to 1:13.6 in the final. Ethelda became the first woman in the world to win three gold medals, and the only woman to ever win all the women's swimming events at any Olympic games.

Ethelda continued to compete and win. Bleibtrey won every race she swam in from 1920 through 1922. She was U. S. outdoor national champion in the 100-yard freestyle in 1920 and 1921; the 440-yard freestyle in 1919 and 1921; the 880-yard freestyle from 1919 through 1921; the 1-mile freestyle in 1920, and the long-distance (3-mile) race in 1921. She won indoor championships in the 100-yard freestyle in 1920 and 1922, and in the 100-yard backstroke in 1920.

Controversy helped solidify her celebrity of the day. When in 1919, Bleibtrey broke a rule at

Manhattan Beach in NY by taking her stockings off to swim; she was given a summons for "nude swimming." The resultant publicity ended that rule at the beach. Nine years later, as part of a campaign for more public swimming facilities in New York City, she was jailed for swimming in the Central Park Reservoir. Not long afterward, the city opened its first large public pool.

Ethelda continued to be an advocate for causes she felt just until her death on May 6, 1978. She was a definitive role model for young women for her swimming triumphs and her advocacy.

## Name That Butterfly

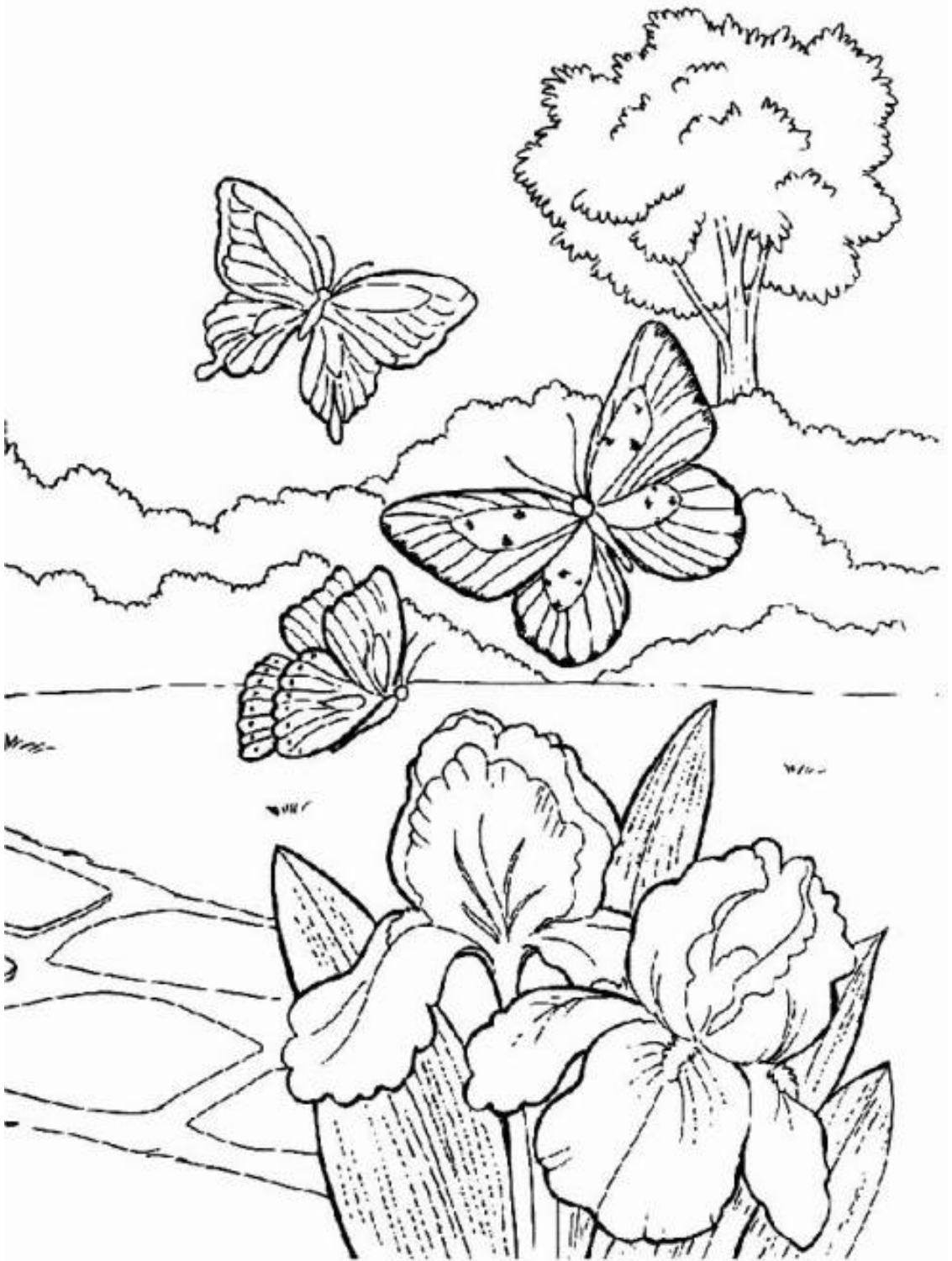
By Suzanne Miles

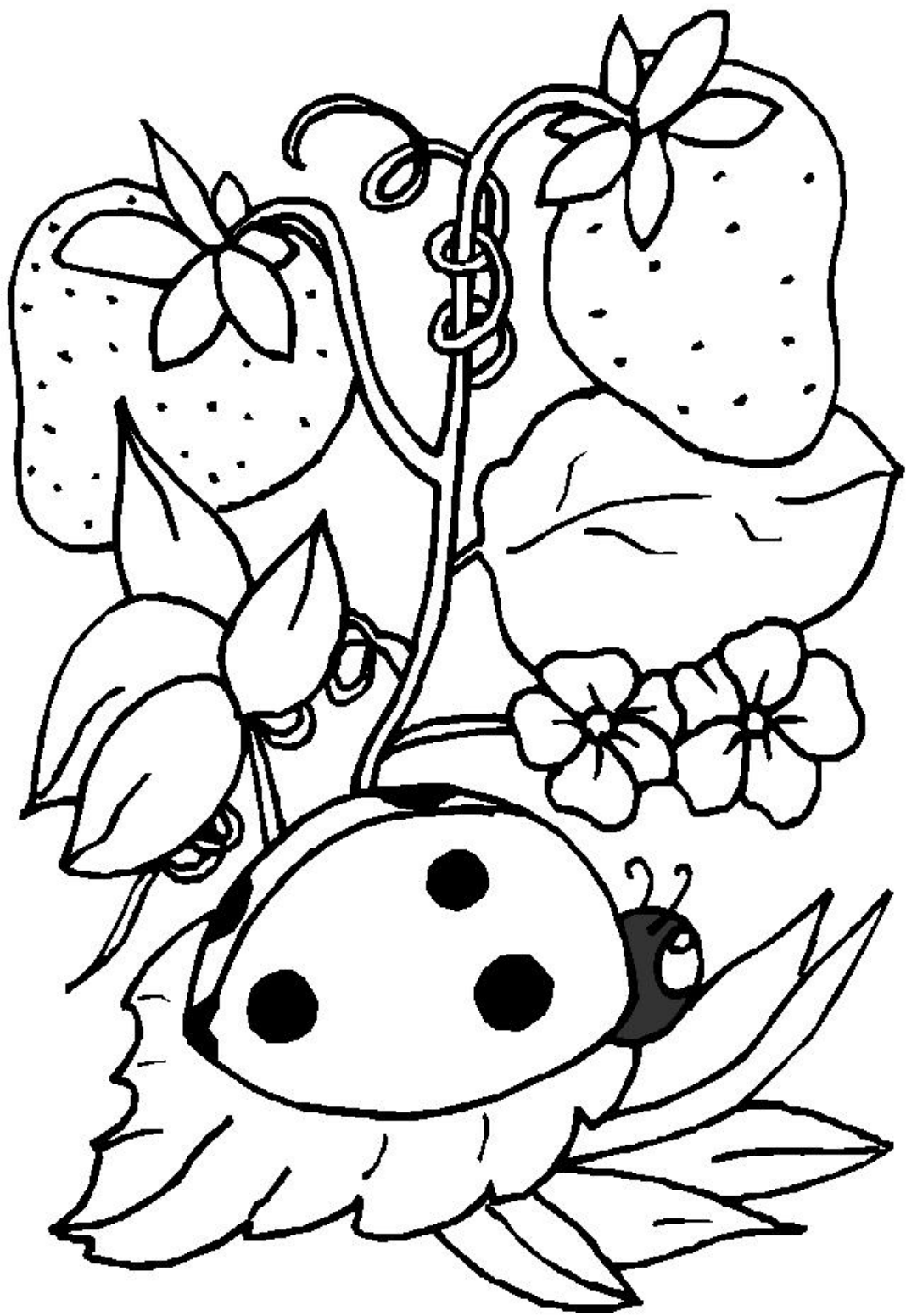
Hidden in puzzle below are names of some varieties of butterflies. Can you find their names?

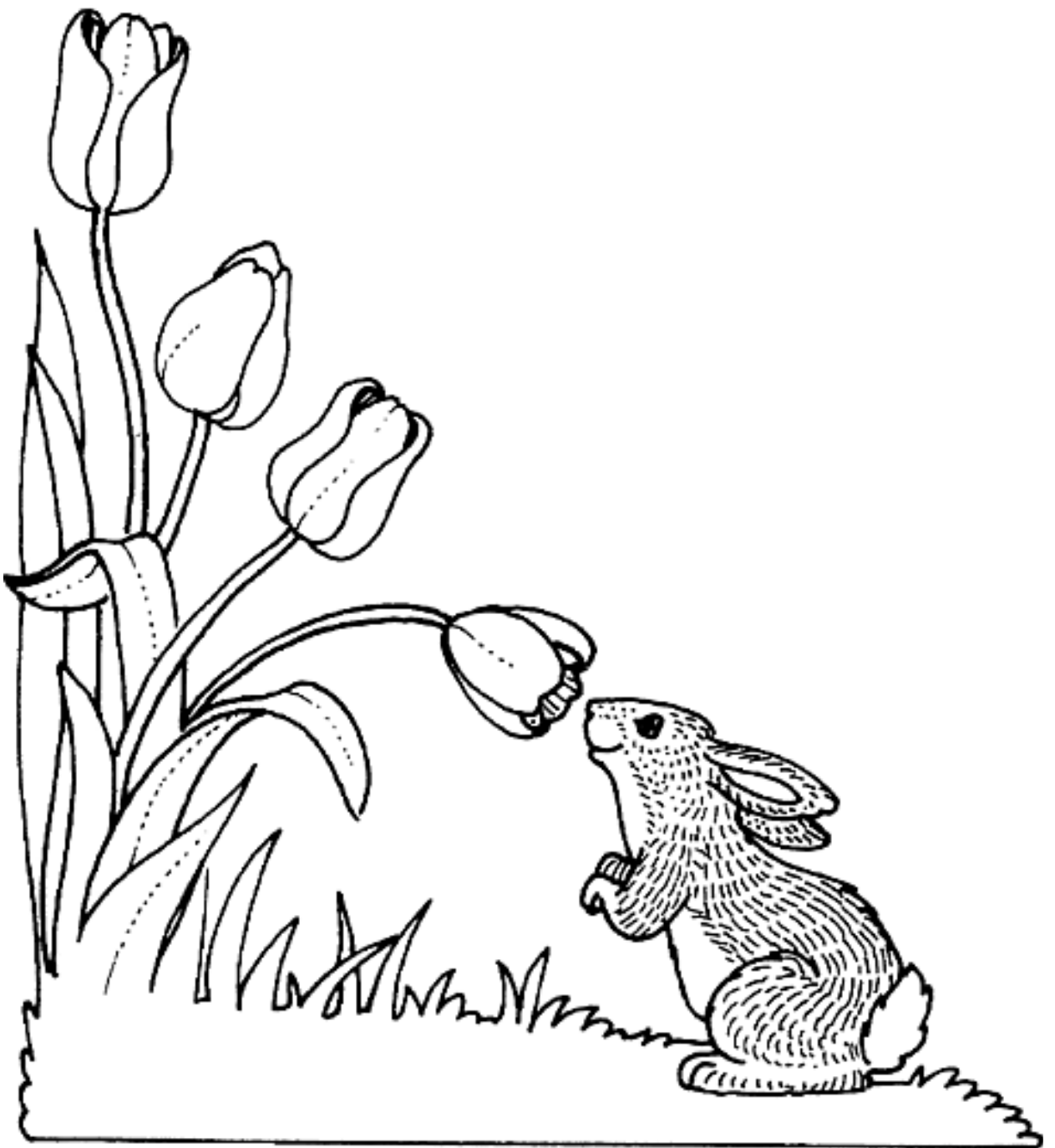
MONARCH SWALLOWTAIL  
PEACOCK ADMIRAL PAPA

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See answer on page 24







## Meet the Writers

**Tina Musial** is an aspiring children's book writer and mom. She currently resides in New Jersey with two very busy preschoolers who are a great source of inspiration. View her website at [www.tinamusial.smartwriters.com](http://www.tinamusial.smartwriters.com).

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

**Shannon Bridget Murphy** resides in Northern Virginia. You can bid on her altered book at the SCBWI Conference in Alaska this month.

**Claudia Pearson** was a Civil Rights trial lawyer for twenty years before retiring to write for children. She lives in Birmingham, Alabama and is an active member of the Society of Children's Book Writers and Illustrators.

**Annie Razz** is a poet, a mother, a psychologist and probably many other things.

**Kimberly M. Hutmacher** is a member and Network Representative for SCBWI-Illinois. Her publishing credits include an ebook for an educational publisher, Poetry Play for Preschoolers, A to Z Kid's Stuff 2003 and sales to Adventures, Babybug, Hopscotch, Once Upon A Time, Wee Ones, WritersDigest.com and WritersWeekly.com. You can purchase her e-book at [www.atozkidsstuff.com/poetryplay.html](http://www.atozkidsstuff.com/poetryplay.html).

**Lisa Keele** lives in Cairo, Egypt, where she eats fava beans and chickpeas every day. She enjoys getting e-mail at [lkeele55@yahoo.com](mailto:lkeele55@yahoo.com).

Nestled in a quiet valley below the enchanted Appalachian Mountains, you will find the home of writer/reviewer **Sterling Pearce**. Sterling lives in her childhood home that she shares with her two children, her "un-husband," and her two cats; Mystic & Moon. Keep track of Sterling and her dragon friend at <http://www.sterling-pearce.com>

**Mary Scarbrough** can be reached at [editor@kidsholidaycrafts.com](mailto:editor@kidsholidaycrafts.com)

**Dara A. Lehner** is a writer and photographer. She lives in Ohio with her husband of 22 years, their 18 year old son, 20 year old daughter, and 2 year old granddaughter. Dara writes about science, nature, math, and multicultural topics for both children and adult magazines. She has several fiction and non-fiction manuscripts current-

ly in the works. When she is not out exploring nature with her camera, Dara loves tending her flower and vegetable gardens with her granddaughter.

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

**Thank You!**  
*A very special thank you to all the authors who have made the magazine so wonderful.*

### From page 20

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