

# Saplings

## Magazine

*The Magazine for Parents to Help Their Children Grow*

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October 2004

**Tips for safe  
carving**

**Great apple  
recipes**

**Meet the caretta  
caretta turtle**

**Liechtenstein  
overview**

**Puzzles and  
poems galore**

**Marathon trivia**

**Apple printing  
craft**

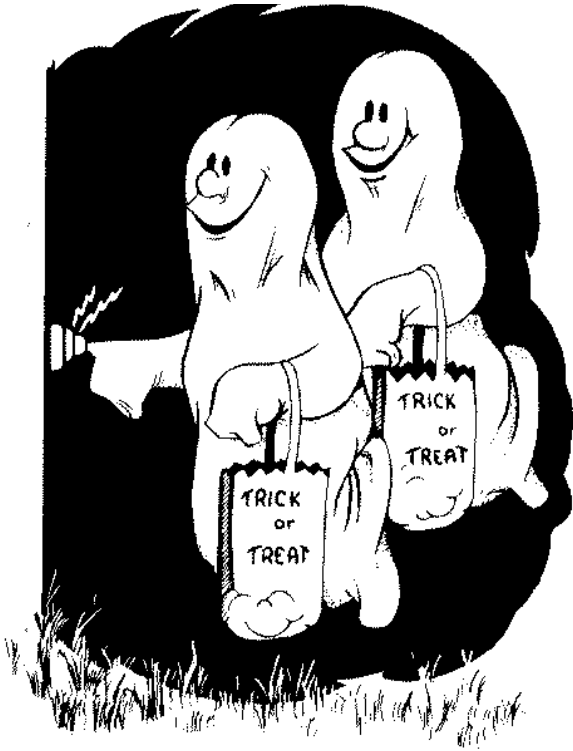
**Fun coloring  
pictures**

**Wacky pizza  
designs**

**AND MUCH,  
MUCH MORE!**



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**F**all has arrived and we have a lot of great stories, poems, recipes and crafts to keep you and your family busy! For most of us, school is in full swing and we're gearing up for the cooler months.

Once again, we have had more hits than the month before. This is great news. It is a great feeling being able to share all these wonderful stories and articles with more and more new people every month and with the regular readers.

September heralded my daughter's ninth birthday. She was very excited about it and enjoyed it... well, for the most part. Just after school got out she was running around and tripped. She got a very scrapped up knee, a bit of scrapping on her left hand and a bit more up

## From the Editor

around her right eye. She was not very happy when that happened! But she had two friends with her at the nurse's office and that helped some.

I've been busy working on my non-fiction book about emus and some of my children's fictional books. I have also been writing for Big Apple Parents located in New York City, which is nice. I forgot how nice it was to see my name in print. Last weekend, my daughter and I planted some fall flowers and repotted some of our other houseplants that will be brought inside soon as it is starting to get really chilly out there! Otherwise, it has been a lot of keeping up with the family.

Have a great October!

*Nancy Cavanaugh*

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# Run, Walk and Roll

By Angela Cerrito

## Marathon History

The marathon is one of the most popular races today. According to legend, in 490 BC, Pheidippides ran 22 miles from the city of Marathon to Athens, Greece, to deliver an important message: 'Don't surrender.' Some say that he dropped dead from exhaustion after completing his mission.

Boston is the home of the oldest yearly marathon race. In its first year, 1897, fifteen people started the race and only ten finished. Boston also holds the world's record for the most people to finish a marathon. The record was set in 1996 with 35,868 racers.

Today there's more to marathons and foot races than running. Some racers are walkers and some are rollers. Yes, rollers - wheelchair athletes.

## Learning to Walk

The rules for race walking are very strict. The racer absolutely cannot run. They must have part of one foot on the ground at all times. Also, the front leg must be straight when it hits the ground. It takes

most people at least two months to learn how to race walk correctly. That's before learning to walk fast!

## On a Roll

The first wheelchair racer to finish the Boston Marathon was in 1975. Now more than 1,000 athletes who use wheelchairs have competed in the Boston Marathon. The record for the fastest wheelchair racer to finish was this year, 2004 (1 hour, 18 minutes and 27 seconds). The fastest runner was in 1994 (2 hours, 7 minutes and 15 seconds).

Wheelchair racing is just one of the many sports for wheelchair athletes. Other sports include basketball, hand gliding, snow skiing, water skiing, dancing, tennis, and swimming. Athletes who use wheelchairs have proven that with determination and creativity, 'There's a way to play!'

The world's top athletes with disabilities represent their countries in the Paralympic Games. This year more than 4,000 athletes competed.

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## Paralympic Games

By Angela Cerrito

Paralympic Games are competitions between the world's top athletes with disabilities. Paralympics is the second largest sporting event, second only to the Olympics.

- The first Paralympics were held in 1960 in Rome, Italy with 400 athletes competing.
- Seoul, South Korea, host city to the 1988 the Olympic games also hosted the Paralympics
- In 2004 over 4,000 athletes participated in the paralympic games in Athens, Greece.
- Youngest member of the 2004 US Paralympic Team: Jessica Long age 12 of Baltimore, MD. Her sport is swimming.

## Paralympic Summer Events

Archery, Basketball, Boccia, Cycling, Equestrian, Fencing, Goal Ball, Judo, Powerlifting, Rugby, Sailing, Shooting, Soccer, Swimming, Table Tennis, Tennis, Track and Field and Volleyball

## Paralympic Winter Events

Alpine Skiing, Curling, Nordic Skiing and Sled Hockey

## Fun Marathon Facts

- This years Honolulu Marathon used 1,900,000 cups, 125,000 pounds of ice cubes, and 2,350 no parking signs.
- Tim Rogers (UK) completed a marathon on each of the seven continents, in 99 days, between February 13 and May 23, 1999.
- Terry Fox set the record for the greatest amount of money raised by a charity run. He raised \$20.7 million (US dollars) in 1981 when he ran for 143 days across Canada. He ran 3,339 miles.
- In 1977, Kevin Greenwell of Waialae, HI finished the Honolulu marathon; he was six years old.

## British Slang

They use different words for 'cool' and 'awesome' in Great Britain. Below is a translation of 'gobsmacked' and a few other slang words.

Gobsmacked: Amazed. A 'gob' is a mouth. When someone smacks his hand to his mouth, he's gobsmacked, or amazed.

ill: Brilliant

Jolly: Very - 'jolly good' is 'very good.'

Doddle: Easy, or 'piece of cake'

# Profile of a Young Athlete: Mickey Bushell

By Angela Cerrito

What does it take to be a Paralympic champion? Fourteen-year-old Mickey Bushell, who uses a wheelchair for mobility, is working toward that goal. He got hooked on wheelchair racing three years ago after a wheelchair racing demonstration at his school, in Birmingham, England. He began training once a week and, after only eight weeks, entered his first competition and won two gold medals (60meter & 100meter speed races).

Mickey now trains three times a week for two to three hours each session. His training includes stretching, strengthening, racing technique, speed, and distance training.

Racing has brought many unforgettable experiences to Mickey's life. He earned the chance to race against the top wheelchair racers in England, and he's broken national records in his age group. When asked what it feels like to cross the finish line first, Mickey said, "When the crowd is cheering and my heart is pumping, I get to that finish line and it's fantastic. I just want to do it again."

Mickey was invited to meet with Tony Blair, Prime Minister of Great Britain, an experience he describes as "absolutely amazing! I was gobsmacked when my mom told me! The thought of rolling down Downing Street was unreal." Unreal maybe, but it really did happen. On July 19, 2004, Mickey rolled down that famous street and into Number 10. There he min-



Mickey at a road race in Manchester, England earlier this year.

gled with celebrities and collected autographs.

Mickey just received an invitation to The Disability Potential Talent Academy. The organization assists athletes who may be selected for the Paralympic Games. The invitation brings Mickey one step closer to representing Great Britain in the Paralympics in Beijing in 2008. Mickey has been racing long enough to know the difficult work involved in competitive athletics. To make it to the Paralympics, he said, "I have a chance... if I keep on improving and making the qualifying times."

Mickey's advice to kids considering wheelchair racing, "Go along to a club that can let you borrow a race chair and have a go. You can't win every single race, so accept that. Don't give up just because you're having a bad day."

Read more about this amazing athlete at [www.mickeybushell.esmartkid.com](http://www.mickeybushell.esmartkid.com).

## Marathon Trivia

**How is a racing wheelchair different from a regular wheelchair?**

*A racing wheelchair is light-weight, sits lower to the ground and is often custom measured to fit the athlete's body.*

**How far is a marathon?**

*26 miles, 385 yards.*

*Previous to 1908, the marathon standard was set at 26 miles. Then at the Olympic marathon in London, it was decided that the royal family needed a better view of the finish line. Organizers added an extra 385 yards to the race so the finish line would be in front of the royal box.*

**How long did the first modern marathon take?**

*3 hours 10 minutes*

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# Making Fun and Festive Pizza

By Teresa Nordheim

Today, pizza has become just as American as baseball and apple pie. There are many different recipes, all using the same concept. Start with a crust, add sauce and toppings. Before you know it, you have a pizza.

Here are a few recipes that you can try at home. All you need to do is gather the ingredients and an adult. Soon you will be a master pizza maker!

## Easy As Pie Pizza

Pizza doesn't have to be a complicated process as you will see with this recipe.

### Suggested ingredients:

- English Muffins or refrigerated buttermilk biscuits
- Tomato Sauce
- Sliced Mushrooms
- Sliced Pepperoni, Ham, Ground Beef
- Mozzarella Cheese (shredded or sliced)
- Sliced Black Olives
- Green Pepper
- Onions
- Pineapple

### Directions:

Split muffins in half.

Spread tomato sauce on muffin. Then top with any combination of your favorite toppings.

Top with shredded Mozzarella cheese.

For English muffin pizzas place them in the microwave/toaster oven/conventional oven for 1-2 minutes or until cheese is melted.

For refrigerated buttermilk biscuit pizzas bake, uncovered at 350 degrees F for 25 to 30 minutes or until cheese is melted. Let stand for 5-10 minutes before serving.

## Halloween Pizza Treats

Help celebrate this ghoulish holiday with some fun and creative pizza recipes.

### Ingredients:

- Pizza dough
- Grated mozzarella and Parmesan cheese
- Sliced pepperoni
- Mushrooms
- Olives
- Bell peppers

- Tomatoes
- Tomato sauce
- Salt and pepper

### Directions:

Make an 8 inch pizza. Then choose your creature to feature!

## Monster Pizza



Have the children use the ingredients provided to make monster faces, such as pepperoni with olives on top for the eyes, mushroom slice for nose, fresh basil for hair, and sliced peppers for the mouth. Follow cooking directions on dough package and enjoy!

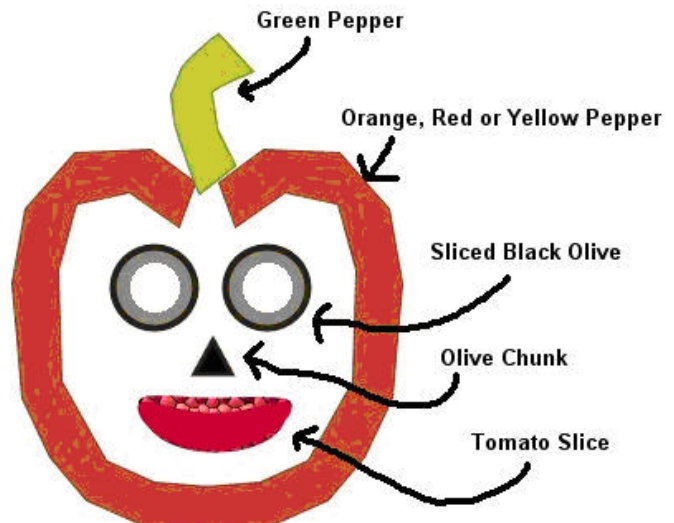
## Jack-o'-Lantern Pizza

Kids will love veggies when you make jack o'-lantern faces with the veggies on top of yummy pizza! You can use colored peppers (yellow, red orange and green), cherry tomatoes, olives or any other vegetable you can think of. If your child still refuses to eat veggies you can cut ham into triangles and give your pizza eyes, nose and mouth.



### Suggested layout for the pumpkins:

## Fruit Pizza



A delicious dessert pizza to add the finishing touch to dinner.

**Ingredients:**

- 18 or 20 oz. roll sugar cookie dough
- 8 oz. pkg. cream cheese
- 1/3 c. sugar
- 1/2 tsp. vanilla
- Assorted fruit (kiwi, strawberries, bananas)
- 8 oz. peach preserves
- 2 tbsp. water

**Directions:**

Slice and press cookies in a 12-inch pizza pan. Seal edges.

Mix cream cheese, sugar, and vanilla. Spread on cooled cookie. Place assorted fruit on cream cheese.

Make a glaze with preserves and water and spread over fruit. Chill before cutting.



# Introducing the Caretta Caretta Turtle

By Alik Ammerman

They lived in great numbers 150 million years ago, along with the dinosaurs. Today, they are endangered. Environmental organizations such as The World Wildlife Fund, as well as local societies in many countries, do their best to protect them. Their name? The caretta caretta sea turtles.

**What do they look like?**

The caretta caretta is actually a loggerhead sea turtle that lives in the Mediterranean Sea, and in the warm belt around the world from the US to Australia. It has a red-brown carapace and a yellow plastron. When it's fully grown it measures more than three feet long and weighs between 200 and 400 pounds.

Jellyfish is its favorite food, but it won't say no to fish, crabs, sea urchins, and clams. This big reptile is a slow grower and lives long, sometimes more than 100 years.

**Life cycle**

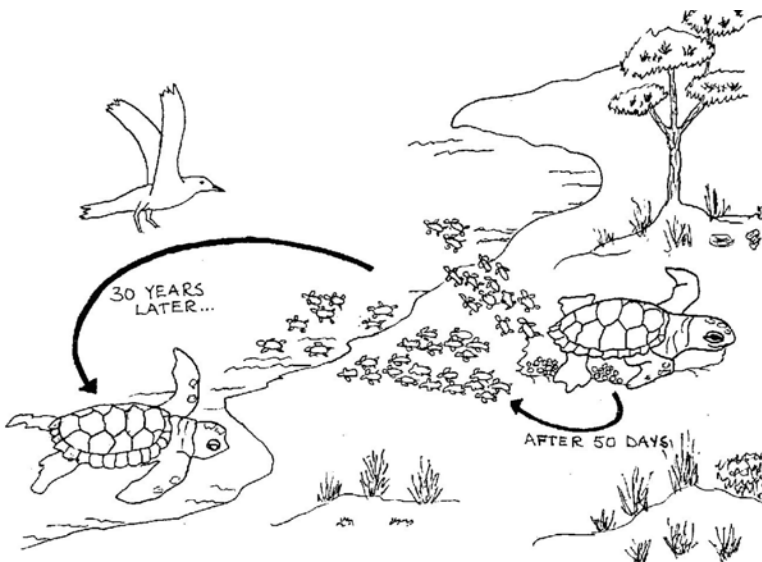
At the age of thirty, the female turtle is ready to lay eggs, and returns to the beach where she was born. If she does not recognize the place because of a hotel or two that were built nearby, the turtle will go away and will not nest. Then her eggs will go to waste.

Their nesting time is between June and July. The turtle will come out on the beach late at night. She digs a hole in the sand, and lays from 60 to 120 eggs. She then covers her nest as best as she can, and goes back to the sea. Before the season is over, she may come back two to three more times and lay more eggs. The sun and good luck do the rest. If the nest is not disturbed, the eggs will get warm and will hatch in about 50 days.

Once they hatch, the hatchlings make an all-out effort to crawl to the sea. This first trip to the water is the most important one in their lives: the feeling of the sand and the smell of the beach help them orient themselves and remember where they were born. This memory will bring the females back to nest.

**Why are they endangered?**

Even before they are born, these turtles face many dangers. Many of the eggs never hatch, because dogs, birds, snakes and even people take them away from the nest. Beach umbrellas and chairs or people playing games on the beach can destroy the nests. For this reason, volunteers of conservation groups stay up all night long and watch for turtles that come out on the beach to lay eggs. When the turtle covers her nest and crawls away, the volunteers place protective cages around the nest, to keep the people away.



The life cycle of the caretta caretta turtle.

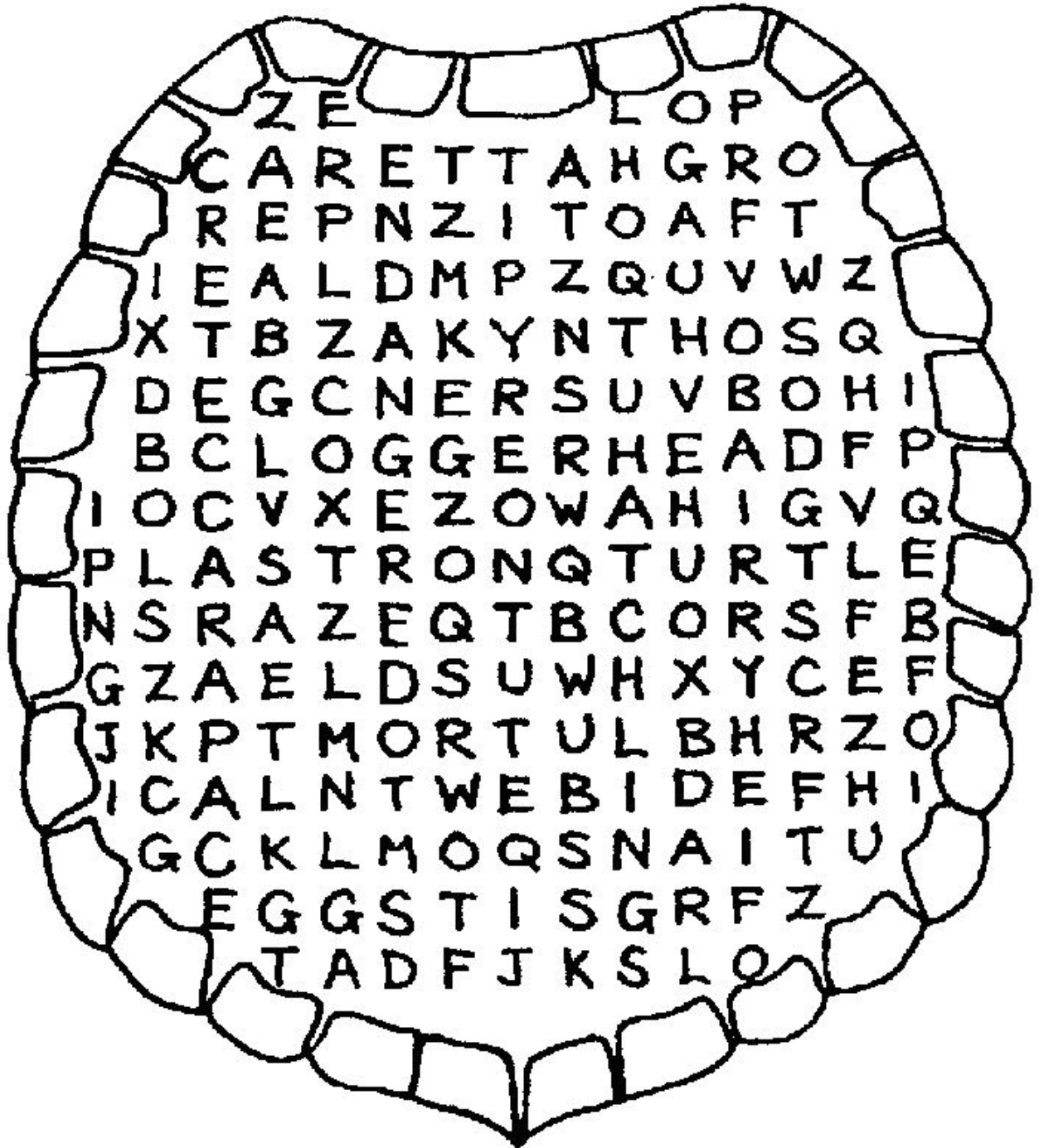


During their first trip to the sea, predators pick up baby turtles before they reach the water, and once they are in, big fish or birds can eat them. Those that make it to adulthood are not necessarily safe. Many are caught in nets, or they eat trash and choke. Plastic bags floating in the sea are especially dan-

gerous; turtles take them for jelly fish and swallow them. So human activities such as large scale fishing and tourism have made it hard for the caretta caretta to survive: out of one thousand hatchlings only one or two reach maturity. This is why this turtle needs our help.

Find the hidden words listed below. Look down and across. See answer on page 18.

CARAPACE CARETTA EGGS ENDANGERED HATCHLINGS LOGGERHEAD PLASTRON TURTLE





# Where in the World is Liechtenstein?

By Angela Cerrito

## Finding Liechtenstein

In order to find the tiny country of Liechtenstein, you need two things: a map of Europe and a magnifying glass. Ready? First look at your map without the magnifying glass and read the names of the larger countries. Find France, Italy, and Germany. Now move your magnifying glass to the area where these three countries come together. There you'll see a smaller country: Switzerland. Just to the East, between Switzerland and Austria, sits Liechtenstein.

Did you find it? Need a few hints? Look for Lake Constance between Germany and Switzerland; Liechtenstein is directly below Lake Constance. Also, the long name may be hyphenated on a map like this: LIECHTEN-STEIN. If that doesn't work, try looking for the capital, Vaduz.



## The Flag

The flag of Liechtenstein has two large stripes, blue on top and red on bottom. In 1936, Liechtenstein sent a group of athletes to the Olympics. There it was discovered that another small country, Haiti, had the exact same flag! The

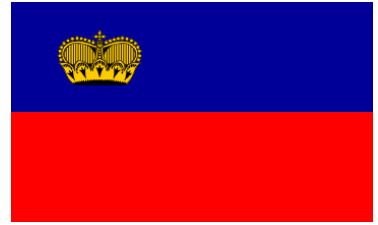
next year Liechtenstein added a gold crown to the top left corner of their flag. When the head of Liechtenstein's government, Joseph Hoop, displayed the new flag, he told the meaning of the colors and the crown:

Blue for the sky

Red for the fires in the fireplaces during evening gatherings

A gold crown to

show the unity between the people and their Prince.



## Unique Government

Prince Hans Adams II is the Prince of Liechtenstein. Along with the Prince, twenty-five deputies of the people form Liechtenstein's parliament. Citizens have the right to vote at the age of 20.

## A country too small for cities?

Liechtenstein is a country without cities! Instead, there are 11 small villages. Only 340 people live in the village of Planken, Liechtenstein's smallest village. More than 5,000 people live in Vaduz, the capital of Liechtenstein and the home of the Prince and his family.

The country also does not have an army or its own type of money. They use their neighbor Switzerland's money, the Swiss Franc. Switzerland has also promised to protect Liechtenstein, if needed, in the event of war. The small country hasn't had an army since 1868, and it hasn't been harmed in any of the wars of Europe.

# Quick Peek: Facts About Liechtenstein

**Capital:** Vaduz

**Leader:** Prince Hans Adams II

**Form of Government:** Heraldry constitutional monarchy

**Independence:** On January 23, 1719 the Imperial Principality of Liechtenstein was established; July 12, 1806 it established independence from the Holy Roman Empire.

**Constitution:** October 5, 1921

**National Holiday:** Assumption Day, August 15

**Population:** 33,145 (July 2003 est.)

**Nationality:** Liechtensteiner

**Languages:** German and Alemannic dialect

**Location:** Central Europe between Austria and Switzerland

**Area:** Total area 160 sq km; land boundaries: 76 km.

**Terrain:** Mostly mountainous (Alps) with the Rhine Valley in western third.

**Climate:** Cold, cloudy winters with frequent snow or rain with cool to moderately warm, cloudy, humid summers.

**Natural Resources:** Hydroelectric potential and arable land.

**Agricultural Products:** Wheat, barley, corn, potatoes; livestock, and dairy products.

**Currency:** Swiss franc

# Autumn Brings Apple Season

By Jennifer Wickes

Did you know that Johnny Appleseed was born John Chapman on September 26th, 1774? He was known as Johnny Appleseed for spreading apple seeds all over Ohio, Michigan, Indiana and Illinois!

Apples are part of the Rosaceae family. There are over 7000 varieties of apples all over the world. They are grown in a temperate climate across the world for over 3000 years. Washington State produces over 50% of the apples in the United States.

## Varieties and Their Uses

**Applesauce or Canning:** Golden Delicious, Paula Red, Rhode Island Greening and Spartan.

**Baked:** Braeburn, Gala, Gravenstein, Rome Beauty and York Imperial.

**Pies:** Granny Smith, Jonagold, Macintosh, Northern Spy, Romes and Winesap.

**Raw:** Baldwin, Braeburn, Cortland, Criterion, Fuji, Gala, Golden Delicious, Granny Smith, Gravenstein, Jonagold, Jonathan, Lady Apple, Macoun, Macintosh, Newton Pippin, Northern Spy, Pink Lady, Red Delicious, Rhode Island Greening, Stayman, Winesap, and York Imperial.

## Available/Season

Because of all the varieties available from all over the world, apples are available all year round, with a peak season from September to November.

## Selection

Select firm and bright colored fruit with smooth and shiny skin. Avoid bruised, soft or shriveled fruit. It should have a fresh scent. The color of the apple depends on the variety, from yellow to red. Also, the sweetness or tartness ranges on the variety as well.

## Storage

Keep at room temperature for a few days. Place unwashed fruit in a plastic bag in the refrigerator for a longer period of time. If you prefer crisp apples, then apples will maintain their crispness better in the refrigerator.

## Spices

Allspice, cardamom, cinnamon, cloves, coriander, ginger, mace and nutmeg.

## Preparation

Depending on how you enjoy your apples, they can be eaten with the skins on or off! The core is never

eaten.

## Health Benefits

Eating apples can keep the doctor away! They contain Vitamins A and C. Apples help lower bad cholesterol and high blood pressure. It helps protect the arteries and the heart. It also boosts good cholesterol, and helps stabilize blood sugar. It has an ingredient that works as an appetite suppressant, and contains flavonoids that are cancer-fighting antioxidants. Because of its high fiber content, it helps relieve constipation, but applesauce helps relieve diarrhea! Apples also help remove plaque from our teeth.

# Apple Recipes

## Applesauce

### Ingredients:

- 8 apples, pref. Gravenstein, peeled, cored and cut into eighths
- 1/2 cup water
- Sugar, to taste
- 1 tablespoons lemon juice
- 1 tablespoon grated lemon peel

### Directions:

Combine apples and water in a heavy-bottomed pan. Place over low heat and cook, stirring occasionally.

When apples begin to get tender, add sugar to taste but be sparing until apples mash easily—that's when you can tell just how sweet you want the applesauce.

Add lemon juice and cook until applesauce is ready to be mashed with fork. Remove from heat and add lemon peel.

Mash with tines of fork, leaving some coarse texture. Serve warm. 4 servings.

## Candied Apples For Halloween

### Ingredients:

- 1 1/2 cups sugar
- 2 teaspoons vinegar
- 2/3-cup water
- 1 package cherry kool-aid
- 10 apples

**Directions:**

Mix sugar, vinegar and water. Boil until mixture reaches 300-degrees F; cool.

Stir in Kool-Aid. Put apples on sticks and dip into mixture quickly. 10 servings.

**Easy Apple Cake**

**Ingredients:**

- 4 Peeled And Sliced apples
- 1/4-cup sugar
- 1/2-teaspoon cinnamon
- 1/2-cup sugar
- 2 tablespoons butter or margarine, Soft
- 1 egg
- 1/4-teaspoon vanilla

1 cup flour

1 teaspoon baking powder

**Directions:**

Preheat oven to 350 degree F.

Mix together 1/4-cup sugar and 1/2 t cinnamon.

Place a layer of apples in greased baking dish, sprinkle with half the sugar-cinnamon mixture, cover with remaining apples and cover with remaining sugar-cinnamon.

Cream 1/2 cup sugar and butter. Add egg and vanilla and mix well. Stir in flour and baking powder and spoon over apples, spreading it as best as you can.

Bake 30 minutes. Best served warm, with vanilla ice cream. 12 servings.

# Festive Apple Printing Crafts

Make a fun design, wrapping paper, decorate t-shirts, or a tote with apple prints. Parental supervision is recommended.

**What You Need**

- Apples
- Paint
- Paper plate, shallow tray, or wide paint brushes
- T-shirt, tote bag, or paper to print on
- Newspapers to protect the table
- Knife to cut the apple

**How To Make It**

Apple printing is always fun: there are two very different prints you can get by cutting apples in half through the middle OR from the top to bottom.

You can cut them in half through the stem, dip them in red and green paint, and make a very nice-looking collage of apple shapes. Cutting them through the middle makes a circle stamp with a star

in the middle.

If you are going to make your prints on paper, use washable poster paint for good results.

If you want to decorate fabric - like a t-shirt or tote, make sure to get fabric paints - and the kids need to be dressed in old clothing!

1. To paint on a t-shirt or tote, put a thick layer of paper inside the shirt/tote to prevent the paint from bleeding through to the back of the fabric.

2. An easy and very effective project is to decorate a plain tote with apple stamps cut from top to bottom (making an apple shape) in a horizontal line around the tote.

## Fall Word Search

By Suzanne Miles

Find these words in the puzzle below. Answers are on page 18.

SCARECROW PUMPKIN JACKET  
HALLOWEEN LEAVES

A	C	E	L	E	A	V	E	S	L	C
H	K	J	T	S	M	C	P	H	J	S
R	A	C	K	J	U	A	U	S	E	S
P	A	L	S	A	M	E	M	K	N	A
A	U	C	L	S	C	V	P	J	U	R
N	H	M	K	O	K	A	K	R	W	E
P	C	R	P	A	W	L	I	R	O	C
O	L	E	R	E	R	E	N	S	A	R
J	A	C	K	E	T	S	E	O	R	O
W	H	L	E	C	H	V	N	N	R	W
A	V	C	R	O	W	L	E	A	V	E

## Poems

By Evelyn Hall

They make you laugh, they make you cry,  
They sometimes even make you sigh.  
Poems can be about rivers or hills,  
or just about the way the poet feels.

Poems can be about birds that fly,  
or about the ones that never reach the sky.  
No matter what the subject might be,  
poems are fun as you can see.



# Pumpkin Carving Safety Tips

By Joyce R. Johnson

What would Halloween be like without spooky pumpkin faces? Pumpkins are a Halloween tradition. Whether you like scary faces, funny faces, or fancy designs, remember these five pumpkin carving safety tips:

1. Carve your pumpkin at a Clean, Dry table that is well lit.

Thoroughly wash and dry all the tools you will use to carve the pumpkin: carving tools, cutting surface, and your hands. Keep a hand towel close by to wipe pumpkin slime from your hands and tools. Dry hands and carving tools will minimize injuries.

2. Use a Pumpkin Carving Kit

These kits contain small-serrated pumpkin saws that are easy to use and won't slip and cause an injury if they get wet and slimy.

3. Always Have Adult Supervision

It only takes a second for an injury to occur. If you are having difficulty carving your pumpkin, ask for help. Remember, adults usually have some experience with pumpkin carving. They were once kids too, so they might be able to give you some good tips on pumpkin carving.

4. Leave the knives to Adults

If you don't have a pumpkin carving kit, leave the cutting to an adult. You can still have pumpkin carving fun. Clean out the pulpy insides and seeds. It's fun to squeeze and squish the pumpkin guts between your fingers. Then draw the design on the pumpkin for your adult to follow.

5. Sharper is not Better

A sharp knife can become wedged in the thicker parts of the pumpkin, requiring force to remove it. Yanking the knife can cause the knife to slip and cause injury. Sometimes rocking the knife back and forth can cause the knife to come out the other side of the pumpkin where your other hand is holding the pumpkin.

Want to get free Pumpkin carving designs? The following websites have great pumpkin carving templates for you to download and print for free.

- [www.thepump-kinfarm.com/carvemenu.html](http://www.thepump-kinfarm.com/carvemenu.html) - simple and fun faces.
- [www.spookmaster.com/index.htm](http://www.spookmaster.com/index.htm) - Lots and lots of designs.
- [www.pumpkinmasters.com/](http://www.pumpkinmasters.com/) - Great kid friendly

templates.

- [www.jack-o-lantern.com/index3.html](http://www.jack-o-lantern.com/index3.html) - more of a good thing.

- [www.ahowlinggoodtime.com/carving/patterns.shtml](http://www.ahowlinggoodtime.com/carving/patterns.shtml) - All the way from Canada.



## Pumpkin Fun Facts

- The name pumpkin originated from the Greek word for large melon, which is pepon. Pepon was changed by the French into pompon. The English changed pompon to Pumpkin. American colonists changed pumpkin into pumpkin.

- Pumpkins are a fruit, not a vegetable.

- Pumpkins are native to North America.

- The origins of Halloween dates back 2000 years to the Celts, carved pumpkins were used to welcome the spirits of the dead.

- Steve Deletas, from Pleasant Hill, Oregon, grew a world record 1385-pound pumpkin in 2003.

## Bone Dance Boogie

By Mary Ann Cortez

Tonight's the night when monsters walk  
When ghosts appear and dead men talk.  
Witches stir their bubbling pots  
Making treats for costumed tots.

The Bone Dance starts at twelve tonight  
Beneath the graveyard's pale moonlight.  
Come and join us is you dare.  
Frank and I will meet you here.

We'll do the Stomp, The  
Freak, The Shout.  
The Monster Mash will  
wear you out.  
Don't dress up, come as  
you wish.  
It's potluck, and you're my  
dish.



# An Easy-to-Make Halloween Wreath

By Sarah Eshelman

## What you need:

Colored construction paper in Halloween colors (orange, black, and white)

Scissors  
Glue

## What to do:

1. Cut out several small Halloween shapes from construction paper. Two- to three-inch shapes work well. You might



want to try bat, ghost, or pumpkin shapes.

2. Arrange the cut-outs so the edges overlap in a circle shape, using as many cut-outs as you need to make the size wreath you'd like.

3. Glue down the edges of the cut-outs.

4. Let dry, and hang up for a festive Halloween decoration!

## Icky Popcorn Treats

### Ingredients:

10 cups popped popcorn  
2 cups sugar  
1 cup water  
1/2 cup light corn syrup  
1 teaspoon vinegar  
1/2 teaspoon salt  
1 tablespoon vanilla  
Gummy worms, candy corn, and other Halloween candies

### Directions:

1. Remove all unpopped kernels from popped popcorn. Put popcorn in a greased 17x12x2-inch baking or roasting pan. Keep popcorn warm in a 300 degree F oven.

2. Syrup mixture: Butter the sides of a heavy 2-quart saucepan. In saucepan combine sugar, water, corn syrup, vinegar, and salt. Cook and stir over medium-high heat until mixture boils, stirring to dissolve sugar (about 6 minutes).

3. Clip a candy thermometer to side of pan. Reduce heat to medium; continue boiling at a moderate, steady rate, stirring occasionally, until thermometer registers 250 degrees F, hard-ball stage (about 20 minutes).

4. Remove saucepan from heat; remove thermometer. Stir in vanilla. Pour syrup mixture over the hot popcorn and stir gently to coat, adding candies. Cool till the popcorn mixture can be handled easily.

5. With buttered hands, quickly shape the mixture into 2-inch diameter balls. Wrap each popcorn ball in plastic wrap.

Makes about 20 popcorn balls.

## Favorite Things

By Stacie Cortez Guidry

Favorite things, I have listed just a few  
If you want, I'll share them with you

Cool wind blowing in my face  
Leaves swirling around in haste.

Cats and dogs and one special frog.  
I found him alone just sitting on a log.

Ice cream dripping down my chin.  
I make a face with a sticky grin.

Rocks that I collected on the beach.  
At least the pretty ones that I could reach.

Stuffed animals in sizes big and small  
Cover my bed with no place to crawl.

My Halloween costume that I wore last year  
Even thought it has a slight tear in the rear.

My pajamas that have animals on a farm  
I put them on to make me feel warm.

The lizards that cling to my window at night  
I lift up the shade so I can keep them in sight.

I love playing soccer and baseball too  
I play them both, using the same shoe.

The One thing that I love above all the rest  
Is my family, they make me feel blessed.

# Ghoulish Halloween Vinyl Placemats

## What You Need:

Halloween fabric - enough to make several placemats (1 yard should be enough for at least four placemats)

Iron-on vinyl  
Iron  
Scissors

## What to do:

1. Choose the shape of your placemat - oval, rectangular, heart-shaped, circular, or any shape!
2. Follow the directions on the iron-on vinyl package to attach a piece of vinyl on each side of the fabric.
3. Trim around the edges of the vinyl so that it is even on all sides.

# Spook-tacular Jokes for Halloween

By Sarah Eshelman

What exam do young witches have to pass?  
A spell-ing test!

What do you call a witch who lives on the beach?  
A sand-witch.

What do ghosts eat for supper?  
Spook-etti.

Whom did the ghost invite to his party?  
Anyone he could dig up.

What did the baby monster say to the babysitter?  
I want my mummy.

Why does Dracula have no friends?  
Because he's a pain in the neck!

What kind of mistakes do ghosts make?  
Boo-boos.

Why did the mummy call the doctor?  
Because he was coffin

# Halloween Word Search

By Teresa Nordheim

Find the following words in the puzzle.

WITCH SKELETON SPIDER BOO GHOST OWL MOON  
COSTUME OCTOBER MUMMY VAMPIRE WEREWOLF PUMPKIN  
BROOM SPIDER CANDY TRICK TREAT BLACK CAT



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

See answer on page 18.











# Meet the Writers

**Angela Cerrito** is a poet, physical therapist, and writer. She lives in northern Italy with her family.

**Teresa Nordheim** may be reached at [saplingsmagazine@gmail.com](mailto:saplingsmagazine@gmail.com).

**Evelyn Hall** is a self published author and 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."

**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'.

**Aliki Ammerman** has worked as a children's librarian at the American Community Schools of Athens, Greece, where she organized many cultural awareness programs for grades K-5. She now write children's stories full time and has translated nine picture books, which were published by Turtle Publications in Athens, and has recently published a story titled *The Peloponnesian War: Althea's Memoir* in the July/August issue of Crinkles Magazine.

**Jennifer Wickes** writes two columns at Suite101.com: *Cooking With The Seasons* and *Cookbook Reviews*. She is also the Manager to the Food and Drink Community at Suite101.com. This article was originally published at Suite101.com.

**Joyce R. Johnson** grew up in Suffern, NY. She has lived all over the USA and currently reside in New London, NH with her husband, two children, an Au Pair named Lucie, two rottweilers and a cat. She placed fourth in the mid grade category of the 2004 Write it Now Contest at [www.smartwriters.com](http://www.smartwriters.com) with her manuscript *The Casting*. You can visit her at <http://www.joycerjohnson.com>

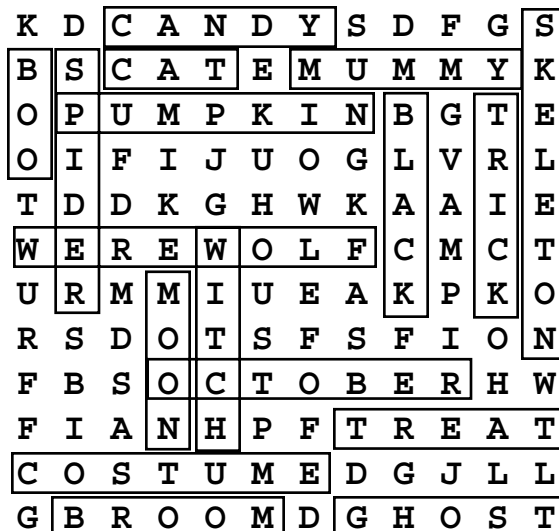
**Mary Anne Cortez** has been writing for children for four years. She has been published in the children's market. She has had poetry "place" in various contests. In addition to writing bilingual stories, she loves to write in rhyme.

**Sarah Eshelman** is a graduate of the Harvard University Graduate School of Education. Several of her articles have appeared in Saplings Magazine. Visit her web site at [www.saraheshelman.com](http://www.saraheshelman.com).

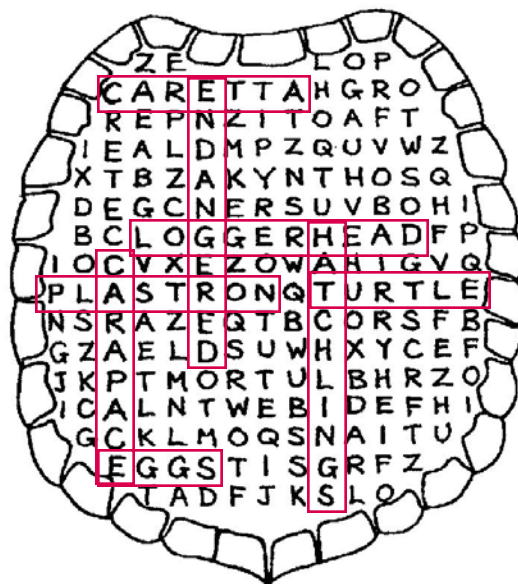
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From puzzle on page 14



From puzzle on page 8.



From puzzle on page 11.

