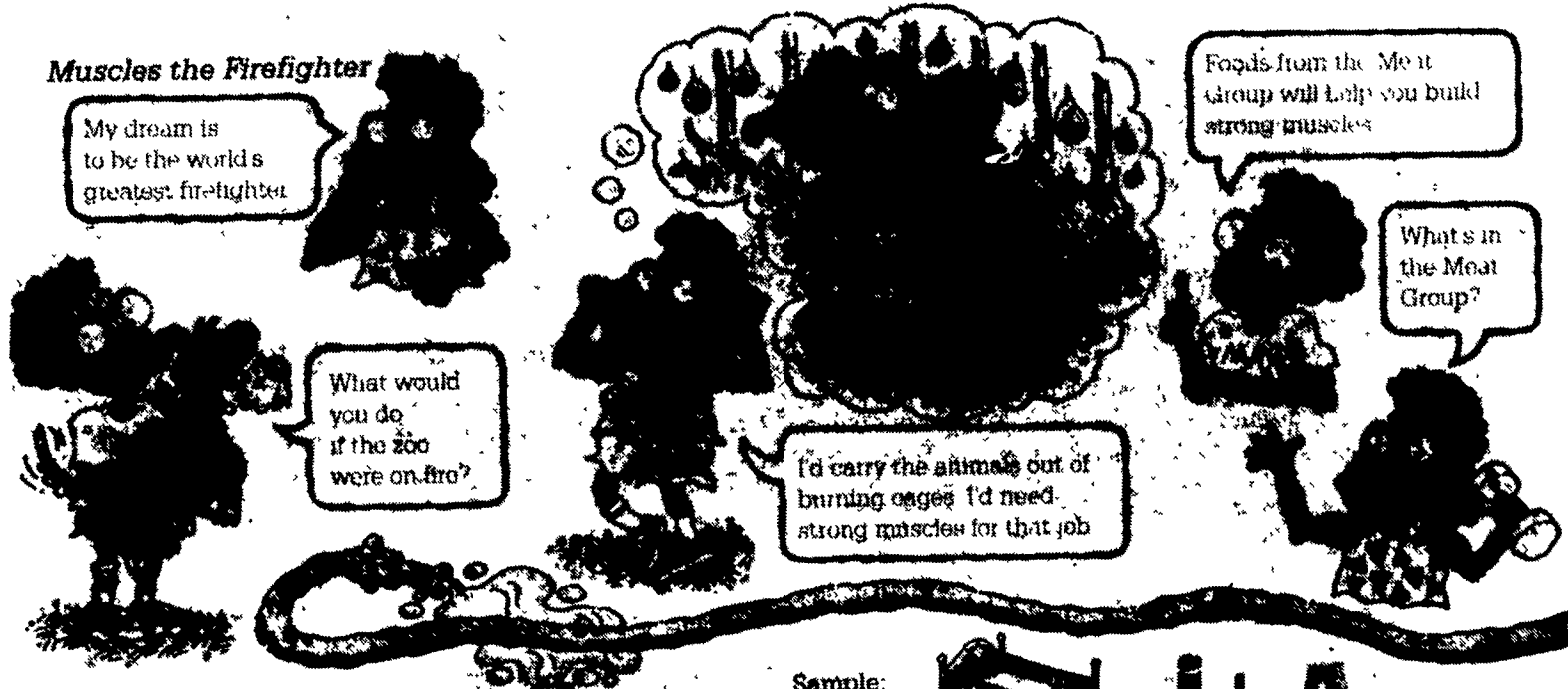


Kids' KOrner



Muscles the Firefighter

My dream is to be the world's greatest fire-fighter.

What would you do if the zoo were on fire?

I'd carry the animals out of burning cages. I'd need strong muscles for that job.

Foods from the Meat Group will help you build strong muscles.


What's in the Meat Group?


Sample:



$$c r \times b + a = \underline{c r a b}$$


Can you help Muscles? There are 10 Meat Group foods in the puzzles below. Can you solve them? Sound out the clues. Sometimes you have to change the order of the letters or spelling. See the sample for an idea on how to do these puzzles.

1.  + **i** = _____

5.  + **cr** = _____

2. **P** +  - **f** = _____

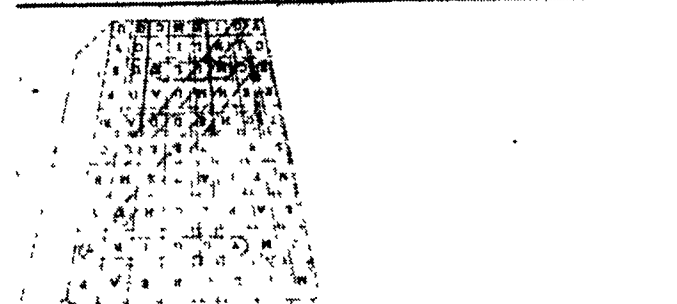
6. **HOT** +  = _____

3.  - **P** + **B** = _____

7. **TUR** +  = _____

4. **2** + **NA** = _____

8. **f** +  = _____



9.  + **nut** = _____

10.  + **age** = _____



Answers: 1. pig 2. pig 3. pig 4. pig 5. pig 6. pig 7. turkey 8. pig 9. nut 10. pig

Better Kid Care

DAUPHIN (Dauphin Co.) — Are you tending the kids in the neighborhood and wondering what to do with them? "Better Kid Care" is the title of a four-session course offered by the Dauphin County Cooperative Extension Office. The course will run Tuesdays, March 20, 27, April 3, and 10, from 7 to 9:30 p.m. at the Pennsylvania Department of Agriculture, 2301 North Cameron Street, Room 309, Harrisburg. The course will include information on becoming registered, organizing a day, motor develop-

ment, child care food program, discipline techniques, starting a business, marketing the business, and child proofing your home. The cost for the series is \$10 per person and includes a notebook and certificate. Participants will receive one Continuing Education Unit from Penn State University upon completion of the course. Registration is required by Tuesday, March 13. For more information or a registration form, contact Mary or Tamie at the Dauphin County Cooperative Extension Office at (717) 921-8803.

Rubber Band Board

Directions: Let your child hammer nails all over the board you have selected. Then have him stretch the rubber bands on the nails connecting them in various patterns. Try a large board for the whole family to explore. A smaller one will do for individuals. You could make a board up with a circle of nails, or a grid pattern, but be sure your child knows that a random pattern is just as good and may be more fun.

Readers Write

Dear Readers, My name is Levi G. King. My parents are Moses S. and Lizzie F. My address is 377 Mt. Pleasant Rd., Quarryville, PA 17566. I have three brothers and two sisters: David, 10; Me, 9; Moses, 7; Rebecca, 5; Abner, 3; and Annie, 1.

Bunny and a dog named Bear. We also have hogs that we make fat and we have nine guinea pigs. I go to Stony Hill School. My teacher's name is Henry Beiler. I am in the third grade. My birthday is January 15. I like Kids Korner.

Levi King
Quarryville

We have a drive horse named

MILK. IT'S FITNESS YOU CAN DRINK.