

Kids Korner

This Thanksgiving, Share With Kids In Need

LOU ANN GOOD
Lancaster Farming Staff
LITITZ (Lancaster Co.) —
 Thanksgiving is a time set aside to be thankful for the many good things that you have. You're probably thankful for your mom and dad, a warm bed to sleep in, and plenty of food to eat.

The day after Thanksgiving, seems to be Thanksgiving every-one starts thinking of Christmas.

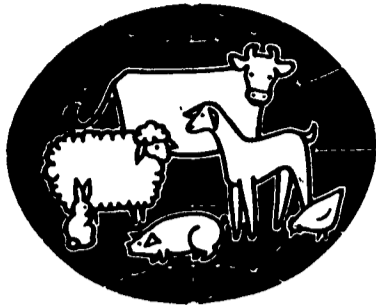
For many of you, it is a time to compile a Christmas list of the things you want.

During this time, you may forget to be thankful for the things you have and focus on your wants instead.

The intention of the Christmas season was never to make one selfish. Christmas started with the birth of Baby Jesus. In recognition of God giving his very best gift to the world, people give gifts to each other.

Christmas is a good time to give to those in need. There are many children throughout the world who do not have enough food to eat. Perhaps you'd like to give them some food, but you don't know how.

There is a program called Living Gift Fair. One of these fairs is held every year, the first Saturday after Thanksgiving.



At this fair, parents and their children can purchase an animal such as a goat, rabbit, chicks, or duck to be given to those who are in need.

Maybe you wonder how such a gift will help those who are hungry?

Here's how: Goats thrive in poor conditions. They give as much as four quarts of milk a day so that children can have milk to drink.

Rabbits need little space and little food. They multiply rapidly, providing families with meat to eat.

Chickens supply up to 200 eggs a year. One egg supplies the daily protein needed by a small child.

Ducks and geese are easy to raise. They don't require much shelter and can adapt to cold or hot weather. They dispose of weed seeds and gobble up insects, slugs,



Ben and Carrie Fitzkee feed a goat to be used as a Living Gift. Goats are one of the most needed gifts. For families who have no refrigeration, a goat provides just the right amount of milk daily. A goat can be raised on steep terrain and doesn't need much land.

and snails. Ducks and geese provide eggs and meat.

There are more than two dozen animals to choose from at the Living Gift Fair. In addition, toys, clothing, and baked goods will be sold

with the profits going to buy more animals for those in need.

At the Living Gift Fair, special events will be held for children. These include live animals to see and touch, puppet shows, face

painting, and helium-filled balloons.

The Living Gift Fair will be on Nov. 28 from 9 a.m. to 2 p.m. at the Lititz Church of the Brethren, 300 W. Orange St. Lititz, across from the Warwick High School.

Smart Stuff

WITH TWIG WALKINGSTICK

Why am I so tired after a Thanksgiving meal?

Let's talk turkey — and cranberry sauce, stuffing, gravy, mashed potatoes, rolls, green beans, salad and at least two kinds of pie

After eating all that food, your body has to digest it. And to do that, your stomach needs more blood for the stomach muscles to work. So, your body sends the extra liquid to your gut to speed things up.

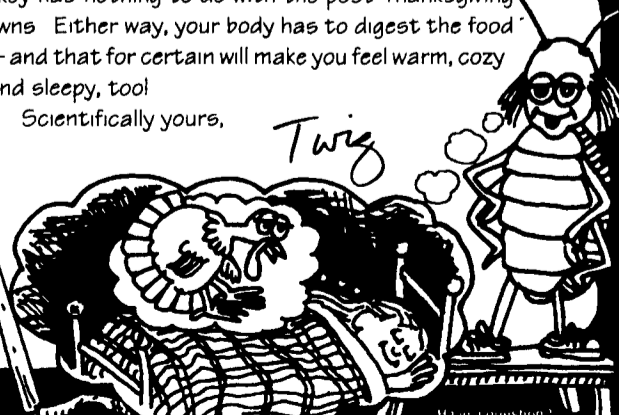
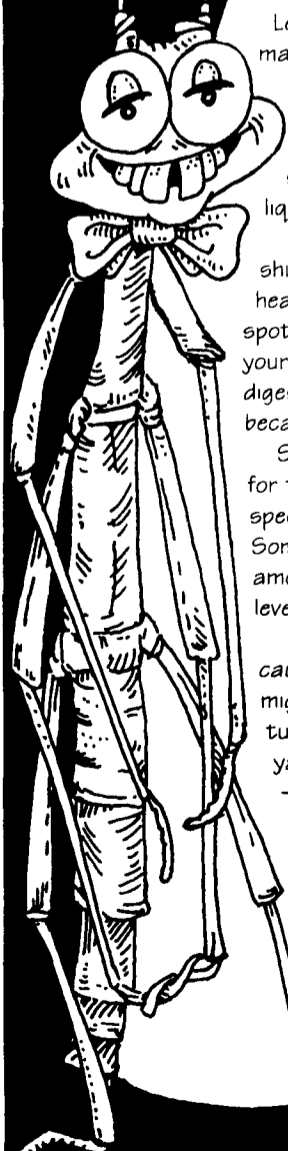
Normally, the additional blood needed for digestion gets shipped in from places like your finger tips, head and toes. The heat from the blood easily escapes through your skin at these spots, keeping your body temperature even. But when more of your blood is farther inside your body, helping your stomach digest food, the heat doesn't get out. So, you feel sleepy because you're warm — all thanks to a big meal.

Some people, though, think turkey should get partial blame for the nap crave. Turkey, as with most meats, contains a special amino acid called tryptophan. (Say TRIP-toe-fan.) Some studies have shown that tryptophan increases the amount of serotonin in the brain. When you are asleep, the levels of serotonin increase.

To agree with this science, you have to think serotonin causes sleepiness. But other scientists think serotonin might be made because you are asleep. And if that's true, turkey has nothing to do with the post-Thanksgiving yawns. Either way, your body has to digest the food — and that for certain will make you feel warm, cozy and sleepy, too!

Scientifically yours,

Twig



Visit Toy Train Exhibit

HARRISBURG (Dauphin Co.) — Recapture the innocent joy of childhood wonder at the Toy Train exhibit at Fort Hunter Park in Harrisburg. The Toy Train exhibit will be open on Saturdays and Sundays from Saturday, November 28 through Sunday, December 28 from 12:30 to 4:30 p.m. in the Fort Hunter Centennial Barn.

Returning for their third year the Keystone Model Railroad Historical Society will exhibit HO gauge trains on an 8x24 feet layout which is available for viewing from all sides. Old and new trains will be displayed and each week members of the Keystone Model Railroad Society will bring different trains for the exhibit, adding additional interest.

SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- | | | |
|--------|------------|---------|
| BALL | JACKS | SWINGS |
| BIKE | SLED | TEA SET |
| BLOCKS | SLINGSHOT | TOP |
| DOLL | SQUIRT GUN | YO-YO |

THE WORDS READ UP, DOWN AND ACROSS.

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