

# Kids Korner

## SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

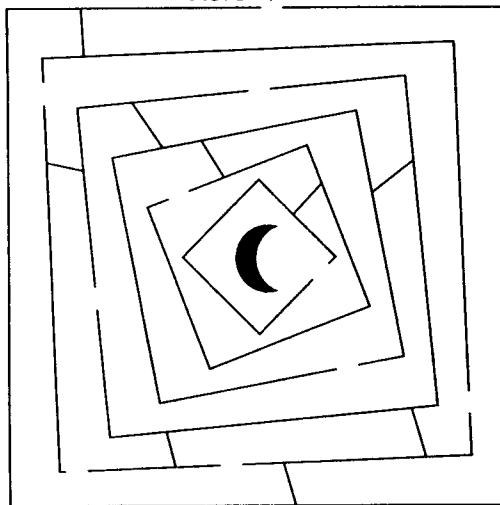
DELIGHTED      HAPPY      MERRY  
 ELATED      JOLLY      PLEASED  
 GLAD      JOVIAL      THRILLED  
 GRATIFIED      JOYFUL      TICKLED

THE WORDS READ UP, DOWN AND ACROSS.

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

## MAZE

Find the moon. Start Here ↓



## Sports Fever

Now that it's spring, it's time to get outside and get active again, maybe even get involved in a new sport. To find out about all kinds of sports on the Internet, check out these sites.

**Youth Sports Network.** For information on baseball, soccer and water polo, visit this site that includes players' tips and computer games  
<http://www.ysn.com/>

**Just for kids.** Visit the Sports Illustrated for Kids site for articles and even cast your vote on a new subject all the time.  
<http://www.sikids.com/>

**Parks, stadiums and more.** Get on the facts on every major league ballpark and football stadium. This even includes maps on how to get there  
<http://www.ballparks.com/>

**The science of baseball.** What does it take to get a hit? Find out how many home runs Babe Ruth would have hit if he had played today. This site includes a section on women in baseball  
<http://www.exploratorium.edu/baseball/>

**Halls of fame.** Check out the Baseball Hall of Fame and the Football Hall of Fame  
<http://www.baseballhalloffame.org/>  
<http://www.canton-ohio.com/hof/>

**Sports for kids.** This site includes the history of 12 sports, tips on playing them, terms used in the sports and more  
<http://members.aol.com/msdaizy/sports/locker.html>

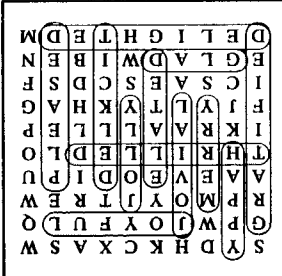
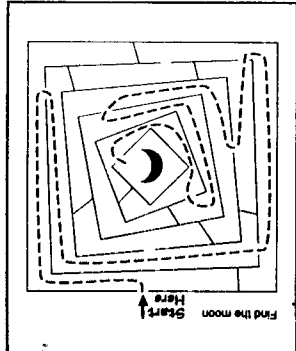
**National Football League site.** Check out your favorite team with information on coaches, players of the week and more.  
<http://www.nfl.com/>

**All about basketball.** Get the history of the sport and answer trivia questions. This site is designed by a 10-year-old and an 11-year-old who were learning to design Web pages  
<http://tqjunior.advanced.org/3952/index.html>

**Official site.** The official site of the National Basketball Association has news, statistics, teams, players and highlights  
<http://www.nba.com>

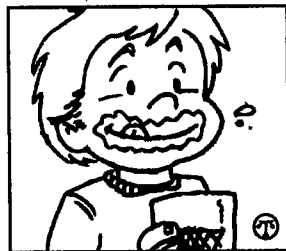
**College sports.** Find general information on the National Collegiate Athletic Association (NCAA), news, members and polls  
<http://www.ncaa.org/>

**Baseball.** Visit the official site on baseball for information on trades, news and tips just for kids from the professionals  
<http://www.majorleaguebaseball.com/>



## Milk Matters

(NAPS)—You can "choc" it up to experience, but an increasing number of parents are discovering that the way to get children to drink more calcium-rich milk is to offer them chocolate milk.



Once moms and dads learn how nutritious chocolate milk is they may be eager to put chocolate milk mustache smiles on their family's faces.

Kids love the taste of chocolate milk. In a recent national survey among 600 children ages 8 to 13, more than three-fourths said they liked the taste of chocolate milk and 39 percent said they would drink more milk if it were chocolate.

While the taste of chocolate milk appeals to kids, it's the nutrition label that appeals to parents. Chocolate milk provides essential nutrients including calcium, protein, vitamin D, vitamin A, vitamin B-12, potassium, phosphorus, riboflavin and niacin.

New dietary recommendations call for children to consume 800 mg per day for 4- to 8-year-olds and 1300 mg per day for 9- to 18-year-olds. That translates into about three to four servings of milk or milk group foods every day. One eight-ounce serving of chocolate milk provides 300 mg of calcium.

Chocolate milk now comes in whole, reduced fat, lowfat, fat free and sugar free versions

## A Cold, Hard Life

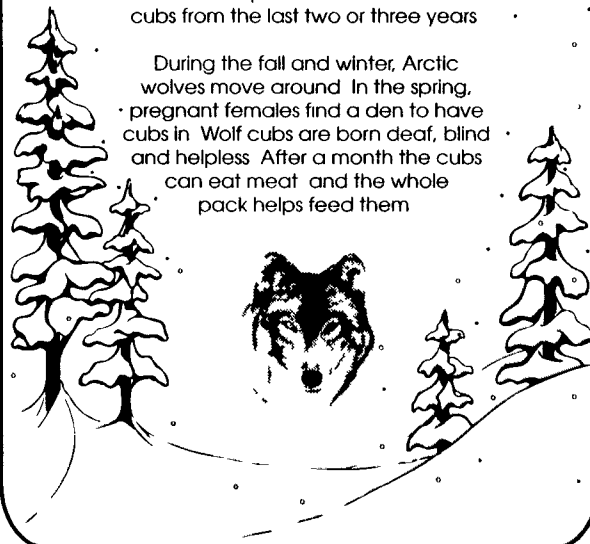
Even in April the temperature in the Arctic usually stays below -22°, and the ground stays frozen all year. Arctic wolves are one of the few animals that can handle these conditions.

Because of the weather conditions, food is scarce. Sometimes, the wolves have to go without food for days. When they do find food, no part of the animal is wasted. Arctic wolves will eat the fur, skin, bones and meat on the animals they catch. They can eat up to 10 pounds of meat at a time.

The wolves usually hunt lemmings and Arctic hare, but their best catch are caribou and musk ox.

Arctic wolves usually live in small family groups called packs. A pack includes an alpha male wolf and an alpha female wolf and their cubs from the last two or three years.

During the fall and winter, Arctic wolves move around. In the spring, pregnant females find a den to have cubs in. Wolf cubs are born deaf, blind and helpless. After a month the cubs can eat meat and the whole pack helps feed them.



# Smart Stuff

WITH TWIG WALKINGSTICK

### What are ant cows?

No, they aren't miniature cows. Ant cows, officially called aphids, are herded, though, in an odd kind of way. Ants eat an extremely wide range of foods, from bread crumbs to plant leaves. Some species of ants get much of their food from liquid sugar that is excreted by other insects. (There are thousands of different kinds of ants.)

Aphids stick their piercing mouth into a plant and suck out its sap. If there is a lot of water in the ground, that water pushes hard on the plant's stem. Once the aphid makes a hole in the plant's stem, the extra pressure pushes out a lot more sap than the aphid can digest. For some reason, the aphids keep eating the sap and excrete the excess. This excess is called honeydew, and it's rich in the nutrients that ants need to live.

So where does the farming come in? Some ants want honeydew so much that they raise aphids. These ants will tend aphids for food, just like people tend to cows. Although not all aphids are raised by ants, they still have the nickname "ant cows."

Certain species of ants will collect the eggs of aphids and protect them during the winter. When the eggs hatch, the ants will raise the larvae, or immature aphid, until it is big enough to collect food. The ants find ideal eating places for the aphids and move them from plant to plant.

The aphids benefit from this relationship, too. The ants protect the aphids from natural enemies like the lady beetle. And, some aphids are so dependent that they cannot find plants to eat on their own. Or, even worse — they get stuck in their own honeydew and die!

Scientifically yours, Twig

