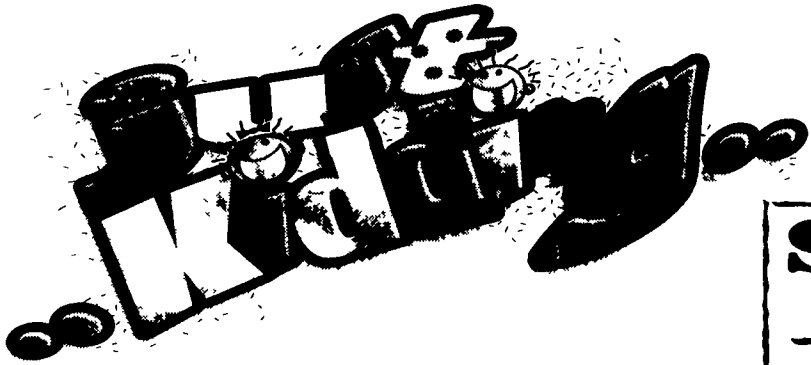


Kids Korner



SEEK AND FIND

FIND THESE WORDS IN THE PUZZLE BELOW.

- | | | |
|-----------|---------|--------|
| ACRE | LITER | PINT |
| DEGREE | METER | QUART |
| INCH | MICRON | SECOND |
| KILOMETER | MINUTES | YARD |

THE WORDS READ UP, DOWN AND ACROSS.

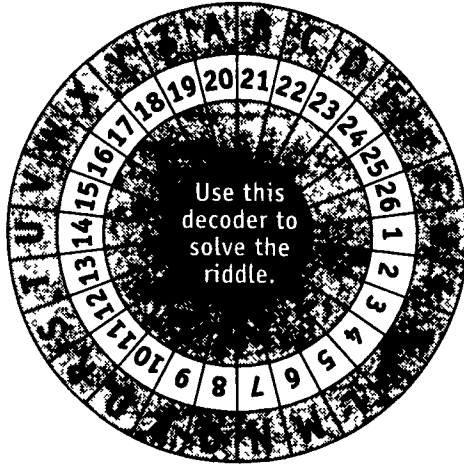
I W D E G R E Y A R
 N M E T E R W T Y K
 C I G M I C R O A I
 A C R E S P O R R L
 L R E S E C O N D L
 I O E T T Y U I L O
 T N R Q U A R T I M
 E W P I N T S V T E
 E P I N I N C H E T
 K I L O M E T E R E

SECRET CODE

What do you need to make an elephant float?

2 22 24 | 22 11 24 20 6 | 26 2 7 26 24 11

20 5 24 | & | 20 7 | 24 5 24 9 1 20 7 13



WORKING FOR WOMEN'S RIGHTS

Encouraged by her dad to be useful, Lucretia Coffin Mott worked hard so women could have rights, including the right to vote

Born in January 1793 in Nantucket, Massachusetts, Mott worked against slavery and alcohol, and she played a role in starting the women's suffrage—right to vote—movement

Along with rearing six children, Mott was a teacher. It was during her time as a teacher that Mott realized how unfair it was that women only made about half of what men made as teachers.

At an 1840 meeting of the World Anti-Slavery Conference, Mott met Elizabeth Cady Stanton. Because they were women, they were not allowed to be involved in the conference. That led to the two women starting the women's rights movement in 1848. They wanted basic civil rights, like being able to vote and own property, for women, too.

By 1880, the year Mott died, women could hold property in many states and could attend some colleges. However, Mott did not get to see her hard work in the suffrage movement pay off. Women were not allowed to vote until 1920.

Struggling To Breathe

Did you know that almost 5 million kids have asthma? And did you know that there are 10 million missed school days each year because of it?

Asthma is a disease in which the normal function of the lungs increases. The airways that lead to the lungs become sensitive, which in turn causes a person to have problems breathing.

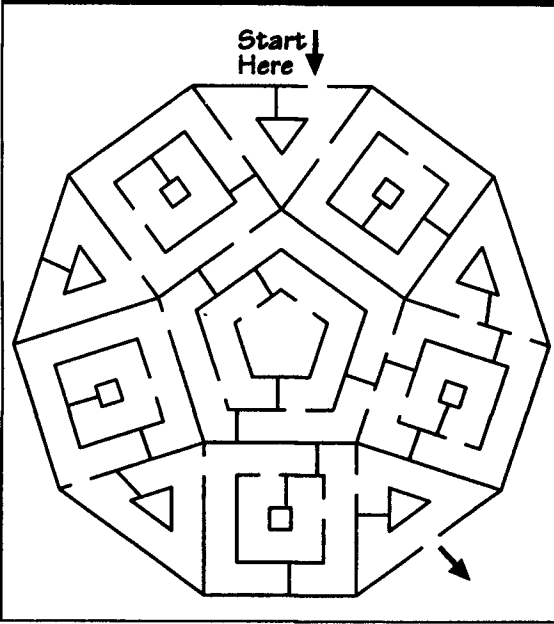
Wheezing, a squeaky sound when someone breathes, coughing and shortness of breath are symptoms of asthma. The disease can be triggered by a number of things:

- Exercise—running or jumping
- Infections—bronchitis or sinus problems
- Allergies—reactions to dust or pets
- Irritants—cigarette smoke or strong smells
- Weather—cold air or wind
- Emotions—crying, laughing or stress

Some asthma problems can be avoided by staying away from the things listed above that trigger the disease. Depending on how they suffer from it, children are given medication to help control asthma. For those who have allergies to things like cats or flowers, there are allergy shots to help with the sneezing and other symptoms.

Asthma should be taken seriously. Whether you or someone you know has asthma, it's important that you know what triggers the disease and what to do if someone is having problems breathing.

MAZE



Smart Stuff

WITH TWIG WALKINGSTICK

What's the difference between a cold and the flu?

'Tis the season for sniffles, coughs, aches and pains. If you've been feeling under the weather, you might have a cold, or you might have influenza—the official term for the flu.

Cold symptoms usually include coughing, sneezing, a runny nose and a sore throat. People with the flu might show these symptoms, but they also will have a fever and headaches, and feel achy and extremely tired. And, the flu strikes quickly—a person can go from feeling OK to icky in about two hours.

Bacteria or viruses, which are microscopic germs, cause colds. There are at least 200 different cold viruses. The flu is caused by just two viruses, influenza A or influenza B.

Both kinds of viruses spread through the air—like when someone sick coughs or sneezes. Or, people can get sick by touching something that has the virus on it—such as shaking a person's hand or wiping a child's nose—then touching their own eyes or nose. (That's why doctors say to help avoid flu and colds you should wash your hands frequently and avoid touching your face.)

Influenza viruses are big problems in the winter. These viruses travel more easily through the air than cold viruses, and they stay in the air longer, too. They also can make people so weak from the flu that they develop other illnesses, such as ear infections, bronchitis or pneumonia.

Because people are crowded inside more often during cold weather, the flu virus has a better chance to spread rapidly in one area. When this happens, it's called an epidemic—and lots of people are really sick!

Scientifically yours, Twig

Have a question? Send me E-mail: Twig@agvax.ag.ohio-state.edu

OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL AND ENVIRONMENTAL SCIENCES

FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

ANSWER: FIVE AND SIX