

WORD POWER

By Lianne Forney

During the Middle Ages, knights far from their own homes were made welcome at almost every home and could expect to receive a good warm meal. With the end of the Middle Ages customs changed. Fewer people opened their doors to unexpected strangers.

Instead of an inviting warm meal, these visitors would receive cold meat — usually the shoulder joint from a tough old lamb — to let them know they were not welcomed as guests.

Although the traveling knights are long gone, the expression **giving someone the cold shoulder** has survived. But these days it is usually our body language, not the sort of food we provide, that tells people we would like them to go away.

Word Search

Find the following words in the puzzle. They are written up and down, across, diagonally or backwards.

BALL	SHINE
CARDS	SILLY
DANCE	SING
EAT	SPARKLE
HAPPY	STUDY
HELP	SWIM
READ	YODEL

Here's the answer:



Evermore . . . Unicorn

By Felicia Kramer

*In a faraway mythical kingdom
In a glade hidden deep from the sun
Where a secret was whispered by fireflies
And tales of the faeries were spun
Lived He who was said not to be.
As the moon bowed to scatter her silver
Over branches adance in the breeze
The night birds were startled to silence
By the creature who parted the trees*

*'Twas He who was said not to be.
His pearly white coat gleamed of starlight
As he gingerly made his way
Toward the crystal clear lake in the valley
To drink with the elfin and splash with the fey
He was as they hoped he would be.
The wee folk trembled in wonder
As a legend eternal was born
Symbol of enchanted beauty
In lore, evermore . . . Unicorn.
He is if we wish him to be.*

How your heart works

Your heart is a strong muscle in the middle of your chest. It works hard all the time pumping blood through your body.

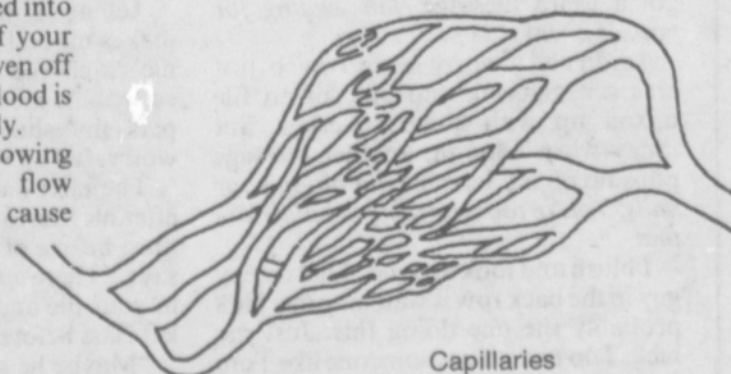
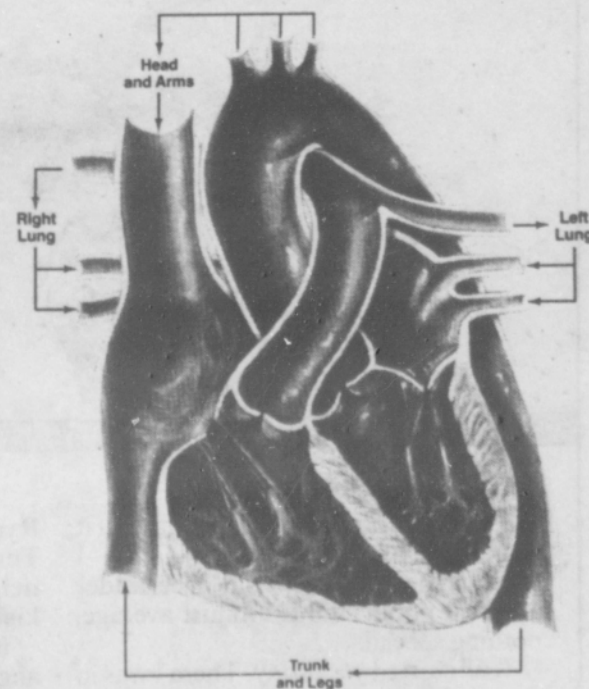
Blood carries food and oxygen through blood vessels to the cells in your body. There are three kinds of blood vessels: arteries, veins and capillaries. Arteries and veins can be as big around as your thumb or almost too small to see. Capillaries are the thinnest blood vessels.

Blood flows out of your heart through large arteries to smaller arteries to capillaries to small veins to larger veins and back to the heart. Blood never stops flowing and is pumped to every part of your body.

Your heart has four chambers. It is divided into right and left sides and upper and lower chambers. After its trip through your body, the blood flows into the upper right chamber, then into the lower right chamber. It is pumped into the lungs and back into the left side of your heart after it has taken on oxygen and given off carbon dioxide. From the left side, the blood is pumped throughout the rest of your body.

Valves keep the blood from flowing backwards. They open to let blood flow through and close so tightly that they cause your heartbeat. Lub-dub! Lub-dub!

Source: American Heart Association



Capillaries

