

Kids' Home Newspaper

Games, rhymes and riddles for children and their parents, too!

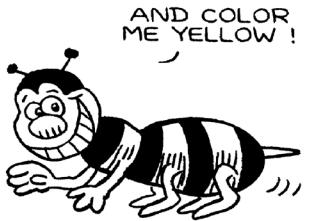
1-12-26



By J. R. Rose-Creators Syndicate

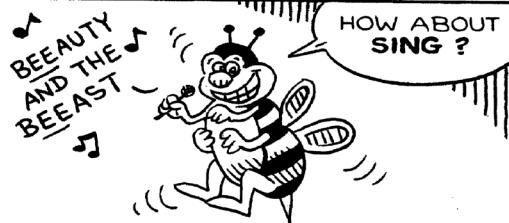
DRAW IT!

DRAW
WINGS
ON THIS
BUMBLE
BEE...



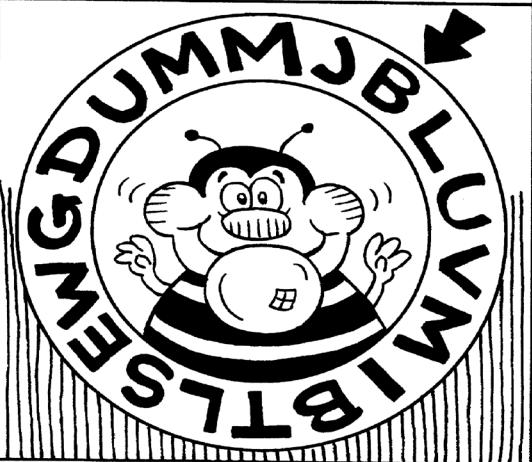
AND COLOR
ME YELLOW !

GIVE ME 5 RHYMES FOR
STING...



HOW ABOUT
SING ?

START AT THE ARROW
AND WRITE DOWN EVERY
OTHER LETTER TO SEE
WHAT BEES CHEW...



Egg-Inspired Breakfasts...

Continued from page 11

Broccoli and Cheese Egg White Scramble on Whole-Wheat English Muffins

Recipe courtesy of the American Heart Association with
support from Eggland's Best
Servings: 4

Nonstick cooking spray

1 1/2 cups finely chopped fresh or frozen broccoli
florets, thawed if frozen

1/4 cup water

8 extra-large egg whites

1/2 cup fat-free milk

1/4 teaspoon freshly ground pepper

1/4 cup shredded fat-free cheddar cheese

2 whole-wheat, low-sodium English muffins

Lightly spray large skillet with nonstick cooking spray.
Heat over medium-high heat. Cook broccoli and water
4-5 minutes, or until broccoli is tender. Remove from
heat. Transfer broccoli to dish. Using paper towels, wipe
skillet clean.



In large bowl, whisk egg whites, milk and pepper until
combined.

Lightly spray skillet with cooking spray. Heat over
medium-high heat. Pour in egg white mixture. Cook 2-3
minutes, or until almost firm, stirring constantly with
spatula. Stir in broccoli and cheddar cheese. Remove from
heat.

Just before serving, split and toast English muffins.
Transfer to plates. Spoon egg mixture onto muffins.

Continues on next page

MY FAVORITE FALL SPORT IS FOOTBALL.
AND THIS BEE'S NOT TOO GOOD AT ALL.
UNSCRAMBLE THIS AND YOU WILL SEE
HOW MY FRIEND BUZZ JUST ANSWERED ME!

WHAT KIND OF
BEE IS NOT
GOOD AT
FOOTBALL ?

A
MLEBFU
EBE !!

WRITE US...
WE'LL WRITE YOU BACK!

IF YOU HAVE ANY FUN
GAMES OR JOKES, EMAIL
THEM TO PUP AT:
PUPTOON@AOL.COM

WHO IS A BEE'S FAVORITE
CLASSICAL MUSIC COMPOSER ?

BEETHOVEN !



RHINO HOCKEY

JAN. 9-10



vs



JAN 16-17



vs



Friday, and Saturday games at 7:00 pm and Sunday games
at 4:30 pm unless otherwise indicated above. Game dates, times and
opponents are subject to change. Be sure to check the starting time
of every game at elpasorhinos.com before heading into Rhino Country!



Holidays
at the Ice
Rink

THRU JAN. 30

Public
Skating

\$18 for
3 hrs!

Visit elpasicerink.com
for times