

# Kids' Home Newspaper



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

1-12-26

By J. R. Rose-Creators Syndicate

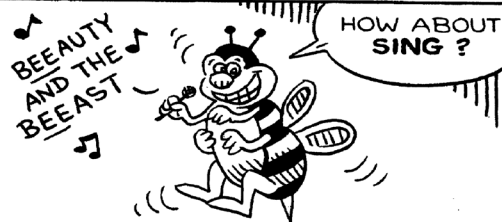
## DRAW IT!

**DRAW WINGS ON THIS BUMBLE BEE...**



AND COLOR ME YELLOW!

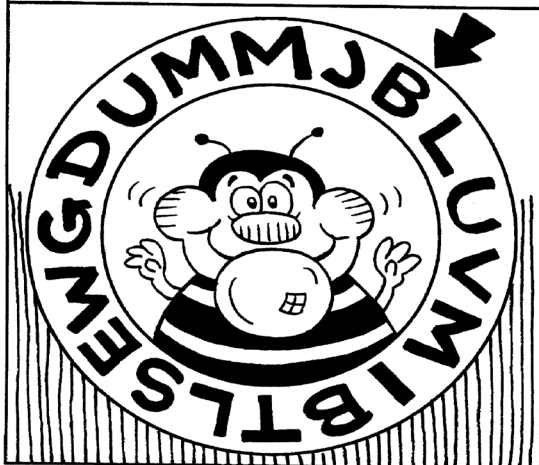
**GIVE ME 5 RHYMES FOR STING...**



BEEAUTY AND THE BEEAST

HOW ABOUT SING?

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



**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 !!



CREATORS.COM

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

IF YOU HAVE ANY FUN GAMES OR JOKE, EMAIL THEM TO **PUP** AT: [PUPTOON@AOL.COM](mailto:PUPTOON@AOL.COM)

**WHO IS A BEE'S FAVORITE CLASSICAL MUSIC COMPOSER ?**

**BEETHOVEN !**



## 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

## 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](http://elpasorhinos.com) before heading into Rhino Country!

Holidays at the Ice Rink



THRU JAN. 30

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