

MARCH 2021  
Highlights.com

# Highlights

FUN WITH A PURPOSE

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Some  
Things  
Stink**

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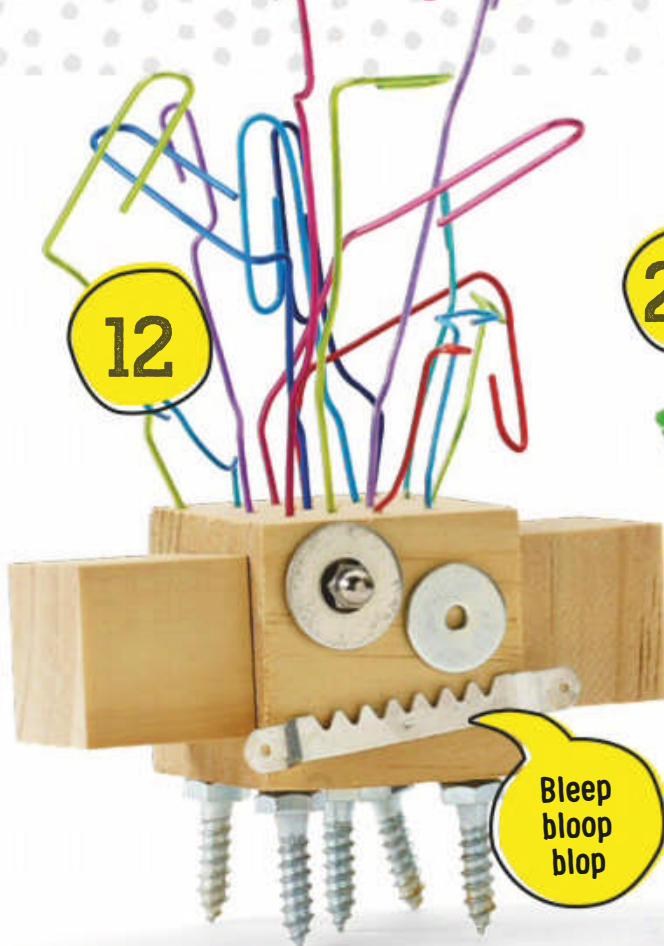
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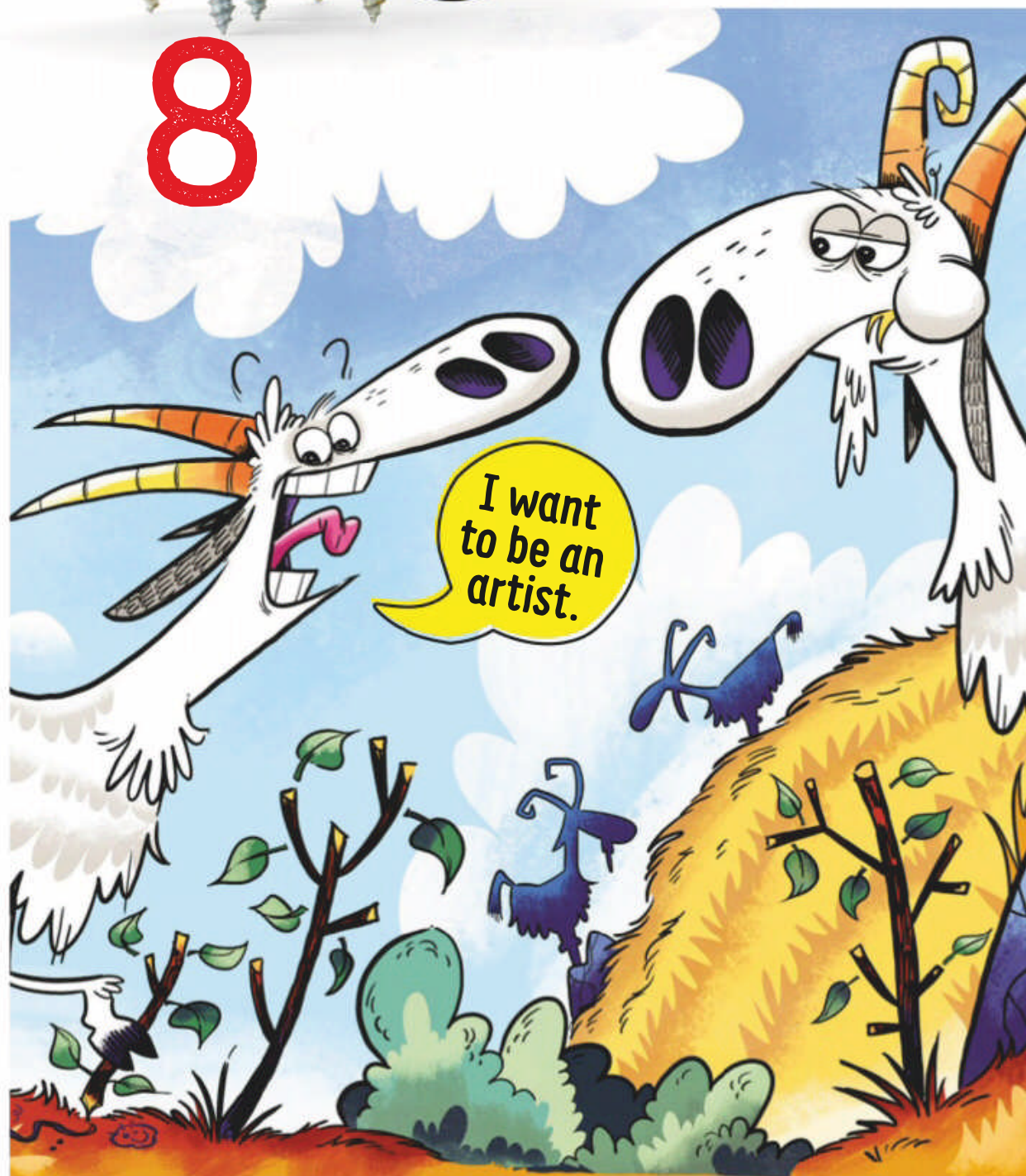
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8



DEAR READER

# Our Lucky Charms



When I was a kid, I once found a four-leaf clover in our backyard. I knew that four-leaf clovers are rare, but I didn't know how "lucky" I was to find one until I read "What Are the Odds?" (page 4). Had I known, I might have been more careful with it. I lost it soon afterward—along with a lucky key chain and a lucky coin.

It's fun to pretend that things like four-leaf clovers can bring us good fortune. But I believe that we make our own good luck with hard work. Sometimes our hard work pays off in ways we don't expect. And often we owe some of our good fortune to the help of others. We are "lucky"

when someone else takes the time to give us the help we need.

It's fun to find a four-leaf clover and hope for good luck. But it's more fun to think of ourselves and the caring people in our lives as lucky charms. When we work hard and do our best—and when we lend a helping hand to others—we can make true magic.

Your friend,

*Christine*

WRITE TO ME  
[Christine@Highlights.com](mailto:Christine@Highlights.com)



WHO IN YOUR LIFE HAS BEEN YOUR "GOOD LUCK CHARM"?

## I ASKED...

What do you wish others knew about you?

I wish others knew that I love to sing.

**Zachary**  
(by e-mail)

I would want to tell people that I had to have appendix surgery.

**Leah**  
Age 7 • Pennsylvania



# The TIMBERTOES

By Rich Wallace • Art by Ron Zalme



I'm tired of climbing.



I'll wait here.

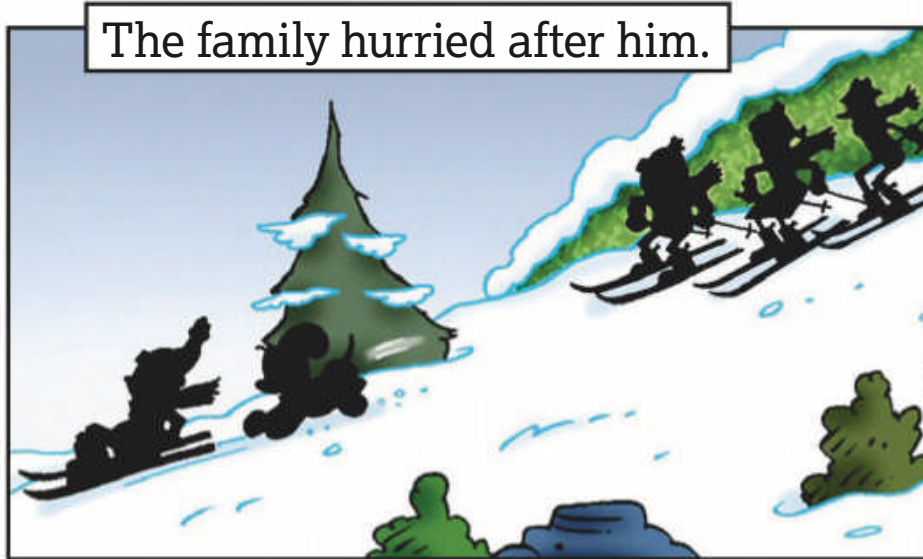


Tommy chose a sunny place to rest.

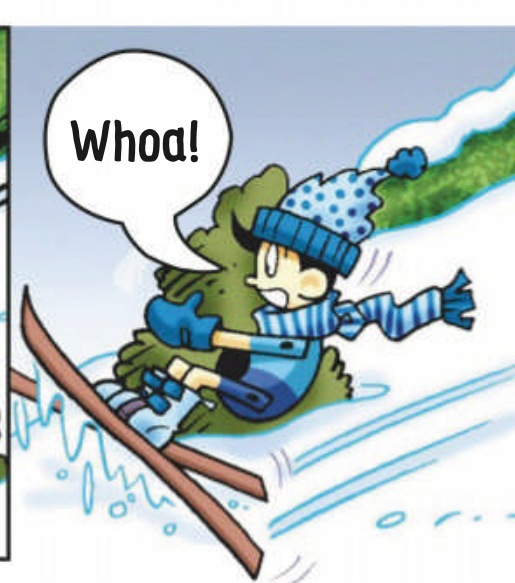


He went too fast.

Help!



The family hurried after him.



Whoa!



Spot got there first.



I'm not tired anymore!

NOW

# What Are the Odds?

According to Irish tradition, finding a four-leaf clover will bring you good luck. But just how hard is it to find one?

In a typical group of the plants, the estimated odds of finding a four-leaf clover on your first try are 1 in 10,000. That means that for every 10,000 clovers you look at, the odds are that one of them will have four leaves instead of three.

Want better odds? Some people believe that finding a heads-up penny is good luck. The odds that a found penny will be heads up are 1 in 2.

Good-fortune seekers can also break a wishbone. Two people hold a wishbone, make a wish, then break it apart. It is said that the person who gets the bigger piece will get his or her wish. The odds of getting the bigger piece are 1 in 2.



Four leaves:  
for faith,  
hope, love,  
& luck



Ancient Etruscans believed chickens could predict the future.

Some ancient people thought metal was a gift from the gods.

## ← ONE LUCKY LADY

In 2014, Suzi Mekhitarian found 21 four-leaf clovers in her front yard in Australia. Now that's beating the odds!



COMING THROUGH!



MORE STINKY STUFF ON PAGE 14!

# HEADS UP!

Flying cars may be here sooner than you think! Japan's SD-03 flying car made its first successful test flights in August and September. The company, SkyDrive, is aiming for a release in 2023 after more safety testing.



SORRY ABOUT THAT.

# One Stinky Planet

March 13 is the 240th anniversary of the discovery of the planet Uranus. According to a recent study, the seventh planet from the sun might be the stinkiest. In 2018, scientists studied the light reflected off clouds over Uranus. The researchers found that the clouds contain hydrogen sulfide—the same molecule that makes rotten eggs so stinky!



YUCK!

# Earth Hour

On March 27, people around the world will turn off their lights for an hour to spark conversations about protecting our planet. **WHAT CAN YOU DO IN THE DARK?**

IT STARTS AT 8:30 P.M. LOCAL TIME.



Turn on some music and do a wacky dance!



Reenact your favorite movie scene with shadow puppets.



Make a luminous self-portrait with glow-in-the-dark paint.



Pretend your flashlight is a lightsaber and make your own sound effects.



Write a poem in the dark. Can you read it when the lights come back on?

So fun!



My favorite subjects are science and art. When I grow up, I want to go to London and be a painter.

**Savine**

Age 8 • Indonesia

Once on a cruise trip, I saw some cargo ships. When COVID-19 is over, I hope my family can do another trip and see more cargo ships!

**Eric**

Age 7 • Virginia



TOOT TOOT!



I love karate! I kick, I punch, I practice my routines, and I earn belts.

**Gillian Newby**

Age 11 • Wisconsin

My favorite book series is *Elephant & Piggie* by Mo Willems. Here is my drawing of Gerald.



**Lizzy**

Age 6 • Washington

**ABOUT YOU**

**Stuff you love, things you tried, and what you wish other kids knew about you.**

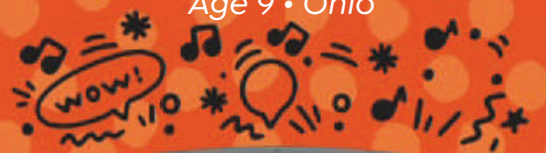
**SEND US YOURS!**

SEE PAGE 38

Every night, I listen to the podcast *Wow in the World* on my Echo Dot.

**Ethan**

Age 9 • Ohio



I love sports and staying active! I especially enjoy exercising with friends when I can.

**Aniyah**

Age 10 • Tennessee



When I'm looming, it makes me so happy. I get creative, and I tell myself not to get frustrated.

**Vasari Fazio**

Age 8 • Arizona



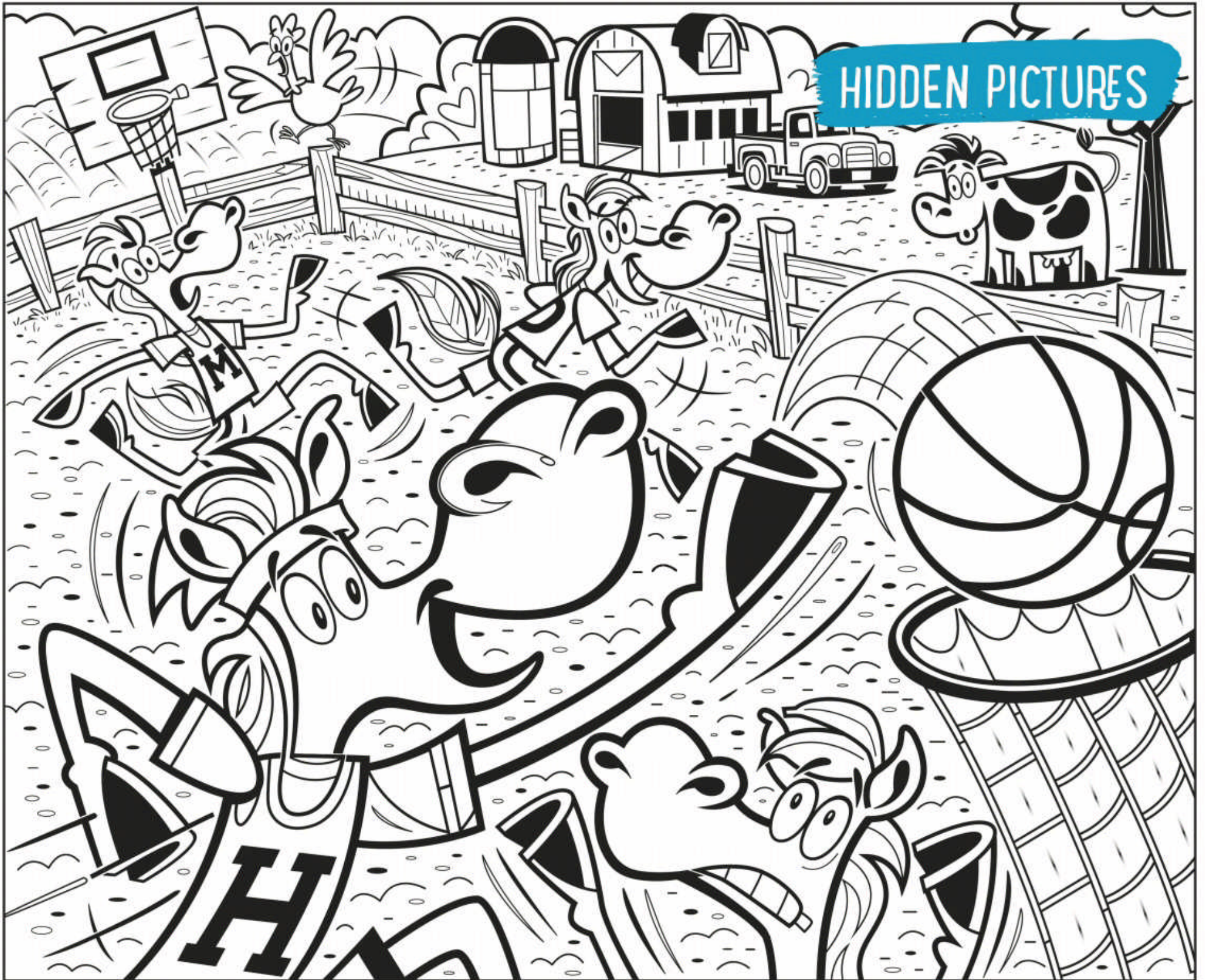
My sister and I were arguing. But then we hugged it out! I learned from that experience.

**Leah Newman**

California







# Playin' Horse

**BONUS!**

Can you find the sailboat, heart, pencil, and feather?

- ice pop
- ring
- crown
- needle
- mushroom
- ice cream cone
- heart
- spoon
- banana
- key
- envelope
- ladder
- ladle
- pennant
- key
- golf club
- ladder
- carrot
- fishhook



# Euladean

## A Goat with a Dream

By Jill Nogales • Art by Kyle Beckett

Euladean's job was to eat weeds. All day. Every day. Her brother, Bill, thought eating weeds was the perfect job for a goat. But Euladean dreamed of being an artist.

If I were an artist, I'd make the most fabulous things.

Goats don't make things. They nibble-chomp-chew things.

Chew.

Chomp.

Nibble.

One morning, Euladean saw a life-changing ad.

Animal Art School

goat gazette

Art school? Goats don't go to art school.

Then I'll be the first.



Lesson One was painting.



I was born to paint.

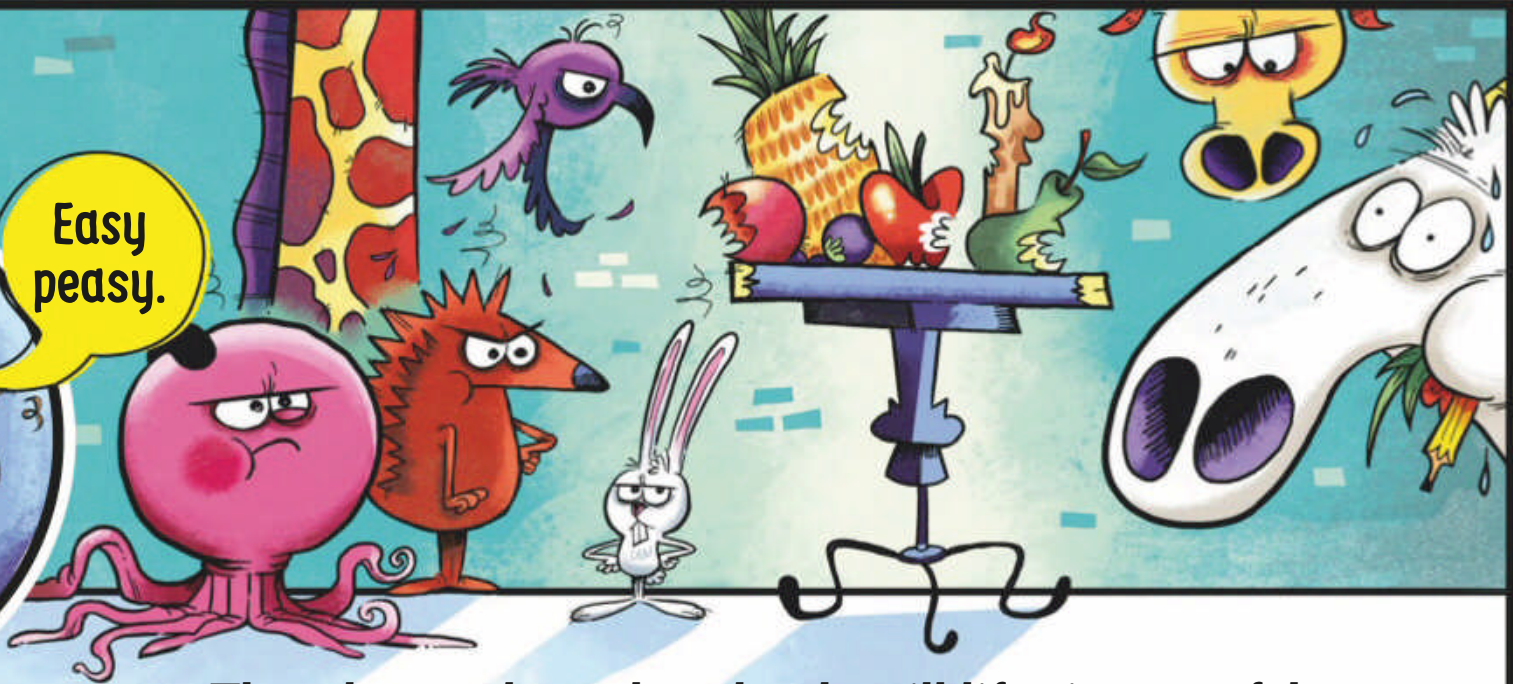


The other students painted lovely pictures. But Euladean? She nibbled the handle off her paintbrush. She chomped away at the canvas.

Lesson Two was drawing.



Easy peasy.



The other students drew lovely still-life pictures of the fruit arrangement. But Euladean? She nibbled the pears, chomped on a pineapple, and chewed up two pomegranates.

Lesson Three was sculpting.



Piece of cake.



Gulp.

The other students sculpted lovely clay sculptures. But Euladean?

I guess I'm not an artist.

(Continued on next page)

(Continued from page 9)

Without thinking . . .

Nibble,  
chomp,  
chew.

Meanwhile, Euladean's classmates and teacher were worried. They went outside looking for Euladean.

When they found her, everyone was surprised. Euladean was the most surprised of all.

What a lovely sculpture!

What an amazing artist!

Not long after that, Euladean was hired as a sculptor of shrubs. She thought it was the perfect job for a goat. And it was.

# Sprinkle Search

These sprinkles are hiding 19 crayons.  
**CAN YOU FIND THEM ALL?**  
Answers on page 38.

MAKE

Wingston

Helloooo

Bleep  
bloop  
blop

Zippy

Zapper



# Spare Part

Gather materials. With a parent's permission, look in junk drawers and toolboxes. Items could include **cans**, **corks**, **wood**, **hooks**, **hangers**, **handles**, **brackets**, **washers**, **nuts**, **bolts**, **nails**, **springs**, **tacks**, **screws**, **paper clips**, and **yarn**. Use **tools**, **glue**, or **adhesive glue dots** to assemble your creature.



Cans



Corks

Highlights

Mrs. Pine

30 Minutes ★★☆☆ Fairly Easy

Pam

Oh, hello there!

Springzy

# Sidekicks

Don't forget to name your creature!

Odds and Ends

Wood

Adhesive Glue Dots

Yarn

SEND US YOURS! SEE PAGE 38

Highlights

# What's S M



## Science explains

**T**he nose helps us a lot. It tells us when dinner is almost ready and leads the way to cake. It also steers us away from rotten eggs, rancid meat, stinky feet, and other nasty stuff. We sniffed out the facts about some real stinkers. (Spoiler: the culprit is often an element called sulfur.)



# That ELL?

## why some things stink.

By Andy Boyles, Contributing Science Editor  
Art by Ana Duna

### Skunk



Never scare a skunk! But if you do, don't freak out. You can still avoid a stinky squirt. Stay at least 10 feet away. That's how far it can spray. The skunk usually warns you first. It will hiss, arch its back, raise its tail, and stamp its feet. If you don't back off, it will point its rear end at you. The sight of its built-in squirt gun is your last warning. If you haven't backed away already, do it now! That terrified skunk is about to hit you with a spray that will sting your eyes, make you sick to your stomach, and even cause vomiting.

What's in it? Chemicals that contain sulfur.

WHAT IS  
THAT???



## Fish

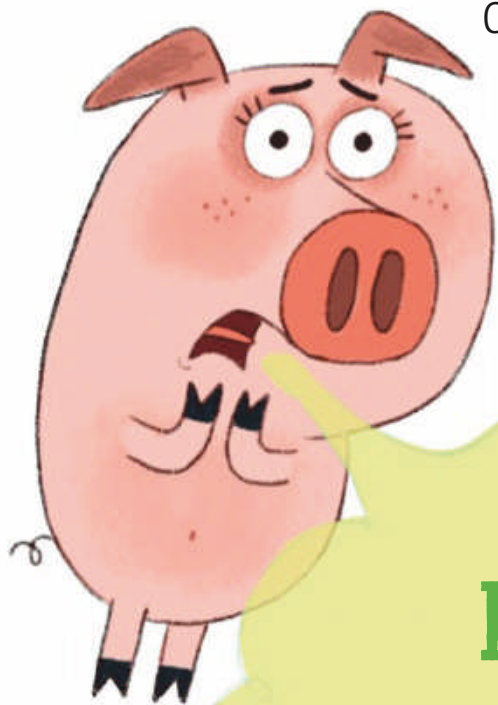
You might have noticed that fish smell, um . . . fishy. Fish from the ocean smell the strongest. These saltwater fish have a chemical called TMAO. While we prepare fish for cooking, TMAO is already breaking down into other things.

One is called TMA. It smells super fishy. Saltwater fish have a lot of TMAO because they need it. Salt in the sea can draw

water out of a fish's body. If the fish loses too much water, it will die. The right amount of TMAO balances the salt and keeps the fish alive.

Chefs cut down this smell by rinsing off most of the TMA before cooking and then neutralizing the rest with mild acids during and after cooking. That's why fish is often served with lemons. Lemon juice has mild acids.

A seashore during low tide also smells fishy. When the sea pulls away, it leaves behind dead fish and other sea life. As bacteria feed on them, they give off a brew of bad-smelling products. Rotting fish have a super-fishy odor. That's because bacteria quickly break down a lot of TMAO. So TMA is a major ingredient in that awful recipe.



## Bad Breath

Anyone can have bad breath sometimes. Bacteria in the mouth are often to blame. As these little living things feed on bits of food on the tongue and teeth, they give off a mixture of smelly chemicals. Most of those chemicals contain sulfur. To starve those germs, floss and brush your teeth, then brush your tongue. Some foods have a lot of sulfur. In large amounts, they can cause bad breath for a long time. When you digest the foods, the smelly chemicals enter the bloodstream, which carries them back to the mouth. In cases like this, brushing and flossing won't help much. But don't worry that you have bad breath. A lot of people think they have it when they really don't. Until someone you trust mentions it, you can breathe easy.

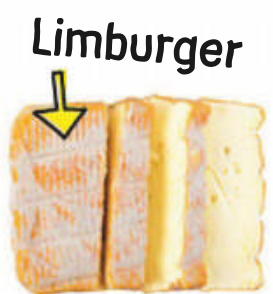




## Stinky Cheeses

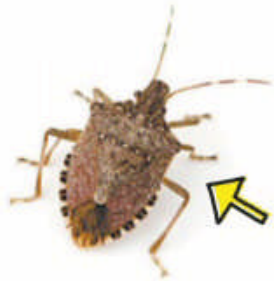
Why does Limburger cheese smell kind of like . . . feet? Many of the bacteria that make the sulfur-loaded odors of both things are the same, or at least related. Of course, stinky cheeses are safe to eat. When it comes to cheese, the bacteria are feeding on milk. But when the bacteria live on feet, they're eating dead skin cells and waste products from the body. (Eww!) The odors are related, but some people can tell the difference.

### 5 Tasty Stinky Cheeses



# We Think They Stink

But they don't seem to mind.



Stink Bug



Lesser Anteater



Musk Ox



Millipede



Opossum



## Feet

Foot sweat itself does not have a bad smell—well, not at first. But it does have food and water that bacteria use to make some pretty stinky stuff. Most shoes seal in sweat. That makes shoes and socks warm and moist—a place where bacteria can feed on dead skin and the chemicals in sweat.



# Rotten Eggs

“Eww. What smells like rotten eggs?” It could be a lot of things. But a bad egg gives off the most famous stink of all. It grabs our attention because it contains hydrogen sulfide (which contains—yup! sulfur). And your nose is not lying. Hydrogen sulfide doesn't just smell bad; it's also poisonous in large amounts. Hydrogen sulfide forms in the white part of the egg, which contains sulfur. When we cook an egg, a little sulfur binds to hydrogen, forming the smelly gas. In tiny amounts, it's OK. It helps make an egg taste like an egg. But when an egg rots, bacteria feed on the egg white and bind lots of sulfur and hydrogen. Then the nose warns us away from the toxic gas and the germs that made it.

Sadly for our noses, these bacteria are just the right types to give off at least six foul-smelling chemicals. Different types of bacteria give off different odors. That's why feet may smell like spoiled cabbage, vinegar, or a stinky cheese. One key ingredient in foot odor is sulfur. It delivers the punch of a chemical from feet (and from stinky cheese): methanethiol.

So let's respect sulfur and other strong odors that keep us safe. There's no reason to raise a stink! 🐘

# What's in the Wash?

Art by Jamie Coe

Time to clean up! In this mess, can you find a pencil, 4 shoes, a banana, a globe, a pair of sunglasses, a truck, 3 yo-yos, a fork, a key, 4 gloves, 2 dinosaurs, 4 books, a jump rope, a clock, an orange sock, and a cactus?

**BONUS!**  
How many tennis balls can you find?

# DOG NOSE

## What makes it so powerful?

By Andy Boyles, Contributing Science Editor

Dogs are famous for their super snouts. Those sensitive noses are good for finding food and checking out new dogs, people, and places. For thousands of years, hunters have trained dogs to track prey.

Today, dogs do many jobs. They find injured people after earthquakes and other disasters. They help fight crime by sniffing out illegal drugs and explosives. And because of the dog's nose, stinkbugs, bedbugs, and termites have nowhere to hide. Studies show that dogs can even detect some diseases in humans.

How does a dog's nose perform these feats? It's 10,000 to 100,000 times more sensitive than the human nose, at least for some odors. As in our nose, the airway in a dog's nose has a lining that senses odors. In a human nose, the lining is the size of a quarter. In a German shepherd's

nose, it's as big as a DVD. That huge surface has lots of folds that help it fit inside the dog's snout. Like a crumpled sheet of paper, it has a lot of surface packed into a small space.

During a sniff, air flows over the lining. Nerve endings in the lining detect odor chemicals in the air. The nerves send signals to the brain, telling it which odors they detected. The dog's large lining may have two billion smell detectors. That's up to 167 times more than our 12 million to 40 million. And the smelling part of a dog's brain is three times bigger than the same part of the human brain. The dog's brain has to process a lot of smell data coming in from the nose—but it can handle the job. 🐕

IS THAT  
BACON?

The part of the brain that handles smell is extra large.

Two air pockets trap sniffed-up odors, giving more time for smelling.

## SNIFFERS DIFFER

- Humans have a better nose than pigs and rats.
- Polar bears can smell food from miles away, but sharks can't.

THAT STINKS!

Nerve cells inside detect odors and send signals to the brain.

A wet nose catches lots of odor chemicals.

MAKE

Ask an adult for help with anything hot or sharp.



15  
Minutes  
(Chill 2 Hours)



Serves  
36



Fairly  
Easy

# Swirl it up

Make easy  
shamrock  
swirl fudge!



- 1 Line an 8- or 9-inch pan with parchment paper.
- 2 Put 16 ounces of **white chocolate chips** into a microwave-safe bowl.
- 3 Microwave for 90 seconds at half power. Stir. Add 30 seconds, if necessary.
- 4 Add 14 ounces of **sweetened condensed milk**. Stir until smooth.
- 5 Put the mixture into the pan. Add a few drops of **food coloring**. Use a metal skewer to swirl it.
- 6 Top with **cereal bits** and **sprinkles**. Chill for 2 hours.





## Callaghan's Faves

What do you call a lazy kangaroo?

A pouch potato.

What is a pirate's favorite hobby?

Aaaaaart!

What do you call a bug who drops the football?

A fumblebee.

What is red, white, and blue?

A sad candy cane.

How do you know the ocean is friendly?

It waves.

During COVID-19, 6-year-old Callaghan McLaughlin cheered people up.

Want to hear a joke?

GALLANT KIDS



# Sharing a Smile

By Sara Matson

Callaghan McLaughlin has held lemonade stands in past summers—but not in 2020. Because of COVID-19, people had to stay distant.

Since Callaghan loves jokes, his mom suggested having a joke stand instead. Callaghan liked that idea. He set up a table and chair in his driveway.

For an hour each morning and afternoon, he waited.

When someone came by, Callaghan gave out some cheer by sharing a few jokes—for free.

“I wanted people to save their money,” he says, to use for things they might need during the pandemic.

Many visitors told him jokes in return. He learned a lot of new jokes that way!

The best thing about the stand, Callaghan says, was

the people. He was able to visit with his neighbors and friends at a safe distance, and he made new friends. Putting a smile on others’ faces made him feel great.

“Everyone had to stay home or apart. People were lonely,” he says. “Jokes can make sad people happy.”

*Highlights* is proud to know this Gallant Kid. 4

# Sonia Sotomayor

This U.S. Supreme Court justice talks about books, heroes, and detours in life.

By Marty Kaminsky



## 1 AS A CHILD, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

I wanted to be a detective like Nancy Drew. Reading books opened the whole world to me. I'm a Supreme Court justice because of books.



## 2 WHAT MADE YOU WANT TO BE A LAWYER AND A JUDGE?

I grew up in a housing project, and I had little opportunity to learn about the law. In college, I read about judges in the South who were helping integrate our society. I wanted to be like them. Laws help people live together. I wanted to be a part of that.

## 3 AT AGE 7, YOU FOUND OUT YOU HAVE DIABETES. HAS IT BEEN AN OBSTACLE IN YOUR LIFE?

I have never thought of diabetes as a burden. It is just a small part of who I am. It has helped me to be more disciplined, determined, and persistent.

## 4 WHAT CAN YOU TELL KIDS ABOUT FACING CHALLENGES?

When I hit a detour in life, I think, *What is the way around this?* No matter what challenges you face, they don't ever have to stop you from succeeding. Disappointment and failure don't define you as a person.

## 5 TELL US ABOUT YOUR CHILDREN'S BOOK *JUST ASK! BE DIFFERENT, BE BRAVE, BE YOU.* It

celebrates the many ways we do things differently. The world is richer, not lesser, because of our differences. It's a book about how to make the world a better place.





# GOOFUS & GALLANT



**“Where’s one with lots of chips?” says Goofus.**

Idea by Dylan, Age 11, Washington



**Gallant touches only the food he’s taking.**

Idea by Dylan, Age 11, Washington



**“I don’t want to study now. I’ll do it on the bus,” says Goofus.**



**“I’ll clean up now, then I can play with Erik after lunch,” says Gallant.**



## YOUR Goofus and Gallant Moments

**“I felt like Goofus when I lied to my dad about my homework.”**

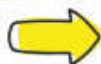
**Grayson**  
Age 12 • Illinois

**“I felt like Gallant when I helped feed my neighbors’ cat when they were out of town.”**

**Sophie**  
Age 9 • Oregon

**“I felt like Goofus when I didn’t hold the door open for my little sister.”**

**Sofia**  
Age 11 • New York





# **Big News, Little News**

By Arlene Mark  
Art by Erika Medina



**H**enry read the headline: *North America Sees Total Solar Eclipse*. He was happy he had used his homemade shoebox viewer yesterday to experience three minutes and ten seconds of darkness in the middle of the day. He finished rolling copies of the March 8, 1970, issue of *The Gazette*, filled his canvas bag, slung it over his handlebars, and took off to deliver the news.

It was 8:15 A.M. when

he tossed the last newspaper onto the porch at 15 Birch Street. If he pedaled fast, he'd get to *The Gazette* offices by 8:30. Must be something important for the editor in chief to meet with an 11-year-old paperboy. Maybe he'd be getting a longer route.

**Must be something important for the editor in chief to meet with an 11-year-old paperboy.**

Heading back downtown on Maple, Henry glanced at the porch of number 26. He had put the paper where Mr. Grady could get it without struggling to the sidewalk. Across the street, Henry's toss had landed perfectly too. Mrs. Burke, with twin babies and two other little kids, probably liked having her paper within easy reach.

Henry parked his bike near the office building and bounded up two

*(Continued on next page)*



**“No  
good way  
to deliver  
bad news.”**

(Continued from page 27)

flights of stairs to the editor in chief’s door. A sign said *Come In*. So Henry did.

Mr. Trotta reached across his desk. “Hello, Henry. Wow! Strong handshake.”

“Thanks. It’s from rolling all those newspapers.”

“So, about those papers.” Mr. Trotta paused. “No good way to deliver bad news.”

Henry’s smile faded.

“We’re closing shop, Henry. Advertising is down. Last July, the whole world saw the moon landing on TV—live. Television is how people get their news today.”

Henry glanced at several

reporters pecking away on typewriters.

“Local papers are the first to close.” Mr. Trotta shrugged. “You won’t have to get up early on weekends. That’s good, right?”

“Um, no,” said Henry. “I like waking up early. I’ve met so many people on my route. It’s sad. People won’t get their neighborhood news anymore.”

Mr. Trotta nodded and sighed. “We held out as long as we could,” he said. “You were terrific, Henry—always dependable.”

“When will you tell the customers?”

“Today’s *Gazette*. Next

Saturday is the last issue.”

Henry forced his head up to say good-bye.

As he rode past the houses he knew so well, Henry saw Mr. Grady on his porch holding a broom. “Mr. Grady, wait,” Henry called, setting down his bike. He led Mr. Grady to a chair and took the broom. In minutes, the porch was clean.

“Mighty kind of you, Henry,” said Mr. Grady.

Mr. Grady clicked off the radio. They sat for a while as Mr. Grady recounted how happy he’d been moving his family to 26 Maple. He sounded lonely.

Henry spoke as he got up.

## As Henry made more notes, an idea started forming in his head.

“Now, Mr. Grady, anytime you have chores, call me and I’ll help, OK?”

\* \* \*

A week after his last deliveries, Henry wondered if his customers missed *The Gazette* as much as he did. He thought of a way to find out.

He started out on his old route with a notebook. First stop: Mr. Jonas, 17 Oak. When Henry asked him about the paper, Mr. Jonas was quick to answer. “I sure liked reading the week’s happenings. By the way, I have a pile of comics from old copies of *The Gazette*. Think someone would want them?”

“Maybe. I’ll ask around.” Henry made a note in his notebook.

He stopped at Mrs. Burke’s, 27 Maple. She opened the door holding the two babies. Her other two kids held on to her legs.

Henry stared. “You could use a babysitter.”

“Definitely. I was going to put an ad in *The Gazette*, but . . . Know any neighbors with experience?”

Mr. Simon was next door, carrying his banjo out to his car. “Hey, Henry. My band is having a concert in the park the last Friday of this month. Tell all your friends.”

As Henry made more notes, an idea started forming in his head. Maybe he could create a newsy page for the neighbors. But how would he print it? He pedaled to the library and explained everything to Miss Ginger, the librarian.

“Follow me,” she said. Seconds later, in front of a machine, Miss Ginger cranked a handle and a purple-printed sheet rolled out. “Will mimeographed copies work?” she asked.

“Perfect.”

Henry had a plan.

\* \* \*

Customers cheered Henry’s idea. They were happy to help supply the news. Miss Roberts, from 25 Birch, advertised that

she needed a teenager to help clean her basement. Mr. and Mrs. Watson wrote a story called “Our 40 Years at 18 Pine.” The new family who lived at 30 Chestnut invited neighbors to a “Meet the Johnsons” party. Henry added: *Stories told by friendly gentleman at 26 Maple. Stop by to chat.*

Henry typed the news, mimeographed purple copies, and delivered the first *Tree Streets News* on Saturday.

After that, neighbors wrote recipes and stories. They advertised giveaways and help wanted, and they requested books and music.

Henry missed his old *Gazette* job, but he had launched something too. He was making news and connecting neighbors. 🕒





**Maddie Wiese**  
Age 6 • Iowa



## Oak Tree

**Owen Langdon**  
Age 9 • Maryland

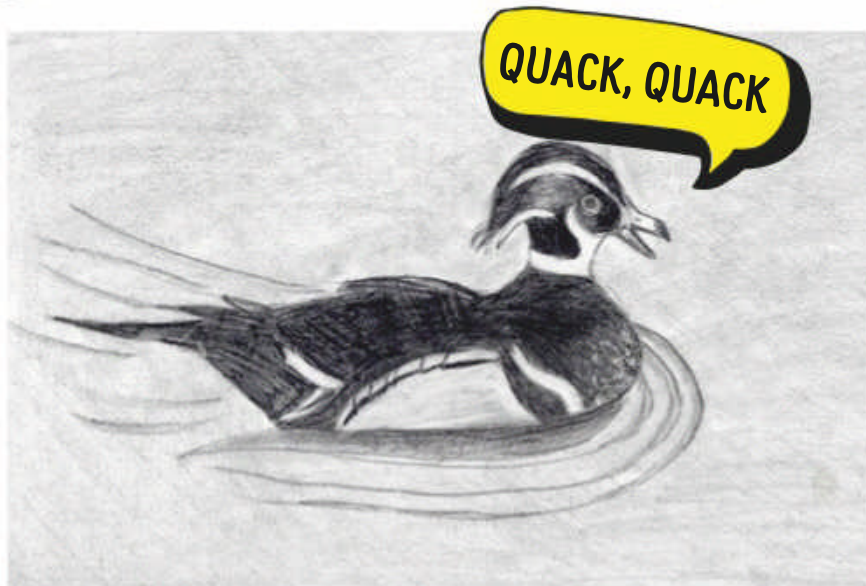


## Girl Smelling a Rose

**Sabrina Strauss**  
Age 6 • New Jersey

## The Wood Duck

**Sara Gregory**  
Age 11 • California



## Dancing Days

Me and my friends  
like to dance to the beat.  
We shake our hips  
and move our feet.

**Ann Vaughn**  
Age 6 • Virginia

Here in Wisconsin, the snow is  
falling. I love Wisconsin. It's beautiful.  
In our little village, the snowplows go  
up and down the roads, and kids are  
playing in the snow. I love Wisconsin  
and our little village!

**Sarah Robertson**  
Age 8 • Wisconsin

I am a pencil.  
I make things anew.  
I plant seeds of imagination  
in my users' heads—  
seeds that grow  
into trees of creativity.  
I create on one side  
and erase on the other,  
a side I almost never use.  
I am a pencil.

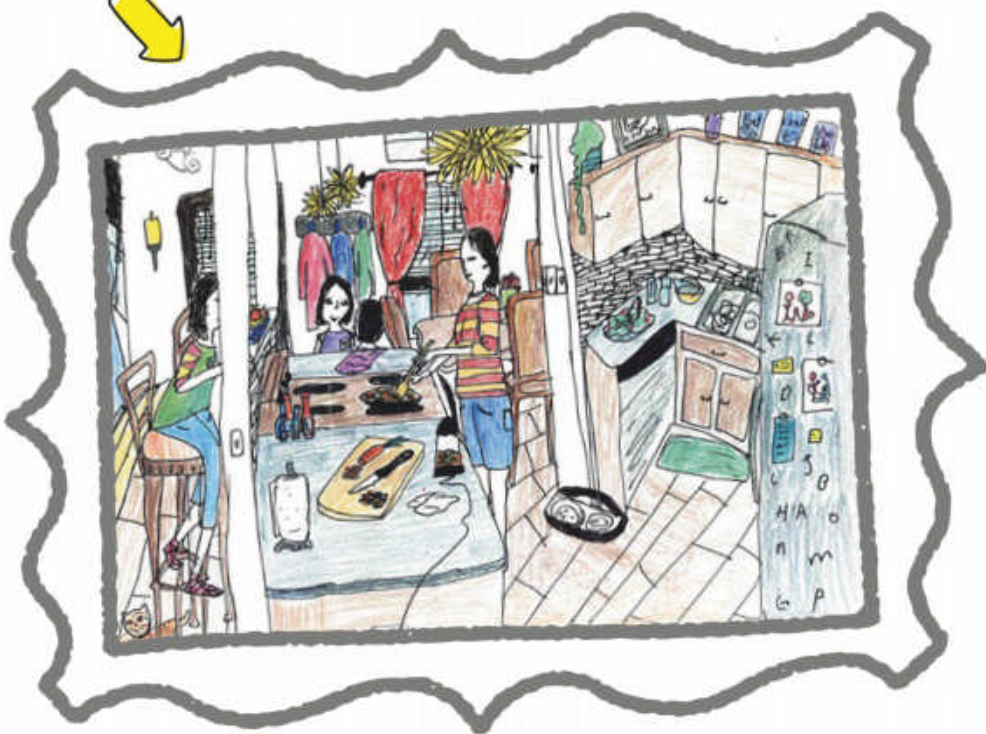
**Elle Bergan**  
Age 10 • Michigan





**Canaan Poppen**  
Age 7 • South Dakota

SO SWEET!



## At Home Making Dinner

**Anna Walsh**  
Age 10 • Idaho

Mostly red  
Aliens?  
Robots  
Silent

**Taylor Rogers**  
Age 8 • North Dakota

## Cardinal

Bird, bird,  
I love it when you sing to me  
in nature's harmony!

**Abel Russell**  
Age 8 • Florida

## Pets

Little dogs sniff logs.  
Talking birds can say words.  
Happy cats chase rats.  
Small fish go swish.  
Watch them play every day.

**Julianna Van Winkle**  
Age 10 • Arizona



## Banjo Player

**Craig Schilling**  
Age 9 • Washington



## Cherry Blossoms

**Sujana**  
Age 9 • New York

## Cats

Cats, cats, love to purr  
Cats, cats, and their fluffy fur  
Cats love to take naps  
Cats love to steal snacks  
If I had a cat, I would name it Max  
It would be very chillax  
Cats, cats, purr so much  
I love them so much  
Siamese, Russian blue, tabby, Maine coon  
I hope we can get one soon  
Cats, cats, cats, cats, cats, cats, cats!

**Betsy Yuan**  
(with help from big brother Sam)  
Age 4 • Wisconsin

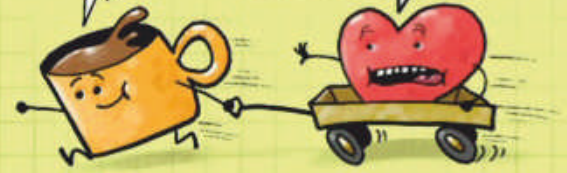
 **SEND US YOURS!** SEE PAGE 38



# Where does our body's energy come from, like when we have caffeine?

Addison  
Age 8 • Indiana

HEY! Slow down!



NUTRITION TO THE RESCUE!



I FEEL FRESH!

Your body's energy comes from foods you eat. They're your fuel. Your body digests and breaks down food, changing it into forms that give you energy and grow your muscles, bones, and more.

Caffeine is in some foods, including coffee, tea, some sodas, and chocolate, but it's really a drug—not a nutrient. It does not provide any more energy for the body. Instead, it tricks the body into quickly using energy it already has. It blocks a chemical that naturally helps your body and brain wind down when you need some rest. And it speeds up your heart rate and ups your blood pressure.

All of that puts extra stress on your body and can make you feel more tired in the long run. Anytime you artificially change what's going on in a part of your body, that can cause other problems.

So while nutrients from foods feed our bodies so they can perform their usual duties, drugs like caffeine work like a car's glitchy GPS: they take your body in directions it wouldn't naturally go, using your body's fuel in the process.



Highlights

# Find the Faces

PUZZLES

Find the two columns that have all the same emojis.

1	2	3	4	5	6	7	8

**BONUS!** Which emoji appears in every column?

Answers on page 38.

OUR INSPIRATION FOR THIS PUZZLE



## Tongue Twisters

The globby glob gobbled.

**Ryder**  
Age 10 • Alabama



So this is the sushi chef?

**Lizzie**  
Age 8 • California



Leo loves lovely lemon leaves.

**Lucy**  
Age 11 • Louisiana



Sometimes I get so stuck in a bad mood that I can't cheer up! Do you have any suggestions?

—Grumpy in Guerneville

# A Case of the Grumpies

By Lissa Rovetch • Art by Amanda Morley

## Dear Grumpy,

“Stuck” is the right word! Sometimes my bad mood feels like quicksand, and the harder I try to climb out, the more stuck I get! That was true last week. I was reading a book and had just come to the most suspenseful part of the mystery when my little brother and sister charged into my room.

“We made paper airplanes!” Indi shouted.

“Aren't they cool?” asked Tex, sending his plane directly into my head.

“Excuse me. I would appreciate a little peace and quiet so I can read,” I said.

“Ooh! I want to read!” said Tex.

Indi climbed onto my bed. “Can you read your book out loud?”

“I don't want to read out loud,” I huffed.

“Are you in a bad mood?” Tex asked.

“I know something that will help!” Indi said, running out of my room. A minute later, she returned and dumped a basket of stuffed animals all over me. “A teddy-bear picnic!”

“Thanks, Indi, but not today.” I got up, dragged myself down the hall, and flopped into the living-room chair.

“What's up, honey bunny?” asked my dad.

“I'm in a terrible mood!” I grumbled.

“I like organizing things

when I'm grumpy,” said my dad. “Come on. I'll get you started on the kitchen junk drawer!”

“I like getting out the toolbox and fixing stuff when I need a change in mood,” said my mom. “Want to give me a hand with the drippy bathroom faucet?”

I knew everybody was trying to help, but every time someone suggested a way to make me feel better, I felt even worse!

Just then, my friend Ollie stopped by.

“Abuela bought this brand-new soccer ball for two dollars at the rummage sale!” he said excitedly. “Want to try it out at the park?”

I stepped outside and sat on the front stoop. I sighed. “I'm too busy being in the world's worst mood to do anything at all.”

“What happened?” he asked.

“Tex and Indi interrupted my reading, and for some reason, it made me really cranky,” I said. “Then everyone started offering suggestions for how to cheer up. But I wasn't asking for help.”

“When I'm in a bad mood, I move,” said Ollie.

“I'd love to move,” I said. “To a tropical island!”

“Not that kind of move!” Ollie said. “I move my body. You know, skateboard, kick a soccer ball, go for a walk, do jumping jacks. Exercise makes me feel better.”

I groaned. “You're



"I'm in a terrible mood!"

offering suggestions too?"

"Sorry," Ollie said.

"No, *I'm* sorry. You're just trying to help." I shook my head. "Maybe I need to feel miserable for a while."

Right then, a gust of wind blew Ollie's soccer ball off the steps and onto the sidewalk. We ran to catch it before it went into the street.

It rolled and rolled, and we ran and ran until it was finally stopped by a tree. That's when we spotted a cute little squirrel grabbing snacks from a bird feeder.

"Whoa!" said Ollie. "I never knew squirrels could hang upside down like that. I bet that guy is a famous squirrel gymnast."

"Definitely." I giggled. "I'd love to watch squirrel gymnastics."

"Hey!" said Ollie.

"That noise you just made sounded a lot like a laugh."

I smiled. "Possibly. But you're not allowed to say you told me so!"

(Continued on next page)

(Continued from page 35)

“You mean because I told you that moving works great for taking your mind off your problems, even though you didn’t want to hear it?” Ollie laughed. “OK, I won’t mention it!”

So, dear Grumpy, just when you think you’ll be in a bad mood forever, you’re suddenly on the other side

of it. Moving around, as Ollie suggested, really helped me. And even though I was too grumpy to listen to my family’s suggestions, they had some great ideas. Playing, organizing, and fixing things are all good ways to get your mind off what’s bothering you.

If you’re like me and find it tough to take advice when you’re grouchy, maybe you

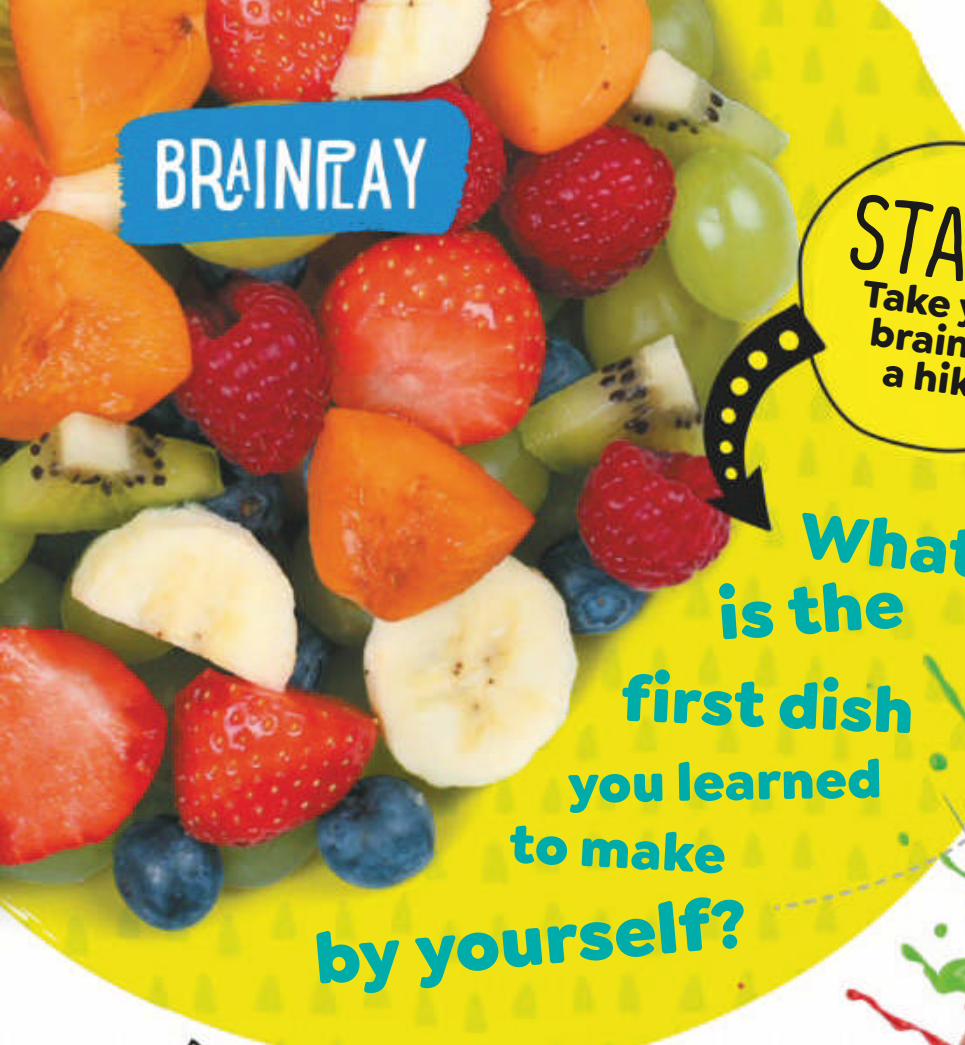
could write down your own list of ideas and take a look at it when you need to.

And if you really can’t get unstuck, it’s important to talk about it with an adult you trust. It’s OK to ask for help when you need it.

Ciao for now,  
**Arizona**

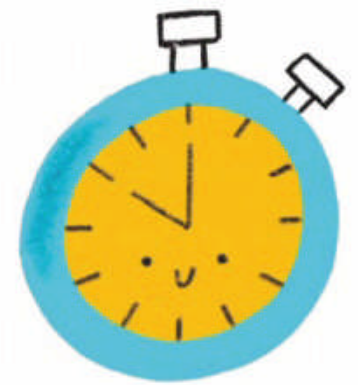


# BRAINRAY



**START!**  
Take your brain on a hike.

What is the first dish you learned to make by yourself?



What is your favorite thing about **RIGHT NOW?**

What do you own the most of?

Socks?



Crayons?



Blocks?



Something else?

How are sports and arts different?  
How are they the same?

Which emotions do you feel during most school days?

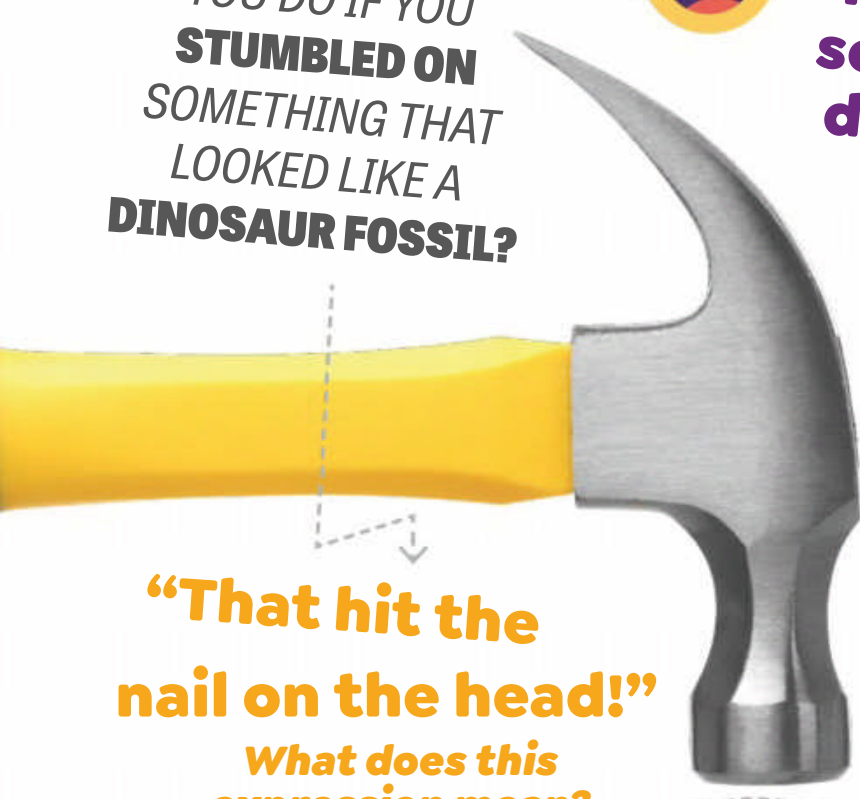


What's something your friends think is ordinary **BUT YOU THINK IS REALLY INTERESTING?**



↑  
YUM!

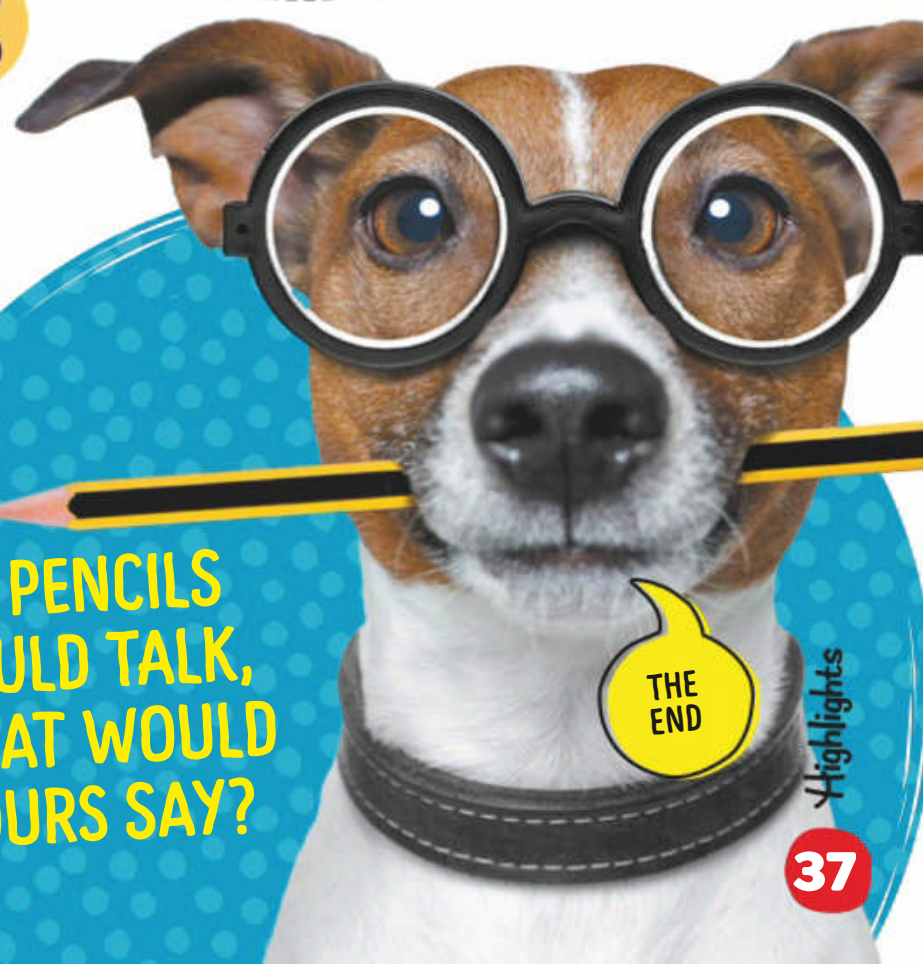
WHAT WOULD YOU DO IF YOU **STUMBLED ON SOMETHING THAT LOOKED LIKE A DINOSAUR FOSSIL?**



**"That hit the nail on the head!"**  
What does this expression mean?

OUCH!

IF PENCILS COULD TALK, WHAT WOULD YOURS SAY?



THE END

Highlights

# Highlights for Children

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# Share Your Work

You might see it in a future issue!  
 We'd love to see your About You items, poems, drawings, photos, Funny But True stories, jokes, Goofus and Gallant Moments, and more. If sending your work by postal mail, please include your name, age, and address.

WHAT IS YOUR FAVORITE SMELL?

SEND US YOURS!

Mail it here!

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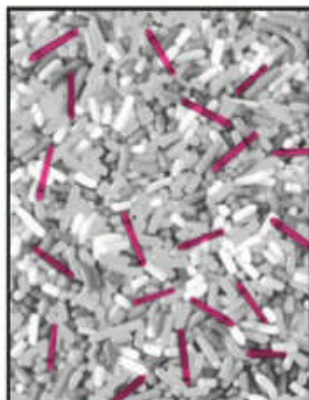
## Life During COVID-19

These are challenging times! You and your parents can find tips, ideas, and things to do on HighlightsKids.com, on our YouTube channels, and in the Highlights@Home segments on Highlights.com.

**Keep sharing how you feel, talking with loved ones, and taking good care of yourselves. And write to us anytime you'd like!**

## Answers

**PAGE 11**  
 Sprinkle Search



**PAGE 19**  
 What's in the Wash?



**PAGE 33**  
 Find the Faces  
 Columns 1 and 6 have all the same emojis.  
 BONUS!  
 This emoji appears in every column.



**PAGE 41**  
 Who Knows the Nose?  
 1. Cat. 2. Horse. 3. Cow. 4. Koala.  
 5. Hamster. 6. Leopard.  
 7. Rabbit. 8. Hippo. 9. Deer.  
 10. Monkey. 11. Sea lion. 12. Sloth.  
 13. Camel. 14. Goat. 15. Pig.  
 16. Walrus. 17. Hedgehog.



# Your Wacky Captions

YOUR PACKAGE OF CUTENESS HAS ARRIVED.

**Sophie**  
Age 9 • New York

PEEK-A-BOX!

**Dexter**  
Age 7 • California



KEEP OUT, HUMAN. THIS BOX LEADS TO CATLAND, WHERE YOU ARE PROHIBITED. ALSO, MAY I HAVE SOME TUNA?

**Robin**  
Age 9 • California

I'LL STICK TO THINKING INSIDE THE BOX.

**Mary**  
Age 11 • Pennsylvania

**PATIENT:** Doctor, Doctor, I feel like a deck of cards.

**DOCTOR:** I'll deal with you later.

**Caleb Blalock**  
Texas

A book never written: *Everything You Need to Know About Felines* by Kit E. Kat.

**LuLu Chatham**  
California

**BROOKE:** Want to hear a joke about paper?

**VIVIAN:** Sure.

**BROOKE:** Never mind. It's tearable.

**Brooklyn Miller**  
Minnesota

What is the difference between an ant and a moose?

A moose has antlers, but an ant doesn't have mooslers.

**Joanna Yoder**  
Ohio

A book never written: *Lord of the Dice* by Here R.R. Tokens.

**John Paul**  
Louisiana

Why did the bee get a pink slip?

For bad bee-havior!

**Caleb Ferguson**  
California

Why can't basketball players go away on vacation?

They'd get called for traveling.

**Grant Jertson**  
Arizona

My dad thought he could four-wheel-drive in snow, but he got stuck . . . so a little tiny truck pulled us out! It was so funny.

**Isabella**  
Age 10 • California

↑  
THAT'S SNOW FUNNY!

## Funny But True

One time, I was at a party and I could not find my backpack. I was searching everywhere. Then I realized I had it on my back the whole time!

**Evie**  
Age 9 • New York

## DEAR HIGHLIGHTS

I love mermaids, but my friends say they're babyish. How can I tell them I like mermaids?

**Ruby**  
Washington

It's fine to like something your friends don't. People have different interests.

Be yourself. Share what you like when you want to. But don't expect that they should agree. Let them have their own opinions, just as you do.

If you already know that they don't like mermaids, you might decide to talk with them about other topics that you all enjoy. If they tease you about mermaids, ask them to stop. Good friends will treat you kindly, even if they disagree with you.



Some kids at school don't like my little brother because he talks a lot. I tell him not to, but he gets mad at me.

**Matthew**  
California

You sound like a caring older brother, and that's important to him. But talking with others about their behavior can be tricky. What you think is helping might sound to him like bossing or criticizing. If you offer a suggestion, be sure to do it in a kind way.

You can help your brother most by letting him know that you love and accept him just as he is. If these kids don't like things about him, then he may not want to be friends with them anyway. But if your brother *wants* to be less talkative, ask him how you can help.

YAK  
YAK  
YAK

## ADVICE FROM YOU

I want to play video games, but my siblings hog the TV.

**Kain**  
California

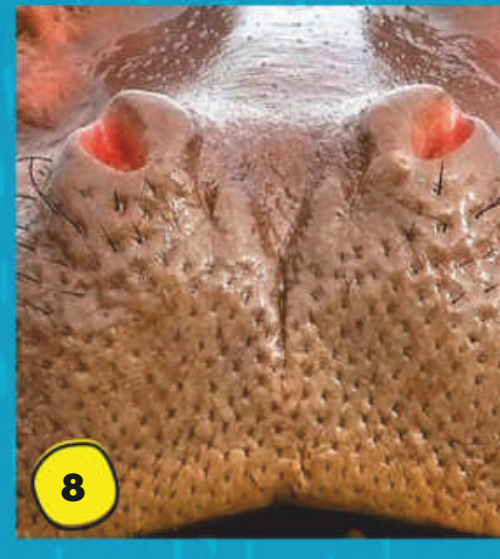
Maybe you could set a timer. Everybody gets the same amount of TV.

**Brielle**  
Age 9 • New Hampshire

It can be hard for people to share. Maybe you all can set up a schedule.

**Grace**  
Age 12 • Oklahoma

 **HAVE A QUESTION?**  
Write to us at [Letters@Highlights.com](mailto:Letters@Highlights.com) or by postal mail (see page 38).



# WHO KNOWS THE NOSE?

Can you identify each animal by its nose?

Answers on page 38.



What do you call a flying skunk?

A smell-icopter

# WHAT'S WRONG?

It's up to you!

