JANUARY 2018

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Outfox

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A World of ICE

THE POLAR Night

MAMMOTH FACTS

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Editor's letter

Happy New Year, Outfoxers!

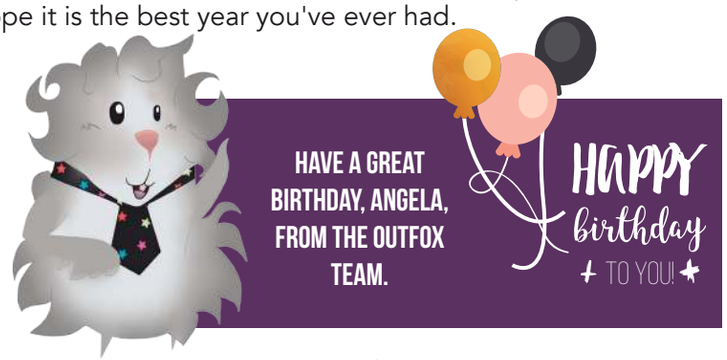
I hope you all enjoyed some time off from school and got to spend time with family. The new year is always a time that I use to think about the last year and dream about the future. I've set some New Year's resolutions for myself. Sometimes I don't always succeed in keeping them, but I try! What's going to help me this year is using some charts on goal setting. You'll find them in this issue, on page 28, and they definitely will be pinned up on my office wall.

This month is a cold one for most of us in the Northern Hemisphere, so instead of grumbling we decided to celebrate it! We take a look at what ice is, the different types of ice, and all the cool ways ice is used around the world. I had no idea so much variety existed. We also take a look at seasons in outer space. Does Mars have winter? You'll find the answer on page 34.

In this issue, meet Christina, our ASD Superstar; Poquito celebrates New Year's, and both Winnie and Quantum continue. We also take a peek across the globe at the yak, which roams the Himalayan mountains.

It's also a very special birthday for our Outfox reader Angela. Angela, did you know that your birthday is the same as Louis Braille's? Don't know who he is? Check out the Amazing Brain pages this month and see for yourself. Have a great birthday, Angela!

So, welcome back, readers, and welcome to 2018! I wish each and every one of you a fabulous start to an epic new year. Let's hope it is the best year you've ever had.



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Outfox

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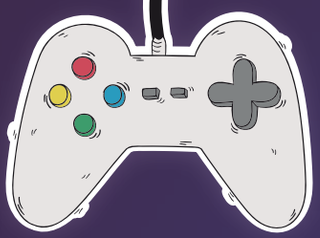
Game News



Gaming is a lot more fun when you have people to play with. These are perfect games to play on the couch with friends and family! We've got games for whatever platform you're playing on, so grab your controllers and buckle up!
We've added the prices so you can start saving now.

Prices: under $25 under $60 above $60

OVERCOOKED

Systems: PS4, Xbox One, PC, Nintendo Switch,1-4 players | Price:

Chopping lettuce has never been so intense. Against the clock, travel through time and space with your cutlery and serve up dishes with your friends to save the world! You can play this game with up to four players and you can even share the same controller with a friend if you don't have multiple controllers. If you don't feel like playing with friends, there's also a single player option!

TRICKY TOWERS

PS4, Xbox One, PC, 1-4 players | Price:

If you're a fan of the classic game, *Tetris*, you'll enjoy *Tricky Towers*! With many different game modes, the goal is to build up your tricky tower higher than all your opponents. Sounds easy, right? Not when you throw magical powers, wind and a bunch of other fun challenges into the mix! How high and stable will your tricky tower be?

KEEP TALKING AND NOBODY EXPLODES

PS4, PC, 2-infinite players | Price:

You'll need a working printer for this one. Look up *Keep Talking and Nobody Explodes* and print off the manual. One person or group is chosen to defuse the bomb, and another person or group has the manual. The person with the manual, the expert, has to give instructions to the bomb defuser on how to defuse the bomb before they all explode! The catch: The expert can't see the bomb, only the defuser can. How good are your communication skills? Are you going to keep talking, or are you going to explode?

HUMAN: FALL FLAT

PS4, Xbox One, PC, Nintendo Switch, 1-8 players | Price:

Human: Fall Flat is one of my personal favourite games at the moment. You play a little man named Bob who has to solve puzzles using tools and wits in order to escape his dreams about falling. It sounds simple, but with the deliberately clunky controls and the cute character you play as, hilarity is guaranteed. Playing with a team or by yourself, this game is amazing!

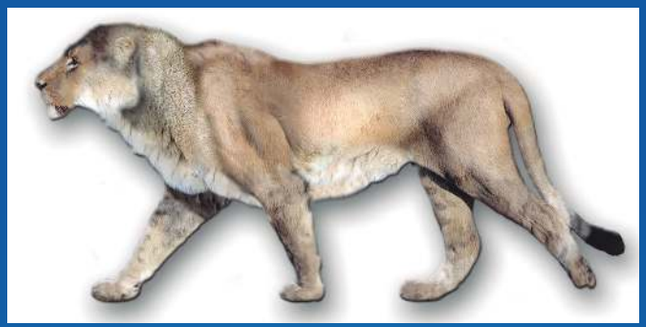
FUTURE TECH

A VIRTUAL TRAIN–OR IS IT A BUS?

China has launched the Autonomous Rail Rapid Transit (ART). It doesn't use tracks like a train, but instead it uses tires that follow along tracks that are painted on the road. Does this make this train more like a bus, then? No matter what it really is, it looks pretty cool.

The ART is electric, so it needs to be charged. The battery takes only ten minutes to charge and can travel 25km on the charge. It also holds up to 300 passengers and goes up to 43km an hour. Another great thing about the train is that it is much cheaper to make than traditional trains, costing 80% less, because they don't need to install actual train tracks.

Pretty nifty!



FUTURE TECH

JURASSIC PARK OF THE FUTURE?

Russia has recently discovered almost perfectly preserved remains of the now-extinct cave lion. Scientists estimate that the preserved cub is 20-50,000 years old and lived during the Pleistocene Ice Age. It was found buried in permafrost, a type of ground that is always frozen, and that's why it was so well preserved. The cub itself was only six to eight weeks old.

Scientists have already successfully cloned (copied) other dead animals, like a 16 year old dead mouse, but is it OK to clone an extinct species? This time it's not so much a future technology problem but a moral and ethical one. Conservationists warn that bringing back extinct species could unbalance our current eco-system, while others believe that it is unethical altogether. That decision would have to go before an ethics review board. An ethics board is a group of people who decide if an experiment or task is in the best interest and well-being of everyone. That would be a tough job!
What about you, would you clone the kitty?

REAL TIME TRANSLATION

Imagine being able to travel anywhere and communicate with anyone – no matter what language was spoken. Well, Google is taking steps towards making communication easier. Google has launched Pixel Buds, earbuds that can translate 40 spoken languages in real time (i.e. as you hear them)!

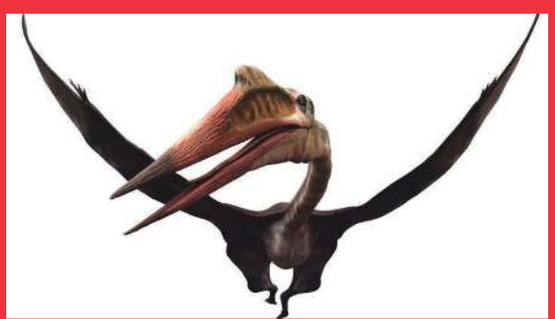
Google still has to perfect the buds to account for background noise and differences in accents, as well as human stumbles in speech. Also, the translation feature requires a Google Pixel or Pixel 2 smartphone. So far, though, it looks very promising. This is so exciting! It will allow people be more confident when visiting foreign countries or when talking to people whose language is not the same as theirs. Pixel Buds are already on sale for $219, but we are certain they will continue to improve as technology does.

EPIC DISCOVERIES 2017

Check out our Top 3 List of amazing discoveries that happened in 2017. Prepare to be impressed!

A FLYING PREDATOR

A huge preserved fossil of a giant pterosaur was found in the Gobi Desert of Mongolia (in east Asia, between China and Russia). It was a dragon-like creature that would have lived around 70 million years ago. The pterosaur had the wingspan of a small plane and it would have snacked on other baby dinosaurs. This was the first time a pterosaur had been discovered in Asia as well, which is pretty cool. Fun Fact: Pterosaurs were winged reptiles, not dinosaurs.



Giant Pterosaur

A GIANT RAT

The Solomon Islands have a lot of mammals that don't exist anywhere else in the world. They are home to eight different species of rats – plus this one! This year a new species of giant rat was discovered. It is up to half a metre long, with a long scaly tail that it uses to help it climb and move along tree branches. It lives in the trees and eats nuts for its food, cracking them open with its sharp teeth.

The giant rat was discovered in one of the few remaining unlogged areas on the island. Conservationists hope that these newly discovered species will help slow the logging industry and preserve the wildlife on the island.

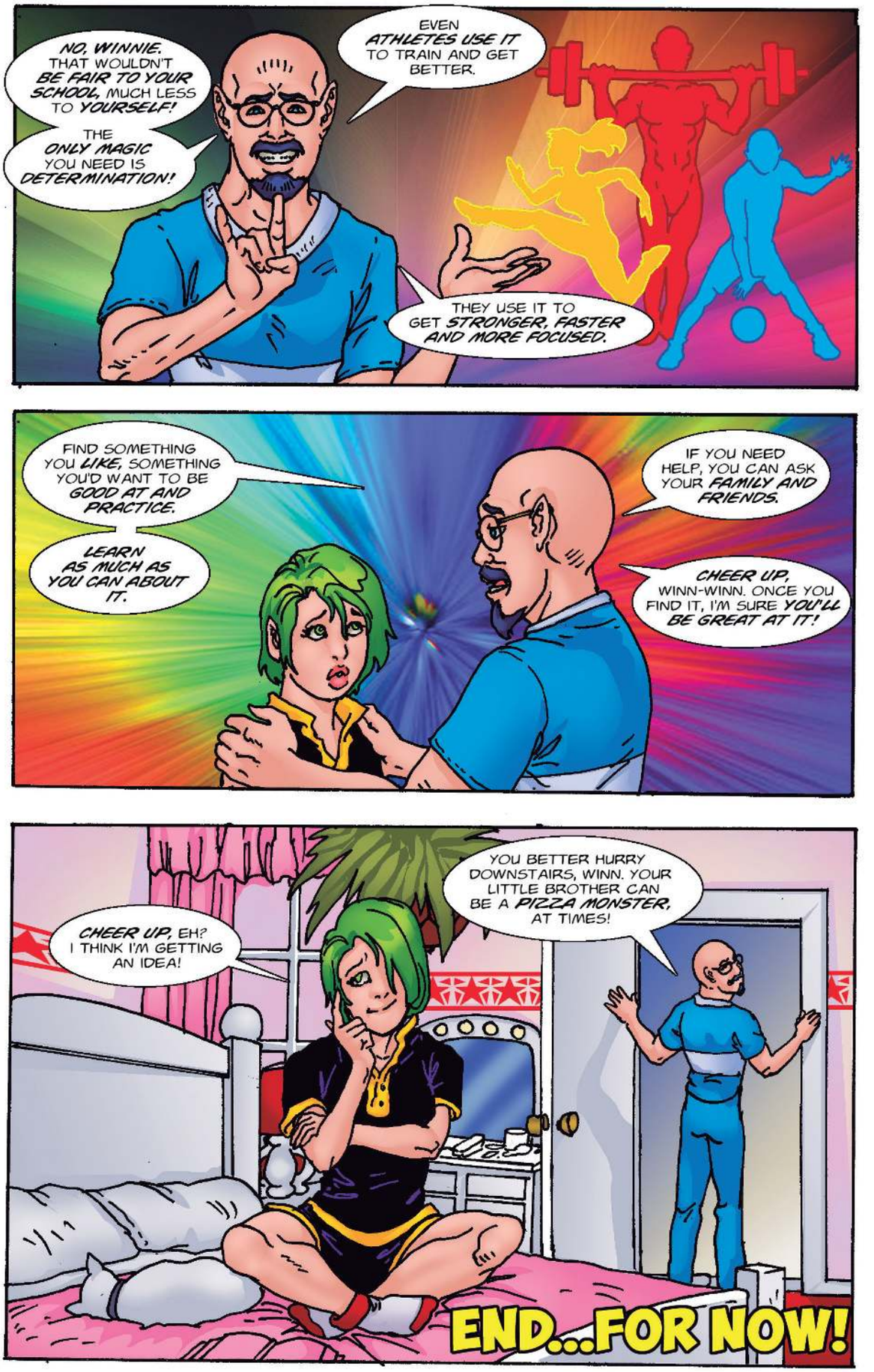
A PREHISTORIC SHARK

Scientists caught a surprising creature as they studied fish in the ocean around Portugal. They caught a frilled shark – an animal that is rarely seen and is rarely caught alive.

The frilled shark is one of the oldest species still around today. It dates back 80 million years. It has a head like a snake, over 300 teeth, and a long, slender body. Not much is known about the frilled shark as they live at such depths of the ocean people don't get to see them or study them very often. If they keep hiding out like that, they may survive another 80 million years!


Winnie & the Boo Crew
WIN-WIN, DIDN'T YOU HEAR ME? THE PIZZAS ARE HERE!
WHAT? OH, SORRY, POPPA. I GUESS I GOT TOO CARRIED AWAY WITH MY DIARY.
WHAT'S WRONG, WINN?
I CAN'T FIND MY PLACE AT SCHOOL.
I DON'T KNOW WHAT I'M GOING TO DO.
WHAT, YOU DIDN'T MAKE ANY FRIENDS? I THOUGHT THOSE KIDS YOU HANG OUT WITH...


NO. THAT'S NOT THE PROBLEM.
I DON'T KNOW WHAT I'LL BE GOOD AT. WHAT SPORT SHOULD I TRY?
DOUGGIE IS A BASKETBALL STAR. HE NEVER MISSES A SHOT. HE'S FAST AND AGILE.
BORIS IS A MATH GENIUS AND IS GREAT AT SCIENCE.
FRANCES IS AN UNSTOPPABLE FORCE IN FOOTBALL AND GREAT AT BASEBALL.
BELLA IS REGIONAL CHAMPION AT FIELD HOCKEY AND SOCCER.
I'M NOT GOOD AT ANY OF THOSE THINGS, BUT MAYBE WITH A LITTLE MAGIC...


NO, WINNIE. THAT WOULDN'T BE FAIR TO YOUR SCHOOL, MUCH LESS TO YOURSELF!
THE ONLY MAGIC YOU NEED IS DETERMINATION!
EVEN ATHLETES USE IT TO TRAIN AND GET BETTER.
THEY USE IT TO GET STRONGER, FASTER AND MORE FOCUSED.
FIND SOMETHING YOU LIKE, SOMETHING YOU'D WANT TO BE GOOD AT AND PRACTICE.
LEARN AS MUCH AS YOU CAN ABOUT IT.
IF YOU NEED HELP, YOU CAN ASK YOUR FAMILY AND FRIENDS.
CHEER UP, WINN-WINN. ONCE YOU FIND IT, I'M SURE YOU'LL BE GREAT AT IT!
CHEER UP, EH? I THINK I'M GETTING AN IDEA!
YOU BETTER HURRY DOWNSTAIRS, WINN. YOUR LITTLE BROTHER CAN BE A PIZZA MONSTER, AT TIMES!
END...FOR NOW!

STRANGE HISTORY

Fear of the Dark – Is it Really Fear?

Most of us at one time or another have had the unsettling feeling of being afraid of being in the dark. We might feel it even when we are safe and secure in our own homes and beds. Perhaps we pull that blanket over our heads, or put our hands over our ears to stop hearing the small noises that somehow sound a whole lot louder in the darkness. But did you know there is an entire history and reason behind this common fear? It's super-interesting and has to do with our evolution in history.

WAY, WAY BACK IN TIME

Way, way back in time humans lived in caves. Caves do not have the protection of locks on their doors – or even doors – like we have today. Cave-dwelling people knew that many predators lurked at night: giant sabre-tooth tigers, lions, wolves, and even poisonous snakes. Our eyes aren't equipped to see well in the dark. So, instead, the cave-people would stay inside their caves and not venture out at night. They knew it would be dangerous.

The glow of a wild cat's eyes peering down at them in the dark, or catching a glimpse of the patchwork patterns on the skin of a poisonous snake, would put the cave-dwellers into a state of anxiety.

WHAT IS ANXIETY?

Anxiety is a term that refers to the feelings of nervousness, fear, worry, and apprehension all rolled up together. Some people may experience one of those feelings more strongly than others, and some may feel what seems like more than one at a time. Anxiety is not a pleasant thing to feel.

BUT ON THE BRIGHT SIDE!

Isaac M. Marks says, "Each emotion can be thought of as a computer program designed to accomplish some specific fitness task particularly well." Now, that's cool – our bodies are mini-computer systems and each emotion makes us react a different way!

Anxiety makes us more aware of potential threats to our resources, like our homes, our families, relationships, and even our own physical bodies. Anxiety helps us survive dangerous situations.

The cave-people who felt the pricks of anxiety, who felt nervousness, would be more careful. They would avoid the scary creatures of the night. The fear would prevent them from becoming a tasty midnight snack for a lucky sabre-tooth tiger. Those who did not feel anxiety about the creatures of the night might stray a bit too far from the cave and that would put them at great risk of being injured or killed.

HOW KIDS LEARN FEAR OF THE DARK

The other way that people become afraid of the dark is through their personal experiences. As a small kid, if you were close to someone like an adult or an older sibling who was also afraid of the darkness you might "pick up" on that fear. For example, if Aunty was terrified of the dark and was babysitting you and shrieked when the lights went out, she could have taught you that the dark was something to be afraid of.

Another way that someone could become afraid of the dark is through experience. If something very scary or bad happened to you in the dark in the past, your brain will then store that information and see the dark as a threat. Then that will create the same anxiety that cave-people had. Again, in this case, it's our bodies' self-defense system coming into play for our survival.

And there you have it, the history of the fear of darkness. Our bodies are cool and amazing, aren't they?!

TIPS TO GET OVER THE FEAR OF THE DARK

Remember – it's okay to be afraid! It's evolution at work!

Don't watch scary movies or read scary books, especially before bed.

Stop and think – Is the fear real or imagined? This will help your anxiety if you start to think about things.

Use a night-light. Get a night-light you really like.

Try making the dark fun! Set aside an evening for an indoor camping activity. Make your room into a fort.

Have a flashlight beside your bed, so you always know light is available.

Think about all the wonderful things you can see in the dark, like the stars, the planets, and the moon.

JANUARY FEATURE

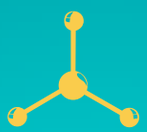
The Science of Ice

Did you know there is science behind Ice? Ice is frozen water; we know that. But there is more to the ice story.

What is water?

Water is made out of two different types of atoms: one oxygen atom and two hydrogen atoms.

Wait! What is an Atom?



Atoms are so tiny we can't see them with our eyes. Everything–all matter– starts with atoms. The grass, milk, a hamburger, your glasses, your body, and this magazine are all made from atoms.

Inside atoms are electrons, protons, and neutrons. Scientists use the number of protons within an atom to group, or classify, them. The groups are called elements. For example, atoms with one proton, zero neutrons, and one electron are called hydrogen. Oxygen atoms contain eight protons, eight neutrons, and eight electrons.

Ninety-two elements occur naturally; oxygen and hydrogen are two of these. As of today, scientists have created an additional 26 elements in labs. Scientists continue to try to create more elements.

When atoms join together, as hydrogen and oxygen do to form water, the combination is called a molecule.

What is a molecule?

A molecule is a combination of atoms that are held together by chemical bonds. A water molecule has two chemical bonds. In nature, there are molecules, such as those within our DNA, with hundreds of thousands of chemical bonds.

Individual molecules, like atoms, are much, much too small to be seen. Consider this: there are over 1.5 sextillion molecules of water in a single drop!

Temperature is everything!

When the temperature is 0°C to just under 100°, C water stays in the form we usually see and use it: in its liquid form. What happens when it gets hotter than that? Water turns into a gas when it is heated to 100°C, as you see when water boils in a pot or in a kettle. But what about on the colder end of things? When the temperature dips below 0°C, we get ice.

Water molecules move all the time. They move more at higher temperatures than at lower ones. When the temperature is below 0, the movements slow down, and the molecules lock together to form a crystal pattern that we know as ice.

And there it is--the science of ice.

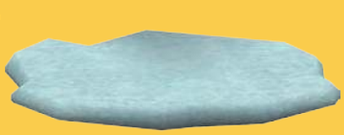
Fun fact!

When you hold an ice cube, snow, or other cold things, you may think your hand is getting cold because the cold is penetrating your skin. But, actually, you are feeling the cold because the heat from your hand is moving away from your body and going into the cold thing. **Pretty neat!**

Types of Ice

Ice on land

Ice Sheet An ice sheet is a permanent sheet of ice that covers the land. There are two ice sheets on Earth covering almost 16 million square kilometres; that is greater than the size of the US and Mexico combined. Ninety-nine percent of the Earth's freshwater is in these ice sheets.



Types of Ice

Ice In the Air

Rime Ice Ice that freezes white. Moisture in the air freezes on contact with things on the ground surface. You see this ice as frost on windshields, the grass, or on trees in the morning.

Ice Pellets These are small, transparent pellets that fall from the sky and bounce a little as they hit the ground. They can also be called "sleet".

Hail Hail is formed in storm clouds when water droplets freeze when they come into contact with other bits of things up in the clouds like dust or dirt. Hail can occur even in the summer, as they are made in the high altitudes of the clouds where the air is much colder. Some hailstones get so big they can break windows!

Snowflakes Snowflakes are formed in the air when very cold water comes into contact with some dust or pollen. The water then freezes onto the dust or pollen and crystals form. Snowflakes start out very, very small and grow larger as they fall to the ground. Each one is different and can have up to 200 crystals.

Ice On the Water

Icebergs When a chunk of ice breaks off a glacier and falls into the water, it is called an iceberg.

Ice Breccia When different pieces of ice that are floating in the water bump into each other and merge together, they form an ice breccia.

Floebergs are like icebergs but most of their body is under water. Only the tips are seen floating above water. The rest of them are hidden from our view.

Frazil Ice Frazil ice is when ice is just beginning to freeze in water. You can see the different crystals and needle like structures of ice starting to form.

GUESS WHAT?

Scientists estimate there are 17 or more different forms ice can take during its formation, all made different by the surrounding temperatures and pressure. Ice found in outer space is known as "interstellar ice." Scientists believe there are many more different ways that water can freeze in space.

Glacier Glaciers are thick ice masses created by snow. It happens where the snow doesn't melt over the seasons and more and more snow lands on the same area creating layers that push down on each other. The force and the amount of snow create an ice blanket. Glaciers occur on land.

Glaze In winter, freezing rain causes what is known as an ice storm. The rain freezes on contact with items on the ground and creates a solid, transparent, glaze of ice covering all that it touches.

Icicles Icicles form as water drips down and refreezes onto itself.

JANUARY FEATURE

A WORLD OF ICE

What can you do with ice? Ice has the annoying quality of making the sidewalks slippery on the walk to school, but on the positive side, it gives snow its pretty crystal glimmers. There are some amazing things you can do with ice. Check out Outfox's list of the top seven creative ways people around the world use ice!

THE TOP SEVEN WAYS OF MAKING ICE COOL

ICE INSTRUMENTS

The Ice Music Festival in Norway could be one of the chilliest concerts one can attend. Every musical instrument played is made out of ice. Sculptors begin by using chainsaws to cut huge blocks of ice out of the lake. They then carefully carve the instruments and hand them over to the musicians who tune them to their liking. With each use, the instruments melt a bit giving it a unique sound every time it is played.

ICE HOTELS

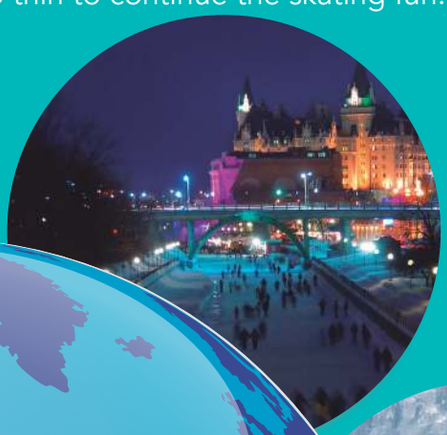
Can you imagine having to rebuild an entire hotel each year? This is exactly what they do to Quebec City's extraordinary Hôtel de Glace! The hotel is made entirely of ice and snow. Yes, that does include the beds, tables, and seats. They give out super-warm blankets so you can sleep on your block of ice. There are even fireplaces in the rooms and outdoor saunas. Why doesn't the ice melt? The chilly winter temperatures keep the hotel's ice solid, but it does melt away when spring arrives with its warmer temperatures. Then, the next winter, the hotel is built again.

ICE SCULPTURES

The Canada Cup of Ice Carving will be held at the Ice Magic Festival in Lake Louise, Alberta and begins on January 4th. Artists take their skills and carve out epic creations in blocks of pure ice. How do they get the ice so clear? Each block of ice given to the sculptors first undergoes a process in a machine called a "Clinebell" that causes the impurities within the ice rise to the top where they can be trimmed off. That's how the ice sculptors get those crystal-clear blocks of ice.

WORLD'S LARGEST SKATING RINK

This amazing ice rink first opened on Ottawa's Rideau Canal in 1971. It has now holds the Guinness world record for the world's largest naturally-frozen ice rink. It opens each winter and closes when the temperatures warm up. In the spring, the ice begins to melt and gets too thin to continue the skating fun.



FUN FACT!

The word "igloo" is the Inuit word for "house." When we hear the word "igloo," we may think of those icy, block homes that are pictured in books and on TV; but most Inuit don't live in houses of ice anymore. Today's Inuit live in houses made of wood and stone with indoor heating. But, since the word "igloo" means "house", saying that Inuit people live in igloos is not incorrect!

Let us know! Is there a creative way you use ice in the wintertime? Have you ever been to an ice festival? If so, send us your photos (but ask your parents first).

Emails us at **kidstalk@outfoxmagazine.com**

ICE CLIMBING

Ice climbing is a growing sport, and there are some significant ice climbing areas in Canada to explore. The best place to go ice climbing in Canada is Canmore, Alberta in the Canadian Rocky Mountains. There, you can even climb up frozen waterfalls. Ice climbers need specialized equipment and a lot of training.

ICE PIER

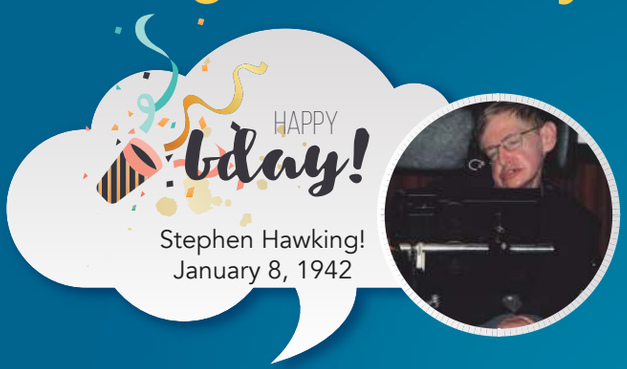
In Antarctica, ice piers are made so that ships can load and unload their cargo without having to sail into shallow water and to help them avoid dangerous icebergs. Seawater is pumped into a contained area and then allowed to freeze. Piers need to have many layers of ice strong enough to hold freight trucks, and the surface must be even. After a couple of years, ice piers weaken so they are broken up by big icebreaker ships and the huge pieces of ice are sent out to sea.

ICE TO THE RESCUE!

When the nuclear reactors in Fukushima, Japan broke down because of a powerful earthquake, scientists had to figure out a way to stop radiation from leaking out into the sea. One of the solutions that they came up with was to use ice walls. They pumped coolant into 1.5 km long 30-metre deep underground tunnels and froze the soil around the nuclear reactors that were leaking. These ice walls stopped the underground water from flowing into the Pacific Ocean and spreading radioactive pollution all around the world.

The AMAZING BRAIN

Amazing Brain Birthdays!



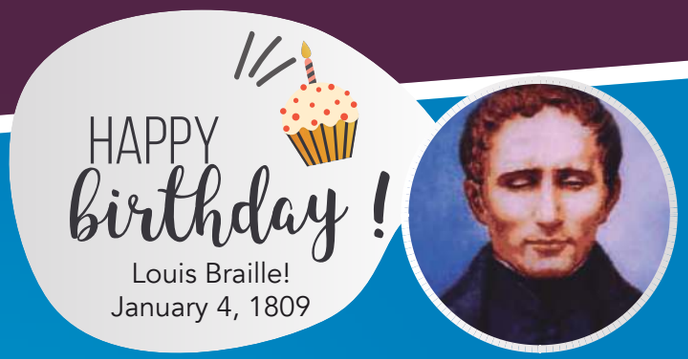
Stephen's classmates could tell he was very smart. They nicknamed him "Einstein. His teachers were less impressed. They wanted him to improve his handwriting and his marks: he was third from the bottom of his class in his school in the pretty British town of St Albans, Hertfordshire. But as history shows, the kids were right!

While studying cosmology at the University of Cambridge, he became more and more clumsy and his speech became slurred. When he was 21, doctors told him he had a disease called amyotrophic lateral sclerosis (ALS) and that he'd only live a few more years. Knowing this, Stephen decided to focus. He was determined to succeed at something great. And he did.

Stephen's work explained the science of black holes and he also backed up many of Einstein's theories. He won many honours and awards and wrote many best-selling books. He is so admired that Hollywood made a movie about his inspiring life. He hopes to travel in space one day and has trained with NASA.

As expected, Stephen's physical abilities got worse and worse. He is paralyzed and uses a wheelchair. A computer programmer built a special device for him which selects words based on movements of his head or eyes. The words are processed and spoken out by a computer.

Check out: Stephen and his daughter, Lucy's, series of space and adventure books for kids your age! (see page 43).



Three-year-old Louis was warned not to touch his father's tools, but he loved playing in his dad's workshop. One day, when his dad was distracted, he was at it again and a tool hit him in the eye. This was in a little village in France before modern medicine. A local woman tried to treat the eye but it got infected and he went blind in that eye. Soon after the infection spread to his other eye and he lost all vision.

Louis was a bright student but was frustrated as, since he was unable to see, he could not learn to read or write. He continued to learn by memorizing and was the best student in his class anyway. When he was 10, the first school for the blind opened up in Paris, and a priest convinced his parents to send him away to this school.

Learning to read was hard, but he did it. At that time, books for the blind used ordinary letters. The letters were raised, or embossed, on heavy paper so you could feel them with your fingers. One sentence done this way could take up a whole page.

When he was 12, a retired soldier visited the school and taught the children a secret code that he created so that soldiers could read notes in the dark. It was complicated and difficult to use, so Louis worked on it for seven years and was finally happy with his new, improved code. He taught the code to students at the school and worked hard to help them by copying many books into his code so blind students could enjoy reading.

In time, his system caught on and it was named after him. Today, braille is used in almost every country in the world and has been adapted to almost every known language.

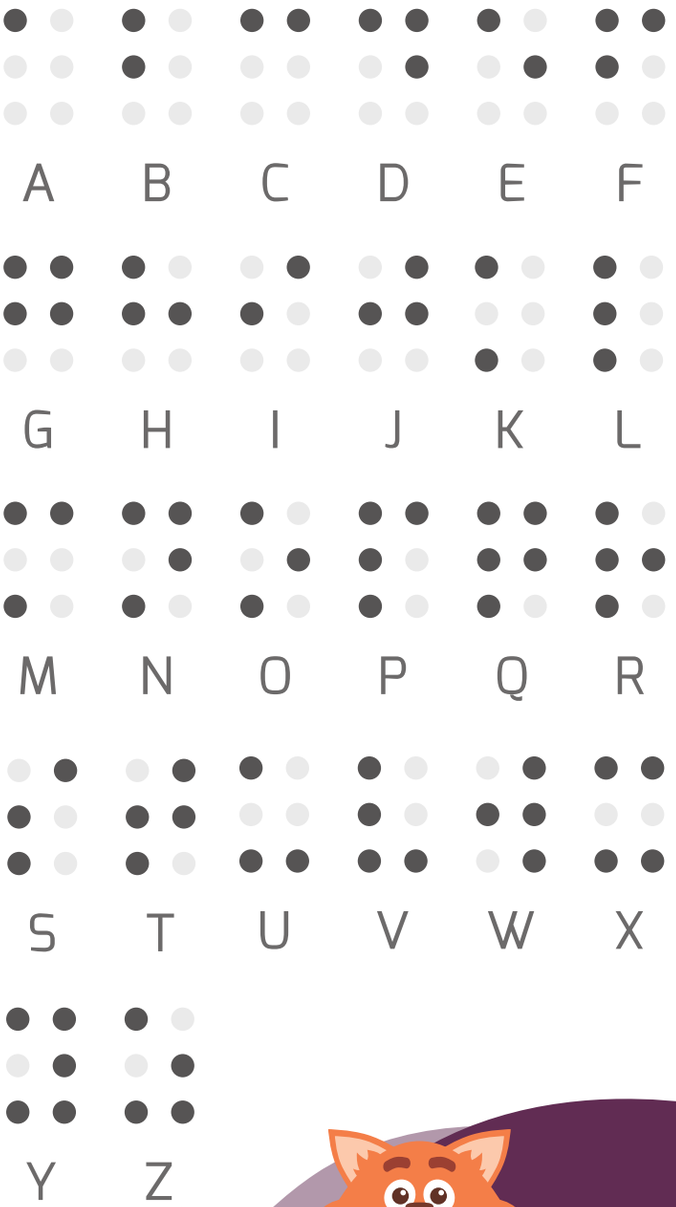
Guess What? To honour Louis Braille, January is National Braille Literacy Month!

The AMAZING BRAIN

Braille is a code that converts letters you can see to letters you can feel. It allows people who are blind or those with low vision to read and write. The code you see here would be embossed on a page and readers would lightly go over it with their fingers. Braille readers use both hands to read. The fingers of the right hand are actively reading while the left hand is positioned to start reading the next line.

Braille books are bigger than books for sighted people because the letters take up more space. To reduce the amount of space and to make reading easier, there are also braille codes for "ing," "ed," and abbreviations for words. Still, the braille version of J.K. Rowling's *Harry Potter and the Goblet of Fire* is ten volumes!

ENGLISH BRAILLE ALPHABET



COOL FACT:

Louis Braille was only 15 years old when he created the braille system. What an amazing brain!

SEARCH FOR CALM

CONFLICTED

CONFLICTED

Melissa and her older brother, Michael, were only three years apart in age. They usually got along great, only fighting sometimes over whose turn it was to do the dishes or walk Buster, their German Shepherd family dog. But even if they fought, they were always friends again by the next day.

Melissa always knew that she could count on Michael, who always looked out for her. Melissa looked up to him – however, she saw that Michael started hanging out with kids that Mom and Dad for sure wouldn't want him hanging with. These kids had all just been caught stealing from the teachers' staff room the week before.

One particular day after school, before his parents were home, Michael brought his two new friends home. Melissa saw one of Michael's friends in their parents' room, and when he saw her he rushed out. Melissa knew that no one was allowed in their parents' room.

Michael was downstairs making snacks for all of them as they were all going to go hang out at the skating yard. Later that night when Michael came home, Melissa ran to his room telling him about his friend she saw in their parents' room. Michael got quite angry with her. He said that his friend wouldn't have gone into their parents' room, and that she was lying.

Over the next few weeks Michael seemed to get angry at Melissa for no reason and he stopped walking home with her after school. His parents had even been called by the principal to tell them that Michael had been acting rude to a teacher. And then one morning their mom asked if anyone saw the gold clover ring that she got from her grandmother. Mom had always kept that very special ring in her jewelry box in her bedroom.

Melissa remembered that she saw Michael's friend in the room and she saw him by her mom's dresser where the jewelry box was. She assumed he did take something because he seemed to rush out when he saw her, but she didn't actually see him in the act – she just thought it.

MELISSA WAS CONFLICTED.

She loved her brother and didn't want to get him in trouble, but their parents didn't know that the friends had been over – and she didn't tell her parents that Michael's friend had been in their room.

Melissa wanted to be loyal to Michael and not tell on him, but she also loved her mom and knew how much the missing ring meant to her. Melissa took a deep breath and told her parents what she had seen, and Michael got very angry and said that he would never talk to her again. Their mom called the friends' parents and asked them to check their son's room for the ring. They found the ring and apologized to Melissa's mom. But Michael was still very angry at Melissa.

Melissa felt really sad and confused. She wanted to be friends with her brother again and she hadn't wanted to tattle-tale on him. But she wanted her mom to get the ring back as well.

WHAT HAPPENED?

It was a whole week before Michael talked to her again. Their parents had a meeting with the school and Michael promised to do better and not be rude anymore to the teachers. He also stopped hanging out with his new friends once he had accepted the truth that they did steal from his family. Soon things were back to normal.

WHAT DOES IT MEAN TO FEEL CONFLICTED?

Feeling conflicted means that you don't know what to do, and you feel confused. For example, if two of your friends are fighting and you can see both sides of their argument, you won't want to pick a side to be on. You may feel conflicted about what to do. In Melissa's case she wanted to not tell on Michael for having friends over, but she wanted her mom to know what she saw. This made her feel very conflicted.

WHAT TO DO IF YOU EVER FEEL CONFLICTED

Remember it's okay to feel this way! Life and situations can be confusing.

Our feelings and loyalty towards a friend or family member should not interfere with doing the right thing.

Sometimes doing the right thing is hard and you will have to be brave to speak up.

You never know the end result, but doing your best and trying to do the right thing will build your character. Each time you act bravely, the easier it gets the next time to do the right thing!

Try to think about why it would be good to tell the truth. In this case, if Melissa hadn't told on Michael, her mom wouldn't have the ring back – and Michael would probably still be hanging out with the friends that stole and encouraged Michael to be rude to the teacher.

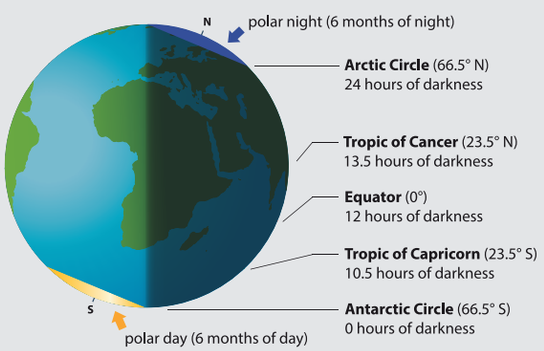
Remember, telling the truth about a situation doesn't mean that you love or care for the person any less. In fact it shows that you care about them and only want the best for those you care about.

THE POLAR Night

Could you imagine going to school in the dark? How about eating lunch when it's still dark outside? Well, some kids do just that!

In the Northern Hemisphere, in an area above the Arctic Circle, the winters are cold and the nights are dark. In fact, in some places the dark nights are longer than 24 hours because the sun does not rise high in the sky. These "**polar nights**," as they are called, can last as long as six months if you are right by the North Pole. However, in the areas where there are human settlements, the nights last from one to two months. Polar nights occur in regions of Canada, Russia, Alaska, Russia, Finland, and Sweden. The same thing happens near the South Pole but there are no populated areas around the Antarctic Circle.

winter solstice (December 21)



IS IT COMPLETELY DARK?

No, there are a few hours in the middle of the day when the sun rises enough to lighten the sky and fill them with beautiful colours, including many shades of blue. These twilight times are called the "Blue Hour."

WHAT DO PEOPLE DO?

Well, kids still have to go to school! The long periods of darkness also make a great time for staying cozy inside, talking with family friends, and drinking hot cocoa. Russian areas within the arctic circles are especially fond of storytelling as a winter activity.

Kids are encouraged to play sports, such as skating. The craziest sport? Swimming! In some areas, people within the Arctic Circle believe taking a nice, quick, cold dip in an oh-so-cold lake keeps them healthy. It isn't an activity that happens much outside of the Arctic Circle: this is definitely one activity you should not try at home!

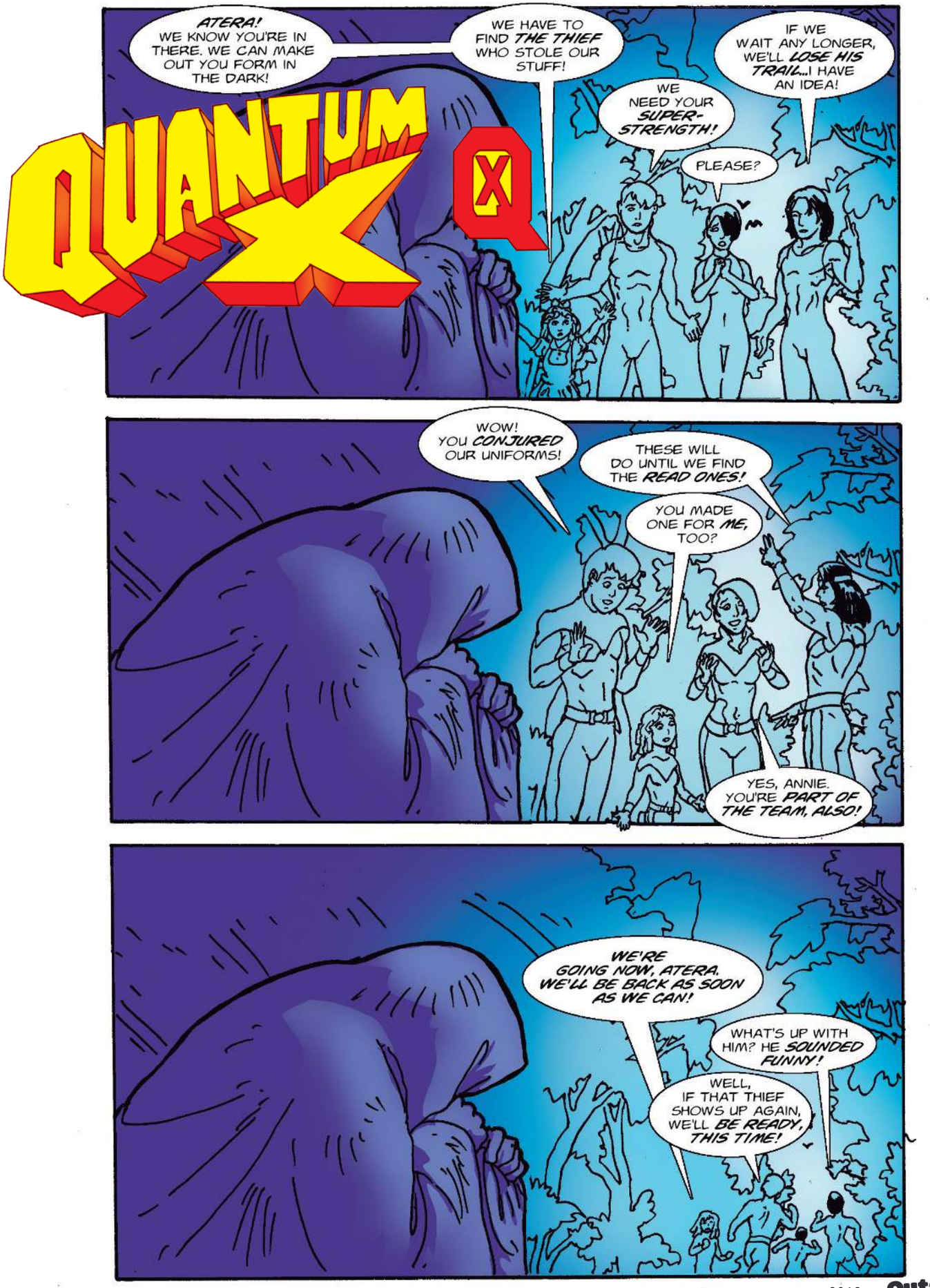
Polar Nights are also an excellent time to view the Northern Lights, or *Aurora Borealis*, as they are also known.

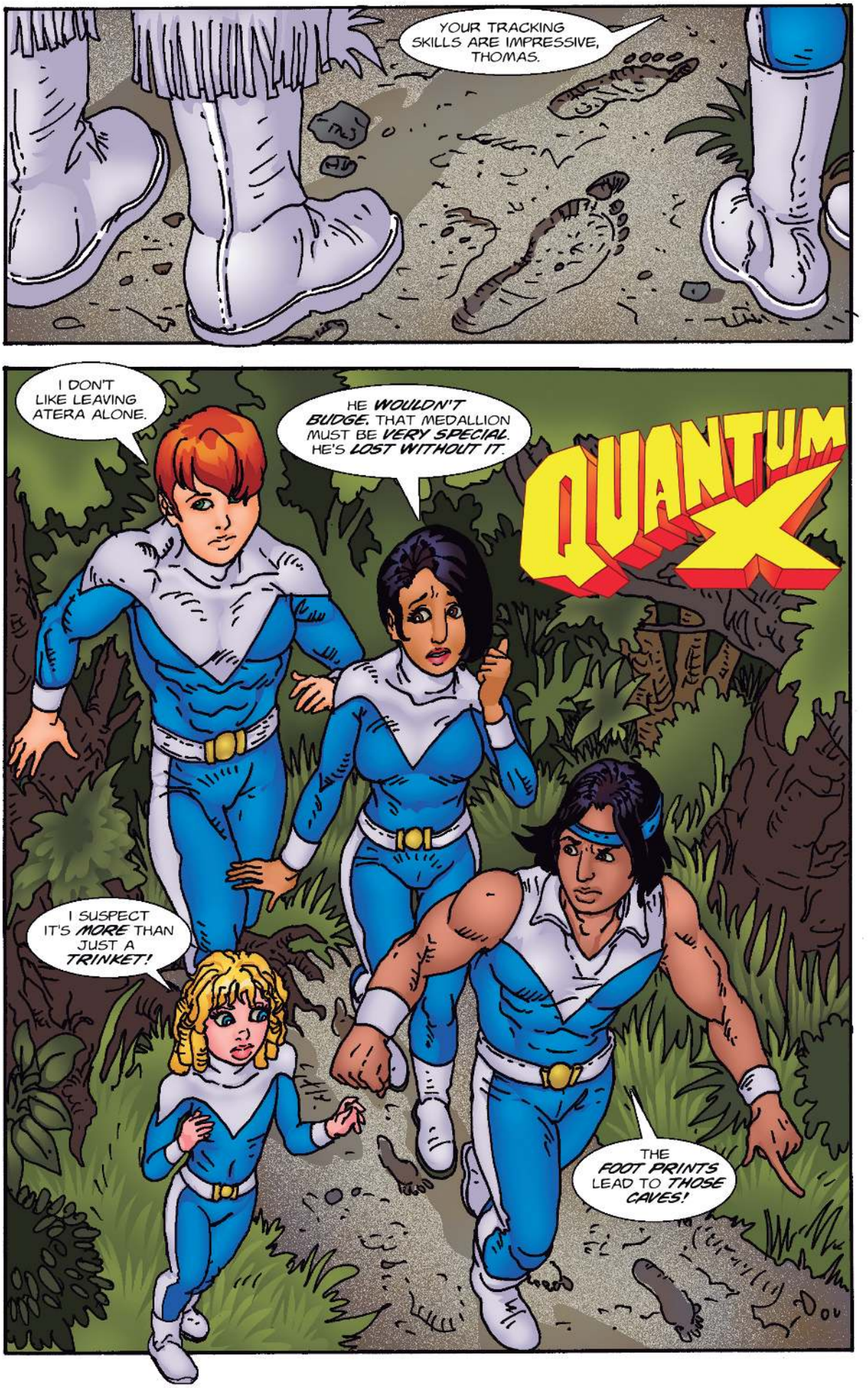
CELEBRATING THE RETURN OF THE SUN

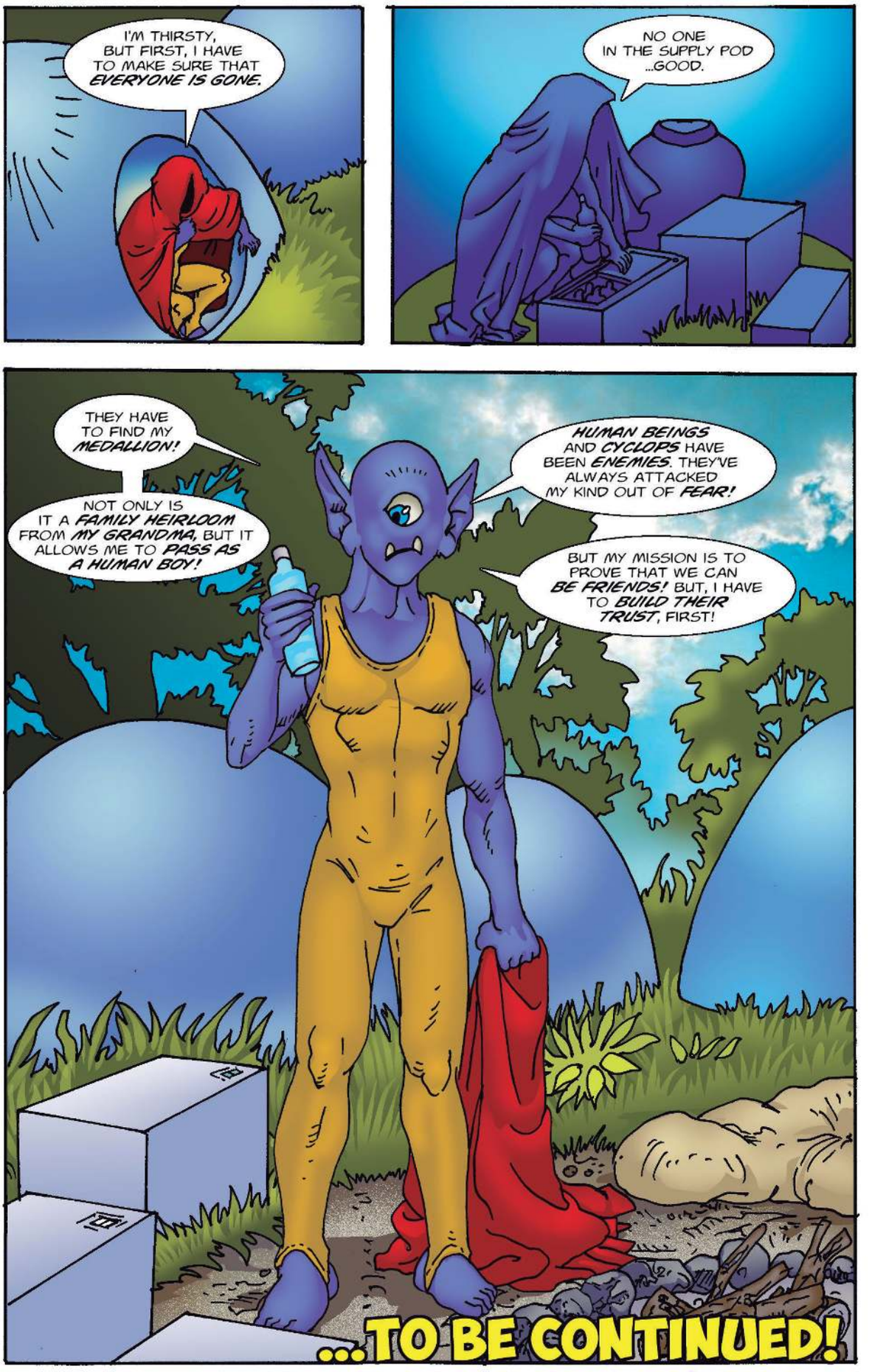
As the Polar nights fade and the sun returns, many celebrations are held. For example, in Greenland, kids make drawings and sing songs to welcome the first sunrise.

In Tromsø, Norway, sweet buns are a tradition. People eat them when the polar nights begin and then again as the sun returns. School kids take a field trip and hike together to watch the first sunrise come over the mountains. They also make signs which have pictures of the sun on them and they paint their faces.

Some Inuit people of northern Canada hold a special sun ceremony. The evening before the sun returns, soapstone lamps are lit inside a ceremonial space or community centre. The next day kids who have spotted the sun run to the lamps and blow them out.


QUANTUM X
ATERA! WE KNOW YOU'RE IN THERE. WE CAN MAKE OUT YOU FORM IN THE DARK!
WE HAVE TO FIND THE THIEF WHO STOLE OUR STUFF!
IF WE WAIT ANY LONGER, WE'LL LOSE HIS TRAIL...I HAVE AN IDEA!
WE NEED YOUR SUPER-STRENGTH!
PLEASE?
WOW! YOU CONJURED OUR UNIFORMS!
THESE WILL DO UNTIL WE FIND THE READ ONES!
YOU MADE ONE FOR ME, TOO?
YES, ANNIE. YOU'RE PART OF THE TEAM, ALSO!
WE'RE GOING NOW, ATERA. WE'LL BE BACK AS SOON AS WE CAN!
WHAT'S UP WITH HIM? HE SOUNDED FUNNY!
WELL, IF THAT THIEF SHOWS UP AGAIN, WE'LL BE READY, THIS TIME!


YOUR TRACKING SKILLS ARE IMPRESSIVE, THOMAS.
I DON'T LIKE LEAVING ATERA ALONE.
HE WOULDN'T BUDGE. THAT MEDALLION MUST BE VERY SPECIAL. HE'S LOST WITHOUT IT.
QUANTUM X
I SUSPECT IT'S MORE THAN JUST A TRINKET!
THE FOOT PRINTS LEAD TO THOSE CAVES!


I'M THIRSTY, BUT FIRST, I HAVE TO MAKE SURE THAT EVERYONE IS GONE.
NO ONE IN THE SUPPLY POD ...GOOD.
THEY HAVE TO FIND MY MEDALLION!
NOT ONLY IS IT A FAMILY HEIRLOOM FROM MY GRANDMA, BUT IT ALLOWS ME TO PASS AS A HUMAN BOY!
HUMAN BEINGS AND CYCLOPS HAVE BEEN ENEMIES. THEY'VE ALWAYS ATTACKED MY KIND OUT OF FEAR!
BUT MY MISSION IS TO PROVE THAT WE CAN BE FRIENDS! BUT, I HAVE TO BUILD THEIR TRUST, FIRST!
...TO BE CONTINUED!

ASD SUPERSTAR Christina

1 CAN YOU TELL US A BIT ABOUT YOURSELF?

My name is Christina and I'm 23. My birthday is in July. I am an artist.

I like to paint and draw. I especially like photography. I like eating popcorn at movies, and I also like to go the movies. I like to listen to music and I love to dance. I am a student at the Ontario College of Art and Design.

2 WHEN DID YOU BECOME AWARE YOU ARE AUTISTIC?

I became more aware when I was at the end of elementary school and in the beginning of middle school phase. At that time, people like the teachers and my mom kept telling me me that I was autistic and explained that the things I do and the way my brain works make me special and different but not less. They highlighted that I'd have different needs than other people and that triggered me to think maybe I should do more research on this!

I was into researching stuff in general so I researched autism. I could see there were key differences between my peers and myself and some things weren't adding up. When I learned more I felt certain things were not working out for me because of austism. Later on, my mother told me I was diagnosed when I was around two or three years old.

3 DID YOU EVER FEEL YOU WERE TREATED DIFFERENTLY?

Yes, definitely. In elementary school I knew there were some differences because the teachers would give me more time to do my work. Academically I was treated differently. Socially, even more. I could feel I was treated differently, but I didn't know why until I did my research about autism.

Recess was the hardest part. It was a lonely time. At recess I would just walk around and stare at all the other kids playing together. Anything I was really into, they didn't want to do it or I wasn't into what they wanted to do. If I did get a chance to join, I'd be too rough, or I would take it too far.

4 DID YOU HAVE ANY TROUBLES IN ELEMENTARY SCHOOL?

I did have trouble. I bit people, I hid under tables, and I headlocked boys. I was most likely to catch a cold because I'd never wear a coat during the winter. All this made me more of target in elementary school. The only thing that would really make it better would be to forget that kids wouldn't play with me and then I'd leave that out as an option all together.

Middle school was different because I had a specific worker that would come to class and talk to me during class time and she would work through things with me more than anyone had in elementary school. In high school, I had a lot of help–including extra teachers–and that did make a difference. It was supportive in a way that I didn't expect it to be but I found it annoying at first. I would try to ditch my Educational Assistant every lunchtime until I started liking her. And now, even though we don't see each other often, I still love her and she still loves me but it took a long time to get there.

5 WHAT ARE YOU PASSIONATE ABOUT NOW?

I am passionate about photography, volunteering, art, and being a good example. I work with a group that works with all kinds of families that need help. I like to connect with them and that makes them feel special. It has been really rewarding just getting to know them and to making sure they feel good. I've done this for the past few years.

6 WHAT DO YOU THINK MADE YOU SUCCESSFUL?

I feel good because I can express myself for the good of others. I like to express myself using my art and words. When I communicate with my hands through drawing and photography, I can have a whole other dialogue.

I like that I understand how people feel. I like to make people feel good. I can get to know them and make them feel special. I also have an eye for detail.

I am a student at the Ontario College of Art and Design. It was hard to get into this college and I appreciate all of the improvements I have made since I've been there.

7 WHAT WAS THE HARDEST THING FOR YOU TO OVERCOME?

My autism comes with mental illness. I was hit with certain things, like I used to self-harm and I had an eating disorder. I wasn't taking care of myself. I found it easy to give myself disrespect and to make my body suffer. But it has been one year, one month, and one day since I did any self-harm! I am so proud of that. Now, I take things day-by-day and I am good to myself. I accept my flaws.

8 WHAT HELPED YOU ACCEPT YOURSELF THE MOST?

Seeing I am making improvements makes it feel possible to keep making more positive changes in my life. I have seen many types of doctors and other special helpers.I look at myself and I tell myself "You are doing your best and if you can be good to yourself now, I'm sure you can be even better to yourself later!"

We all kind of talk to ourselves, either in our heads or out loud. The doctors and other helpers I have seen call it "self-talk." I had to change my self-talk because I would think bad things about myself and my life. I had to learn to think positively and that made a real difference. You have to keep at it because it isn't fast. You have to just accept you are not changed *yet* in certain areas but you have to know and believe that you are going to change the areas that you don't like in due time.

DO YOU HAVE ANY WORDS OF ADVICE FOR OUR READERS?

Never doubt that you can inspire other people.

Trying to improve is really worth it.

Any improvement you make is worth something and should be appreciated. **Don't downplay the significance that you make.** And remember:

different, not less.

AREAS THAT I WOULD LIKE TO IMPROVE:

MY OFFICIAL GOAL:

You may want to complete this with an adult, such as a parent or teacher.

Is this goal clear, concrete, and **specific?**	
What are some possible **sub-goals?**	
How **achievable** are these goals given your available resources?	
What **resources** do you already have to help you achieve your goal?	
What **resources need** to help you achieve your goal?	
How **realistic** are these goals given your schedule & other responsibilities?	
What is your **time-frame/ deadline** to achieve this goal?	

Developing S.M.A.R.T. Goals

As the New Year approaches, it is time to start thinking about our goals! What do you hope to accomplish in 2018? What are some things you would like to improve about yourself? Make a list of the different things that you would like to work on in the upcoming year. Then look at your list and decide on your official goal. An effective goal should be specific, measurable, achievable, realistic, and include a clear time frame.

Here is an example of a goal: I would like to improve my grades in school.

Specific:

Your goal should be clear and specific. It should identify who, what, when, and where this goal is to be achieved. Think about why this goal is important to you and your family. Make sure to use positive language. Describe your goal in precise terms so there is no confusion as to what needs to be accomplished.

For example: "I will score above a 90 on all my tests in school."

Measurable:

It is important to make sure your goal is written in a way that you can measure and track your progress with. Make sure you include the ways in which you know that you have accomplished your goal. Sometimes it helps to narrow your goal down to smaller sub-goals. Creating smaller sub-goals will provide you with a step-by-step plan to help you achieve your larger goal! When goals are too big, you are more likely to become overwhelmed and less likely to be able to complete the goal. Creating sub-goals can also help make everything seem a lot more manageable and less intimidating.

Here are some examples of sub-goals: "In order to score above a 90 on all my tests, I will make sure to (a) listen to my teacher during class time; (b) complete all my homework assignments; and (c) study two hours before an exam."

Achievable:

Make a list of the resources you need to attain this goal. Think about what resources you have and what resources you need. How will you find more time? Who are the people that you can talk to for help and support? Also, think about whether or not this is a goal that you are really truly capable of completing. Construct a goal that is attainable. Don't set it so high that you can't achieve it.

For example: "In order to score above a 90 on all my tests, I need to: (a) choose a quiet place to study; and (b) ask my parents or teachers for help when I have a question."

Realistic:

A goal should be realistic given your skills, abilities, and schedule. Think about how you will successfully achieve your goal given all your other responsibilities. Also, your goal should be challenging but realistic and significant to your life.

For example: "In order to score above a 90 on all my tests, I need to: (a) focus in class and not get distracted by my classmates; and (b) make sure I am organized and have everything I need to complete all my homework assignments.

Time frame:

When developing a goal, it is helpful to have a particular date in mind. Think about when you would like to complete this goal. You can also write how much you would like to achieve per day, week, or month. Identifying a particular time frame will help you have a specific end point in mind.

For example: "I will study two hours before an exam, so that I can score above a 90 on all my tests throughout the whole school year."
Remember to never get discouraged and to keep on trying. As you are working on your goals, you may find that you need to go back to the drawing board and reshape your ideas and expectations. Give yourself a high-five for realizing what does and does not work for you.

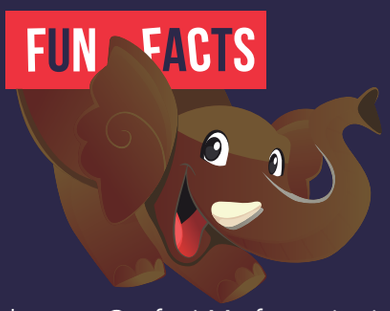
THE WOOLLY MAMMOTH

Mammoth skeleton at the Royal Tyrrell Museum of Palaeontology, located in Drumheller, Alberta.

CAN THE WOOLLY MAMMOTH BE BROUGHT BACK?

If you read the Future Tech section, you now know about the preserved cave lion. Well guess what? Scientists do have preserved DNA from woolly mammoths as well. This means technically they could clone them and bring them back from extinction. But, as with the cave lion, this is hotly debated. Team "no way" says that the mammoth lived in a completely different environment to what we have today. They would not have a place to live, and the food and plants have changed so much that they may not be able to digest the food available now. They believe that the mammoth could suffer if it was cloned and brought to life.

FUN FACTS



We love ice age animals here at Outfox! My favourite is the woolly mammoth. Here is a countdown of facts you may have never known before.

Mammoths really weren't as huge as we see them on TV. They were about the same size as an african elephant. A mammoth was up to 3.4m tall and weighed around 5400 kg.

Mammoth tusks were *huge*, though! A tusk can be from up to 4m in length. If you find one they are worth about $400 per pound.

Their fur, or hair, was about a foot long, and underneath the foot long hair they had another coat of shorter hairs to keep them warm.

It's all about doing your chores when it comes to finding a mammoth: In 2012 an 11 year old Russian boy discovered a woolly mammoth carcass while he was walking his dogs. The mammoth had died 30,000 years ago.

Because of melting permafrost and global warming, more preserved mammoths are being discovered. As the melting ground gives way to it's secrets hiding underneath the snow, there will be so much more to discover.

You can tell a woolly mammoths age by looking at the rings of its tusks...just like you would a tree stump.

The last place where woolly mammoths lived was on Wrangel Island in the Arctic where they existed up until 4000 years ago. This group outlived other mammoths by an extra 6000 years.

SENSORY Science
Ice Marbles

WHAT YOU WILL NEED:

1. Balloons
2. Food colouring
3. Sparkles (optional)
4. Water
5. A freezer if outside is not below -1°C

TIP: you will need an adult's help to fill and tie the balloon tight and to remove it once it's ready.

WHAT TO DO:

STEP 1

Take a balloon and drop a few drops of one food colouring inside and a pinch of sparkles if you would like.

STEP 2

Then fill the balloon with water and tie it tight. You don't want to fill it too much to ensure the balloon doesn't burst.

STEP 3

If it is cold enough you can put the balloon outside to freeze for two days. If it is not cold enough you can put the balloon in a bowl and put it in the freezer for two days.

STEP 4

Once frozen, pop the balloon and peel it off of the ice.

Voila! You now have a beautiful ice marble that you can put outside in the garden! Remember, when it is too warm outside it will melt. No worries though, you can just make another one when it gets cold again!

How did your marble turn out? Share with us at: **kidstalk@outfoxmagazine.com**

CURIOUS

Michau, 10, from Quebec wrote in this question:

"I went to visit family in Thunder Bay, and at night they took me outside to show me the Northern Lights. It was amazing! But **what are the Northern Lights? And how are they made?**"

Okay, Michau! We looked into it and this is what we found. Read on, Outfoxers!

THE NORTHERN LIGHTS AKA THE AURORA BOREALIS

The *aurora borealis* is an amazing natural light show that happens up north in northern countries like Canada and Norway. With vibrant colours curling, curving and twisting through the night sky, the aurora borealis is a spectacular and almost mysterious thing.

First thing to know: The Earth has magnetic fields. These magnetic fields are at their strongest at the northern and southern poles of Earth.

Second thing: Also up there in the sky, or atmosphere, are gases like oxygen and nitrogen.

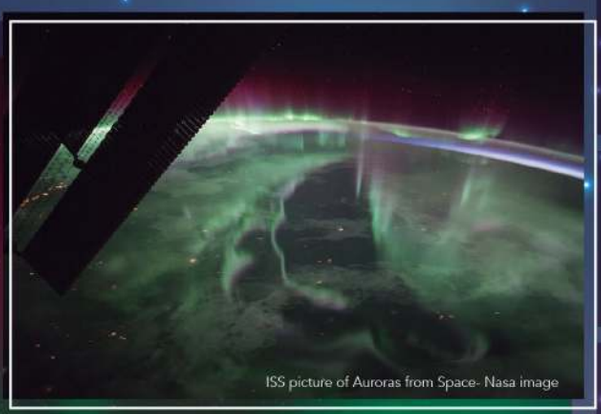
Third thing: Our Sun gives off solar flares, or charged particles, that the magnetic fields trap in the atmosphere.

When all of these things collide, it creates light. From the highest altitudes, 150 miles up and higher, where oxygen is, you will see shades of red lights. You will see green lights between 60 and 150 miles above Earth. Below that, where nitrogen is, you will see purples and blues. When the Sun gives off a lot of solar flares we can then see mixes of colours like pinks and yellows.

Let's take a look at some more fun facts about this colourful visual wonder.

QUESTIONS

Fun Facts



ISS picture of Auroras from Space- Nasa image

The southern lights are called the aurora australis. It is not as popular as the aurora borealis because there aren't very many people living that far south, so not many people get to see it and talk about it.

Aurora Borealis season is from November to February. The Arctic Circle is very dark, almost all day long, and the skies are clear; this is the perfect condition to see a lot of auroras – all day long!

In or around 2024, the Aurora will be at its most spectacular and will be more frequent because of the next big solar flare-up...so make a note of this and plan to see it!

We can see auroras best at night...kind of like how we can only see stars at night.

In 1619, astronomer Galileo Galilei was the first to describe the lights as Aurora Borealis.

About 70 metres (229 feet) from Earth's surface, the auroras can hiss and crackle because cold particles from the atmosphere hit hot particles from the Sun. It doesn't happen often – but if you are ever lucky enough to hear this, you might think it sounds like radio static.

No two auroras will ever have the same patterns and colours.

Jupiter, Saturn, Uranus and Neptune all have auroras too!

DID YOU KNOW?

Thousands of visitors from East Asia travel to Canada each year to view the Aurora Borealis with their own eyes. It's not so easy for all of us to go, so we hope you like these amazing pictures we have here for you!

OUTER SPACE

IS THERE WINTER ON OTHER PLANETS?

Yes! Planets like Earth that rotate on a tilt will have different seasons, including winter. It is the tilt that causes places on the planet to have more direct sunlight depending on where the place is during the planet's orbit around the Sun. At other times, these places will have less direct sunlight. These differences cause seasons.

Let's take a look at how different seasons would be on our solar system's planets.

PLANETS WITH NO SEASONS:

Mercury does not rotate on a tilted axis. Because there is no tilt it is always blazing hot on the side facing the Sun, and frigidly cold on the side facing away from the Sun. This stays the same all year long.

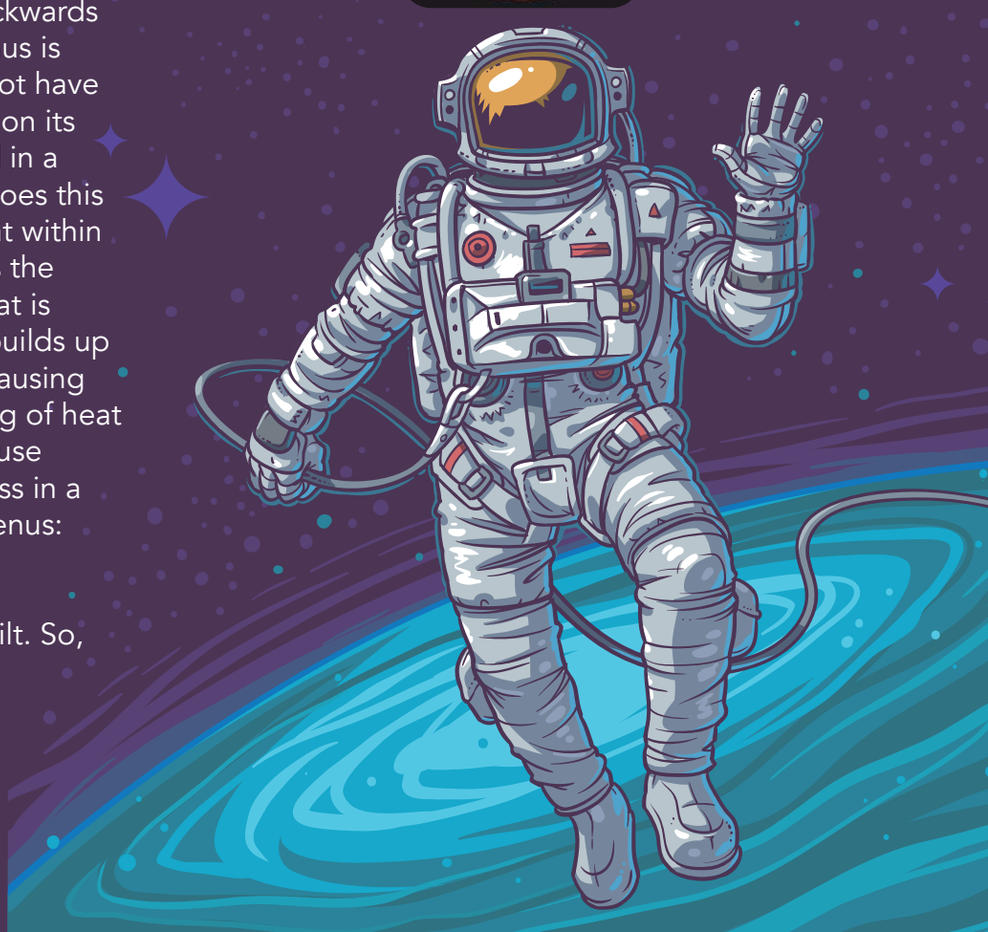
MERCURY

VENUS

JUPITER

Venus is interesting because it rotates backwards at a very slow rate of speed. A day on Venus is longer than a year on Earth. Venus does not have seasons because it doesn't have much tilt on its axis. But, unlike Mercury, Venus is covered in a thick layer of carbon dioxide (CO). Why does this matter? Because carbon dioxide traps heat within the atmosphere. Heat from the Sun enters the atmosphere of Venus, but because the heat is trapped by the carbon dioxide, the heat builds up near the surface of Venus and increases, causing extremely high temperatures. This trapping of heat by the atmosphere is called the "greenhouse effect" because it is similar to how the glass in a greenhouse traps heat. It's really hot on Venus: temperatures there could melt a tin can!

Jupiter, like Venus, has only a very small tilt. So, there are no seasons on Jupiter, either.



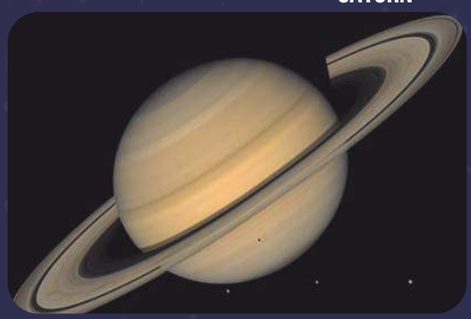
PLANETS WITH SEASONS:

Mars has a tilt similar to Earth. It has the most Earth-like seasons in our Solar System. On its polar end, it can get cold enough to freeze your breath instantly, but in the summer, by its equator, it can get warm enough to, perhaps, grow vegetables.

MARS

Saturn has amazing seasons. From Earth, we can see that Saturn's rings are fully lit during some parts of the Saturn year, but almost invisible at other times. Seasons don't change very often on Saturn, however, because each orbit takes 30 years to complete.

SATURN



Uranus has almost a 90 degree tilt. It rotates on its side. Because Uranus takes 80 years to orbit the Sun, this results in a 40 year long arctic winter, followed by 40 years where the Sun never sets. When the northern hemisphere of Uranus finally gets sunlight and heat flows through the whole planet, huge windstorms spring up.

URANUS

Neptune is so far away from the Sun and it orbits the Sun slowly. Seasons only change once every 40 years. Astronomers can tell what season it is on Neptune by looking at the planet's stripes. It has been discovered that the stripes change with the seasons.

NEPTUNE

Pluto has really weird seasons: it even has super-seasons! Pluto's orbit is more oval-shaped ("elliptical") than any other planet's orbit. It is more like how an elastic looks when stretched out – this shape is called *elliptical*. Sometimes Pluto is much further away from the Sun than at other points in its 248-year orbit. At other times it is closer to the sun. When Pluto is at its furthest from the Sun, it becomes so cold that its atmosphere freezes, causing it to snow. Pluto also has an extremely high tilt on its axis, like Uranus. But unlike the other planets, the tilt is not the only thing affecting seasons. Seasons on Pluto are also caused by its distance from the Sun.

Over millions of years, Pluto's tilt sometimes lines up with the points where the planet is closest to or furthest from the Sun. When the tilt happens when it is closest to the Sun, it is called a "super summer," when the tilt is away from the Sun and Pluto is also at its furthest point away from the Sun it is called a "super winter." These super-seasons have huge effects on Pluto's climate, but these effects are still not fully understood.

PLUTO

PEER!? Q&A

Question

Question, from Reader, 10 years old.

I have a weird question, I wonder if you can help. Sometimes if something embarrassing happens to me somewhere, I can't stop thinking about it. Like at school the other day I accidently blurted out the wrong answer and I felt so dumb. No one laughed at me though, and the teacher said it was ok- but I can not stop thinking about it. One time I had a meltdown in class and after I couldn't stop remembering it either. I think about it so much my mom calls them "sticky thoughts". I try to get rid of them, but I can't. They seem to always come back to me, especially if something reminds me of them. How can I stop remembering the embarrassing things I did?

Answer

BRIANNA

This happens to if not all of us most of us. I know it happens to be all the time. I still struggle with this, but I've learned there is never a stupid or wrong question or answer. Truthfully just shows your eager to participate and we all make mistakes. Mistakes are learning opportunities, and just another way we learn and grow so try not to stress about it.

Skip, 17

Online, she is known as Autistic_Mind. She was also diagnosed with autism when she was seven. Skip founded a charity when she was 13. She is a huge gamer... and her real name is Ciara.

Brianna, 14

Diagnosed with autism, ADHD, learning disability, OCD, separation anxiety, and PDD when she was seven years old, Brianna likes to keep fit and is on a competitive boxing team. She loves to help kids on the spectrum self-advocate.

Eric, 16

Eric has Aspergers Syndrome and is gifted. He is quite tall for his age. He loves video games and acting. Eric's two siblings are also autistic. He helps at his brother's IBI school.

Answer

ERIC

Well, many introverted people (people who like to be alone) and people with autism tend to have these sticky thoughts. We get them because we're worried about that embarrassing thing that happened, or that cool thing you saw. In your case, it's something you said. You feel embarrassed. The silly thing is, it wasn't really so embarrassing. Everyone makes mistakes, and nobody laughed because they knew you tried. If these sticky thoughts are still there, I've got some tips to help you. First, get them out. You can do this by talking to friends and family about it. If you can joke about it, it won't be so bad. You could also write them out on paper. Another idea is to distract yourself. Do something that you love, and you won't think about that sticky thought.

SKIP

Hello!

I get a lot of these "sticky thoughts" and while I may not have found the anti-stick stuff to get rid of them, I have learnt over time to accept them. Awkward and embarrassing things happen to everyone, like accidentally calling your teacher, "mother", or slipping up while walking. I think it's important to remember that while the memory of this embarrassing incident may stick with you, everybody else will have likely forgotten it within five minutes.

I do embarrassing things all of the time, what I've learnt is that I can either dwell on them, or embrace them. I'm a quirky, awkward gal, and that's cool. I do embarrassing things sometimes, my friends know I'm likely to slip up while walking, or accidentally call them by my dogs name (yeah, that happened). So when I end up embarrassing myself, though I may dwell on it, I've made it into a good sticky thought instead. My friends don't make fun of me or laugh at me, instead, they laugh with me, and for me, that makes it a good sticky thought which I can look back and smile at. Sticky thoughts happen, and they might stick for quite a while, but hopefully trying to find something positive to put to it will he

ANIMAL SUPER POWER

GUESS WHAT?

The yak is an important cultural and work animal to the people of Tibet. They use the yak for transportation, milk, meat and fur. Even yak's dung (poop) is used for fire fuel. Yak bone is made into handicrafts, like combs, buttons, and ornaments. And in parts of Tibet, yak racing is seen in traditional festivals.

THE YAK

Yaks are pretty cool creatures. They are a close relative of the American bison. They live in the Himalayas (the great mountain range in Asia) and some people keep them as livestock. These are known as "domesticated yaks". Other yaks are wild and roam around freely. The wild yak population is almost endangered, meaning there are few of them left.

YAK FACTS:

They are *huge*! A wild yak can weigh 1000 kilograms and be as tall as two metres.

The yak has a thick, woolly coat. This coat keeps its body warm. The fur is so good at keeping them warm that yaks can survive in -40 degree cold and have even been seen swimming in the rivers at these frigid temperatures.

Yaks use their long horns on their heads as snowplows. They break up ice and snow with them to get to the grasses beneath to eat.
Yaks are herbivores, meaning they eat only grasses and plants.

Ice-climbing hooves: Yaks have a splits in their hooves that allow them to climb up on rocky areas, and enables them to walk over ice without falling down.

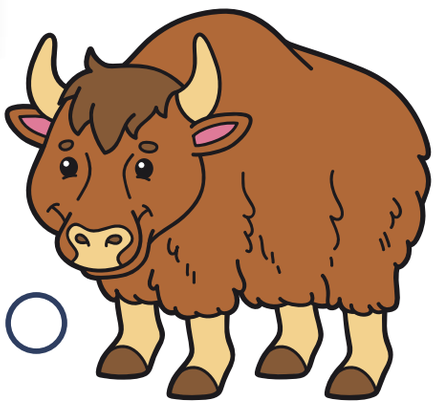
Wild yaks live as long as 20 years.

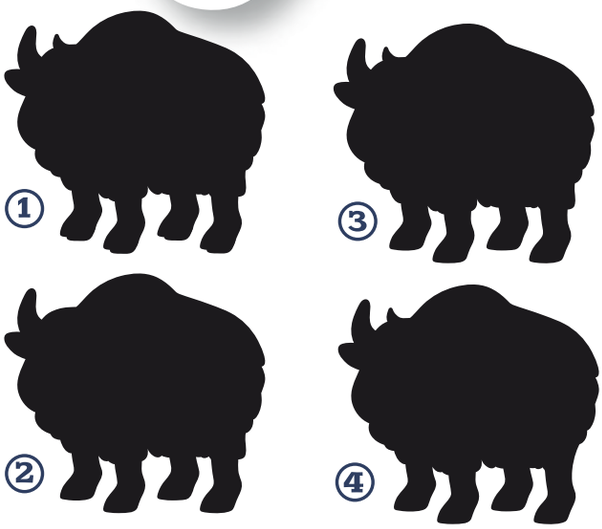
Yaks form a 'cuddle circle' in snowstorms, huddling close to one another to keep warm. They place the baby yaks in the middle to make sure they get the most heat.

PUZZLES

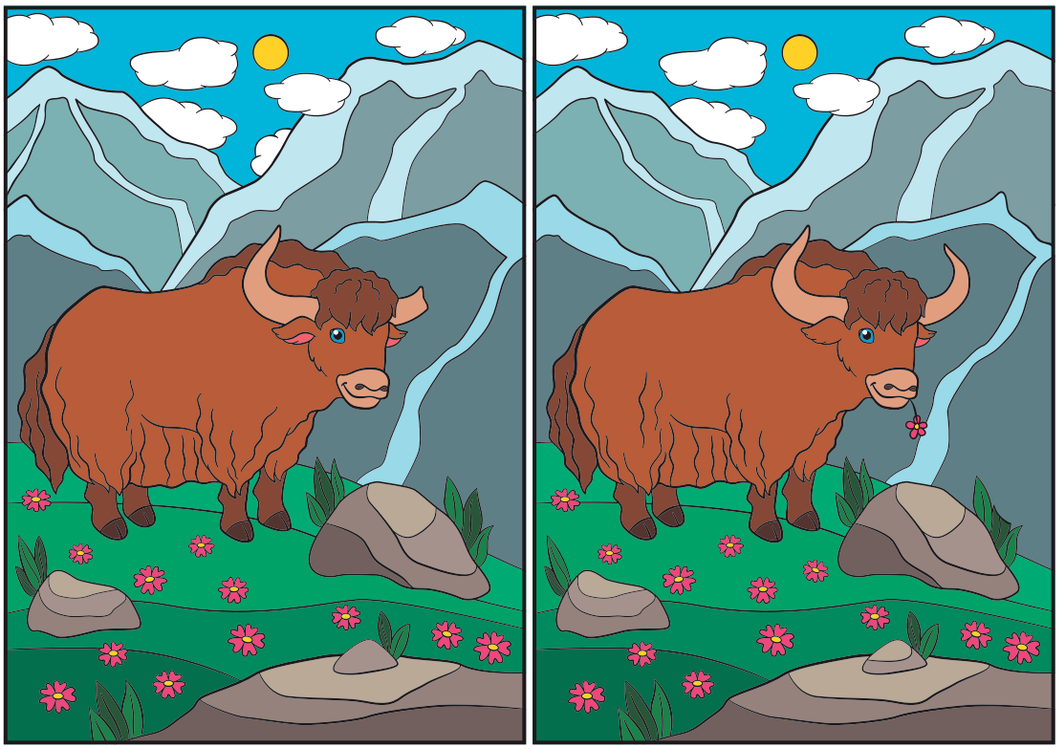
PLAY TIME

SHADOW MATCHING





FIND 12 DIFFERENCES



Answers are on page 43.

KITCHEN CRUSADE

FUN FACT

The most popular apples are: Red Delicious, McIntosh, Golden Delicious, Gala, Granny Smith, Empire, Cortland, Fuji, and Honeycrisp. What's your favourite type of apple?

The largest apple ever picked weighed 1.36 kg!

One of the smallest types of apples are about the size of golf balls. They are called Tiddly Pomme.

Apples are fat-free, sodium-free, and cholesterol-free. Now, that's a healthy treat that's so tasty, too!

The apple tree is a part of the rose family, 'rosaceae.' I guess that's why apple blossoms smell so beautiful.

To make four cups of apple cider you would need about nine apples.

Apples come in all shades of red, yellow, and green.

Over 7 500 kinds of apples grow around the world! That's a lot of apples! How many different kinds have you tried?

APPLES, APPLES, APPLES

Apples are one of the most popular fruits in Canada and in the USA. Maybe they are your favourite too! Did you know that more than 2 500 kinds of apples are grown here, but only the crab-apple is native to North America?

So where did they come from?

Scientists have discovered that apples originally came from Central Asia and Western China. They were brought to North America about 500 years ago by Europeans who settled here.
Because the temperature rarely goes below -20°C, it's the perfect climate to grow apples.
It takes an apple tree three to five years to produce its first fruits, but once they are in and ready to pick, let the apple celebrations begin!

Tip:

When you bring your apples home from the grocery store, put them in a bowl of water. Add one teaspoon of baking soda per 500 ml of water. Let them soak for about 10-15 minutes. This will remove most of the pesticide residue. That way, your apple will be an even healthier snack!

There are hundreds of recipes using apples, from pie to apple butter (a delicious spread for bread). What is your most favourite thing to make with apples?

KITCHEN CRUSADE

IN THE KITCHEN

Baking is fun when it's cold outside. It warms up your home and nothing smells better than something baking in the oven.

Remember, you will need a responsible adult to help with peeling, cutting, and the oven. Stay safe!

Apple Crisp

Things you will need

For the crumble:

125 ml (1/2 cup) flour
250 ml (1 cup) oats
125 ml (1/2 cup) brown sugar
1 teaspoon cinnamon
4 tablespoons of soft butter

For the apple filling:

5 apples (your favourite kind)
3 tablespoons melted butter
125 ml (1/2 cup) brown sugar
1 teaspoon cinnamon
1/2 tsp vanilla extract (optional)
125 ml (1/2 pint) blueberries

Instructions:

Preheat oven to 190 degrees C (375° F).

Step 1. Make sure your hands are washed and nails short and clean.

Step 2. Peel and core apples. Then slice thinly, placing in a mixing bowl.

Step 3. Add all the other ingredients and mix, coating each slice of apple. Set aside.

Step 4. In another bowl, add all of the crumb topping ingredients together and mix with hands forming little crumbly lumps. That's the fun part!

Step 5. Place apple mixture in a 20x20 cm (8x8 inch) or similar size baking dish.

Step 6. Evenly spread the crumble on top of the apples.

Step 7. Bake for 30-40 minutes or until the topping is crisp and golden brown.

Step 8. Let the apple crisp cool for about 10 minutes before serving.

Apple crisp is great served with vanilla ice cream. Also try it with coconut or almond ice cream!

PIE PLEASE

by Rebecca Ramgoolam

A piece of pie I want,
A piece of pie I'll get.
Steal it from the dish? I can't!
A grounding I will get.

A piece of pie is my wish,
A piece of pie for me to eat.
A piece of pie on my dish–
What a yummy, tasty treat!

When will I get my pie?
I want my pie right now.
Wait till it cools? I'll try!
But I'm as hungry as a cow!

Wasn't that fun and easy and delicious? Don't forget to send a picture of your apple creation to **kidstalk@outfoxmagazine.com**

Poquito's corner

Poquito would like to wish you all a very Happy New Year!

Poquito is celebrating with some special veggie cake and thinking about the past year. He is thankful that in the past year he got to spend time getting to know you Outfoxers and says "thank you" for all the kind letters he received!

He had a special New Year's candle on his cake, and he made a very special wish. Can you guess what it was? It was that you all have a fantastic year ahead and do all the things you want to do and keep on learning and embracing yourselves as you are. He thinks that you are going to do some amazing things this year!

He also made a resolution, which is a goal, that he is going to work towards during the next year. Poquito has made the resolution to keep on being kind and spreading guinea-pig love.

January 15th is National Hat day! Poquito is excited and going hat-shopping soon. He can't wait to share the pictures with you.

Did you know the first top hat was worn by James Heatherington in London, England? The hat was considered so outrageous that people gathered around him, and some tried to push and shove their way through the crowd. James even got a fine from the police for wearing such a hat! He was fined for scaring people. Poquito thinks that's funny – and he says James sure was a trendsetter! Try to find a hat you love to wear and which will help keep your ears warm this January.

WRITE POQUITO!

He would love to hear about your New Year's resolutions and goals. Are you working towards anything special? Do you have a hat you love to wear? Write to Poquito and let him know. Email to

Poquito@outfoxmagazine.com

Last Laugh!

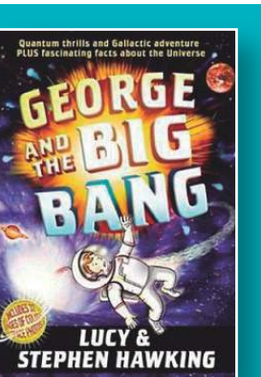
ANSWERS

ANSWER PAGE 39

④

OUTFOX RECOMMENDATION

George and the Big Bang is the third book written in the series by Lucy and Stephen Hawking

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