

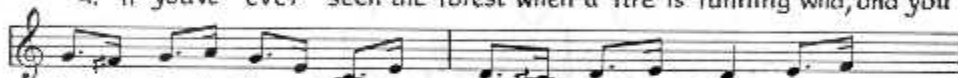


SMOKEY THE BEAR

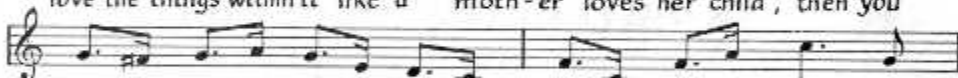
By STEVE NELSON and JACK ROLLINS



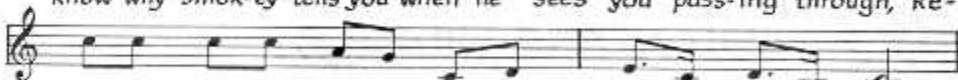
1. With a Ranger's hat and shovel and a pair of dungar-ees you will
 2. You can take a tip from Smokey that there's nothin' like a tree, cause they're
 3. You can camp upon his doorstep and he'll make you feel at home, you can
 4. If you've ever seen the forest when a fire is running wild, and you



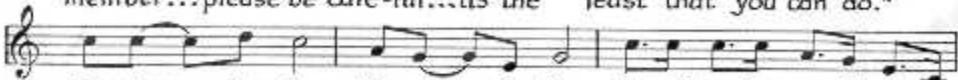
find him in the forest always sniffin' at the breeze. People
 good for kids to climb in and they're beaut-i-ful to see, you just
 run and hunt and ramble any - where you care to roam. He will
 love the things within it like a moth-er loves her child, then you



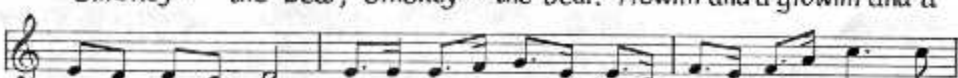
stop and pay at-ten-tion when he tells 'em to be-ware, 'cause
 have to look a-round you and you'll find it's not a joke, to
 let you take his hon-ey and pre-tend he's not so smart, but
 know why Smok-ey tells you when he sees you pass-ing through, "Re-



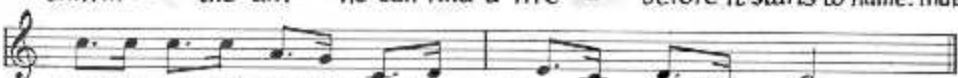
ev'-ry - bo-dy knows that he's the Fire Pre-ventin' Bear.
 see what you'd be mis-sin' if they all went up in smoke.
 don't you harm his trees for he's a Ran-ger in his heart.
 member... please be care-ful... it's the least that you can do."



Smokey - the Bear, Smokey - the Bear. Prowlin' and a growlin' and a



sniffin' - the air. He can find a fire - before it starts to flame. That's



why they call him Smokey, that was how he got his name.

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August 9 — Perseid Meteor Shower

The heat had just begun to ease one August night a few years ago when a friend and I set out to watch falling stars. We took our kids, two blankets and a Japanese student staying with my family. We drove away from the gray skies above our town until we were in the middle of farmlands. *Here we could have stars in our eyes.*

But where should we stop? There weren't any public parks, so we pulled over and spread out our blankets on the sloping shoulder of the road. As our eyes adjusted to the darkness, three things happened: We began to see the flare of streaking meteors, our Japanese student fell asleep, and passing pickup trucks began to slow down to find out why people were stretched out on blankets by the side of a lonely country road.

We left before local police were called in, but not before being entranced by the beauty of the [Perseid Meteor Shower](#).

If you'd like to venture out under the night sky to watch for shooting stars, go out well after dusk and look toward the northeast. Find the "W" in the sky — that's Cassiopeia, a good point of reference. Perseus is next to it. That's the best area to watch for meteors.

Here's what I'd suggest for your Meteor Shower Kit:

- **a blanket to put under you.** You'll want to lie on the ground or a lawn chair to keep from craning your neck. If it's chilly, take a sleeping bag.
- **a map of the summer night sky.** You can pick out constellations as you wait for meteors. Your local library should have a book with a star map.
- **a small flashlight.** The beam carries far enough into the sky to help you point out stars to your kids.
- **bug spray.** Just this once you can forget the sunscreen.
- **good imaginations.** Seeing dogs, bears and swans in clusters of stars can be hard. I've posted a [guide](#) to four of the summer ones (plus my own strange interpretations of them).



But why see only the pictures that ancient civilizations imagined? Your child can create her own. After all, making a constellation is just doing dot-to-dot. Download my [Constellation Maker \(pdf\)](#) worksheet and see what she can imagine.

Then later tonight, wake up the kids and sneak out under the sparkling canopy of an August night sky. It will fill your eyes with starlight and your hearts with wonder.

Kool-Aid Days, August 12-14

Hey Kool-Aid®!

Remember that TV ad? Well, Kool-Aid® got its start in Hastings, Nebraska. This internationally known soft-drink mix, now owned by Kraft Foods, actually started out as a liquid concentrate called Fruit Smack.

Edwin Perkins was always fascinated by chemistry and enjoyed inventing things. When his family moved to southwest Nebraska at the turn of the century, young Perkins experimented with home-made concoctions in his mother's kitchen. Edwin's father opened up a General Store in Hendley, Nebraska. It was in the store that Edwin became entranced with a new dessert mix introduced by a childhood friend (and future wife) Kitty Shoemaker. The powdered dessert came in six delicious flavors and was called Jell-O®. Edwin convinced his father to carry the dessert line in his store. It was at this same time Edwin sent away for a kit called "How to Become a Manufacturer." During the following years, Perkins graduated from high school, published a weekly newspaper, did job printing, served as postmaster and set up a mail order business called "Perkins Products Co" to market the numerous products he had invented.

In 1918, Perkins married his childhood sweetheart, Kitty, and developed a remedy to kick the tobacco habit called "Nix-O-Tine." By 1920, the demand for this and other products was so great, Perkins and his wife moved to Hastings, which had better rail service for shipping purposes. Another product that was proving to be popular was a concentrated drink mix called Fruit Smack. Fruit Smack, like Jell-O®, came in six delicious flavors. The four-ounce bottle made enough for a family to enjoy at an affordable price. However, shipping the bottles proved to be costly and breakage was becoming a problem as well. In 1927, Perkins developed a method of removing the liquid from Fruit Smack so the remaining powder could be re-packaged in envelopes (which Perkins designed and printed) under a new name to be called Kool-Ade. (He later changed the spelling to Kool-Aid.)

The product, which sold for .10 a packet, was first sold to wholesale grocery, candy and other suitable markets by mail order in six flavors; strawberry, cherry, lemon-lime, grape, orange and raspberry. In 1929, Kool-Aid® was distributed nation-wide to grocery stores by food brokers. It was a family project to package and ship the popular soft drink mix around the country.

By 1931, the demand for Kool-Aid® was so strong, other items were dropped so Perkins could concentrate solely on Kool-Aid®. He moved the entire production to Chicago for more efficient distribution, to be closer to supplies and to be able to expand even further if necessary.

During the Great Depression, Perkins cut the price in half to just .05 a packet, a "luxury" most families could afford. Young entrepreneurs sprung up across the country setting up Kool-Aid® stands. While most of the profits were consumed by the youngsters, it was something most children enjoyed. Perkins introduced off-shoots of Kool-Aid® including pie fillings and ice cream mixes. These products never really took off with the public. During World War II, fruit acid and dextrose rationing prevented any expansion. After the war, the demand for Kool-Aid® was so great that Perkins had to expand the factory and by 1950, 300 production workers produced nearly a million packets of Kool-Aid® each day.

In 1953, Perkins announced to his staff that he was selling Kool-Aid® to General Foods. Within a year, the popular Smiling Face Pitcher was introduced in print advertisements. Root Beer and Lemonade flavors were added to the original six flavors in 1955 and pre-sweetened Kool-Aid® was developed in 1964 and redeveloped in 1970. Kraft Foods acquired General Foods and became the new owners of Kool-Aid®. They refined the Kool-Aid® pitcher into Kool-Aid® man and introduced new Kool-Pumps and Kool Bursts to the market. Kool-Aid® continues to be a popular product with roots in Hastings. It is the official soft drink of Nebraska.

Edwin and Kitty Perkins never forgot their Nebraska ties and returned home often. The Perkins Foundation has been instrumental in many projects in and around Hastings including gifts to Hastings College, Mary Lanning Memorial Hospital, Good Samaritan Retirement Village and The Hastings Museum and Lied Super Screen Theatre. Edwin passed away in 1961 and Kitty followed 16 years later. Both are buried in Hastings.

The Hastings Museum houses an impressive Kool-Aid® collection as part of the [Kool-Aid: Discover the Dream](#) exhibit, including the original Kool-Aid® man costume worn in the television commercials. Hastings College has another collection on display in the Perkins Library on campus.

For more information on the history of Kool-Aid®, a 16-page booklet published by the Adams County Historical Society is available from [The Museum Store](#). This is the most complete history available in print. Contact [The Museum Store](#) at 402-461-4629 or by [email](#).

Try these Kool-Aid recipes:

Super Fruity Kool Kubes Bring a **SUPER** smile to your kid's face with this fruity fun ice cube recipe. It's a fruity twist they can't resist!



- | | |
|----|---|
| 1. | MIX 1/2 cup of your favorite flavor KOOL-AID Sugar-Sweetened Soft Drink Mix with 1-1/2 cups cold water in glass measuring cup; stir until drink mix is dissolved. Pour evenly into plastic ice cube trays lightly sprayed with no stick cooking spray. |
| 2. | Freeze 3 to 5 hours or until firm. Remove from ice cube trays onto plate or plastic tray.
Makes about 14 servings, 2 cubes each. |

Kraft Kitchens Tips:

Special Extra:

Serve Super Fruity Kool Kubes with your favorite flavor cold prepared KOOL-AID Soft Drink to create your own extreme flavor combo.

Extreme Flavor Combos:

Super Fruity Kool Kube Flavor	Prepared Kool-Aid Flavor
Tropical Punch	Lemonade
Strawberry	Pink Lemonade
Cherry	New Ice Cool Lemon Ice
Ice Blue Raspberry Lemonade	Lemonade
New Arctic Green Apple	Lemonade

KOOL-AID®Fizz Watch your family *bubble over* with smiles and laughter with a Kool-Aid Fizz! By following the recipe below you can surprise them with a whole new FIZZ to their favorite drink!

- | | |
|----|---|
| 1. | Place 2 Tbsp. of Lemonade KOOL-AID Sugar-Sweetened Soft Drink Mix in large glass. |
| 2. | Gradually add 1 cup cold ginger ale, stirring until drink mix is completely dissolved. |
| 3. | Serve over ice cubes.
Makes 1 serving. |



Kraft Kitchens Tips:

Seltzer and club soda are great substitutes for the ginger ale.

For more **Kool-Aid *fizz fun***, try some of our other favorite combinations or create your own!

Kool-Aid Flavor	Soda
Orange	Ginger Ale
New Ice Cool Arctic Green Apple	Club Soda
Cherry	Club Soda
Grape	Seltzer
Black Cherry	



KOOL-AID® + Splenda® = Sugar Free Fun!

1.	Empty 1 pkt. Kool-Aid Tropical Punch Flavor Unsweetened Soft Drink Mix into large plastic or glass pitcher
2.	Add 1 cup SPLENDA® Granular or 24 SPLENDA® Packets (or more or less to taste). Add enough cold water and ice to make 2 qt.
3.	Stir until drink mix is completely dissolved. Do not prepare or store in metal container. Makes 8 servings, 1 cup each

Kraft Kitchens Tips:

Great Substitute:

Prepare as directed, using your favorite flavor KOOL-AID Unsweetened Soft Drink Mix.

Other Great Flavor Ideas:	
Orange	Pink Lemonade
Grape	Cherry
Lemonade	

Nutrition Bonus: Preparing KOOL-AID with SPLENDA® makes a refreshing low calorie beverage that is a good source of Vitamin C

Nutrition Information Per Serving (SPLENDA®): 15 calories, 0g total fat, 0g saturated fat, 0g polyunsaturated fat, 0g monounsaturated fat, 0mg cholesterol, 35mg sodium, 3g carbohydrate, 0g dietary fiber, 0g sugars, 0g protein, 0%DV vitamin A, 15%DV vitamin C, 0%DV calcium, 0%DV iron.

Exchange: Free

Nutrition Information Per Serving (Sugar): 100 calories, 0g total fat, 0g saturated fat, 0g polyunsaturated fat, 0g monounsaturated fat, 0mg cholesterol, 30mg sodium, 25g carbohydrate, 0g dietary fiber, 24g sugars, 0g protein, 0%DV vitamin A, 15%DV vitamin C, 0%DV calcium, 0%DV iron.

Exchange: 1-1/2 Carbohydrate

Dietary Exchanges (or Exchange Calculations) based on Exchange Lists for Meal Planning

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Double Berry Smoothie

Recipe Rating: ★★★★★

Prep Time: 5 min

Total Time: 5 min

Makes: 3 servings, about 3/4 cup each



1 cup plain nonfat yogurt

1/3 cup KOOL-AID Strawberry Flavor Sugar-Sweetened Soft Drink Mix

1 cup fresh or thawed frozen unsweetened strawberries

1 cup ice cubes

PLACE all ingredients in blender container; cover.

BLEND on high speed 30 sec. or until thickened and smooth.

SERVE immediately.

NUTRITION INFORMATION

Nutrition Bonus:

Blend together yogurt for a good source of calcium and strawberries for an excellent source of vitamin C to get a delicious fat free after school treat.

Diet Exchange:

1-1/2 Carbohydrate, 1/2 Milk (FF)

Key Lime Margarita Pie

Recipe Rating: ★★★★★

Prep Time: 15 min

Total Time: 6 hr 15 min

Makes: 10 servings

1-1/4 cups crushed pretzels

1/4 cup sugar

6 Tbsp. butter or margarine, melted

1 can (14 oz.) sweetened condensed milk

1/2 cup lime juice

1 envelope KOOL-AID Lemon Lime Unsweetened Soft Drink Mix

1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided



MIX crushed pretzels, sugar and butter. Press firmly onto bottom and up side of 9-inch pie plate. Refrigerate until ready to fill.

COMBINE condensed milk, lime juice and drink mix in large bowl until well blended. Remove 1/2 cup whipped topping; set aside. Gently stir in remaining 2-1/2 cups whipped topping. Pour into crust.

FREEZE 6 hours or overnight. Let stand at room temperature 15 min. or until pie can be cut easily. Garnish with reserved whipped topping before serving. Store leftover pie in freezer.

Grilled Fruit Salad

Recipe Rating: ★★★★★

Prep Time: 15 min

Total Time: 21 min

Makes: 6 servings



1/2 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream

1 Tbsp. KOOL-AID Orange Flavor Sugar-Sweetened Soft Drink Mix

1/4 tsp. ground red pepper

1 medium pineapple, peeled, cored and cut into wedges

1 medium mango, peeled, pitted and cut into wedges

1 medium papaya, peeled, seeded and cut into wedges

2 medium bananas, diagonally sliced

PREHEAT greased grill to medium-high heat. Combine sour cream, soft drink mix and ground red pepper until well blended; cover. Refrigerate until ready to use.

GRILL fruit 6 minutes or until lightly browned on both sides, turning over after 3 minutes.

ARRANGE fruit on platter. Serve immediately with the sour cream mixture. Or, cover and refrigerate the fruit platter and sour cream mixture separately until ready to serve. Spoon sour cream mixture over fruit just before serving.



WOMEN'S

Equality Day

HOT PRODUCTS!

August 26 ~ Celebrating Women's Right to Vote

At the behest of Rep. Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day."

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

Joint Resolution of Congress, 1971

Designating August 26 of each year as Women's Equality Day WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and

WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

WHEREAS, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights: and

WHEREAS, the women of United States are to be commended and supported in their organizations and activities,

NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women's Equality Day, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

How to Celebrate Equality Day

- ▶Celebrate at your workplace by honoring women who have made contributions to your company or to your field
- ▶Celebrate at your women's club or civic organization with a luncheon, a speaker or a video
- ▶Decorate with timelines or posters celebrating the contributions of women to American life
- ▶Honor outstanding women in your community at an inspiring evening event
- ▶Put together a display at your local library, bookstore or community center
- ▶Put together a scrapbook or memory book about significant women or events for women in your community or workplace

The struggle to secure voting rights for women was long and hard. Click on the names of the following women to learn more about them.

[Elizabeth Cady Stanton Biography](#)

With Susan B. Anthony, one of the best-known in the international and American suffrage movement. Of the partnership, Stanton was more the strategist and theorist.

[Alice Paul Biography](#)

A more radical "suffragette" in the later stages of the suffrage movement, Paul was influenced by British suffrage techniques. She headed the Congressional Union for Woman Suffrage and the National Woman's Party.

[Lucy Stone Biography](#)

A key 19th century suffrage figure, she broke with Stanton and Anthony after the Civil War over racial issues; her husband Henry Blackwell was a co-worker for suffrage. Lucy Stone was considered a suffrage radical in her youth, a conservative in her older years.

[Susan B. Anthony Biography](#)

With Elizabeth Cady Stanton, one of the best-known in the international and American suffrage movement. Of the partnership, Anthony was more the public speaker and activist.

[Carrie Chapman Catt Biography](#)

Alice Paul's counterpart at the National American Woman Suffrage Association during the latter years of the suffrage movement, Catt's more traditional political organizing was also important to the victory. She went on to found the League of Women Voters.

[Julia Ward Howe Biography](#)

Allied with Lucy Stone after the Civil War in the American Woman Suffrage Association, Julia Ward Howe is remembered more for her abolitionism, writing the "Battle Hymn of the Republic" and her peace activism than her suffrage work.

[Sojourner Truth Biography](#)

Known more for her speaking against slavery, Sojourner Truth also spoke for women's rights.

[Lucretia Mott Biography](#)

A Hicksite Quaker, she worked for abolition of slavery and for women's rights. With Elizabeth Cady Stanton, she helped found the suffrage movement by helping to bring together the [1848 women's rights convention in Seneca Falls](#).

[Helen Kendrick Johnson Biography](#)

She, with her husband, worked against woman suffrage as part of the anti-suffrage movement. Her [Woman and the Republic](#) is a well-reasoned, intellectual anti-suffrage argument.

[Alice Duer Miller Biography](#)

A teacher and writer, she published as a collection her satire poems [Are Women People?](#) which were originally published in the New York Tribune.

[Isabella Beecher Hooker Biography](#)

Her support of the suffrage movement made Olympia Brown's speaking tours possible, among her many involvements. She was a half-sister of author Harriet Beecher Stowe.

[Maud Younger Biography](#)

Active in the latter stages of the women's suffrage campaigns, she worked with the militant wing with Alice Paul. Her cross-country automobile tour for suffrage was a key event of the early 20th century movement.

[Harriet Tubman Biography](#)

Underground railroad conductor and Civil War figure, Tubman also spoke for women's suffrage.

[Jane Addams Biography](#)

Jane Addams' major contribution to history is in the settlement house movement and the beginnings of social work, but she also worked on the topic of woman suffrage.

[Jeannette Rankin Biography](#)

First American woman elected to Congress, she was also a peace activist, reformer and suffragist.

[M. Carey Thomas Biography](#)

Known mostly to history as the president of women's college, Bryn Mawr, she also worked for suffrage and with the Women's Christian Temperance Union.

[Olympia Brown Biography](#)

One of the earliest women ordained as a minister, she was also a popular and effective speaker for the woman suffrage movement, and eventually retired from minister to attend to her suffrage work.

[Caroline Severence Biography](#)

Active in the Woman's Club movement, Caroline Severence was associated with the Lucy Stone wing of the movement after the Civil War. Severence was a key figure in the California woman suffrage campaign of 1911.

Banana Lovers Day, August 27th

Banana plants are grown in just about every tropical place - and make up the 4th largest fruit crop in the world. A plant needs 10 - 15 months of frost-free conditions to produce a flower stalk. Most varieties will stop growing when the temperature drops below 60° F or above 100°. High in potassium, bananas are easy to eat and are a great additional to any meal.

BANANA PIZZA

INGREDIENTS

8 frozen dinner rolls, thawed
2/3 cup brown sugar
1/4 cup butter or margarine, softened
1/3 cup chopped pecans
2 cups banana cream pudding
4-6 bananas, sliced
1 cup whipped topping (optional)

DIRECTIONS

1. Spray a 12" pizza pan with non-stick cooking spray. Press the rolls together and form the dough into a crust in the pan. Turn up the edges to make a ridge. Let the dough rise for 10 minutes.
2. Cream the butter and brown sugar together in a mixing bowl. Stir in the pecans. Sprinkle this mixture evenly over your pizza dough. Bake at 350 degrees F for 20 minutes. Remove from oven and cool completely.
3. Arrange the sliced bananas on top of the crust. Spoon the banana pudding over the sliced bananas. Top with the whipped topping.

Trail Mix Day, August 31st

Did you know that a whole day was designated for trail mix? Celebrate by making your favorite, or try one of the following recipes:

Trail Mix

Here's what you will need to make it:

- raisins
- peanuts
- mini pretzels
- O-shaped cereal
- banana chips
- big mixing bowl
- wooden spoon
- small sealable plastic bags

Here's what you have to do:

1. Check with a grown-up before you start this.
2. Take a handful of each ingredient and put it in the bowl.
3. Mix everything together.
4. Scoop some into a baggie, so it's handy when you want a quick Snack.
5. Think of other ingredients you'd like to add like chocolate chips, nuts or granola.
6. Be creative and make up your own special recipe for Trail Mix.

Gorp Balls

This healthy recipe is a nice snack for hiking trips or as an after-school snack.

INGREDIENTS:

- 1/3 cup each raisins, apples, apricots, dates and coconut
- 1/2 cup sesame seeds
- 1/3 cup walnuts
- 2 cups peanuts
- 1 cup chocolate chips
- 1/3 cup honey
- 1/2 cup peanut butter

PREPARATION:

Mix dry ingredients. For the "glue", use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter. Shape into balls; nice snack for hiking trips or as an after-school snack.