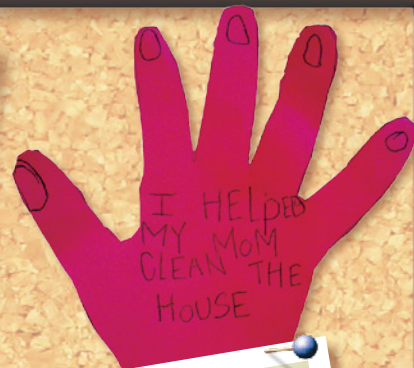


BULLETIN BOARD



Snack Kabobs



Thread a skewer with your choice of cherry tomatoes and cubes of cheese, ham, and turkey.

Give Us a Hand!



Sarah S., age 6, Pennsylvania, USA

So far you've sent us **8,575** handprints! Go to page 48 to find out how to send us your "helping hand"!

PIONEER FUN

Pioneer children used to play with cup-and-ball toys. Try making your own! Be sure to get an adult's help.

1. Cut a **piece of string** that is as long as your arm.
2. Wrap one end of the string around a **paper or plastic cup** and **tape** it down.
3. Tape the other end of the string in the middle of a **piece of paper**.
4. Crumple the paper into a tight ball around the end of the string.
5. Now you're ready to play! Hold the cup and try to swing the paper ball up so you can catch it in the cup.



STAND TALL!

"I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me."

—My Gospel Standards

How do you keep your mind and body sacred and pure?