

kind News

2020
JAN-FEB

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"No act is too small, and no person is too young, to be a hero for animals."

HUMANE HERO

of the Year!



A PUBLICATION OF



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Find Raja, from *The Restricted Adventures of Raja* app, hidden in *Kind News*.



Pet Corner

IT'S COLD OUTSIDE!



Tips to Keep Pets Warm & Safe in Winter

- 1. Keep them in.** Other than walks or play time, pets will be happier and safer indoors when it is cold. Even our furriest friends can get frostbite on tails, ears, and paws when the temperatures drop. Beware of hot engines from just-parked cars that can tempt cats to warm up where they shouldn't. Leaking engine antifreeze is poisonous to animals. Add snow plows and lakes that aren't fully frozen, and a winter wonderland can become a danger zone.
- 2. Salt patrol.** Wipe your dog's paw pads with warm water when coming in from a walk. Salt, sand, and other chemicals used to melt ice on roads and sidewalks can dry out or even burn a dog's paws—and mouth if he or she licks them.
- 3. Speak up!** If you see a pet left outside in the cold for a long time, help by passing along this article, or talk with your family about reporting it to your local animal control agency.

MUTTS

by
Patrick McDonnell

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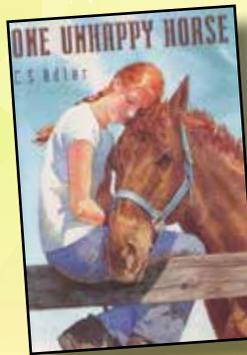
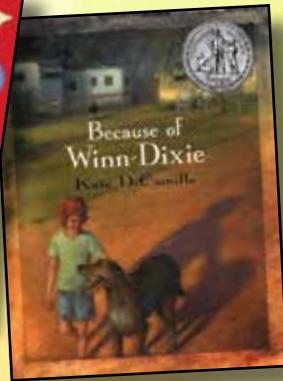
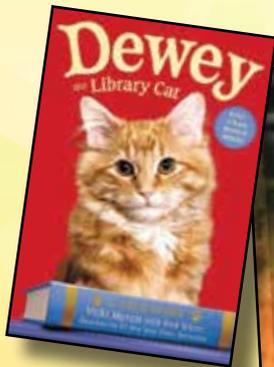


READ more BOOKS

Love animals and want to learn more?

RedRover has a list of recommended books about animals at RedRover.org/books.

PLUS! Want to bring stories about animals to your whole class? Visit RedRover.org/Readers.



If you like the colorful, fun illustrations of a graphic novel and fantasy adventures, download *The Restricted Adventures of Raja* book and game apps and learn about animal behavior as you read and play the games!

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STAND UP FOR ANIMALS

by Evelyn T., 2020 Humane Hero of the Year



In the spring of 2019, RedRover held the 2020 *Kind News* Humane Hero contest—a national search to highlight special kids who go out of their way to help animals. We chose Evelyn, a 14 year old from Virginia, for her leadership and volunteer work at school and in her community. Read more about Evelyn below and learn how YOU can also be a hero for animals!

Did you know that kids can be **activists** for animals? An activist is someone who stands up for something they believe in. Kids see the world differently, and I think they are more likely than adults to place themselves in another’s shoes (or paws). That’s why it’s important for kids like you and me to stand up for animals everywhere.

I think we can help animals best by learning how to communicate with them better. Animals can’t speak for themselves, so it is up to us to stand up for them. To be their voice. To take care of them. To be their heroes.

We can help animals in many ways. For one, we can choose to adopt an animal from an animal shelter. Can’t adopt? You might be able to volunteer at your local shelter if you’re old enough! I volunteer at the animal shelter in my hometown, caring for animals and helping people find their perfect pet.

You can also help animals by starting a club at your school! I was the president of a club at my school called “Leaders for the Environment, Animals, and People.” We helped local animal groups by holding supply drives, fundraisers, and more!

I am also working to start something called “Meatless Mondays” in my school district. I believe we can help animals by eating fewer animal products, like burgers, eggs, chicken, or cheese. Making small choices like that can help the environment and animals all over the world!

Need more ideas on how you can be a hero for animals? Here are some below!

- Speak up when you see someone being unkind to an animal or ask a trusted adult for help.
- Join or create an animal club at your school.

START YOUR OWN ANIMAL CLUB!



- Ask your family if you can foster an animal for a short time.
- Work to get your backyard or a school space certified as a Wildlife Habitat through the National Wildlife Federation. This only has a few simple requirements, and it's fun to see all of the creatures living around you!
- Make videos about animals! With your parents' permission, share them with RedRover for a chance to be posted to the RedRover Reporters YouTube channel.
- Share this issue of *Kind News* magazine with a friend!

Even though we aren't "grown-ups," we still have a voice and can stand up for the things we care about. Aside from the few ideas above, there are many small changes we can make to improve the lives of the creatures that we share the planet with.

No act is too small, and no person is too young, to be a hero for animals.

Follow these steps and get on your way to teaming up with others who care.

1 Talk it up. Tell friends and other animal lovers your ideas, such as raising funds, collecting supplies, or spreading a message.

2 Get organized. Find an advisor who can help set up your meetings and activities. Start by asking your teacher if s/he is interested or knows other adults at school who love animals. If you don't find a school advisor, you could see about a church leader, or call your local animal shelter. Ask if they have a youth club. If not, see if someone can work with you to start one.

3 Meet up! Work with your advisor to decide on a meeting location and time for your first meeting. Make sure you have an **agenda**, or plan, for your meetings. Start by introducing members, sharing why you love animals, and setting your goals. What ideas does everyone have to help animals? Vote on a name and logo. Have fun with it!

4 Spread the word. Make posters to advertise the first meeting. Include the date, time, location, and animal art. If it's a school club, see if you can get permission to post them in the hallways and cafeteria and make an announcement. If it's a shelter club, see about posting around the building and in your local newspaper.

Be a Hero!

**What can you do this week to be a hero for animals?
Submit your story at RedRover.org/ShareYourStory**



Time to **FLY!**

What birds do you see around your home? Do you see the same birds all year round? Most likely, you answered “No.” That is because many birds travel from place to place when the seasons change. This is called **migration**.

Birds migrate to move from areas of low resources (such as food, water, and nesting places) to areas of high resources.

Birds have **evolved**, or changed over many years, to be able to travel swiftly over long distances and will follow specific routes based on geographical factors like valleys and coasts, as well as weather conditions like wind direction.

There are birds that are **diurnal** (daytime) migrants, like pelicans, swallows, and finches, while other birds, such as warblers and cuckoos, are mostly **nocturnal** (nighttime) migrants.

FUN FACTS

1. Hummingbirds are the smallest migrating bird.
2. Many birds migrate at night. The air is cooler and there are fewer predators.
3. Birds will prepare for migration by building up body fat for the long journey.
4. The North American Arctic Tern flies the farthest —about 24,000 miles (40,000 km) each year!



Subscribe to
RedRover Reporters
YouTube



WATCH A VIDEO ON HOW TO MAKE THESE TREATS!

Fun videos made by kids! Ask an adult if you can subscribe!





Give a Dog a HEART:

DIY PUMPKIN & PEANUT BUTTER DOG TREATS

A sweet way to say “I love you!” for Valentine’s Day. The natural sugars in pumpkin and fat in peanut butter make dogs fall in love with these tasty treats!

Ingredients

- 1 cup whole wheat flour or oat flour
- 1/3 cup canned pumpkin (just pumpkin)
- 1/4 cup peanut butter without sugar or salt

Instructions

- 1 Preheat your oven to 300F (150C).
- 2 Line a baking sheet with parchment paper.
- 3 Add the pumpkin and peanut butter to the flour and blend until a sticky dough is formed.
- 4 Roll out dough on a lightly-floured surface.
- 5 Cut out heart-shaped cookies using a cookie cutter or a stencil and knife.
- 6 Bake cookies for 25 to 30 minutes, until the treats are dry and hard.

Cool cookies before giving to your dog.



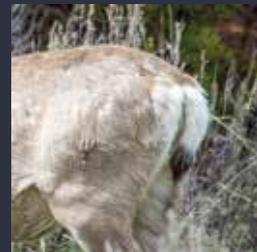
ANSWER:

BLUE JAY!

CRITTER CLUES

- 1 My long legs help me run, jump up to ten feet high, and even swim!
- 2 I stay with my mother for the first year of my life.
- 3 I am usually born with white spots on my fur to help me **camouflage**, or blend into the background.
- 4 I’m able to live in a range of **habitats**, including rainforests and mountains.
- 5 During the winter, when food is scarce, I preserve my energy by being less active.
- 6 I have great night vision that helps me see well at dawn or dusk, when I am most active.
- 7 As an **herbivore**, I only eat plants, such as leaves, grass, and small shrubs.

WHAT AM I?



To the **RESCUE!**



A DIFFERENT COURSE FOR A SPECIAL HORSE!

"...with strength and a good heart, you can overcome anything."

Saving Levi

Upon meeting Levi, you would never guess he was a horse someone wanted to get rid of. But that is exactly what happened. Levi is believed to be a camp horse who was let go when winter came and he could no longer be cared for. Poor Levi found himself at an auction, labeled with the number 501, where he could have been sold for meat. His owner, Kimberly Risser, fell in love and decided she would name number 501 "Levi" after the brand's famous style of jeans.

Levi proved to be such an amazing addition to Risser's herd that she chose to lend him to EQUI-KIDS, a nonprofit therapeutic riding facility in Virginia Beach serving disabled children and adults, including wounded veterans. "He's especially good with the very disabled, and the

kids love him. He just stands there while wheelchair-bound kids are hoisted up to the saddle by a crane," Risser said. He has the perfect temperament for a therapy horse, showing little to no reaction to the unexpected quirks of his riders.

According to Molly Lingua, an EQUI-KIDS instructor, "Levi is calm, cool and collected under pressure." In fact, he was such a standout therapy horse that in 2015 he was named Region 3 Equine of the Year by the Professional Association of Therapeutic Horsemanship International. This was because of his ability to overcome hardship, show an excellent attitude toward his work, and offer significant contributions to the therapy center. He is proof that with strength and a good heart, you can overcome anything.

Kind Questions ?

Now that you've read *Kind News*, challenge yourself with these questions.

1. There are lots of ways you can become a hero for the animals in your home or community! After reading this issue of *Kind News*, what is one thing you'd like to do to be kind or help animals?
2. There are many ways wild animals have adapted to survive cold temperatures. Find two ways mentioned in this issue.
3. Domestic animals depend on people to keep them safe when it is cold. What are two ways people can help domestic animals stay warm and safe when it is cold outside?

