

THE HORMEL

KIDS GAZETTE

A HORMEL FOODS YOUTH NEWSPAPER

MAY 2020

ISSUE 1



Jenny S.,
Age 10, Austin, Minn.

TELLING JOKES • CREATIVITY IN THE KITCHEN • CALLING A FRIEND

EDITOR'S NOTE

Welcome to this very unique magazine. Everything you'll find here was created by kids in the Hormel Foods family. In these challenging times, so many things we once took for granted are now uncertain. But some things remain constant through all of the disruption: the importance of family, and the ability of our youngest family members to lift our spirits and engage our imaginations with their boundless creativity, curiosity and laughter.

This publication is a showcase
and celebration of those talents

and qualities, and of the tradition of honoring family that we at Hormel Foods hold so dear.

Inside you'll find activities, essays, illustrations, and some pretty good jokes. This is the first issue but there will be more to come with your support. So as you read, think about contributing to issue #2! You'll find more information about how you can contribute on the last page. Stay well, stay tuned, and read on.

- Hormel Foods Corporate Communications

SPOT THE OBJECTS →

Can you spot all of the following objects in this picture?

- 1 tie
7 mugs
4 clocks
11 plants
4 cookies
1 money pile
9 animals
5 gifts
2 books
1 pair of glasses

“The To-Do List”
by Tyler Quitmeyer, 18, Austin, Minn.



SOCIAL DISTANCING FUN: PENPALLING!

by Kya McManus, Age 11, Austin, Minn.

Me and some of my friends have found a new way of communicating during the coronavirus: penpalling! Penpalling is writing letters back and forth to your friends using snail mail. Before the coronavirus there were only

"THE MAIN GOAL OF OUR GROUPS IS TO HELP PEOPLE STILL FEEL CONNECTED"

3 kids in our grade who penpalled in our grade including me. Now there are 8 kids in our grade!

I have started up 2 penpalling groups for my friends. Each group connects through skype meetings where we can write letters, talk to each other, and have fun. For me it is one of the highlights of my week because it is one of the times I get to talk with my friends.

Our group skypes happen once or twice a week and are an hour and 30 minutes. During that time, we write letters and talk even when people do not have letters they still can come and hang out at the meeting. We love doing this because we see our friends while doing a fun activity.

Another way our group is connecting is putting videos and photos on the group page. The videos are of us saying hi saying what we are doing and how much we miss each other. Recently I and another member of the group were in a video chat and we made videos, the group members saw the videos and it made them happy.

The main goal of our groups is to help people still feel connected during this time through fun activities. This is an amazing part of my week because it is like a virtual hang out. I know that everybody else enjoys it as well. We hope to keep on getting more friends to come on our group and get to see them all.

How to survive being stuck at home

by Skylar Vinson, Age 8, Indian Trail, N.C.

Being stuck at home all day was not hard at all because I love my family, even though they bother me sometimes. The way I made it everyday was playing outside for a long time and reading on the back porch. Also, I played laser tag with my brother and tried to build a treehouse. A few hours of the day I would do school work and talk to my class on zoom. Some cool things my parents did to help be creative were play board games, make up scavenger hunts, and watch the most popular kid movies. We even made up our own Easter Egg hunt. This is how I survived.

TOP 10 THINGS I'M LOOKING FORWARD TO AFTER THE PANDEMIC ENDS:

1. PARTICIPATING IN AN ART CONTEST.
2. GOING ON VACATIONS WITH MY FAMILY
3. SPENDING TIME WITH OTHER FAMILY AND FRIENDS
4. GYMNASIICS
5. VISITING THE LEGO AND DISCOVERY MUSEUM FOR KIDS
6. GOING BACK TO SCHOOL
7. PLAYING WITH MY FRIENDS
8. BASKETBALL
9. TRACK
10. HELPING MY DAD PREPARE FOOD FOR HIS CUSTOMERS.



Abby H., Age 11, Spicer, Minn.



THE YOUNGEST SQUIRREL IN SPACE

Short Story by Kailie Robinson, Age 12, Underwood, Minn.

One day Nathan the squirrel, also known as Nate, went for a walk. When he was on his walk, he saw a big blue billboard that said:

**DO YOU LIKE SPACE?
IF YOU DO GO TO
SQUIRRELSpaceCAMP.COM**

As Nate looked at the billboard he wondered if he could go to this space camp. He always liked space. His father was an astronaut and his mother was a technology specialist that worked on spaceships. Nate grew up with space and loved it.

After his walk, he went back to his house which was the bottom of the oldest tree in a redwood forest. At his home Nate said to his mother, "Could I go to space camp this summer, Mom?"

His mother looked at him with interested eyes and said, "Sure, but you have to pay for half of the tuition to go."

Nate was aghast. He never had to pay to go to his other summer camps before! "But I have never had to pay for tuition!" said Nate.

"I know that Nate, but I am one of the staff people this year and I cannot pay for a housekeeper and your whole tuition while your dad is in space."

Nate was silent. He understood his mom could not pay the entire tuition. Then, all of a sudden, Nate got an idea. He had seen a paper on the bulletin board at school that said "Paper Boys Wanted." Nate asked his mom if she could drive him to the Squirrel Review which was the newspaper office. She did and at the

office Nate got the job to deliver newspapers.

Nate made half of the money to go to space camp by the weekend camp was going to start. He was super excited. Nate was also excited because he read on the website the last week of camp there were Space Games. Space Games is a competition where the winner of the Space Games actually got to go to space!

When Nate finally got to camp, he was registered and went to his cabin. His cabin group was called the Cosmos. In his group there was James, Walter, Paul, Fred and Robert, (Rob for short).

The first week whizzed by and Nate had a lot of fun learning about outer space, but now it was the best part of camp. It was the SPACE GAMES!

Nate's whole cabin was abuzz with so much talk of it. Within the first week of camp, the Cosmos were great friends. They even finished each other sentences.

The first three days of Space Games was with your cabin members and it was all about teamwork. Out of the 16 cabins, only two cabins made it through the first three days of the games, and the Cosmos was one of them. But now it was the real competition; there would be no more teams, you would play the games alone.

The rules of the last four days of Space Games was simple: you would play the games like you would as a team but alone. If you didn't complete the games correctly, you would be eliminated.

The fourth day of Space Games was nice and warm. Nate was super nervous. So was his whole cabin. They were told at supper the night before that the game that day was the "Merry-Go-Round of G-Force." You played the game by sitting on a merry-go-round and being spun super-fast to experience g-force. All the boys in Nate's cabin had weak stomachs so they were not excited about this event.

After they finished their breakfast the game started. First, they lined up and were strapped in one by one. The Cosmos went first and as they spun and spun, James got sick first, then Walker and Paul got sick. Then Rob got sick and he ate a lot of eggs for breakfast and so it stunk really bad.

Once the boys got off the merry-go-round and it was cleaned. The other cabin went. The other cabin was all girls. As the merry-go-round went around and around, none of the girls got sick. The Cosmos were amazed. They thought that girls got sick really easily but apparently, they didn't. After the girls were done, James, Walter, Paul and Rob were eliminated from Space Games.

The next day Nate, Fred and the girls, also known as the Galaxies, competed in the Zero Gravity Walk. The objective of the game was to walk as fast as you can in zero gravity without tripping. Nate, Fred and the Galaxies lined up at the starting line. The whistle was blown and the gravity was taken away.

At first, it looked like the Galaxies were ahead. Then, almost at the same time, three of the Galaxies tripped and everyone then got ahead of them and finished. The three girls that tripped were eliminated from Space Games.

Nate, Fred and the remaining three girls, whose names were Kristi, Michelle and Victoria, competed in the Mineral Identification game the next day. To play the game you have to identify five minerals in two minutes.

After lunch that day, Nate, Fred, Kristi, Michelle and Victoria went to the camp's science lab, each competitor going to a different table. In front of them they had a magnifying glass and five boxes with mineral names on them. The competitors were spaced far enough apart so they could not cheat off of each other.

After they got to their spots and were ready, the whistle was blown and a clock was started. After two really short minutes, the judges came in and checked to see if they put the minerals in the right boxes. After the judges

checked their boxes, they said that Nate and Victoria were the only ones that got all the minerals right.

The next day, which was the last day of space camp and the last day of Space Games, Nate and Victoria were told that the last competition was a race to get your space suit on the fastest and have it on properly. After breakfast the morning of the last day of camp, Victoria and Nate went to the camp's main lawn where the competition was to be held.

First, they lined up in front of the two spacesuits. Then a whistle

was blown and they began to put on the suits. Victoria was done first but when she was checked by the judges, they discovered she forgot to zip up a pocket and was disqualified. The judges said Nate had won!

Nate was astonished! He never thought that he would actually win! Nate was going to space! All of a sudden, a thought came to him that he would be the youngest squirrel in space!

To be Continued...

Orange Pineapple Monster & Ducks



by Jack Robinson, Age 10, City, Underwood, Minn.

Local Dog Maverick: Unhappy About How Things Turned Out



Kylen Lubensky, Age 11, Fort Dodge, Ind.

JUMP, JUMP, BACK BOMB!!

by Eilley Cost, Age 10, Austin, Minn.

Hi fellow homeschool students! I have two trampolines. My sisters and I have made up fun games that you might like to try. If you don't have a trampoline you can still do some of them, okay.

Let's start with a classic. Mummy mummy this game needs to have two or more people. First someone lays down and everyone runs in circles around them and chants "mummy mummy come alive on the count from 1-5, 1 2 3 4 5 come alive." Then the mummy stands up with their eyes closed and tries to tag someone. (you do NOT want to be the mummy)

Here's one I made up, the Wolf Game is easy and fun, and you can play inside. You need two or more people. The wolf needs to crawl. First, you pick someone to be the wolf. Then everyone else is explorers, you don't want the wolf to tag you. If you get tagged you're in jail, the only way out of jail is if someone (not in jail) tags you.

Crack the egg is a game where someone rolls into a ball, this person is the egg. Then everyone else has to "crack" them or break their position.

Another easy game is the ball game. You put a bunch of random balls on your trampoline and you jump, you're trying not to touch the balls.

You can always do a butt-bomb challenge and see who can do the most. You can also

try to do a back bomb. Something fun and easy is a talent show, you pick a starting judge and everyone else is dancing, singing, or butt-bombing.



by Eilley Cost

How To Survive During Quarantine

by Hazel Swedberg, Age 10, Brunswick, Maine.

It is not easy to survive quarantine but with these easy to follow steps and tips it will make quarantine a lot more bearable!

1.

Lock yourself in your room.

Tip: if you want absolute privacy barricade the door.

3.

Avoid all people in your house, especially siblings.

Tip: if you have any siblings, make sure to lock them in a closet and don't tell your parents where they are.

2.

Raid the kitchen.

Tip: when raiding the kitchen make sure you have at least two bags with you.

4.

Do not leave your room unless absolutely necessary.

Tip: Keep a few Nerf Guns near you just in case your siblings find a way out of their closet and into your room.

Congratulations you now know how to survive quarantine!

"WHEN LIFE THROWS YOU LEMONADE, YOU MAKE BREAD."

by Kristen Watkins, Age 18, Austin, Minn.



We are a generation that has been raised on constant stimulus. We are used to spending 6 hours a day at school, sometimes more than 4 hours after school on extracurriculars and jobs, and squeezing in 2 or 3 hours of homework each day. Up until now, our schedules have been packed full. We are a generation of helicopter parents and access to never-ending information pushing and pulling us in many directions. In the blink of an eye, everything was taken away from us and we were locked in our houses with significantly less work and significantly more free time. So... what now?

For some, the internet became the go-to diversion, with binging on new shows on Netflix, participating in Instagram challenges, or learning TikTok dances. I tried this, but it couldn't hold my attention. Others turned to picking up new hobbies. Many picked up art creating new masterpieces with whatever old paint they could find lying around their homes. I tried this one too, but the best I could come up with was a subpar Bob Ross knockoff. So, I turned to another popular option,

sleeping all day. I couldn't knock that either, as I continually woke up before

9am unable to go back to sleep. So, I went back to the drawing board, literally. I tried painting again, and once again, I failed tremendously, creating what might be recognizable as mountains with a sunset, or might just look like splotches of paint thrown loosely around some paper. Sorry Bob, there really aren't just happy little mistakes.

When I turned back to the internet for entertainment, I noticed that a lot of people were trying their hand at the culinary arts, so I opened up my family's old copy of The Joy of Cooking and flipped to a random recipe: Bagels. I mixed the dough, let it rise, rolled them out, and baked them.

To my surprise, they worked, and they actually tasted good. And, just like that, I was hooked on the baking craze. Next up on my to-do list was bread. This did not work out as well. It didn't rise right, and it was bland. Paul Hollywood from The Great British Baking Show would be disappointed in my bread ineptness, and I would

surely be sent home.

I did not let my small failure stop me. I decided that the best course of action was to try something in a completely different direction. I left the French Patisserie and traveled to Italy the only way I could, making homemade pasta. It would prove to be the toughest of the three recipes I had taken a shot at, as all the kneading and mixing had to be done by hand. However, after kneading and rolling until my arms were sore, I had done it.

Accompanied with a mushroom cream sauce, the pasta was a smashing success. Although I found something to entertain myself, I still spent most of my days bored and missing school, looking forward to the days when we emerge from our homes and can resume life as we knew it. At least I will emerge with a full belly and perhaps a better understanding that when life throws you lemonade, you make bread.



Medical Update: Science's Battle to Defeat Alzheimer's Disease

by Molly Garry, Age 17, Austin, Minn.

"And I have no control over which yesterdays I keep and which ones get deleted. This disease will not be bargained with. [...] My yesterdays are disappearing, and my tomorrows are uncertain, so what do I live for? I live for each day. I live for each moment. Some tomorrow soon, I'll forget that I stood before you and gave this speech. But just because I'll forget it some tomorrow doesn't mean that I didn't live every second of it today. I will forget today, but that doesn't mean that today doesn't matter". This statement is from the book Still Alice. The main character, Alice Howland, was diagnosed with genetic, early-onset Alzheimer's shortly after her 50th birthday. Researchers have found that Alzheimer's is a scientific disease that affects various age groups of people that they are working to improve the lives of.

**"I LIVE FOR EACH DAY.
I LIVE FOR EACH MOMENT."**

— STILL ALICE

Alzheimer's is an irreversible progressive brain disorder that slowly destroys memory and thinking skills, eventually, the ability to carry out simple tasks. This disease was named after Dr. Alois Alzheimer. In 1906, he noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Symptoms were memory loss, language problems, and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary, or tau, tangles). The tau accumulates in the brain, eventually forming tangles

inside neurons (nerve cells). Amyloid clumps into plaques between neurons. The more plaques there are the more tau spreads causing the nerve cells to not function properly. Today, these are still considered to be some of the main features of the disease.

Another feature is loss of connections between neurons in the brain. Neurons transmit messages between different parts of the brain, and from the brain to muscles and organs in the body. The damage usually takes place in the hippocampus (the part of the brain essential for forming memories). As neurons die, more parts of the brain are affected. In the final stages of this disease the damage is widespread, ultimately leading to a shrunken brain ("What Is Alzheimer's Disease?").

These abnormalities of the disease impact various populations of people. Alzheimer's is most common in people over the age of 65. On average an estimated 1 in 14 people over the age of 65 and 1 in 6 people over the age of 80 are diagnosed with Alzheimer's ("Overview - Alzheimer's Disease"). There are 2 types of Alzheimer's called early on-set and late-stage. Early on-set Alzheimer's affects people 40-65 years old and around 1 in 20 people are diagnosed with the disease. Early on-set Alzheimer's most of the time progresses the same way as people who get it at an older age. On very rare occasions people have Genetic Alzheimer's. People with this type of the disease have genes that directly contribute to the disease. Only a few hundred people in the world are diagnosed with it. These people start symptoms of the disease in 30's, 40's, and 50's ("Alzheimer's Disease").

Since there are numerous people

with Alzheimer's, many physicians and researchers attempt to find a cure. When physicians first try to diagnose the disease, they use biomarkers. Biomarkers are used to diagnose, monitor progression of disease, and aid in the development of effective drugs. Alzheimer's has very few biomarkers when comparing it to a disease like cancer. They are extremely important to a disease that doesn't have a known cure.

In 2018, Bill Gates, Alzheimer's Drug discovery foundation co-founder Leonard Lauder, and other wealthy families came together and donated around \$35 million in grants. The grants went to researchers to advance the biomarkers of Alzheimer's and dementia. This was a huge advancement in the process of finding of cure.

Another approach taken by researchers when trying to produce a cure are clinical trials. The National institute on Aging is supporting 229 active clinical trials on Alzheimer's disease and related forms of dementia. There are 37 clinical trials on early-onset Alzheimer's, 9 late-stage trials, 108 trials in interventions-not using drugs, 67 trials in care and caregiver interventions, and 8 trials of development for brain symptoms of the disease. Most of the clinical trials are trying to find different ways to stop or slow down the plaques and tangles that cause the disease.

Researchers are working to improve the lives of various age groups who are impacted by Alzheimer's. This disease not only affects the people who are diagnosed but their families and friends as well. It is critical that researchers inform people about the effects and findings of this disease.

HOW IS GRANDPA JOE DOING?

Interview by Truman Swedberg, Age 6, Brunswick, Maine.

1.

WHAT DO YOU DO INSIDE WHILE THE VIRUS IS OUT WANDERING AROUND?

We have done a lot of projects like cleaning and fixing things around the house. I have also been reading a lot of books. Now that the weather is nicer we have been doing things outside.

2.

WHAT DO YOU DO TO HAVE FUN WITH YOUR WIFE?

We have been working on our dart games so we can beat your daddy and working on playing pool. Neither one of us is very good though. We have also started playing golf.

3.

WHAT DO YOU DO WITH YOUR DOGS?

They like to go for walks around the lake and chase frisbees in the yard. Opie likes a lot of running and Barney likes to supervise the wild activity.

4.

WOULD YOU EAT CANDY WITH ME IF WE WERE TOGETHER?

Yes. I like chocolate candy. Dove is my favorite candy. I will eat one right now while we are on FaceTime.

5.

CAN YOU COME AND SEE OUR HOUSE IN MAINE? WOULD YOU LIKE TO GO TO THE BEACH AND FIND SHELLS?

That would be great fun. That will be our first big trip when we are able to go somewhere. Most of the time when we have gone to the beach in Brunswick it has been cold. I would like to go to the beach when it is warm.

6.

WHAT IS YOUR FAVORITE RIDE AT DISNEY WORLD?

My favorite ride at Disney World is Big Thunder Mountain. I like riding down the mountain and the things to see while waiting in line.

End Notes from Grandpa Joe:

I think you would be a great reporter and I really liked seeing your dinosaurs at the beginning of the interview. I wish I were there to play dinosaurs with you!

Most importantly, I love you!

JOKES TO SHARE AT DINNER

by Teo Gonzalez, Age 4, Boston, Mass.

Q: Why can't you give Elsa a balloon?

A: BECAUSE SHE'LL LET IT GO!

Q: What do clouds wear under their shorts?

A: THUNDERPANTS!

Q: Why did the student eat his homework?

A: HIS TEACHER TOLD HIM IT WAS A PIECE OF CAKE!

Q: What does my dog do when he goes to bed?

A: HE READS A BITE-TIME STORY!

Q: What do rabbits do when they get married?

A: THEY GO ON A BUNNYMOON!

Why I Like the Stay at Home Order

by Maddie Hogan, Age 17, Austin, Minn.

I see a lot of people complaining about the stay at home order and school being closed on Instagram and Tik Tok, so I'd like to share some of my positives.

I'll start with the obvious:

- I don't have to wake up at 7 AM anymore, so I'm not falling asleep during 1st, 2nd, 6th, and 7th hour (though my parents make me get up around 9 for some reason). I'm awake for most of the day now.
- Lunch at my house is way better than the frozen waste they serve at school. My food is actually cooked now.
- Speaking of school, which is cold, and I have to sit in an uncomfortable, wobbly chair. Why is the school so cold? I literally wear 4 layers of clothes and I'm always freezing.
- Anyway, at home I can sit or lay on the floor or in an actual comfortable chair and do my schoolwork. Although I sit in my desk chair so

often now there is a hole in it. So, mom and dad if you're reading this, I might need to get a new chair soon.

- It's fun to play games with my friends through Game Pidgeon 8-ball, Minecraft, or my favorite Animal Crossing.

So, lots of positives, although there are some negatives. I do miss seeing my friends in person, and because of quarantine we couldn't see the movie Onward together. I never thought that the thing that I'd miss the most are movie theaters. There is just something about the atmosphere that makes seeing movies so much better than at home, and the popcorn is way better.

I also miss going to restaurants where my mom is not allowed to control the music because she only plays boy band music at home.

I would like to thank all the people that are able and still working to help us in these hard times.



by Kyle Van Beck, Age 7, New London, Minn.

THANK YOU CONTRIBUTORS!

Thank you to all the contributors for this inaugural edition!

We are looking for young creatives to contribute to Issue #2 of The Hormel Kids Gazette.

We'd love to see more from our current contributors as well as others across the Hormel Foods family.

Hormel Kids Gazette is produced by Hormel Foods. The concept was inspired by "Six Feet of Separation," edited by Chris Colin: <https://sixfeetofnews.com/issues/>

Email your submissions between now and Friday, May 29 to:
KVGabrielson@Hormel.com

SOME IDEAS:

- **ARTICLES OR ESSAYS ABOUT ANYTHING THAT STRIKES YOUR INTEREST**
- **JOKES: GOOD ONES, BAD ONES, WE'LL TAKE THEM ALL**
- **RECIPES YOU LIKE TO COOK**
- **REVIEWS OF ANYTHING: VIDEO GAMES, BOOKS, BREAKFAST CEREALS**
- **INTERVIEW A FRIEND OR RELATIVE**
- **ILLUSTRATIONS, PHOTOS, PUZZLES**
- **WE'D LOVE TO HAVE A COMICS SECTION**

SUBMIT YOUR WORK!

Learn more about the Hormel Kids Gazette and explore other issues at
www.hormelfoods.com/hormel-kids-gazette/



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