



# PARENT CONNECTION

## CRYSTAL RAINBOW

### What you need

- Wide-mouth jar or a glass bowl
- Borax (found in laundry section)
- Pipe cleaners
- Water
- Twine
- Pencil or stick that is longer than the glass/jar's opening
- Cotton balls
- Glue



### Steps

1. Using one pipe cleaner as the anchor, tie one end of the rainbow colored pipe cleaners onto it.
2. Bend them into a half circle.
3. Tie the other end of the pipe cleaners onto the anchor pipe cleaner. Cut the excess.
4. Repeat steps for all the colors of the rainbow.
5. Fill the bowl with water (3/4 full). Then measure the amount of water used.
6. Boil the water.
7. Carefully pour the boiling water into the bowl.
8. For each cup of water use 3 TBSP of Borax.
9. Stir the water until all the powder has dissolved.
10. Tie the rainbow to the pencil or stick and submerge the rainbow upside down into the Borax solution. Make sure the Rainbow is fully submerged.
11. Leave for at least 3 hours or overnight.
12. When it's grown to desired size, take out to dry.
13. Glue cotton balls onto the bottom.

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## ARSENIC AND LEAD ARE IN YOUR FRUIT JUICE

### What you Need to Know



Consumer Reports tested 45 popular fruit juices sold across the country - including apple, grape, pear and fruit blends - and found elevated levels of those elements, commonly known as heavy metals, in almost half of them, including juices marketed for children.

More than 80 percent of parents of children age 3 and younger give their kids fruit juice at least sometimes, according to a recent national Consumer Reports survey of 3,002 parents. In 74 percent of those cases, kids drink juice once a day or more.

The harmful effects of heavy metals are well-documented. Depending on how long children are exposed to these toxins and how much they are exposed to, they may be at risk for lowered IQ, behavioral problems (such as ADHD), type 2 diabetes, and cancer, among other health issues. According to Jennifer Lowry, M.D., "Exposure to these metals early on can affect their whole life trajectory."

For more information:

[https://www.consumerreports.org/food-safety/arsenic-and-lead-are-in-your-fruit-juice-what-you-need-to-know/?fbclid=IwAR0aorIiAXGPWkxXS\\_Z\\_4WiPk\\_ZWnOMsUKHgQjcP4J00SO1B-vXw\\_dr33xU#chart](https://www.consumerreports.org/food-safety/arsenic-and-lead-are-in-your-fruit-juice-what-you-need-to-know/?fbclid=IwAR0aorIiAXGPWkxXS_Z_4WiPk_ZWnOMsUKHgQjcP4J00SO1B-vXw_dr33xU#chart)

## How the Crayons saved the Rainbow

*By Monica Sweeney*

## A Rainbow of my Own

*By Don Freeman*

## Penguins love Colors

*By Sarah Aspinall*

## What makes a Rainbow?

*By Betty Ann Schwartz*

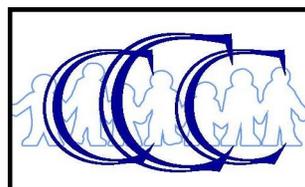
## Over the Rainbow

*By Judy Collins*

SPRING READING



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