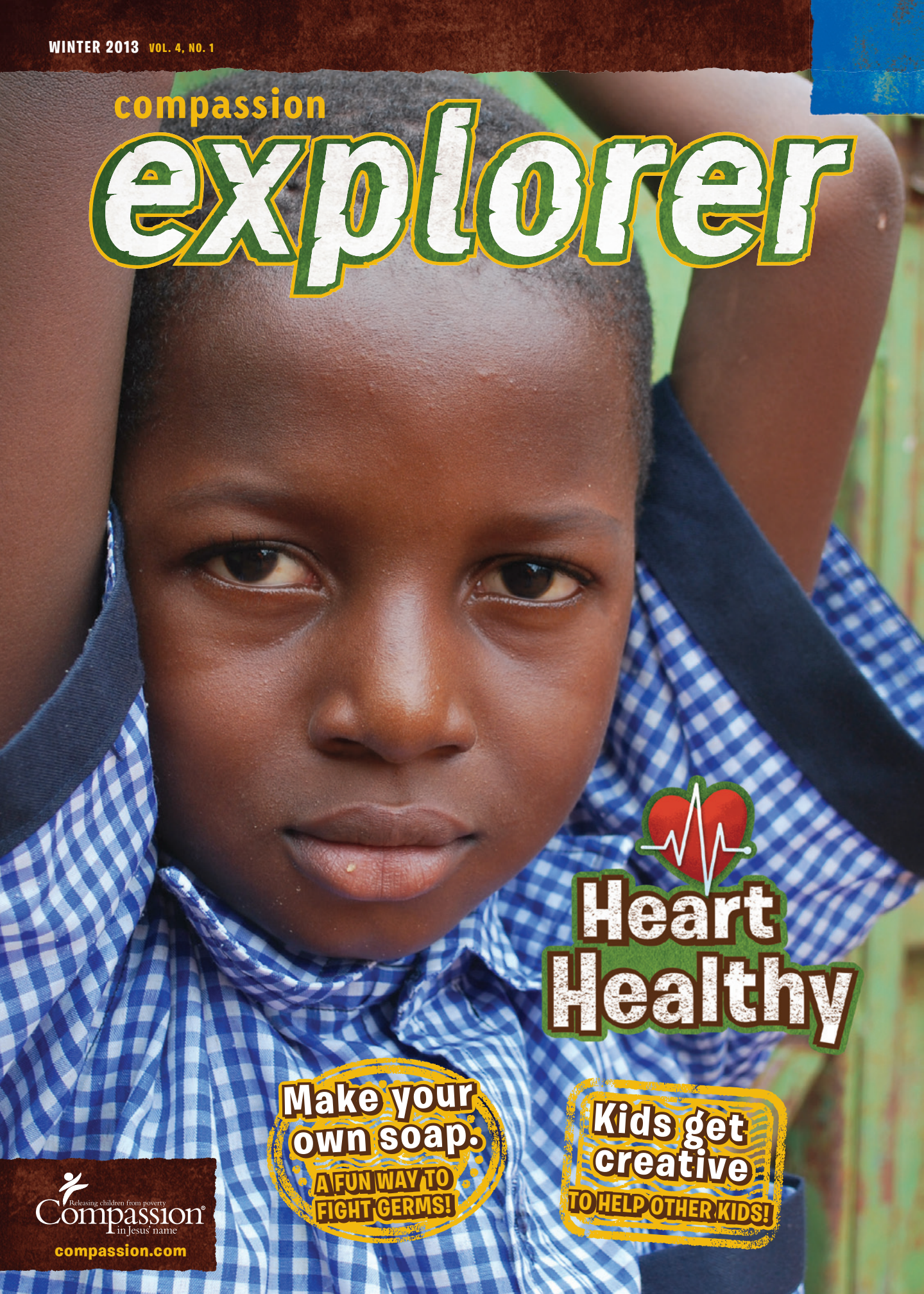


compassion

# explorer



## Heart Healthy

**Make your  
own soap.**

**A FUN WAY TO  
FIGHT GERMS!**

**Kids get  
creative**

**TO HELP OTHER KIDS!**

# What's Inside?

## Hi, Compassion Explorers!

Have you gotten sick this winter? This issue is all about health. Inside, you'll learn about sicknesses around the world and things kids can do to stay healthy.



Illustration by Josh Lewis

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Compassionate Kids **PAGE 3**

What Does God Say About ... ? **PAGE 7**

Crafts, Recipes and Projects **PAGE 8**

Just for Grins and Giggles **PAGE 16**



## Welcome to My World!

Fatao, a boy from Burkina Faso in Africa, gets surgery to make his heart healthy.

**PAGE 4**



## Biting Back

Seven-year-old Olivia is on a mission to fight malaria. **PAGE 12**



## Games

Find the hidden pictures, fill in the blanks, and match the facts!

**PAGE 14**

### ANSWERS GAMES, PAGES 14-15

NUMBER MATCH A 3,000, B 3, C 5, D 50

WHAT'S MISSING? A water, B snacks, C checkups, D hands, E teeth

### ABOUT THE COVER

Fatao feels much better after receiving a heart operation.



compassion  
**explorer**

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## → Compassionate Kids

Photos by Brook Peckham and Taylor Best



Written by Willow Welter

When Elise read a letter from Compassion about John, a sick baby in the Philippines, she knew she had to do something.

**“I was feeling compassionate toward him, and like I have to help,” Elise says. “So I started that weekend.”**

Elise, 12, began knocking on neighbors’ doors after talking to her mom about starting a group to help John. Her neighbors helped a lot: Elise raised almost \$200 in less than two hours!

Her next step was to tell her friends. In invitations to her birthday party, Elise explained how they could help. Her friends brought donations to her party.

Elise’s club, “Kids Like John,” caught the attention of school clubs and Elise’s church. With their help, plus the support of her parents, Elise has raised more than \$9,000 for Compassion to spend on kids’ medical care. She keeps thinking of ways to raise money, like selling her homemade cake pops and running lemonade stands.

The latest child who will benefit from Elise’s club is Martin, a 10-year-old in Kenya who was in a fire when he was a baby. He can’t close his eyes because his eyelids were burned. He has trouble breathing and moving. “Kids Like John” money is helping Compassion pay for Martin’s surgeries.

Elise wants other kids to know they can improve the world, even if the changes seem small.

**“You can make a difference even if you’re just picking up someone’s books if they dropped them,” she says. “You *can* make a difference, and it doesn’t matter how old you are.”**



**Elise with her favorite singer, Britt Nicole. Elise hopes to someday get Britt to sing at a concert to raise money for “Kids Like John.”**



Find the recipe for Elise’s cake pops at [compassion.com/explorer](http://compassion.com/explorer).

Want to help? Visit [CreateCompassion.org](http://CreateCompassion.org) or [facebook.com/KidsLikeJohn](http://facebook.com/KidsLikeJohn).

WELCOME TO MY WORLD!

# Heart Healthy

→ BY LEANNA SUMMERS



**DID YOU  
KNOW?**

There is only one hospital bed and not even one doctor for every 1,000 people in Burkina Faso.

# Read how doctors helped fix Fatao's heart.

When Fatao was a little boy, he was sick a lot and couldn't run or play very much. He was born with a hole in his heart and needed surgery to fix it.

Doctors in Fatao's city of Bobo-Dioulasso in Burkina Faso couldn't patch his heart. They didn't have the right tools at their hospitals. Fatao had to go to India for surgery. But his parents didn't have enough money to send him.

Then Fatao became a Compassion-sponsored child. Sponsors raised money to send Fatao to India, and soon he was on his way to a healthy heart!



Before his trip, Fatao shared a bowl of tō, fish and tomato sauce with his family. Tō is made from millet. It is a grain and looks like rice or mashed potatoes, depending on how long it is cooked.



## BURKINA FASO

**CAPITAL CITY** Ouagadougou

**POPULATION** 17,275,115

**LANGUAGES** French & native African languages

**RELIGIONS** Muslim 60.5%, Christian 23.2%, animist 15.3%, other 0.6%, none 0.4%

**CURRENCY** CFA Franc



2

## ARE WE THERE YET?

Fatao and a Compassion health specialist traveled on a bus to the airport in Ouagadougou. It took about four hours. Then he rode two planes to get to Chennai, India. The trip took more than 20 hours!



## THE PREP WORK

Fatao arrived in India, and his doctors took X-rays to prepare for his surgery. He was a little scared, but was happy they could help him.



## THE PATCH

A team of doctors used a GORE-TEX® patch to sew over the hole in Fatao's heart. After his surgery, Fatao stayed in the hospital for about a week.



## CELEBRATE!

When Fatao came home, his heart was healing and his parents were excited. They had a party for him with his favorite food and lots of celebrations!



## THE DOCTOR IS OUT

When kids get sick in the developing world they often don't have a chance to get well. Here are some reasons why.

### DOCTORS

There aren't enough doctors, doctors' offices or hospitals near their homes.

### MONEY

Their parents don't have enough money to pay for a doctor or medicine.

### TRANSPORTATION

Their families can't get transportation to the doctor's office.

### MEDICINES

The needed medicines or medical equipment aren't available in their countries.



Adults in Burkina Faso often make only \$125 per month, compared with \$3,581 for U.S. adults.

# Guarding Your Body?

→ BY LORIE BARNES

What is your most precious and prized possession? What belongs to you that is very special?

Compassion Explorers are precious to God! He loves you so much that He gave His beloved Son, Jesus, to die and be resurrected so you could be His child too! Read or listen to 1 Corinthians 6:19-20 to learn how to join "God's Bod Squad."

Did you know your body is a holy temple? How can you guard and honor that holy place? Mark 12:30 says, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

- *Love the Lord with all your heart.* **Guard your feelings.** Ask God to help you love the people who annoy you or hurt your feelings. What is one loving thing you could do for someone today?
- *Love the Lord with all your soul.* **Honor your time with God.** Read your Bible and think about what God says. Take time to pray every day.
- *Love the Lord with all your mind.* **Guard your brain and what you think about.** How can you solve problems, do your best in school, and be a great leader? On a piece of paper, draw one way to shield your thoughts.
- *Love the Lord with all your strength.* **Protect your body and be careful what you eat.** What foods and exercises make you strong and healthy? Try running around your home three times in a row. Touch your toes 20 times. Do 20 sit-ups. These are ways to build a "temple" that will serve God for a long time!



**PRAYER**

**DEAR JESUS,**

Thank You for giving me my wonderful body. Help me today to act like my body belongs to You, because it does! I ask that You would show me how to be the best temple I can be for You. Right now, I think about \_\_\_\_\_, who also needs Your help to become a healthy temple. I pray that You will guard our sponsored child's heart, soul, mind and body too!

**IN JESUS' NAME, AMEN.**

Adult help needed.

## EAST AFRICAN CHAPATI

Chapati is a thin, round flatbread common in East Africa. Children in Rwanda enjoy it as a snack with milk or tea, or as a meal with stew. Serves 4.

### INGREDIENTS

- 2 c. white flour
- ½ tsp. salt
- 1 tbsp. plus 2 tsp. vegetable oil, divided
- water, as needed  
(about ¼ c.)
- 1 tbsp. shortening or cooking oil

### DIRECTIONS

- 1 Mix together flour and salt. Add 1 tbsp. vegetable oil and mix with your hands.
- 2 Slowly add some water and knead it in, adding more as needed until elastic dough is formed.
- 3 Divide dough into 4 equal parts. With your hand, flatten 1 dough ball into a circle on a lightly floured surface and spread ½ tsp. oil over it. Roll it up like a jellyroll, then roll it up again so it resembles a snail shell. Repeat for each piece.
- 4 Let dough rolls sit at least 20 minutes, or up to 8 hours.
- 5 With lightly floured rolling pin, flatten balls into 10-inch circles.
- 6 Heat shortening or cooking oil in a frying pan, then add a dough circle. Fry, turning once, until each side is golden brown and spotted, about 3 minutes per side. Repeat for each piece.



## GOLDEN COUSCOUS

Couscous is a popular food in Africa and Asia. You'll find couscous at most grocery stores, in boxes and in the bulk aisle. Serves 8.

### INGREDIENTS

- 6 c. vegetable or chicken broth
- 6 tbsp. butter
- 3 c. chopped onions
- 2 tsp. ground turmeric
- 1 tsp. ground cumin
- 3 c. couscous (about 1 pound)
- salt and pepper to taste
- ¾ c. slivered almonds, toasted (optional)

### DIRECTIONS

- 1 Bring broth to a boil in a medium-size saucepan. Reduce heat to very low and cover.
- 2 Melt butter in a large saucepan over medium heat. Add onions and sauté until tender and light-golden, about 8 minutes. Add turmeric and cumin. Stir 1 minute.
- 3 Add couscous to onion mixture, and stir until coated. Mix into hot broth, then remove from heat. Cover and let stand until broth is absorbed, about 12 minutes.
- 4 Fluff couscous with a fork, and season with salt and pepper. Mound on a platter and sprinkle with almonds.



## EASY HOMEMADE SOAP

It is important to wash your hands with soap because soap washes away and kills germs that make people sick. Compassion centers teach kids in developing countries just how important this is.

You can make your own soap. Craft stores sell the supplies.



### SUPPLIES

- glycerin soap bars, clear or white
- soap dye in your favorite colors
- candy or soap molds
- microwave-safe, 1 c. measuring cup (or larger)
- spoon
- knife

### DIRECTIONS

- 1 Cut glycerin soap bar into 2 or 3 squares and place these in measuring cup. Microwave for about 20 seconds or until melted.
- 2 Remove measuring cup from microwave. If you want color, add a few drops of soap dye to the melted soap and stir with a spoon. Add more dye for darker color. If liquid starts to harden, microwave until melted again.
- 3 Slowly pour the melted soap into a mold. Set it aside to harden for about an hour.
- 4 Rinse out the measuring cup and repeat the steps for other colors and molds.
- 5 After soap is cooled and hard, pop it out of the mold. If you have trouble getting it out, try putting the soap and mold in the freezer for 10 minutes, then try again.

# WEAVE YOUR OWN RUG

A mat can help keep floors in kids' homes tidier and warmer, which is important for their family's health. This one can be made from strips of old towels or other fabrics, but an unneeded bed sheet works best.

## SUPPLIES

- piece of sturdy cardboard at least 16 inches wide
- ruler
- marker
- scissors
- sheet or other fabrics that can be recycled

## DIRECTIONS

- 1 Use ruler and marker to mark half-inch segments across long side of cardboard. Slit cardboard at your marks, cutting about 3 inches down. This creates notches to grip fabric strips.
- 2 Cut bed sheet into 6 strips about 2 inches wide and at least 4 feet long. Set aside. Then cut the rest of the sheet into strips 2 inches wide and at least 2 feet long.
- 3 Stack 3 of the shorter strips on top of one another, making 1 thick strip. Slide the thick strip into one cardboard notch, leaving 3 inches hanging off one side. Repeat with 3 shorter strips in each slot. These are your base strips.
- 4 Stack 2 of the longer strips on top of one another to make 1 thick weaving strip. Slide into the first cardboard notch, leaving 3 inches hanging off one side.
- 5 Slide weaving strip under first set of 3 base strips, then over second set and so on. When you get to the end of the first row, tighten the weave by tugging on the strips. Then weave the other way. If you run out of weaving strip, weave the end into other strips. Resume weaving with new set of 2 longer strips.
- 6 Weave at least 15 rows. Then tie the end of weaving strip to a base strip. Tie each loose strip to another, and cut loose strips to make fringe. Slide off cardboard and repeat on top side.



# All About Malaria

→ BY WILLOW WELTER

Malaria is a disease that makes kids around the world sick. It's not found in the United States, but it's a huge problem in Africa, Asia and Latin America. Many people living in poverty can't afford malaria medicine or can't get to a doctor.

## HOW PEOPLE GET SICK

Malaria is caused by a bite from a mosquito infected with a parasite. About nine to 14 days after the bite, an infected person might start throwing up and get a fever, chills and headache. If the person gets medicine right away, the sickness usually goes away. If not, he or she might die.

## FAST FACTS

- Malaria is preventable and treatable.
- Up to 1 million people die of malaria each year. Most of them are children in Africa.
- Malaria deaths have decreased since 2000.
- Malaria is especially dangerous for young children and pregnant women.



## MALARIA BUSTERS

### SUPPLIES

Nets sprayed with chemicals can prevent malaria infection. The nets are draped over beds to keep mosquitoes away while people sleep.

### EDUCATION

Compassion workers teach families about what causes malaria and how to stop it from spreading.

### VACCINES

Scientists are working to create malaria vaccines, and groups like Compassion will work to make

sure the vaccines are available to people in developing countries.

### EARLY DETECTION AND TREATMENT

Medical tests and medicines of good quality need to be used correctly to reduce malaria. Compassion helps treat people with malaria.

### INSECTICIDE SPRAYING

Spraying a special chemical on indoor walls of homes can fight malaria by helping to kill mosquitoes after they feed on a person.

SPLAT!

# Biting Back

AAAHH!

→ BY JEREMY V. JONES

Photo by Mike Heath

# Don't let her sweet smile fool you. Olivia Heath is a fighter — against malaria.

Think you're too small to make a difference? Think about a mosquito. The pesky little bugs can drive you crazy with one itchy bite. And those bites carry a disease that kills many kids in Africa, Asia and Latin America.

When 7-year-old Olivia Heath heard about that, she wanted to fight, er, bite back. "I was really sad, and I wanted to help," she says.

So she got creative to raise money to buy mosquito nets for kids through Compassion's Bite Back campaign. "When [the kids] hang a mosquito net over their bed and go to sleep, the mosquitoes can't get in because the net is protecting them," Olivia explains. "And they won't get mosquito bites and malaria."

It's a simple way to prevent the disease. Each net costs \$18. But many families cannot afford nets or medicines that treat malaria.

Olivia's first project was Saving Hearts. She created foam heart-shaped crafts with glittery wings that looked like mosquito netting. Her mom helped her send them to friends and family. "And I asked for money to help stop malaria," Olivia says.

She has also made and sold woven bracelets and raised money through a yard sale. Her latest venture is a pet-sitting business. Her most unusual "client" has been a food-throwing macaw. Olivia gives half of her earnings to buy mosquito nets. So far, she has donated about \$600 to Bite Back.

The Colorado girl got more motivation to help poor people when she visited her family's sponsored child, Genesis, in the Dominican Republic last year. "I want to fight malaria and help the poor, and I hope Genesis will someday be able to be safe like us," Olivia says.

**"My hope is that when I grow up, malaria will be completely gone."**

Experts say that's possible. The disease has been wiped out in the United States. Olivia hopes other kids will help make that happen or help people in other ways. "I hope they find a cause to fight like me," she says.



The family's sponsored child, Genesis, with Olivia in the Dominican Republic.



Have your parents help you visit [biteback.net](http://biteback.net) to learn about fighting malaria. Can you think of a way God would want you to help?

# Health Matters

## SEARCH AND FIND

Dangers to health lurk everywhere in developing countries. Thanks to sponsors, Compassion teaches kids how to avoid sickness. Read the words below, then try to find the pictures!

Drinking dirty water can make people sick to their stomachs. So Compassion offers safe drinking water at our child development centers.



Since mosquito bites can cause malaria, Compassion gives out bed nets that help keep away bugs.

Compassion gives many children vaccines that fight off diseases like polio and measles.



Kids at Compassion centers learn that washing their hands with soap keeps away all kinds of illnesses.

Some kids have no toilets at home and no sewers in town, so germs get everywhere. Compassion centers have bathrooms, soap and safe water.



People need nutrients found in vegetables, fruits and whole grains to stay strong and do well in school. Compassion centers offer healthful meals and grow food in gardens.



Kids at Compassion centers learn that brushing their teeth can keep away painful cavities and gum disease.





## NUMBER MATCH

Complete the sentences with a number from each germ.



- A** \_\_\_\_\_ children in the world die each day from diseases that cause diarrhea. People often get these diseases from drinking unsafe water.
- B** Vaccines can prevent \_\_\_\_\_ out of 4 cases of rotavirus, a stomach infection that causes diarrhea. But vaccines are often out of reach for people in developing countries.
- C** 1 in \_\_\_\_\_ child deaths in Africa is due to malaria, a disease people get from mosquito bites.
- D** There are up to \_\_\_\_\_ million cases of pertussis around the world each year. Pertussis, a disease that causes uncontrollable coughing, also can lead to pneumonia.

## WHAT'S MISSING?

Fill in the blank with the word that's missing, using the pictures as a guide.

Compassion-sponsored kids have access to: \_\_\_\_\_ And they learn about:

- A** Safe \_\_\_\_\_
- B** Healthy \_\_\_\_\_
- C** Medical \_\_\_\_\_
- D** Washing \_\_\_\_\_
- E** Brushing \_\_\_\_\_



Answers on page 2.

## → Just for Grins and Giggles

In places like Kolkata, India, many people don't have safe running water at home, so they get water by pumping it from a well. Compassion sets up water pumps like this one in many communities.



### SEND YOUR CAPTIONS TO:

Compassion International, Attn: *Compassion Explorer Magazine* Editor, 12290 Voyager Parkway, Colorado Springs, CO 80921. Or email it to [compassionkids@us.ci.org](mailto:compassionkids@us.ci.org).

School is fun – especially when you have as many friends as I do!

Hollyann, 11  
 Efland, N.C.

#### Family photo!

Caleb, 10  
 West Allis, Wis.

Hey, could you move over a little? "Umm, okay ..." "Oww, you stepped on my foot!" "Hey, guys, they're trying to take a picture here!"

Kaylee Swinson, 11  
 Coweta, Okla.

Ha-ha, girls, we got the swings!

Anna, 9  
 Gainesville, Fla.

Umm, teacher ... how many kids per swing???

Sage, 8, Chicago, Ill.



Remember this picture from the Fall 2012 issue of *Compassion Explorer Magazine*? Here are some of your great captions!

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 order more magazines here!**

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