Caroline Hanlon



Aa for Artist

Caroline Hanlon



Bb for Barista



Cc for Chef


Ever wonder how the ABCs are used every day?
Well, put that worry away because this little book will show you the way!
From coffee spills to swimming with fish, Caroline Hanlon illustrates with bold colors how the alphabet is used in everyday life.
EVERYDAY
ABCs
Written & Illustrated by Caroline Hanlon




National
Cherry Blossom
Festival
We're excited to announce that the 2021 Festival will bloom this spring (March 20-April 11), with an innovative format that honors the tradition of the Festival, while prioritizing the health and safety of participants amidst the coronavirus pandemic.
This year's Festival is designed to incorporate both virtual and personal experiences for everyone to enjoy this spring!
WELCOME TO THE NATION'S GREATEST SPRINGTIME CELEBRATION!
The National Cherry Blossom Festival commemorates the 1912 gift of 3,000 cherry trees from Mayor Yukio Ozaki of Tokyo to the city of Washington, DC, and celebrates the enduring friendship between the people of the United States and Japan. Today's Festival now spans four weeks and welcomes more than 1.5 million people to enjoy diverse and creative programming promoting traditional and contemporary arts and culture, natural beauty, and community spirit. Events are primarily free and open to the public.






If I could hold you
I'll whisper the things we'll do
Together with you









EXERCISE

Your child is built to move. From the moment they start to gain control over thier bodies, babies are hardwired to lift themselves up; roll back and forth; sit up; crawl; stand; and eventually walk, run and climb. By the time they are 2, most kids are racing about, kicking balls and tearing it upon tricycles with no signs of slowing down.

Except all too often, our kids do just that. Whether it's the lure of the screen or limited time outside of school, homework and other extracurriculars, kids are less active today than ever. Just 21.6 percent of 6- to 19-olds in the U.S. get 60 or minutes of moderate-to-vigorous physical activity at least five days a week, according to the Centers for Disease Control and Prevention.

Phsyical activity is benefical for all ages, but for kids it's especially important, notesMagdalena Oledzka, DPT, director of pediatric rehabilitation at the Hospital for Special Surgery in New York City. "It stimulates growth; strengthens msucles; builds strong bones; boosts cardiovascular health; prevents obesity; and improves cognitive functions like memory, processing speed and attention." Movement is so important that the government's2018 Guidelines for Physical Activity report recommends that kids as young as age 3 get atleast 60 minutes of activity each day. But don't think you have to sign your kid up for herown gym membership by the time she's out of diapers. "Young kids thrive on unstructuredplay, so we want to encourage our kids to do any activity they can in a safe environment,"says Len Saunders, educator and author of Generation Exercise. And don't be scared offby the one-hour guideline. "It doesn't have to mean 60 minutes of physical activity all at once."







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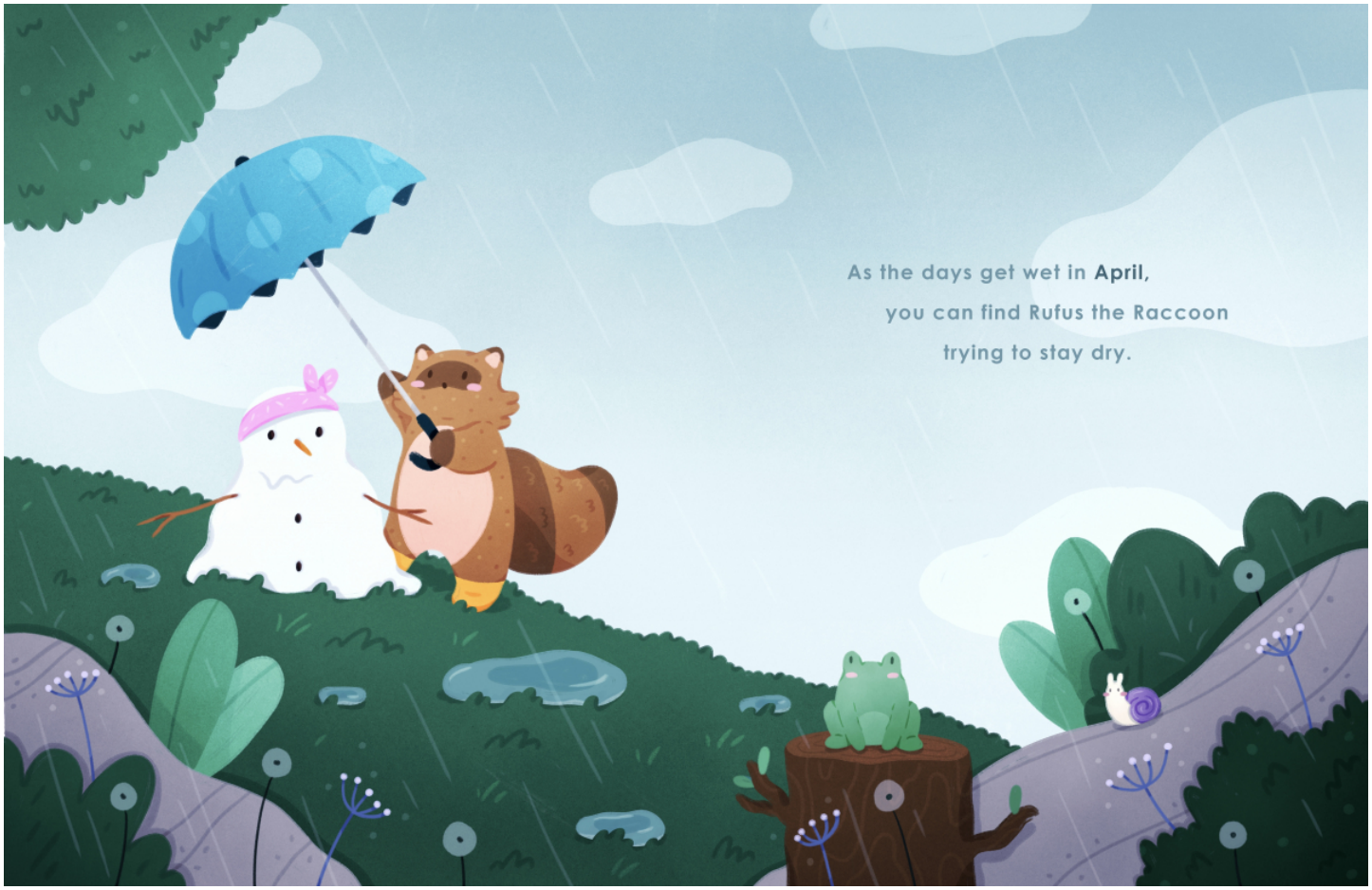
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As the days get wet in April,
you can find Rufus the Raccoon
trying to stay dry.


From snowy hilltops to sandy beaches, join Rufus the Raccoon as he explores all the months in the year.
RUFUS
the Raccoon
Written & Illustrated by Caroline Hanlon



We live in a world that was never designed to absorb indestructible waste. Today's disposable culture works against the cycles of nature, spawning an increase amount of unwanted stuff that's not going anywhere anytime soon. It's plainly an unsustainable model - and a perfect reason to train ourselves back into a mindset of treasuring our possessions, rather than viewing them as endlessly replaceable.

Luckily for us - an especially for the planet - this mentality is fast gaining ground, as ever more of us embrace a 'make, do and mend' philosophy that wsa the norm in the previousgenerations. This is backed up by a growing movement of grassroots projects, encouraging usto throw away less and look after what we have. From repair cafes to community lending programmes, many of us now live alongside local initiatives that can help us embrace a more sustainable way of life.

Meet you at the repair cafe An easy step to throwing away less is to repair rather than replace things we already own. If you've ever mended a hole in well-worn clothing or pieced together a precious item of broken pottery,you'll have a good idea just how satisfying it feels to give your possessionsa new lease of life. However, many of us don't feel confident in our tinkering skills, which is where repair cafes and similar community mending initiatives come in. The repair cafe concept was started by Dutch journalist and environmentalist Martine Postma in 2009, and quickly snowballed, with examples now in action across the globe. The concept is simple: a group of volunteers comes together in a local space and people are invited to bring along their broken items to be fixed. The sharing of skills in this way has a fantastic range of benefits - and not just to the planet. Kate Jerrold is acutely aware of the broad positive impact of such projects. She started the Bristol Repair Cafe in 2012, after broken dishwaser started her wondering why there was no such scheme in her area, and realising that she could be the one to do something about it.


So it was always Winter there,
and the North Wind, and the Frost, and the Snow danced about
through the trees





The Value of Style

by PT Staff

We live in a culture that constantly bombards us with inducements to buy, to accumulate stuff. But when it comes to clothes, no matter how full our closets are, we can often be heard to wail, "I have nothing to wear."

"With style, we stamp our personal identity on an arrangement of things."

That's because we often confuse fashion with style. Style is the ability to distinctively sort through the maze of things, make a selection and do so in a way that is in keeping with how we see ourselves. With style, we stamp our personal identity on an arrangement of things. And our closets always seem full of possibilities—it just depends on what aspect of our identity we want to make palpable in clothes that day.

Style is important, often undervalued because it is so widely misunderstood. Style is what we really want when we say we want to be fashionable. Style delights because it is always fresh, is a little ode to creativity and novelty. It gives a hint of personality. always a little excursion into self-expression. It is a reflection of your unique complexity as a human being.

More than anything, style is more than mere clothes. For one thing, it takes less in the way of clothes to express style than you might think. Style is a little excursion into self-expression through clothes. It is self-knowledge and self-confidence expressed through what you choose to wear, a life-affirming expression of your character and spirit.

And for that reason, it always suggests that you are in control of your personal environment. That's one reason why it is an invaluable tool in moving through the world, whether the social world or the business world. It communicates that you are on top of things—the kind of person you want to have around for almost any task. Style, therefore, is persuasive all by itself, before you open your mouth or present credentials.

Fashion is in the clothes. Style is in the wearer. The distinction between fashion and style could not, therefore, be more important.





Fashion stuns. Style delights.
Fashion costs. Style is priceless.
Fashion is mindless. Style is intelligent.
Fashion is fascistic. Style is individualistic.
Fashion changes. Style evolves.
Fashion is matter. Style is spirit.
Fashion comes from outside. Style comes from within.
Fashion is self-conscious. Style is self-assured.
Fashion glares. Style glows.
Fashion is slavery. Style is mastery.

Fashion is literal. Style is original.
Fashion declares. Style insinuates.
Fashion is serious. Style is ironic.
Fashion is reproducible. Style is inimitable.
Fashion is safety. Style is courage.
Fashion is clothes. Style is character.
Fashion is this minute. Style is forever.
Fashion restricts. Style liberates.
Fashion is rigid. Style is spontaneous.
Fashion is surface. Style is substance.







"The more that nature is left to its devices, the more benefits it can have."

Summer is firmly on the horison, which means many of us are now thinking about sprucing up our gardens - especially since they will be such a prime location for socialising after a year of pandemic restrictions. And what could be better after months cooped up indoors than spending time in a bright and lively garden thrumming with wildlife, insects, and natural activity?

There are around 24 million gardens across the UK making up a combined area nearly four times the size of all of our national reserves put together, so we have a wonderful opportunity to help support British wildlife - something that's now more important than ever. "We have so much amazing wildlife in the UK, but research shows that some 44 per cent of species are on the decline," explains James Winder, programme coordinator at Naturehood, a community project working to reserve wildlife decline by connecting people with nature.

"This is a shocking statistic, but sadly one that doesn't come as a surprise when we consider that in the last century human activity has removed 97 per cent of our native wildflower meadows and around half a million ponds," he says. "Even our most-loved species are at risk, including hedgehogs which were categorised as 'vulnerable to extinction' in the UK in 2020.

Back to Nature

The good news is that reversing this worrying trend is really easy. "You can createa wildlife garden by simply leaving everything alone," says James. "The more that nature is left to its own devcies, the more benefits it canhave." But he acknowledges that a completely overrun garden isn't to everyone's taste: "It's really just about incorporating opportunities for food, water and shelter into your plans." He suggests spending time thinking about what you really want out of your garden before making any changes. "Do you want to see lots of birds? Ormaybe you want to help support your dwindling pollinator population? Maybe you want to helphedgehogs travel safely," he says. "Any action - big or small - will have a great impact."

Creating a wildlife-friendly garden isn't just good for nature, either. Numerous studies have highlighted the positive impact spending time with nature can have on people's mental health and overall wellbeing. So before you pad down to the shed or head out to the garden centre, keep these suggestions in mind.







Thank you for viewing