

## VEGAN CHRISTMAS

'Twas the night before Christmas, and all through the house,  
 Nothing's overnight baking, not lamb and not grouse.  
 Making plans for the morning, health-conscious are we,  
 Jotting it down, while sipping white green tea.  
 We'll start with wheatgrass—a two-ounce shot,  
 Toasting healthy bodies with no meat in the pot.  
 Most thankful are we as we pause to say grace,  
 For not getting caught up in the holiday rat race.  
 Sparkling pomegranate juice in a wine glass,  
 Light up the stove—we're cookin' with gas!  
 Pita chips and hummus are starter pre-meal,  
 Carrots, jicama, bell peppers—the natural deal.  
 Uncork the vintage sauvignon blanc,  
 Segura Viudas Spanish bubbly you can take to the bank!  
 Fresh garden salad, sunflower seeds, and sprouts,  
 There's enough for everyone—so no one pouts.  
 Simmer a pot of couscous, or basmati rice,  
 Baked butternut squash would surely be nice.  
 Raw sugar snap peas, and baked yummy yam,  
 Doing well avoiding duck, turkey, and ham.  
 Brown rice bread, lentil veggie soup, too.  
 Wow—without meat and dairy—there's so much you can do!  
 Chocolate tofu mousse cake—well-chilled,  
 With graham cracker crust, I'm not that strong-willed!  
 Organic pumpkin pie—served piping hot.  
 Sugar-free, you ask? I think *not!*

~ SHERYL ROUSH  
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## IT'S TIME FOR A HOLIDAY

As the cold months come near  
 Snow blanketing the earth  
 The animals have no fear  
 Instincts form from birth  
 For they know what they must do  
 They have done it all along  
 It's almost time to start a new  
 To bring spring in with a cheerful song  
 But before that can happen  
 They must close their little eyes  
 And start nappin'  
 But for us humans it's another story  
 We have our own plan in mind  
 Time to stock up your inventory  
 Don't be blind  
 It's time for a holiday!  
 There's different ones for every culture  
 Everyone say "Hooray!"  
 Family members come from a far  
 To help you celebrate  
 So jump into the car  
 And don't be late  
 There's lots of yummy food and drinks  
 Gifts and presents too  
 But when it's over, that just stinks!

~ SHENAY KLOSS, AGE 13