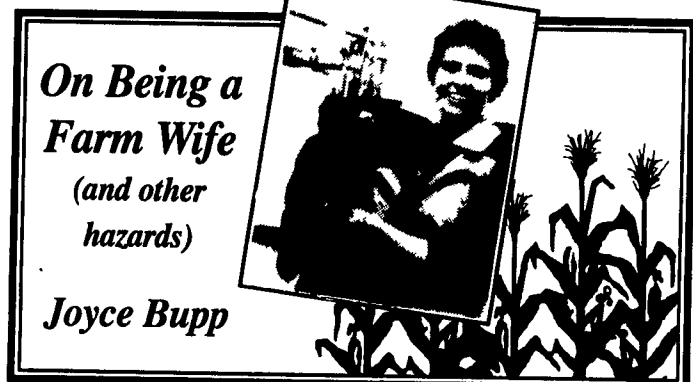


# Kids And Snacking



Some of us are more susceptible to it than others. But most of us fall prey to its clutches sooner or later.

There is no vaccine or known preventive. No injections, no prescriptions, no surgery. Once it hits, the afflicted must just suffer through the symptoms and let time do the healing.

No, no, not the common cold. Foot-In-Mouth disease.

My most recent bout with Foot-In-Mouth began in late summer. An explosion of "blessed events" visited the farm, with as many as three calves a day born in the maternity pasture. We had bull babies, we had heifer babies, we had a couple of sets of twins, doubling the delivery rate.

A year prior, in addition to raising all our heifer calves, we had begun also raising the bull calves toward a steer fattening enterprise. But our heaviest calving time is late summer through fall; and by October, there were bawling black-and-white babies in every corner of the barn area. Calves in the calf nursery. Calves in temporary individual pens in the old wagon shed. Calves in the overflow pens we always need during the late summer season of plentiful births. Even some doubles, where we raised a set of two of smaller-at-birth twins together.

With the changing of daylight savings back to standard time, tending to our nursery population became a flashlight-in-hand job, since our overflow calf facilities have no handy light switches. And in the one overflow area, a sloping roof kept the babies snug and dry during a rain, but funneled the runoff right down the back of the neck of the calf feeder.

So, by mid-November, I found myself lamenting to a friend one day who inquired about the calf crop: "I've almost reached the point where I don't care if I don't see another calf for awhile."

Whoops! Foot-in-mouth! Within a week or two, a stretch of weather arrived which brought temperatures bouncing between 70-degrees to below 30-degrees, extremes which are hard on the systems of animals. And suddenly we had calves with colds and pneumonia, a more serious outbreak of calf ailments than had hit through the entire super-cold stretch of last winter.

Having always prided myself on being able to nurse calves through most anything, the sudden and unexpected loss of a calf that had just hours before seemed healthy, hearty and was nursing eagerly came as a personal affront. My memory of earlier complaints made it worse; I felt personally responsible for wishing for a few less bawling mouths to feed. Be careful what you wish for, I remembered - you might get it.

One visit by our veterinarian, an afternoon spent with The Farmer administering routine cold vaccinations, and some stabilizing of the winter weather seems to have again blessed us with hungry, bright-eyed, bottle-guzzling babies.

Just this morning, our girls delivered two more blessed events, one heifer and one bull. Yesterday, another bull. Several more are anticipated. I've vowed to be thankful for every eager, bawling muzzle, heifer or bull, that chews on my elbow, bellows in my ear — and butts me when I'm not paying attention.

HONESDALE (Wayne Co.) — Snacking is eating small portions of food between your regular meals. Children are natural snackers. They eat only when they are hungry, and then just the amount they need to feel satisfied. However, they must be taught not to satisfy their hunger with high-fat, high-calorie foods low in nutrients. Instead, they should be encouraged to eat food rich in protein, complex carbohydrates, vitamins and minerals.

After a difficult day in school, children come home very hungry. They head straight for the refrigerator or cupboard. They've probably eaten a relatively small breakfast and lunch, used up all of their energy in school and on the playground, and are ready for refueling when 3:30 or 4 p.m. rolls around.

Offer after school snacks that are low in calories, low in fat, and delicious. Be aware of the nutritional content of the snacks you buy and make sure you offer your children a variety of foods because no single food supplies all of the essential nutrients in the amounts a child's body needs to grow on. Eating foods from each of the food groups on the food pyramid daily helps to ensure a well balanced diet. Bread, Cereals, and other grain products (at the bottom of the food pyramid) provide B vitamins, iron, protein, and fiber. Fruits and vegetables (the next level up on the food pyramid) are good sources of vitamin A, vitamin C, folic acid, fiber, and many minerals. Meats, poultry, fish, eggs, and dried beans and peas supply protein, iron and other min-

erals. Milk and cheese are major sources of calcium - very important in the diets of children. Storing as much calcium as possible in the bones in younger years may help prevent osteoporosis later in life.

Make snacking a healthy habit. To make healthy snacks more appealing and tastier, try the following:

- For a low-calorie drink, combine equal parts of soda water and a favorite fruit juice and serve on-the-rocks.
- To make a dip for raw vegetables, combine 1 cup cottage cheese, 2 to 4 tablespoons milk, and dill weed or chives to taste in

a blender and mix until smooth.

- Make frozen banana treats by wrapping peeled bananas in foil or plastic and freezing until firm.

- Ants on a Log - celery sticks fined with peanut butter and topped with raisins.

- Roll-up Salad spread a lettuce leaf with peanut butter. Place a celery or carrot stick in the middle. Roll up the leaf with carrot or celery in center.

- Gorpy Gorp - mix together - 1 cup raisins, 1 cup peanuts, and 1/2 cup coconut

For more snacking ideas contact Evie Vitali at the Wayne County Cooperative Extension office at 717-253-5970 ext. 239.

## Tracks And Trails

LANCASTER (Lancaster Co.) — On February 4 the Shuts Environmental Library in Lancaster County Central Park is offering Tracks and Tales, a nature program that includes fireside Native American stories told by Claudia

Kirk. Children, ages 9-11, will also enjoy a trek to woods and fields to develop observation and tracking skills with naturalist Kathy Kinter. Meet at the Shuts Library at 1:00 p.m. and dress warmly. Call 717-295-2055 to register.

## Update For Childcare Professionals

COLLEGEVILLE (Montgomery Co.), — A three-session course for persons employed in the child care profession is being offered by Penn State Cooperative Extension. The course will meet on January 24, 31, and February 7, from 7:00 pm to 9:30 pm in North Wales. Registration is required and the cost is \$30 per person.

Topics at the first session will include "Confidentiality" presented by Ronald McGuckin, Attorney at Law and "Inclusion and the Child Care Center" by Barbara Merves with the Montgomery County Intermediate Unit. The

second session will cover "Educating Parents" presented by Meg Griffin, Ph.D., and a sharing of activities for involving families in center activities. The final session will focus on puppets, music and drama, presented by Ingrid Crepeau and Michele Valeri from the Wolf Trap Foundation for the Performing Arts in Washington, D.C. Educational handouts are included in the registration fee. Class size is limited.

For more information, contact the Cooperative Extension office in Montgomery County (610-489-4315) or Bucks County (215-345-3283) and request a brochure.

Could some researcher out there please consider developing a vaccine for Foot-In-Mouth? And, hurry.



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