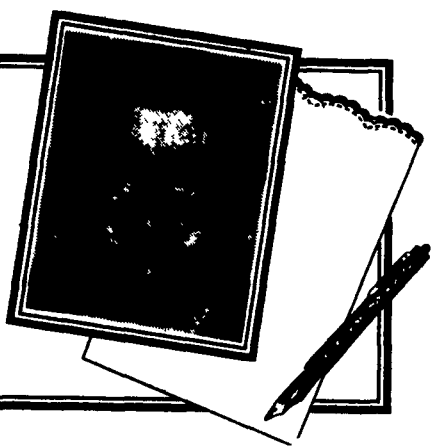


**Ida's
Notebook**
by
Ida Risser



Some people like to cut down trees. They remove a long row that divides one farm field from a neighbor's field. The reason being that now a few more plants will grow. A neighbor recently removed a row of locust trees along the road and now the house is more visible. I like to plant trees and watch them grow.

Different trees in my life bring back various memories. One was a black cherry tree behind our barn. My sister did not mind climbing it to pick the fruit, but I clung to the ladder. Another memory concerns another cherry tree behind our house. This one dropped many cherries, which the bees liked. The problem with this was that we children had bare feet and we got stung as our swing was on a lower branch.

Storms often took down fruit trees in our front yard. And, when one fell, we invariably got out the

camera and took a family photo. One is of an apple and another of a pear tree.

Many years ago I kept a hemlock tree in a tin can on the windowsill for several years. By doing this, I may have dwarfed it as it is now a short, stocky tree near our garden. We have many black walnuts in our meadow, and when I was a youngster, I had to pick up the nuts. I picked up a big bagful for my father from the wrong tree and had to start over again.

One tree that I will always remember was growing in a lower meadowland. It was a small willow that I came upon one spring day long ago. The remarkable thing about his tree was the fact that it was covered with a hundred tiny, yellow American goldfinch. They sang and swayed in the breeze. Something to remember forever.

Liza Haas Reigns As Penn State Dairy Princess

UNIVERSITY PARK (Centre Co.) — Liza Haas, the 1997-98 Penn State Dairy Princess, is the daughter of Gary and Lucinda Haas. The family lives on a dairy farm and milks 65 Holstein cows outside of Millerstown. Liza has two sisters, Trisha and Gretchen, and one brother, Joseph.

Liza will be a junior this fall majoring in dairy and animal science at Penn State University Park. She is a member of the Dairy Science Club, Block and Bridle Club, Coaly Society, and Alpha Zeta.

After graduating, Liza plans to run for Perry County and Pennsylvania Dairy Princess. Eventually, she plans to return to the family dairy farm.

Liza said, "Summer is on its way and many people are buying milk, cheese, yogurt, ice cream, etc. As a result these dairy products will supply them with adequate amounts of calcium, the main building material of bones and teeth. Your body has 206 bones, almost half of which are in your hands and feet."

Here are a few dairy facts from Liza: In 1611, the first cow arrived in America. Today, there are more than 10,000,000 dairy cows in the U.S. A cow can produce 80 glasses of milk in 1 day. 80 glasses of milk will make about 80 containers of yogurt or 4 pounds of cheese. Try this incredible dessert.

- Cheese Cake Squares**
2 packages (8 ounces each) cream cheese, softened
1 cup ricotta cheese
1½ cups sugar
4 eggs
¼ cup butter, melted and cooled
3 tablespoons cornstarch
3 tablespoons all-purpose flour
1 tablespoon vanilla extract
2 cups (16 ounces) sour cream
Seasonal fresh fruit, optional

In a mixing bowl, beat cream cheese, ricotta and sugar until smooth. Add the eggs, one at a

time, mixing well after each addition. Add butter, cornstarch, flour and vanilla; beat until smooth. Fold in sour cream. Pour into a greased 13"x9"x12" baking pan. Bake, uncovered, at 325° for 1 hour. Do not open oven door. Turn oven off. Let cheesecake stand in closed oven for 2 hours. Cool completely on a wire rack. Chill several hours or overnight. Top each square with fruit if desired. Yield: 20 servings.

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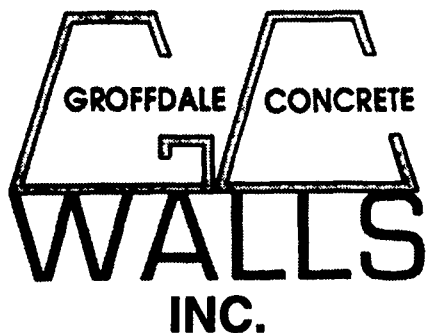


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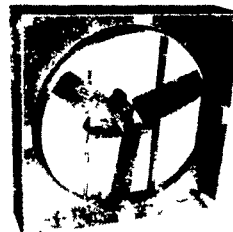
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Liza Haas

It's that time again...

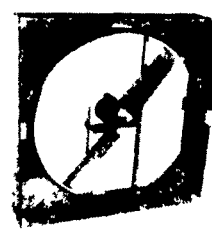
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