

# Kids Korner



## Triplets And Twins Herald The Arrival Of Spring

These kids get to play with the lambs at their grandparents 11-acre sheep farm located along Route 896 north of Strasburg in Lancaster County. Actually, when Grandpa and Grandma Siegrist (Elvin and Jane) went on vacation to Costa Rica in January, their daughter and son-in-law June and Jeff Hollinger and the grandchildren Eric and Chad Hollinger and Anthony Smoker cared for the flock of 17 mothers. Five sets of triplets and eight sets of twins later, the flock is bursting with 33 babies all frisky and playful.

To help the boys know which lambs go to each mother, different colored dog collars are used. Many of the lambs have already become pets, each with a different personality.

Right now, the most asked question is "Grandpa, can we keep them all?" And Grandpa is not ready to break any young boys heart just yet.

This large number of multiple births in a small Dorset flock is considered unusual. And experts agree whatever the Siegrists are doing in management, they should continue. The flock is a hobby for Elvin who uses the work with the sheep and lambs as a way to relax from his occupation as an auctioneer.

In the photo, the boys, from left, are Anthony Smoker, 10; Chad Hollinger 7; and Eric Hollinger, 10. Jeff and June Hollinger are standing in back.

*make it Milk*

## Farm Safety Secret Message

Decode the safety message below using the chart in the barn. For example the letter "T" would be the number 23.

22 63 12 24 23 53      64 22      23 54 24      52 24 53      23 33  
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## Smart Stuff

WITH TWIG WALKINGSTICK

### What causes heartburn?

It's all in the acid. First, if you're lucky enough to never have had heartburn, imagine eating the hottest, spiciest salsa ever. Now, pretend that as you swallow the salsa, it stops just before it gets to your stomach, right below your last rib. Your esophagus (the tube that takes food from your mouth to your stomach) feels like it's on fire. That's kind of what heartburn feels like.

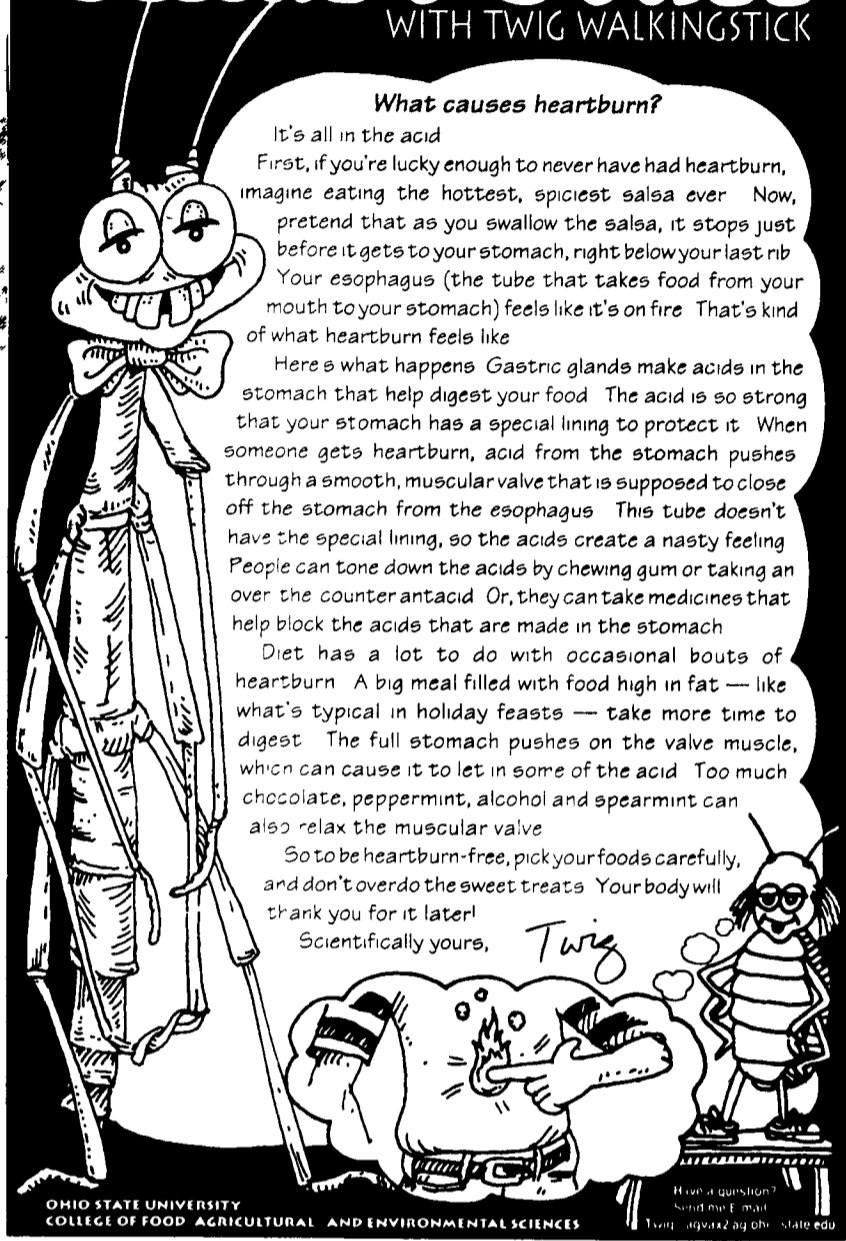
Here's what happens. Gastric glands make acids in the stomach that help digest your food. The acid is so strong that your stomach has a special lining to protect it. When someone gets heartburn, acid from the stomach pushes through a smooth, muscular valve that is supposed to close off the stomach from the esophagus. This tube doesn't have the special lining, so the acids create a nasty feeling. People can tone down the acids by chewing gum or taking an over-the-counter antacid. Or, they can take medicines that help block the acids that are made in the stomach.

Diet has a lot to do with occasional bouts of heartburn. A big meal filled with food high in fat — like what's typical in holiday feasts — take more time to digest. The full stomach pushes on the valve muscle, which can cause it to let in some of the acid. Too much chocolate, peppermint, alcohol and spearmint can also relax the muscular valve.

So to be heartburn-free, pick your foods carefully, and don't overdo the sweet treats. Your body will thank you for it later!

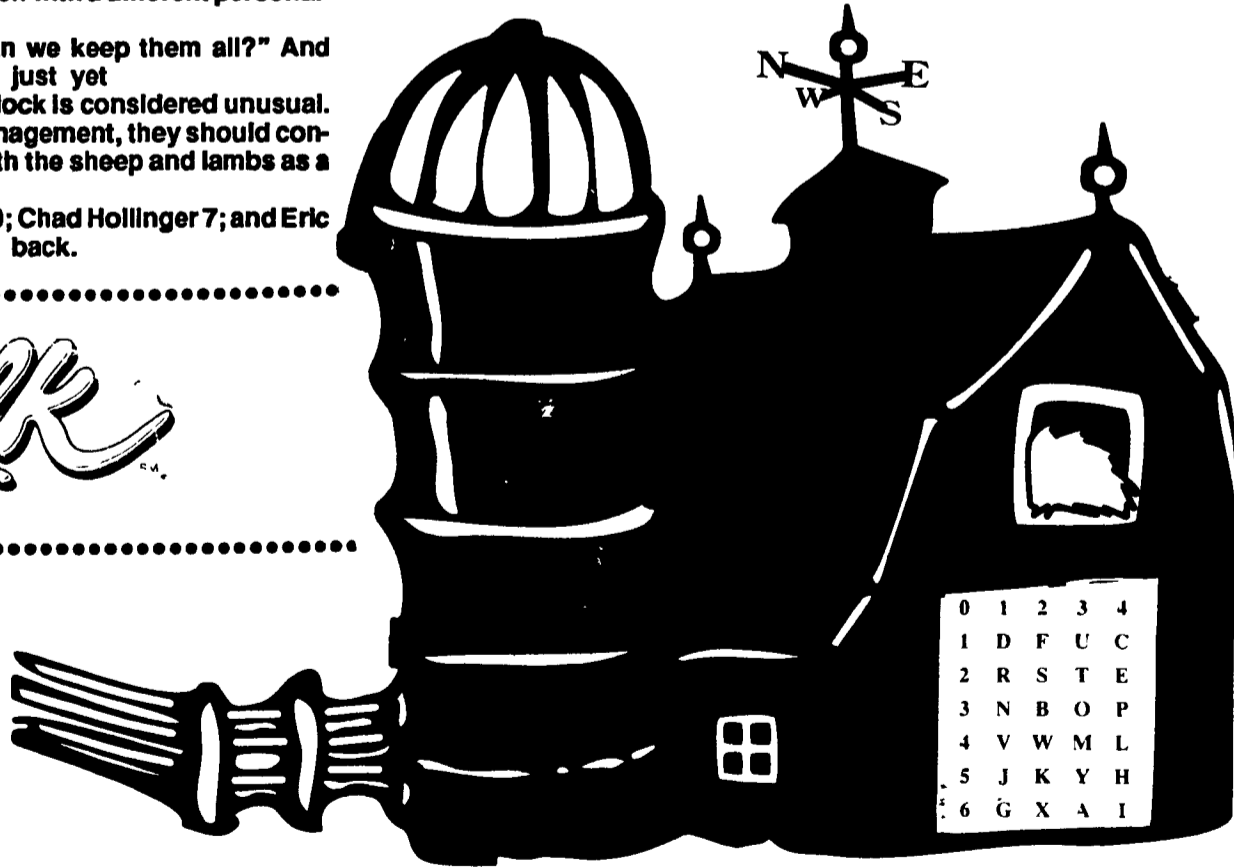
Scientifically yours,

Twig



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Have a question?  
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