

Kids Korner

'A Scoop For You, Two For Me' Says Little Dairy Miss

LOU ANN GOOD
Lancaster Farming Staff
LEESPORT (Berks Co.) —
Six-year-old Jaylene Leshner wears a tiara and banner with the title "Berks County Little Miss Dairy Princess."

She travels around Berks County to tell others about milk's goodness. She rides in parades, talks with important people in government, and meets hundreds of children and adults at schools, nursing homes, and promotional events.

She still finds time to attend first grade at Strausstown Elementary School and play with her brother Joshua, 8, and sister Laura, 4.

Jaylene isn't shy. She speaks clearly and confidently. Recently, Jaylene stood before hundreds of people attending the Berks

County Farm City Banquet. This is what she said:

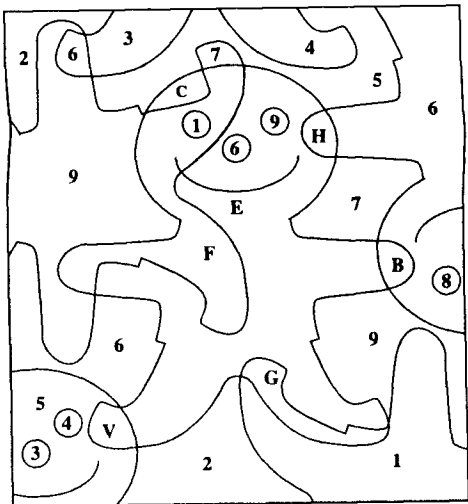
*I like milk
I like ice cream
Do you like milk and ice cream?
I do!
Milk is the best
To run fast
To get strong bones
And to make happy smiles.
I like milk
Three glasses a day
I like ice cream
A scoop for you, two for me!
I like milk
I like ice cream
Do you like milk and ice cream?
I do!*

Then, Jaylene lifted a glass of milk and said, "Good food, good milk, good friends! Cheers!"

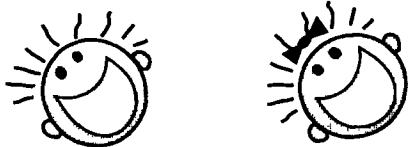


Berks County Little Miss Dairy Princess Jaylene Leshner, daughter of William and Lolly Leshner, travels the county telling others how much she likes milk and how strong and happy it makes her.

HIDDEN PICTURE



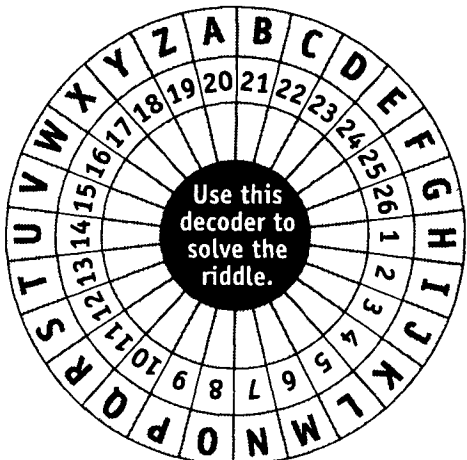
Color in each space that contains a letter.



SECRET CODE

What can be as big as an elephant but weigh nothing?

20 12 1 20 23 8 16



The President's Speech

President Abraham Lincoln gave the Gettysburg Address probably his most famous speech, in November 1863, when he was invited to dedicate a cemetery for Union Soldiers who had died in the Civil War



Today, there are five known copies of the "Gettysburg Address." Two are in the Library of Congress. Originally, Lincoln gave these to his private secretaries, John Nicolay and John Hay. The copy he gave Nicolay, which is on exhibit at the Library of Congress, may have been the first draft of the speech, or it may have been what Lincoln read the day of the speech.

When Nicolay died his copy was given to Hay. After Hay died his relatives gave both copies to the Library of Congress.

In order to preserve the copies of the address, Dr. Nathan Stolow made state-of-the-art environmental containers to hold them. These containers have heavy gauge stainless steel inner supports and two outer frames. They are filled with a low-moisture gas, so no oxygen can destroy the documents. They are kept in a low-temperature vault which has other valuable documents.

In addition to the copies Lincoln gave his secretaries, he wrote other copies of the address when he returned to Washington, D.C. One is on display in the Lincoln Room of the White House and another is at the Illinois State Historical Library.

MILK. IT DOES A BODY GOOD.™

Smart Stuff

WITH TWIG WALKINGSTICK



Why do we need calcium?

Calcium helps our bones and teeth stay strong, and it also keeps us healthy. Our bodies use calcium in muscle contraction, blood clotting and maintenance of cell membranes. Without it, we'd be in big trouble!

There are many foods that contain calcium. In fact, 75 percent of the calcium we consume comes from dairy products—especially milk, cheese, ice cream, and yogurt. We can also get large amounts of calcium from enriched cereals, juices and other calcium-enriched foods. Breakfast is a good time to get calcium—a plain English Muffin with raisins, two 4-inch plain, buckwheat or whole-wheat pancakes, or one medium-sized bran muffin is packed with calcium. We get about 62 percent of our recommended daily allowance of calcium from vegetables. Meat, poultry and fish provide us with about 3.4 percent of our daily calcium intake. Milk, however, remains the best source. The white stuff has just what our body needs to absorb and use calcium efficiently.

Make sure you eat a balanced diet—it's the best way to ensure your body gets enough calcium and other nutrients.

Scientifically yours,

Twig

