

Consuming Thoughts

by

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Teaching Kids About Social Security

UNIVERSITY PARK (Centre Co.) — A new feature on the Social Security Administration Website is designed specifically for children.

From a human development perspective, "Kids' Stuff" is brilliant. Friendly animals introduce basic Social Security concepts and share messages about the importance of saving and planning. By clicking on a turtle, young visitors learn how the slow and steady turtle beat the fast but overly-assured rabbit. The moral? "Slow but sure wins the race."

A lion says "When I used to chase the cows, I couldn't get them because they stuck together. I was able to get them, one by one, after they fought and separated." The concept? "United we stand, divided we fall."

A grasshopper may provide

the most direct message about Social Security's importance: "When I saw an ant moving an ear of corn...I invited the ant to stop working so hard and relax with me. The ant said he had to keep working to store food for the winter. When winter came the ants shared the corn they had stored, and I had no food, so I was very hungry." The moral here: We all need to prepare for the future.

To find out what a pig, stork and crow have to say about saving and planning, check out the Website at <http://www.ssa.gov/kids/kids.htm>.

According to "Social Security eNews," the administration's on-line publication, learning about Social Security is "important to everyone — even grade-schoolers. They'll learn about the value of

saving and planning for the future. Teaching these values to kids at an early age will help them to be prepared when the time comes."

Young people must realize that Social Security is more than a retirement or "old people's" program. In fact, 30 percent of the recipients aren't elderly, but people who receive support through Social Security's disability insurance and survivor's insurance programs.

The Social Security system is built upon a social compact between generations. People who are retiring now and about to draw benefits made payments into the system that funded the previous generation's benefits. Similarly, for current workers to draw benefits when they retire, they must count on contributions made by future generations.

Although Lent is a time of sacrifice, you don't have to starve yourself or spend hours in the kitchen to fulfill Lenten obligations. You can have meals that are both hearty and easy to prepare.

If you keep eggs—nature's own convenience food on hand—there are many possibilities. Breakfast is still considered the most important meal of the day, especially for families with children. To help ensure success for yourself and your family, plan a nutritious breakfast each morning.

Teens enjoy dishes like quick-and-easy Mexican Eggs which can help get their day off to a good start. Simply scramble two eggs and add a tablespoon of shredded reduced-fat Monterey Jack cheese and taco sauce to taste. Vary the recipe to suit your family members' tastes and their dietary needs, too. Just multiply the recipe for the number of servings your need.

For a simple, yet satisfying, main dish, poach eggs right in a bowl of minestrone soup and serve them with a chunk of crusty bread. You can also cook up a batch of frozen hash browns, dotted with other veggies.

Make indentation in the cooked veggies and break in some eggs. Cover the pan and let trapped steam cook the eggs. Another time, fill omelets with a colorful medley of veggies and serve them with a tossed green salad.

For a dinner that's even easier than omelets, make a frittata, and Italian omelet in which the filling cooks right along with the eggs. It's a skillet supper that you can put on the table in a flash and serve right from the pan.

The eggs, tuna and cheese in Tuna Frittata provide plenty of protein. This frittata also boasts the beneficial omega-3 fats that come from fish.

Tuna Frittata 6 to 8 servings

- 8 eggs
- 1 can (6.5 oz.) tuna packed in water
- 1 tablespoon instant minced onion well drained
- ¼ teaspoon dry mustard
- 1 can (4 oz.) sliced mushrooms
- ¼ teaspoon seasoned salt, optional undrained
- ¼ teaspoon oregano leaves, crushed
- ½ cup (2 oz.) shredded reduced-fat cheese
- ¼ teaspoon ground pepper
- Cheddar cheese
- 1 tablespoon butter

In medium bowl, beat together eggs, onion, mustard, salt, if desired, oregano and pepper until blended. Stir in tuna, mushrooms and cheese.

In 10-inch ovenproof omelet pan or skillet (to ovenproof handle, wrap completely with aluminum foil) over medium heat, melt butter. Pour in egg mixture. Cook over low to medium heat until eggs are almost set, about 7 to 9 minutes. Broil about 6 inches from heat until eggs are completely set, about 3 minutes.

Cut into wedges and serve from pan, or either slide frittata from pan or invert onto serving platter.

Nutrition information per serving of ¼ recipe without salt: 138 calories, 8 gm total fat, 230 mg cholesterol, 263 mg sodium, 167 mg potassium, 1 gm carbohydrate, 15 gm protein and 10% or more of the RDI for phosphorus, riboflavin.

Volunteers Needed At Hershey Gardens

HERSHEY (Dauphin Co.) — As it prepares to open for its 66th season on March 30, numerous volunteer opportunities are now available at Hershey Gardens, one of Central Pennsylvania's most beautiful attractions.

All that is necessary is a time commitment and a general interest in gardening or butterflies.

Training, where needed, will be provided.

Needed are Butterfly House Flight Attendants, to guide visitors and answer questions about butterflies, their life cycle, and the host and nectar plants within the House; Gardens Guides, to lead adult tour groups, interpreting history and describing the

Gardens; School/Youth Program volunteers to work with children ages 3-12; and, Volunteer Gardeners to help preserve the beauty of Hershey Gardens.

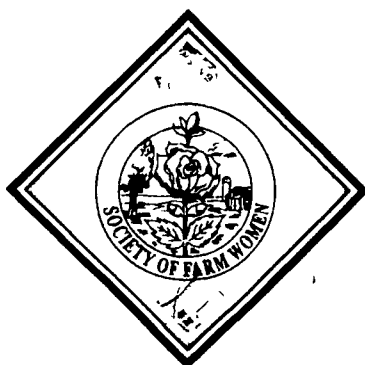
Becoming a Hershey Gardens volunteer is as simple as dialing (717) 534-3493 or sending an e-mail to chuff@hersheygardens.org.

Lancaster Society 20

Farm Women 20 met Feb. 7 at the home of Jane Ferguson with Valaria Ferguson as co-hostess. There was an attendance of 14. Following the refreshments Jane read the Scripture taken from Mark 8:8-23. The Lord's Prayer was prayed in unison and the Pledge of Allegiance was used.

The president, Nancy Lefever, presided at the business meeting. It was decided to send money to Hospice in memory of Helen Tout who was recently called to her heavenly home. Three cards were sent during the month. On March 13, Farm Women 9 is entertaining us at The Farm and Home Center.

In the report of the State Convention at which 177 attended they mentioned that 24,000 cook



books had been sold. It was reported that Society 28 has dissolved. There is need for a second vice president. The state project for this year is "Feed the Children."

Before closing by singing "Brighten the Corner," Freda Wimer gave a very interesting reading.

Lancaster County Farm Women Society 20 met Thursday, March 7, at the home of Vera Herr with Jean Ressel as co-hostess. Following the refresh-

ments were the devotions when Jean read from the Matthew 24. Following the reading "The Pink Dress," the Lord's Prayer was prayed in unison and the Pledge of Allegiance was repeated.

For the roll call all 16 members gave a safety tip. Ten of the members will be attending the luncheon given by Society 9 at the Farm and Home Center this month.

For the program Police Chief Kenneth Work gave many interesting suggestions for safety when traveling or at home.

The meeting was closed by the President Nancy Lefever, who presided at the meeting. The April meeting will be at the Memorial United Methodist Church, Quarryville, when members will entertain Societies 23 and 15 at noon.

Lancaster Society 18

Lancaster County Farm Women Society 18 met Feb. 16 at Leola Family Restaurant with husbands and guests present. It was most pleasant to have a social time with friends whom we had not seen since the December meeting. Our newly chosen President Mildred Kreider presided at a short business meeting. Four ladies with birthdays in February were greeted with the birthday song. Sixteen members were present.

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— Jess "Dad" Dye, ID

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— Becky Nunn, TX

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