

Kids Korner

Santa Claus Powered By Calcium

ABBEY PUZO
Susquehanna Dairy
Ambassador

Have you ever wondered how Santa Claus keeps up with his many busy days of the year?

Let me tell you a little secret that he shared with me. Santa includes lots of calcium in his daily diet.

Here is what he ate on the day he told me this wonderful calcium secret. For breakfast he enjoyed a peanut butter banana smoothie. For lunch he had a grilled ham and cheese sandwich with tomato soup. Then for supper he had delicious mac-n-cheese. With all of his meals he enjoys a glass of cold milk. Before he went to bed he had cookies and milk as a bedtime snack.

Santa told me he encourages everyone to include as much calcium as possible in their diet. As a Susquehanna County Dairy Ambassador I also encourage you to eat 3-A-Day of Dairy.

Here are Santa's yummy recipes.

Happy Holidays!

PEANUT BUTTER BANANA SMOOTHIE

2 frozen bananas cut up
2 tablespoons creamy peanut butter
2 cups milk
1 teaspoon vanilla
Dash of cinnamon
Put everything in your blender and blend until smooth.

TOMATO-BASIL SOUP

8 plum tomatoes or 16 ounce can of tomatoes drained
1 medium onion chopped
1 tablespoon of olive oil

2 cloves garlic crushed
1 pinch of ground red pepper
1 tablespoon fresh basil or 1 teaspoon of dried basil
2 cups milk
Skin tomatoes, cut tomatoes in half and remove the seeds. Cook the onion in olive oil until golden brown. Add the garlic and cook about 1 minute. Add the tomatoes. Cook uncovered on medium heat for twenty minutes. Blend the veggies until smooth. Add the remaining ingredients and cook over low until hot. Do not boil. Garnish with fresh basil.

OATMEAL CHOCOLATE CHIP COOKIES

1 cup butter softened
1/4 firmly packed brown sugar
1/2 cup granulated sugar
1 egg
2 tablespoons milk
2 teaspoons vanilla
1 1/4 cups flour
1/2 teaspoon baking soda
1/2 teaspoon salt
2 1/2 cups Quick Quaker Oats
1 12-ounce package chocolate chips
1 cup walnuts (optional)
Beat together the butter and sugars until creamy. Add eggs, milk and vanilla; beat well. Add flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts. Drop by rounded tablespoons on an ungreased cookie sheet. At Christmas time you might like to sprinkle a little green or red sugar on the cookies before making. Bake at 350 degrees for 10 minutes. Cool one minute on cookie sheet then remove. Makes 4 dozen cookies.

Fancy Feathers 4-H Club Has Busy Year

MONTROSE (Susquehanna Co.) — We had a very busy year between the rain drops. In the spring we went to an embryology seminar put on by Penn State's Phillip Clauer. He covered everything on egg development.

He had eggs there of all different stages to let us see the development.

We had a dissection performed at Mt. View School. It was very interesting, especially when we saw an eye of the chicken bigger than the brain. Mr. Slocum did an excellent job of showing us the organs of the chicken.

Fred Cobb took several of the show birds to Honesdale Fair and did very well, taking Champion Clear Colored standard with an Australorp cockerel.

We participated in the 4-H garden/beautification program at the Harford Fair again this year. And this year, the weeds really grew with all the rain we did not worry about the garden drying out. We planted some perennials last fall, and to our surprise most of them came up. The leaders decided to give a Grand Champion award to Phillip Hartman, who did most of the digging up of the ground to turn over the weeds.

Before the Harford Fair we helped Ron Stiles, Bob Simons, and Robert Powell get the poultry barn ready. Getting the barn ready is a lot of work, with putting on tags, the shavings and the cups.

At the fair show, Jessica Sartell received Junior Reserve Bantam on a silkie hen and Junior Champion on a White Faced Black Spanish hen, and Champion Particled in the open show on a Quail Belgian D'Anver cock.

A special thanks to our judge, Robert Powell, for doing the showmanship and judging our 4-H show. He has helped us out greatly. We don't know what we would do without him. Thanks a million.



Members of the Susquehanna County 4-H Fancy Feathers 4-H Club display their winnings at the Harford Fair. From left, are Beth Page, Phillip Hartman, Fred Cobb and Jessica Sartell.

The results of the 4-H show at the Harford Fair follow: Grand Champion Showman — Jessica Sartell; Reserve Champion Showman — Beth Page; Best of Show — Black Tailed Japanese cock, Fred Cobb; Reserve of Show — White Faced Black Spanish, Jessica Sartell; Grand Champion Standard — White Faced Black Spanish, Jessica Sartell; Reserve Champion Standard — Australorp cockerel, Fred Cobb; Grand Champion Bantam — Black Tailed buff Japanese cock, Fred Cobb; Reserve Champion Bantam — Quail Antwerp Belgian hen, Jessica Sartell; Grand Champion Waterfowl or Turkey — African Goose, Beth Page; Reserve Champion Waterfowl or turkey — Royal Palm Tom, Fred Cobb.

Then to top the rest of the fair, we won the blue ribbon (first

place) on the flower garden that we planted along the side of the poultry building! The live Sweet Grass and silkies in a pen in the garden display were a big hit with the Fair-going public.

Jessica Sartell showed her birds at the Twin Tier Poultry Show in Bath, N.Y., Sept. 7, and won Junior Grand Champion and Best Mediterranean of the open show with her White faced Black Spanish hen.

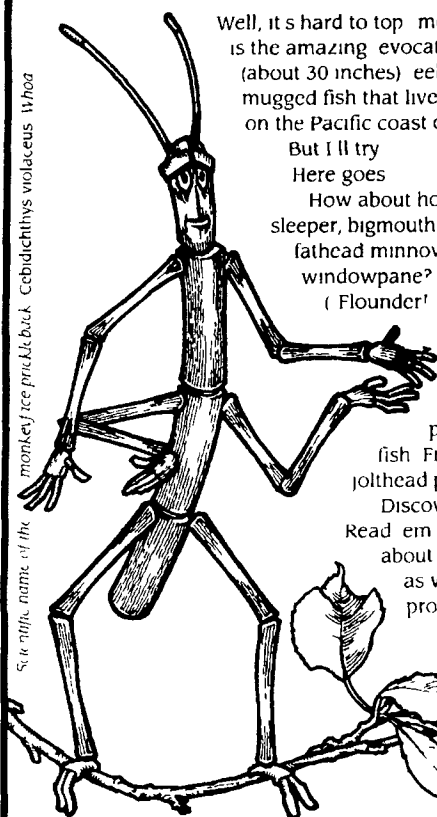
Jessica was also named Third Place Showman at the show. Then later in the month of Sept., Jessica showed at the Cobleskill, N.Y. show and took Second Place in Showmanship and received Junior Reserve Champion on a another White Faced Black Spanish hen. It was a great year.

— Jessica Sartell, News Reporter

Smart Stuff with Twig Walkingstick

Dear Twig: I heard a funny name for a fish: "monkeyface prickleback." Ha ha ha ha ha hee! What other funny fish names are there?

Scientific name of the monkeyface prickleback: *Cebidichthys volucaeus* W.Hoa



Well, it's hard to top "monkeyface prickleback," which is the amazing evocative wonderful name of a long (about 30 inches) eel-like and yes monkey-mugged fish that lives in rocky shoreline crevices on the Pacific coast of North America

But I'll try
Here goes

How about hogchoker, hog sucker lat sleeper, bigmouth sleeper (zzz)? Or flathead chub, fathead minnow, jumprock, madtom, windowpane? There's the three-eyed flounder (Flounder!), the spotted whiff the fluffy sculpin the hairy blenny

Batfish lumpfish, oyster toadfish (ribbit) Threespine stickleback Stoplight parrotfish Blackcheek tongue fish French grunt lookdown jolthead porgy

Discover more in a fish field guide Read 'em and laugh Then maybe learn about the fishes themselves They're as weird cool and varied as their proud oddball names

Biodiversely

Twig

From The Ohio State University specifically OARDC and OSU Extension

Christmas Is Coming

*Christmas time is coming,
There's a lot to do on the farm,
It's time to pull out your winter coats,*

*And put your long johns on,
The corn is done,
And winter work has just begun,*

*Mom is milking,
Dad is scraping,
Kids are feeding,
Grandma's baking,
Pies and cakes*

*With lots of whipped cream,
Custard cups with pralines,
Don't forget the milk and plates*

*Singing songs of cheer
Holiday hopes brighten thoughts*

Christmas time is here
Kathryn Liskey Ashley Rubush
Virginia Dairy Maid

Winter Holiday Word Search

American farmers grow all sorts of crops to help us prepare for the winter holidays of Christmas Thanksgiving Hanukah and Kwanza See if you can find them HAM LATKES TURKEY CRANBERRY YAMS CANDY CANE CORN SQUASH PIE BREAD PUMPKIN PECAN STUFFING

H	N	B	R	E	A	D	O	P	L	M	H	C
A	A	E	S	Q	U	A	S	H	B	R	O	R
B	V	M	F	R	T	G	V	E	S	D	O	A
S	T	U	F	F	I	N	G	B	O	T	E	N
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