

Summer 2009

In·A·Nutshell

News and fun for members of the Oakie the Oakhurst® Acorn Fan Club

Happy Summer, Kids!



While your summer **vacation** may be coming to an end, did you know that Summer doesn't officially end until September 21st? That means there is still plenty of time to get out there and enjoy!

You can help your parents investigate places to visit in good ol' Maine, New Hampshire, Massachusetts or Vermont – places like museums, beaches, mountain tops, rocky coasts, famous places in history, and hiking & biking trails! Hey, I have an idea! If you go someplace that you think is really interesting and fun,

send me a postcard or letter. I'll put it on my

super-duper Oakie bulletin board.

Make sure to tell your friends about the places you went, they may want to go there too!



Oakie

THE STARS AT NIGHT...

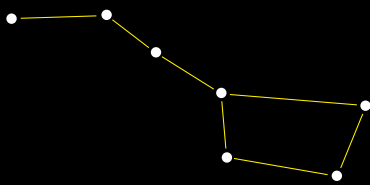
Summer is a fantastic time to gaze at the night sky, just for fun, looking for planets and stars. Our own sun is a star, and it (along with our planet Earth) is located in the Milky Way galaxy. Hey! Maybe it's made from Oakhurst milk!

There are billions and billions of stars in our Milky Way galaxy, and astronomers (they study the stars) say we can see millions of those stars from our corner of the Earth at night. Just for fun, ask your Mom or Dad to help you write the number "one billion." You'll be amazed at how many zeros there are!

On a clear night, go with your parents and some friends to an open field or the beach, away from the lights of your house or neighborhood. I like to bring a blanket, spread it out on the beach or in the field and lie down, looking at the night sky for hours. Once in a while I even see a shooting star! Bring a telescope or binoculars and check out individual stars, planets and constellations (clusters of stars forming shapes).

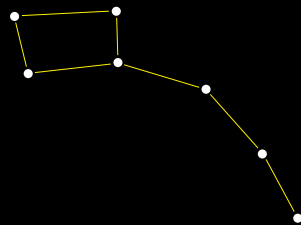
Some of the coolest constellations to find in our summer night sky are:

THE BIG DIPPER



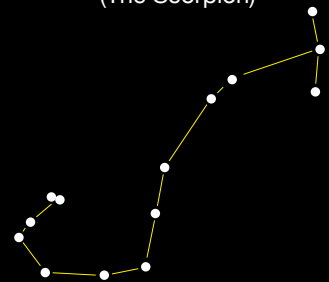
THE LITTLE DIPPER

(Did you know that the North Star is at the tip of its handle?)

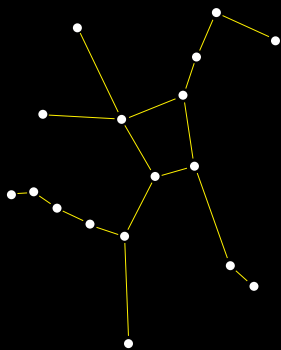


SCORPIUS

(The Scorpion)

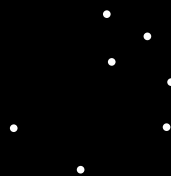


HERCULES



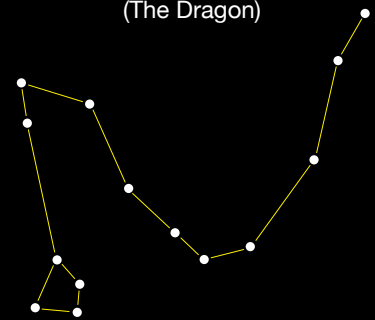
THE SEVEN SISTERS

(A cluster of stars that looks like a blob, until you see the individual stars with binoculars!)



DRACO

(The Dragon)



And don't forget to study our beautiful Moon, checking out the different phases it goes through each month, from full to new.

Make sure to check out the next full moons on September 4th and

October 4th! You and your family can find some nifty information

about the planets, stars and galaxies on the internet or at your

local library or bookstore. You know ME—I'm NUTS about

learning things! I hope you are too!



Stay Active This Summer, Kids!

What kind of things did you do during your summer vacation to keep fit? See how many healthy activities you can list here that you actually DID or would be interested in doing (the more physically active, the better). You can make the list all by yourself or get some help from your family and friends. I came up with two jillion activities! Well, OK, I listed 17 all by myself. Can you beat that?

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SUMMER ACTIVITIES WORD SEARCH

Now that you made your list of fun summer activities, see if you can find my 17 in this WORD SEARCH! Be careful — I tried to trick you on this one! Hint: some go SDRAWKCAB!

- | | |
|------------|------------|
| BIRDWATCH | TENNIS |
| SWIMMING | PINGPONG |
| BIKING | KAYAK |
| ARCHERY | HIKING |
| STARGAZING | FRISBEEING |
| WALKING | SAIL |
| POOL | BOWL |
| BASEBALL | JOGGING |
| BASKETBALL | |

L	E	P	B	I	R	D	W	A	T	C	H
S	W	I	M	M	I	N	G	E	E	P	L
T	C	N	G	B	B	I	K	I	N	G	X
A	F	G	N	F	A	R	C	H	E	R	Y
R	X	P	I	K	S	A	I	L	U	T	J
G	Y	O	K	H	K	A	Y	A	K	L	O
A	G	N	I	E	E	B	S	I	R	F	G
Z	A	G	H	D	T	E	N	N	I	S	G
I	T	L	L	A	B	E	S	A	B	C	I
N	D	A	E	I	A	J	L	G	O	C	N
G	G	N	I	K	L	A	W	B	W	M	G
Z	Y	X	A	Q	L	O	O	P	L	Z	A



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Where's Oakie?

I'll be out having fun at all kinds of great events coming up. I'd sure like to see you! You can find out where I'll be by going to www.oakhurstdairy.com.

PRSR STD
US POSTAGE
PAID
PERMIT #1
PORTLAND, ME

I hope you had a **FANTASTERRIFIC SUMMER VACATION, KIDS!** Good luck going back to school and be sure to tell your parents to look for new Oakhurst 6-packs when they shop—just the right size of Oakhurst goodness for your lunch! Don't forget those postcards and letters, and I'll write to YOU again when the new school year starts, just in time for one of my favorite holidays—**Halloween!** Oakie-doakie?

COOL SMOOTHIE POPS

While it's still warm out, you can cool down with some delicious treats made with Oakhurst juices and milks (and your parents will let you have them because they're healthy, too!) You can start out with our famous Oakhurst Smoothie recipe, then make Smoothie pops.

WHAT YOU'LL NEED:

- Prepared Smoothie
- 5-oz. paper or plastic cups
- Wooden popsicle sticks
- Little pieces of aluminum foil to cover the cup opening

WHAT TO DO:

- Fill each cup with Smoothie mixture
- Cover each cup with a piece of aluminum foil
- Insert sticks through the center of the foil into each cup – the foil holds the sticks in place
- Place cups in freezer and wait for the Smoothie to freeze (probably 3-4 hours)
- When frozen, remove Smoothie Pop from the cup – you can warm the cup in your hands to loosen the Pop if you need to.

OAKHURST Rise & Shine Smoothie

Oakhurst Rise & Shine Smoothie

- 1C Oakhurst 1% Lowfat Milk
- 1C Oakhurst Orange Juice
- ¼C Lowfat Vanilla Yogurt
- 14 Frozen Strawberries
- 1 Banana



Mix in a blender for 20-30 seconds

Makes approximately 4 8-oz servings

www.oakhurstdairy.com

ENJOY YOUR SMOOTHIE POP!!!