

Arlington Elementary School

ISSUE 3

DECEMBER 1, 2009



What's Happening in December and January

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I decided to put the December and January news together because of the short school month in December.

On December 2, we will have a minimum day for teacher in-service and school will be released at 12:30 PM.

Pearl Harbor Day is on December 7th.

The monthly Modoc Joint Unified School District board meeting will be on December 8th at 7:30 PM at the district board room.

Hanukkah begins on December 12th.

This year we will do our annual singing program at Arlington School on December 17th at 9:30 AM instead of a field trip to Alturas. This will be a short program with the students singing and playing guitars as well as a poem re-

cidental.

December 18th will be the student Christmas party and a minimum day. School will be released at 12:30 PM to begin the 2 week winter break.

Winter begins on December 21st.

Christmas Day is on December 25th and December 26th is the beginning of Kwanzaa.

Please have a happy and safe break with your family.

January 1st is New Year's Day and this is a great time to start a family tradition to be passed on through the years.

School resumes on January 4th at the regular time.

January 6th will be a minimum day for teacher-in-service and school will be released at 12:30 PM.

January 18th is Martin Luther King Jr.'s birthday and there



will be no school on that day.

There will be a Site Council / P.T.O. meeting on January 25th at 2:15 PM. All parents are invited and encouraged to attend.

There may be other events happening that have not been put on the calendar yet, but notices will be sent home with the students.

Jack Frost

Have you ever wondered who paints your house windows and car windows with beautiful pictures when it is very cold outside?

Well it is Jack Frost.

Jack Frost is a figure from folklore, an elfish creature

who personifies crisp, cold weather. He is said to leave those beautiful patterns on autumn leaves and windows on frosty mornings. It is thought that he originated in Norse folklore as Jokul ("icicle") or Frosti ("frost"). In

Russia, frost is represented as Father Frost, a smith who binds water and earth together with heavy chains. In Germany however, it is an old woman who causes it to snow by shaking out her bed of white feathers.





The History of Vanilla

Since everyone loves Vanilla, we should all know where it comes from and how it is made.

In the early years the ancient Totonaco Indians of Mexico were the first keepers of the secrets of vanilla. When they were defeated by the Aztecs, they were demanded to relinquish their exotic fruit of the Tlixochitl vine, vanilla pods.

When the Aztecs were defeated by the Spaniard, Hernando Cortez, he returned to Spain with the precious plunder, vanilla beans, which were combined with cocoa to make an unusual and pleasing

drink. For eighty years, this special beverage was only enjoyed by the nobility and the very rich. Then, in 1602, Hugh Morgan apothecary to Queen Elizabeth I, suggested that vanilla could be used as a flavoring all by itself, and the versatility of the exotic bean was finally uncovered.

Today, vanilla beans are grown in four main areas of the world. Each region produces vanilla beans with distinctive characteristics and attributes. Madagascar, an island off the east coast of Africa, is the largest producer of vanilla beans in the world

and the ensuing vanilla is known as Madagascar Bourbon vanilla. The term Bourbon applies to beans grown on the Bourbon Islands, Madagascar, Comoro, Seychelle and Reunion. There is no connection with the liquor produced in the United States. Madagascar Bourbon vanilla is considered to be the highest quality pure vanilla available.



What do you know about vanilla ?

- A few drops of vanilla in a can of paint will help eliminate unpleasant odors!
- A vanilla bean under your car seat gives a fresh aroma and helps eliminate musty odors.
- A teaspoon or so of vanilla in Italian tomato sauces or Mexican chili helps cut the acidity of the tomatoes!
- The United States consumption of vanilla beans is approximately 1,200 tons per year!
- In baking, cream the vanilla with the shortening or butter portion of the ingredients. The fat encapsulates the vanilla, preventing it from volatilizing in the baking process.
- Vanilla beans are hand-pollinated, on family plantations.
- The entire vanilla cultivation process, from planting to market, can take from five to six years!
- Vanilla extract is used by veteran fishermen to mask the smell of their hands so the fish won't detect them!

Holiday Pine Cone Potpourri

8 lbs pine cones
 3/4 oz Bayberry Fragrance Oil
 1/4 oz Cinnamon Fragrance Oil
 1/4 oz Clove Fragrance oil
 1/4 oz Orange Fragrance Oil
 1/8 oz Bay Essential Oil
 Use a 30 gallon trash bag 3/4 full with cones. Sprinkle the oils over the cones, mixing

them so that the oils are distributed evenly. Fasten shut near the top of the bag, leaving room to jiggle and mix the cones around occasionally, for a few days until the scents are blended.

Display in decorative baskets or bowls along with, for color and variety, long cinnamon sticks, tangerines or pomegranates, cedar tips, or your

own cut evergreen tips. Or keep by the fireplace and toss in for a quick burst of scent.



Turkey White Chili

1/2 lb white beans, soaked overnight in water, drained
 3 cups turkey stock
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 1 clove garlic, minced
 1 medium onion, chopped (divided)
 1 Tbsp olive oil
 1 jalapeno pepper, stem and seeds removed, chopped
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 Pinch of ground cloves
 1/4 tsp cayenne pepper
 2 four ounce cans chopped green chilies
 4 2 cups diced cooked Turkey

Salt to taste
Garnishes and extras
 1 1/2 cups grated Monterey Jack cheese
 1/3 cup (loose) chopped cilantro
 1/4 cup chopped green onions.
Directions
 Combine beans, turkey stock, garlic and half the onions in a large soup pot and bring to a boil. Reduce heat and simmer until beans are very soft, 1 to 3 hours or more. (depending on the type of white beans you are using. Cannelli beans are tender and tend to cook rather quickly. Navy beans

take longer.) Add additional water if necessary.
 Heat olive oil in a skillet on medium heat, cook chopped jalapeno and remaining onions in oil until tender. Add green chilies and seasonings and mix thoroughly. Add to bean mixture. Add turkey and salt to taste, and simmer for 10 minutes or more (up to an hour) until the beans are thoroughly soft and the stew has thickened.
 Serve topped with grated cheese, Garnish with cilantro, chopped tomato, salsa, chopped green onions and/or avocados.



Vegetable Fritters

Fritters can be made of almost any vegetable (just avoid wet ones like tomatoes). In this recipe you fry them pancake flat, in a shallow depth of hot oil until their edges become lacy and crisp, much like a potato pancake. Depending on the vegetable. You choose, you can serve fritters with tart

accompaniments like salsa, tomato sauce, or just sliced and salted tomatoes.
Ingredients for the batter:
 1 large egg
 1/2 cup cold water
 1/4 cup all purpose flour
 1/3 cup cornstarch
 Salt and pepper to taste.

For the vegetables:
 4 to 5 cups grated, diced, or finely chopped vegetables



The staff and students of Arlington Elementary School wishes you a wonderful, fun and safe holiday!!



Happy New Year 2010!!

Modoc Joint Unified School District is planning on making many difficult decisions this year concerning necessary measures they need to make because of budget cuts.

One of the areas they are looking at is closing Arlington Elementary School at the end of this year.

To stay informed and to have input on these decisions that affect your children, it is best to attend the district board meetings.

They are generally held on the third Tuesday of every month.

The next board meeting will be on December 8th because of the short school month. The meeting will take place in the district board room at 7:30 PM.