

New Mexico Beef Council  
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# Moos News 2

NEWS YOU CAN "COWNT" ON!

## COWBOY BOB'S SPECIAL MESSAGE

Howdy fellow cowboys and cowgirls:

Aren't we lucky to live in beautiful New Mexico with its' blue skies, forests and deserts and most of all... its friendly people?! Our ranching families play a big part in helping to feed people all over the world. Cattle ranching in New Mexico helps to support our schools, provide jobs to people and helps protect the environment and wildlife.

I do hope you enjoy the "Moos News Gazette" and will send us a letter letting us know what you would like to see in future issues. We want to hear your story. You never know, you may see it in our next issue! Let us know your news, or any questions you may have about New Mexico's ranches and the Beef Industry. Until next time, always remember...

"Never Play Leapfrog With A Bull"  
Cowboy Bob



Dina Chacon-Reitzel  
Executive Director  
NM Beef Council

Dina Chacon Reitzel, Executive Director for the New Mexico Beef Council invites you to enjoy the most recent publication of *Moos News*.

The Beef Industry is an integral part of life in New Mexico in many ways. Our ranchers provide healthy, wholesome beef for consumers and while raising their cattle, they take care of the environment and the wildlife.

The goal of *Moos News* is to provide the most current facts about the beef industry. Information that will entertain and educate New Mexico's young population. *Moos News* includes fun facts and activities for not only students but teachers as well! Games, puzzles, kid friendly beef recipes and much more!

Please let us know if you enjoy this issue. We always love hearing from you!  
Enjoy!

**Dina**



Where do Russian Cows  
come from?

**Moscow!**

Where do cattle go to  
dance?

**To the Meat Ball!**

## Cow Jokes

What do you call a sleeping bull?

**A bull Dozer!**

What's another name for a cowhand?

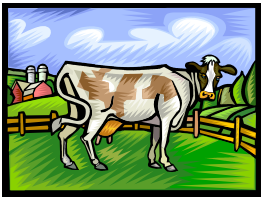
**Hamburger Helper!**

What do you call it when one bull spies on  
another bull?

**A steak-out!**

What two members of the cow family go  
everywhere with you?

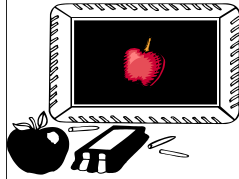
**Your calves!**



To a cow, every day is  
just an udder day

### FUN FACT

In one gallon of milk  
there are  
approximately  
350 squirts of milk!



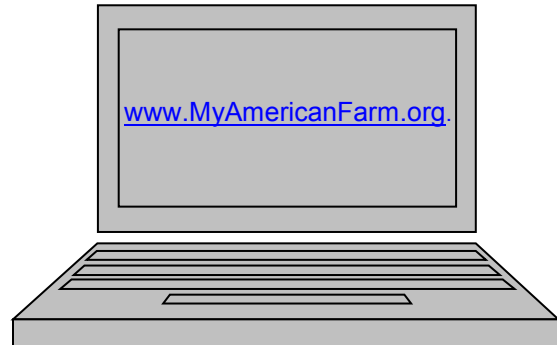
### TEACHERS!

Free Education  
Resources From  
NM Beef Council  
[nmbeef@nmbeef.com](mailto:nmbeef@nmbeef.com)  
(505) 841-9407

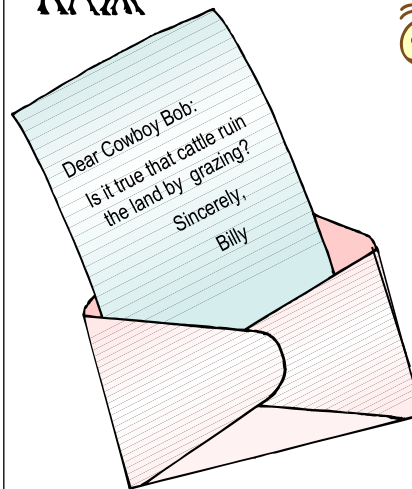


## Website for Kids *Get Clicking*

**FUN WHILE LEARNING!**



## Moo Mail



If you would like  
Cowboy Bob to answer  
a question, just send  
your letter to:

**Cowboy Bob**  
**NMBC**  
**1209 Mountain Rd. Pl. NE**  
**Suite C**  
**Albuquerque, NM 87110**

(Don't forget to include  
your name and email)



### DID YOU KNOW. . . ?

Hamburgers was first made in Russia!



The Average American eats **114**  
burgers each year!



The first cheeseburger was served at a  
restaurant in 1924!



The biggest burger in the  
world Weighed **6,040** pounds and  
was cooked in Montana, USA!



Dear Billy:

Cattle graze on land that can't be used for anything else. About 1.2 billion acres fall into this category. Cattle shake up the soil when they walk on it, allowing more oxygen to enter the soil, helping grasses and plants grow better. Cattle provide "natural" fertilizer in the form of manure. They also reduce the length of the grass when they graze, reducing the spread of wildfires. Cattle help us to maintain good healthy pastures.

Thanks little buckaroo,

**Cowboy Bob**

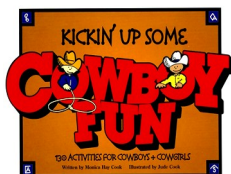




## BOOKS ARE MAGIC!

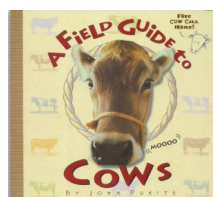


Listed are some fun books for little wranglers



### KICKIN UP SOME COWBOY FUN

130 activities for Cowboys & Cowgirls, written by Monica Hay Cook & illustrated by Jude Cook, Monjeu Press, Tucson, Arizona  
ISBN: 0-9662738-1-8, 143 pages.



### A FIELD GUIDE TO COWS

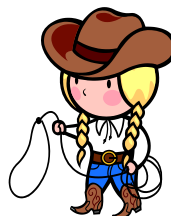
141 pages containing everything you ever wanted to know about cows plus activities, jokes and lots of fun facts. Written by John Pukite, Falcon Press Publishing Company, Inc., Helena and Billings, Montana, ISBN: 1-56044-424-X (pbk.), 143 pages.

# WORD GAMES



### BEEF SCRAMBLE

ZARGE \_\_\_\_\_ KASSET \_\_\_\_\_  
EFBE \_\_\_\_\_ KMLI \_\_\_\_\_  
EDIHWOC \_\_\_\_\_ FSHOO \_\_\_\_\_  
OTH SODG \_\_\_\_\_ NRAB \_\_\_\_\_



ANSWERS: GRAZE, STEAKS, BEEF, MILK, COWHIDE, HOOFS, HOTDOGS, BARN



### SENTENCE SCRAMBLE

1. A baby cow is called a FCLA.
2. Cows like to eat SSGAR and YHA.
3. Steaks come from beef OCWS.
4. A cowboy likes to ride on a SEHRO.
5. A dairy cow gives us IMKL to drink, RETTBU for our bread and SEHECE to eat with crackers.
6. KTAES, GRRHEBMU and SSTORA are cuts of beef.

Answers: 1. calf, 2. grass, hay, 3. cows, 4. horse, 5. milk, butter, cheese, 6.

## COWBOY UP



### ROY ROGERS RIDER'S RULES

1. Be neat and clean
2. Be courteous and polite
3. Always obey your parents
4. Protect the weak and help them
5. Be brave but never take chances
6. Study hard and learn all you can
7. Be kind to animals and take care of them
8. Eat all your food and never waste any
9. Love God, and go to Church regularly
10. Always respect our flag and our country

Now it's your turn . . . List 3 rules your parents taught you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### FUN FACT

There are over 900 breeds of cows in the world!



TO RECEIVE A  
**FREE**  
**COLORING BOOK**

CONTACT THE  
NM BEEF COUNCIL AT  
(505) 841-9407



# BEEF = A HEALTHY DIET

A		B		C		D		E	
1		2		3		4		5	
Z	26	Beef builds strong  ____ _ 2    15    14    5    19  <div>Answer: Bones</div>						6	F
Y	25	____ _ helps 26    9    14    3  your body fight off illness, helps wounds heal faster and help to think better.  <div>Answer: Zinc</div>						7	G
X	24	____ _ helps your body 9    18    15    14 make energy.  <div>Answer: Iron</div>						8	H
W	23	____ _ helps 16    18    15    20    5    9    14 You have healthy skin, bones, and hair and helps to build a strong body.  <div>Answer: Protein</div>						9	I
V	22	<div>BEEF has ZIP</div> <div>Z    ____ _           9    14    3</div> <div>I    ____ _ and           18    15    14</div> <div>P    ____ _           18    15    20    5    9    14</div> <div>Answer: Zinc, Iron, Protein</div>						10	J
U	21							11	K
T	20							12	L
S	19							13	M
18		17		16		15		14	
R		Q		P		O		N	

## NACHO BEEF DIP



Total preparation and cooking time: 25 minutes

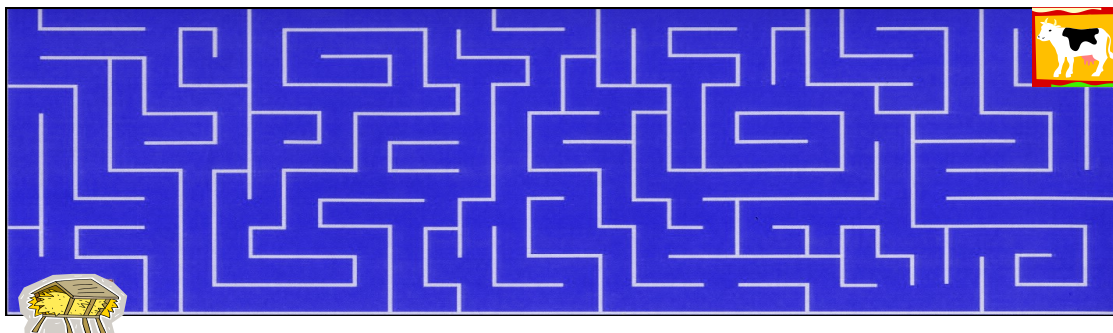
- 1 pound (16 ounces) of fully-cooked ground beef crumbles
- 1 jar (15 ounces) prepared cheese dip
- 1/2 cup prepared mild or medium chunky salsa
- 1/2 small red bell pepper
- 2 green onions (optional)
- 1/4 cup sliced ripe olives (optional)
- Blue, yellow and/or white corn tortilla chips

1. Open the ground beef crumbles package using scissors. Place beef, cheese dip and salsa in a medium bowl. Stir with a rubber spatula to mix well.
2. Pour the ground beef mixture into a 9-inch microwave-safe pie plate, Scraping the bowl clean with rubber spatula.
3. *Adult Help Needed:* Microwave, uncovered, on high 3 minutes. *Careful! Pie plate will be very hot.* Using pot holders, Stir beef mixture carefully with rubber spatula. Microwave, uncovered, on high 2 to 5 minutes longer or until thoroughly heated
4. *Adult help needed:* Meanwhile using a cutting board and a knife, carefully Chop the bell pepper into 1/4-inch pieces. Cut the green onions crosswise into thin slices.
5. *Adult help needed:* *Careful! Pie plate will be very hot.* Using pot holders, Remove the pie plate from the microwave. Stir beef mixture carefully with rubber spatulas. Let stand 1 minute.
6. Decorate the top of the beef mixture with the bell pepper, green onions and olives.
7. Serve with tortilla chips for dipping.

Makes 8 servings

*This recipe is an excellent source of Protein, and a good source of Niacin, Vitamin B12 and Zinc!*

**Cows are Amazing!** Help the cow find her way through the MAZE so she can get to the hay and eat!



### FUN FACT

An average cow eats 95 pounds of feed a day!

