

# ...on Committee, participates in farm organizations.

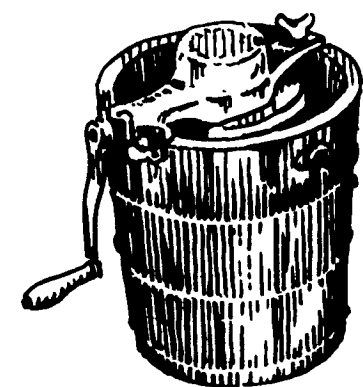
himself without a clerk and asked Linda to fill in for him. Although she had never clerked before, Linda readily accepted his offer and found that she really liked the job.

"I'm outside among people," she says. "I enjoy that."

She also clerks twice a month for Good's machinery sales in Leola.

Having a front row seat at sales has another advantage for Linda, who collects "anything with cows and chickens." Her special seat allows her an excellent view of everything on sale so she's sure not to miss a good buy.

Farm chores also take a substantial portion of Linda's time. She and her husband, Gerald, own two farms in Rawlinsville. One farm houses 110 holsteins, with



half belonging to the Kreiders and the other other half to their partner who takes care of the dairy farm. The Kreiders live on the other farm and farm the 250 acres of

## Raising calves



Linda Kreider reaches out to pet one of the calves on their Rawlinsville Farm.

## Doing farm chores



Helping with field work is a more attractive job than cleaning house to Linda Kreider.

tillable land on the two farms.

Linda's chores include collecting the eggs and helping with the field work.

"I like to be out in the field," Linda said. "I do all the spraying and my husband does the planting."

"I never liked to do housework," she confessed. "Anything out in the

field - I'd rather do that."

She also collects the eggs from their 50,000 layers twice a day, taking a total of approximately five hours a day.

The Kreider's have a 15-year-old son, Brian, who helps out with the farm chores after school and in the summer.

Each morning after the eggs are collected, Linda runs to help keep herself in shape. She also belongs to the a health spa and rides bicycle. Linda says that milk products are an important part of her fitness campaign.

"I drink skim milk," she said, adding that cheese and ice cream are other favorites.

## Calcium needs continue throughout life

**SOUTHAMPTON** — Calcium isn't just important in our diet — it is essential. Essential for strong teeth and bones, for proper muscle contraction and relaxation, and for a rhythmic heartbeat.

Calcium's importance is well documented according to the Dairy Council Inc., Southampton, Pa., we need calcium throughout life — during infancy and the growing years, adulthood, pregnancy, menopause, and post-menopause. It is especially im-

portant for the later years when so many people — mostly post-menopausal women — develop osteoporosis, the bone-degenerating disease that researchers believe results from insufficient calcium stores.

Bone loss begins in the fourth decade of life, but accelerates immediately after menopause. Female hormone intake can inhibit it, but many physicians are reluctant to prescribe this alternative because of associated

risks, such as uterus and breast cancer.

An option to this accelerated bone loss, says Robert Recker, M.D., professor of Medicine at Creighton University School of Medicine, is to increase dietary calcium intake to 1 gram daily for pre-menopausal women and 1.5 grams daily for post-menopausal. Reports call the average intake of calcium low among post-menopausal women; it has been cited at less than 350 mg. daily.

Before resorting to supplements for your calcium, why not increase your milk consumption from the required 2 servings, daily, to a minimum of 4 servings daily?

Some dietary components have been found to affect calcium metabolism, Recker says, among which are alcohol and caffeine. There is general scientific agreement that people who consume large amounts of alcohol over a long period of time will have a depressed skeletal mass and a probably high incidence of fractures.

Data also show that high caffeine intake causes an increase in bone loss. One cup of coffee contains enough caffeine to cause a 6 mg.-a-day extra loss of calcium in the urine.

It's long been known, too, that high protein intake, which is higher in the United States than necessary, causes negative calcium balance. One cannot eliminate protein from the diet, but bone health one reason to moderate its intake.

Another lifestyle that may lead to later-life fractures is cigarette smoking. Several studies show a relationship between osteoporosis and smoking that seems strong enough to suggest that smoking should be avoided.

Bone health is a long-term concern, says Dairy Council, that affects the life cycle at every stage.



David Roth, Loysville, Pennsylvania

herd average is 19,476 lbs. "I tried to increase milk production with another feed," he says, "but it didn't work — so I went back to Purina. It's a lot better feed."

Richard Muller, Washington, Illinois, who also feeds Purina High Octane brand 36% concentrate, reports a DHI rolling herd average of 19,962 lbs. "My father started feeding Purina Cow Chow about 1925 and the herd

has been fed Purina since," Muller says. "We have always been satisfied with the results and felt that Purina has done more research than other companies."



Richard Muller, Washington, Illinois

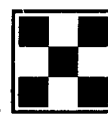
Another third generation dairyman is Arnold Oechsner, Jr. of Brownsville, Wisconsin. He feeds his 115 head herd both Purina High Octane brand 36% concentrate and Purina Milk Generator® brand 1056 complete ration. Oechsner, who has a DHI rolling



Arnold Oechsner, Jr., Brownsville, Wisconsin

herd average of 20,309 lbs., says he has fed Purina milking ration for more than five years because it "has given me the most milk production per cow per year."

\*Recognition of dairymen who have fed Purina milking rations for over 12 months and whose DHI rolling herd averages are in the top 5% in their state for their breed.



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