

## York 4-H'ers plan dairy promotion



Milk promotion efforts are expected to soar to unprecedented heights with a June Dairy Month effort being planned by the Milk and Money 4-H Dairy Club.

Members are organizing a balloon launch for June 8 during the annual Blevins Fruit Farm Strawberry Festival near Stewartstown. Balloons will be sold at 50 cents each with dairy product prizes for launchers whose balloons travel the furthest.

Balloons will carry the promotional message that June is dairy month and may be purchased ahead of time as well from any club member. During the festival, club members and leaders will also be selling strawberries and ice cream as a fundraiser.

Club member Kelly Morris, above, plans to be in the front line for the launch on June 8 at the Blevins Strawberry Festival near Stewartstown.

Anyone interested in purchasing a balloon for the dairy month launching is asked to call 717-456-5484.

## Young athletes need water, right foods

NEWARK, Del. — For peak performance, teenage athletes must give their bodies proper care, including adequate water and proper nutrition. How much water is needed during physical exercise? What kind of food should one eat before a game? Do young athletes have special vitamin and mineral requirements? And are there things they can take to boost their stamina?

Maintaining the body's water balance during physical exertion is of prime importance, says Cheryl Carmichael, a student dietitian at the University of Delaware. During exercise, heat production results in water loss through perspiration, as well as the loss of some body salts and electrolytes. Electrolytes are chemical compounds whose ions are capable of breaking up or disassociating in water. Three of the most common elements in these compounds are sodium, potassium and chloride. Electrolytes are important in maintaining an acid-base balance in blood and body tissues.

If the water lost during exercise is not replaced, an athlete may become dangerously overheated and dehydrated. Effects of dehydration include fatigue, increased body temperature, increased pulse rate and, if severe enough, circulatory collapse.

"How much water you need depends on how hot the weather is, and on the level and duration of activity," Carmichael says. "Schedule regular water breaks during exercise. Afterwards, drink enough water to reach your pre-exercise weight." Thirst is a poor indicator of fluid needs, she explains. People who rely on thirst to signal fluid needs are likely to replenish only about half the water lost.

Excess perspiration increases the loss of sodium, potassium and chloride, as well as water, from the body. Is it necessary to replace these, too, after exercise?

"Recent research shows that athletes who eat a well-balanced diet containing a variety of foods from the four groups — vegetables and fruits, whole grain or enriched breads and cereals, dairy products, and meat or meat alternates — get all the nutrients they need, including salts and electrolytes," Carmichael says. "So water is what is needed — not electrolyte-containing sports drinks — unless perspiration loss exceeds four liters, in which case some electrolyte replacement may be indicated."

What about pre-game meals? What should an athlete eat for optimum performance?

"The intense excitement that precedes competition can influence food needs and eating habits," Carmichael says. Instead of eating sweets and "quick" foods, she recommends that a pre-game meal:

- Provide enough substance so the athlete doesn't feel hungry during competition;
- Be relatively low in sodium and fiber;

- Be low in fat, modest in protein, and relatively high in carbohydrates so that it can be digested more rapidly. High protein, high fat pre-game meals stay in the stomach longer and may interfere with breathing.
- Include any food the athlete feels makes him or her win, or

brings luck.

Eat this meal three to four hours before the competition. Strenuous exercise immediately after a meal may result in nausea, vomiting, stomach distress and cramping.

The use of vitamin and mineral supplements by athletes to improve performance remains controversial, Carmichael says. However, present evidence shows no apparent benefits. The required amounts of nutrients can usually be supplied by a diet composed of a variety of nutritious foods, although female athletes whose menstrual losses are heavy may require an iron supplement.

Substances that increase the body's ability to work are called ergogenic. Many athletes claim that certain ergogenic aids improve performance. But there is no scientific evidence that wheat germ, honey, bee pollen, lecithin, brewers yeast, vitamin C, kelp, gelatin, sunflower seeds, or vitamin or protein supplements have any special value in enhancing endurance.

"Overall," says Carmichael, "the key to optimum athletic performance is a sound mind, sound body and sound eating habits. An athlete's diet must include enough calories for energy, enough water to maintain the body's water balance, and a variety of foods to ensure that all nutrient requirements are met."

## Linda Szeliga wins Alfred award

ALFRED, NY — Linda Szeliga of Alfred Station RD 1 has been named 1985 Outstanding Agronomy Club Member at Alfred State Agricultural and Technical College.

Mrs. Szeliga, who served as club president this year, was awarded a plaque in recognition of her selection by the faculty on the School of Agricultural Technologies. The award is based

on contributions to the club.

Earlier this semester, Mrs. Szeliga, a senior Agronomy major, was a member of the college's soils judging team which placed second in national competition. She had the 12th highest individual point total in that event which was sponsored by the National Association of College Teachers of Agriculture.

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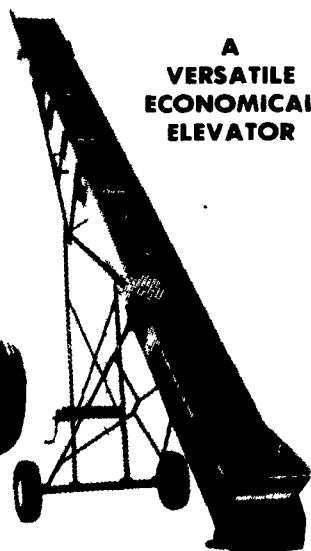


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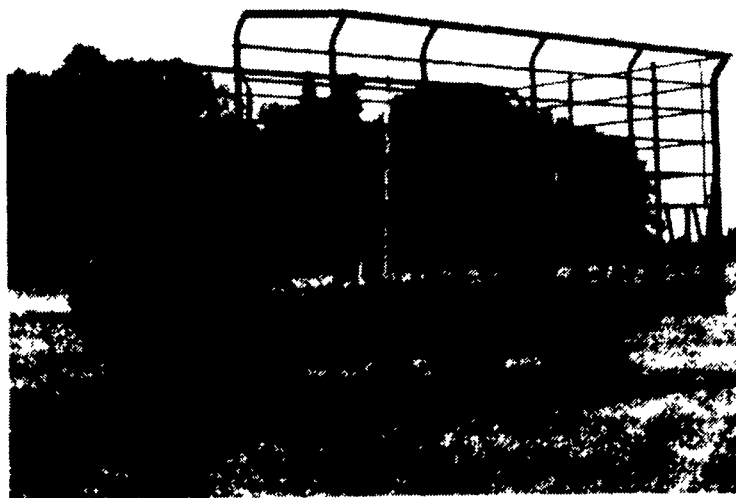
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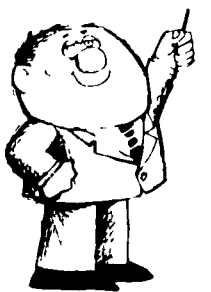
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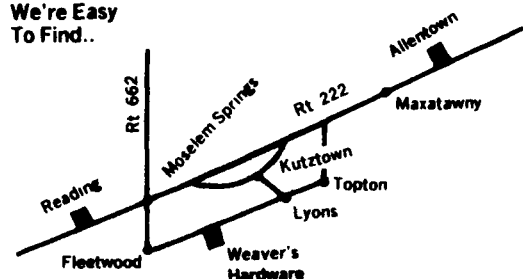
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