



As the banana split dwindled from its original 6 foot height, the crew that scooped the ice cream admitted they were all nuts and going bananas.

The Scoop On A Canoe And Its Crew That Went Bananas

BY LOU ANN GOOD

LANCASTER — Some people will do anything for attention. And farmers are no exception. To convince people just how good ice cream really tastes, the Lancaster County Farmer's Association built a six-foot high banana split inside a canoe last Friday to celebrate the county farm show.

More than 2,000 Park City shoppers gobbled 140 gallons of ice cream loaded with 12 gallons of strawberries, 150 pounds of pineapples, 150 pounds of bananas and 10 gallons of fudge.

The crew that scooped the banana splits admitted they were all going bananas and slightly nuts from their non-stop free service, but from the overheard comments, the gigantic dessert fulfilled its purpose. "It's great. I love it," Shoppers commented. "Hey," someone called to a passerby, "Come have a free banana split." The skeptical shopper paused, studied the generous dishes of ice cream and said, "You got to be kidding. No one gives away anything for free." But they were wrong.

Turkey Hill donated the ice cream and toppings and the Farmer's Association provided the spoons, dishes and most of the labor to make the annual Park City farm show event a delicious success.

John Cox, market manager for Turkey Hill, said the 6 foot-high banana split took about 15 minutes to make and 2-2½ hours to serve. "You gotta move once you have the ice cream out," he said.

This is the third year Turkey Hill has dished out free ice cream to Park City shoppers. The past two years, they built sundaes. This year, Ruby Bollinger, the Farmer's Association member who spearheaded the event, suggested they fill a canoe with a super banana



Ruby Bollinger, Manheim, spearheaded the annual event. She solicited former dairy princesses and members of the county farmers' association to help serve more than 2,000 Park City shoppers.

split.

Cox said, "The ice cream event is a fabulous highlight during the farm city week. It's so much fun to make and everybody likes it."

Advertising isn't the only purpose of the handout. Cox said Turkey Hill likes to help out the

Farmers' Association because they do a lot for each other and their contribution builds a relationship with customers and farmers.

"Pouring advertising dollars into impersonal ads seems silly when you can do something like this," Cox said of the event.

Food And Drugs Can Interact

SOUTHAMPTON — Millions of people swallow billions of doses of prescription drugs each year, yet many know very little about how drugs can interact with food and beverages.

Some drugs affect the way your body uses certain foods; Some foods cause certain drugs to work faster, slower, or not at all. And the wrong combination of foods and

drugs can cause adverse side effects — or may even prove fatal.

Certain drugs dissolve in the stomach instead of the intestines when taken with soda or juice; thus, the body cannot absorb them.

Large amounts of liver and leafy vegetables can reduce the effectiveness of anticoagulants. On the other hand, dark green leafy veget-

ables are important for women taking oral contraceptives.

Over-the-counter drugs can also react adversely with particular foods. Antacids and laxatives can interfere with the absorption of vitamins D, K, and carotene. Chronic use of antacids containing aluminum can cause phosphate depletion — leading to weakness and loss of appetite.

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