

Soft Drinks Take Fizz Out Of Calcium Intake

SOUTHAMPTON — There is a growing concern that teenagers do not understand the consequences of inadequate calcium intake since the total population's annual consumption of soda is 47 gallons versus 21 gallons for milk, according to Althea Zancosky, R.D., Dairy Council's nutrition media specialist in Southampton.

According to a study reported in "Nutrition Today," soft drink consumption among teenagers

had a negative impact on adequate intake of vital nutrients including magnesium, riboflavin, vitamin A, ascorbic acid and most conspicuously, calcium. Even among girls who consumed no soft drinks, only 75% of the Recommended Dietary Allowance (RDA) for calcium was met. And among girls occasionally or regularly consuming soft drinks, calcium intake fell to 66% and 59% of the RDA for calcium, respectively. Seventy-

one percent of boys ages 12-18 also consume less calcium than the RDA.

Consuming soft drinks may seem like a pretty harmless addiction. There's no hangover, no fat, and no cholesterol. But new studies out of Harvard's School of Public Health suggest that binging on soda can weaken bones. When surveying more than 5,000 former female college athletes, soda drinkers were about twice as likely as non-soda drinkers to suffer a first bone fracture after the age of 40. "This is a troubling result, because many athletes drink large amounts of soda," states Althea Zancosky, R.D., nutrition media specialist of Dairy Council in Southampton. This effect may be due to the presence of phosphoric acid in sodas; studies suggest that this compound interferes with the absorption of calcium, which the body uses to build bone. Another likely explanation is the fact that soda consumption has increased by 300% over the past 30 years. According to Zancosky people are drinking soda where they once drank milk, so calcium intake is down and bone fracture incidence is up.

Perry County Names Dairy Baby

(Perry Co.) — The Perry County Dairy Promotion Committee sponsored a First Baby in June contest. To enter, parents had to send in their baby's date and time of birth. Paige, daughter of John and Deb Morrison, was the winner of this year's contest. She was born on June 1 at 3:10 a.m.

Paige won a stuffed cow, a cloth book about farm animals,

and a cow bib. Her parents were awarded with REAL dairy products, including milk, yogurt, whipped cream, butter, cheese, ice cream, and frozen yogurt. They also received the cookbook, Royal Recipes, featuring recipes from past county princesses.

Perry County Dairy Princess Jennifer Hummel awarded the gifts to the new parents.

 IT DOES A BODY GOOD.



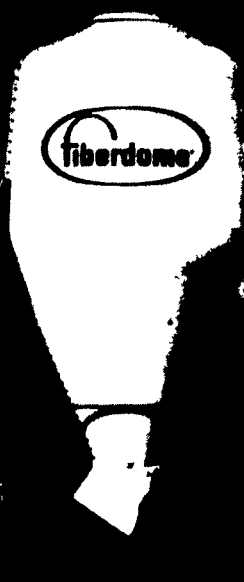
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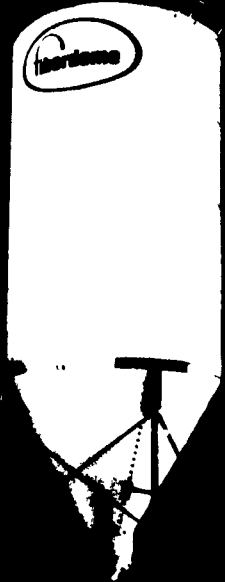
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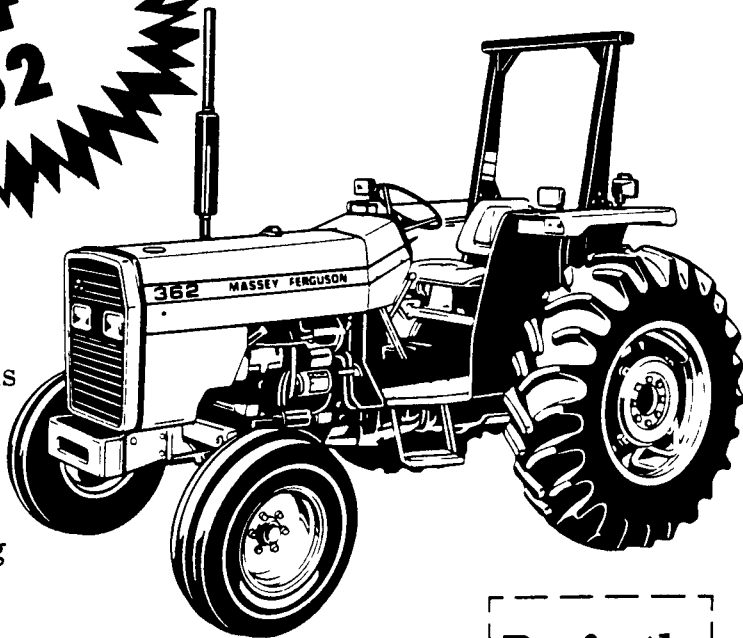
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Ida's Notebook

Ida Risser



One often is told to mark all of the pictures that are taken of family! Of course, we know who is in the photo but 50 or 100 years from now who will remember?

I think that slides too should be marked. Recently, when emptying my unmarried cousins' house, I came across hundreds of slides in a cardboard box. I had quite a time acquiring a projector to view them.

After everyone was in bed and asleep, I'd project them on my white kitchen wall. They showed a slower way of life in the 1940s and 1950s. There were pictures of favorite cats, ducks and even geese. There were pictures of vacations at the shore and a trip to Niagara Falls.

Flowers were a favorite subject and these included tulips and dogwood in the spring, roses in the summer and beautiful fall foliage. And, some snowstorms that piled

the snow in high, high drifts.

There were many group pictures of Mennonite ladies. But, I knew none of them. There were pictures of young people and I would guess they were members of a Sunday School Class in Reading.

I even found pictures of my children and of my parents. Also some of my uncle and aunt as they celebrated their 50th wedding anniversary. My sister's big church wedding was also included with two pretty flower girls.

As there are no descendants of this particular family, the hundreds of slides will be forever unidentified I fear. Whenever I get a film developed and receive double pictures for my children, I make it a point to sit down and write names, dates and places on the back of the 48 pictures. But, maybe no one will care who is in the picture in the year 2040.