



## York Society

York County Farm Women's Group met at the Jolly Copper-smith Restaurant at Etters for a luncheon and the regular monthly meeting.

Twelve members were in attendance.

President Doris Beshore chaired the business meeting.

Athena Beshore, Doris Beshore, and Martha Yost were the delegates to the State Convention in the

Forum at Harrisburg on January 10. They also attended the banquet at the Penn Harris Convention Center at Camp Hill.

Mary Convey and Margie Knotts celebrated January birthdays.

The Spring Rally will be held at Dickinson College in Carlisle on Tuesday, May 23.

Martha Yost and Janette Lowery won the door prizes.

## Lebanon Society

On Jan. 16, Lebanon County Farm Women met at the home of Marion Maulfair.

Fifteen members answered roll call to the question, What do you do in an electrical emergency?

For devotions our hostess read 1st John 3:11 and a reading followed by the Lord's prayer and salute to the flag.

Secretary's report was read and approved.

Treasurer's report was read and

approved.

Pat and Charlene Ziegler attended the convention at Harrisburg and gave a report. The program committee handed out booklets on electricity and gave us safety tips in using electrical appliances etc.

Sally Martin thanked everyone for supporting her in her participation in Farm City Week.

The next meeting will be at the home of Wendy Showers at 7:30.

## York Society 11

Group #11 met at the home of Barbara Grath with new President Arlene Miller chairing the meeting. Members sang "You Can Smile." Scripture was read by Betty Kincaid and Mary Winemiller led in prayer.

A program called "Partners in Prevention" was presented by Marge Stewart, who discussed self breast examination. There were two short videos. The importance of after 65 examinations are very important and several members told of relatives- or friends who discovered cancers in their seventies.

This program is funded by the Avon Foundation which gave us \$25 for helping them get this information to the public.

Roll call response was "one of God's Laws." The by-laws were read as required.

State convention reports were given by Sarah Snyder.

Thank you notes were read from Arlene Miller for the tablecloth given to her and Earl for their 40th anniversary; also from Betty Roberts who was hospitalized for a heart condition and was given a flower arrangement.

Announcements were: a Christmas Party next year will be held Dec. 4 at Shrewsbury UCC Church; also the Spring Rally will be May 23 at Dickinson College.

The Guess Box was won by Mildred Bupp. A delicious luncheon was served by Hostess Barbara Grath, with extras provided by the speaker and the Partners in Prevention.

## Calcium Facts

Calcium is best known for building strong bones in growing children and helping adults avoid osteoporosis. In recent years, research shows that this essential mineral may also protect against several types of cancer including colon and breast cancer.

### How much is enough?

Unfortunately, most Americans consume far less than the Recommended Dietary Allowance (RDA) for calcium. For those age 11 to 24, the RDA is 1,200 milligrams, and for older adults, 800 milligrams. Many women need even more calcium at certain stages of their lives. Yet nutrition surveys indicate that the typical adult gets only 450-550 milligrams of calcium per day.

### Not Just Milk

Most Americans get their calcium from dairy foods, especially milk. And with 300 milligrams of calcium per cup, just three to four cups of skim milk takes care of most adults' daily calcium requirement. But dairy products aren't the only sources of calcium in our diets. There are plenty of lowfat, non-dairy ways to meet your calcium needs.

\*Sardines and salmon with bones, are among the richest sources of calcium.

\*Tofu and other soybean products can be high in calcium, so read labels.

\*Certain veggies like mustard greens, kale, collard greens, parsley and broccoli are good sources of calcium.

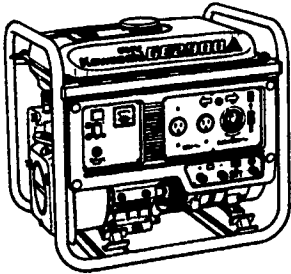
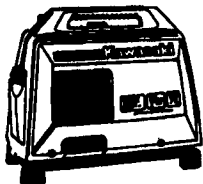
Eating too much protein and sodium can increase the amount of calcium lost in your urine, thus increasing your need for this mineral even more. Caffeine and fiber may have smaller effects on calcium loss. One way to increase your absorption of calcium is to get enough vitamin D—the best source in our diets is milk fortified with vitamin D. While it's important to include lots of vegetables in your diet, even an avid vegetable eater would be hard-pressed to get an entire day's calcium from these foods alone. It takes almost two cups of cooked kale or two and a half cups of cooked broccoli to meet the calcium equivalent of one cup of skimmed milk.

Most Americans can meet their daily calcium requirement through a combination of lowfat dairy and non-dairy sources. And since eating a variety of nutritious foods is essential for better health and lower cancer risk, it really does pay to find different ways to get more calcium in your diet.

Source: NEWSLETTER, American Institute for Cancer Research, Winter 1995.

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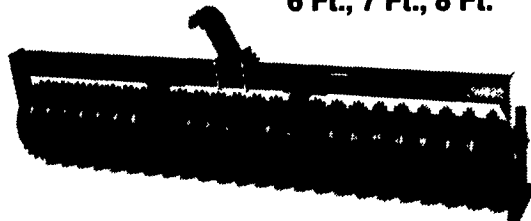
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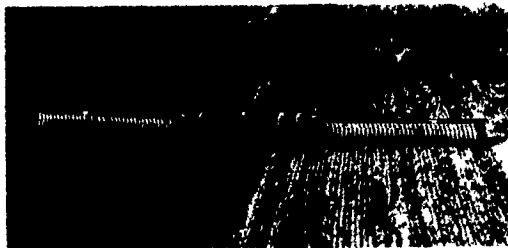
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MEETS THE CHALLENGE

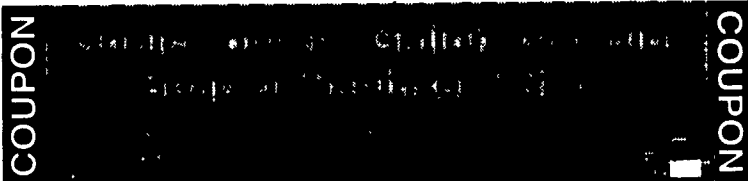
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