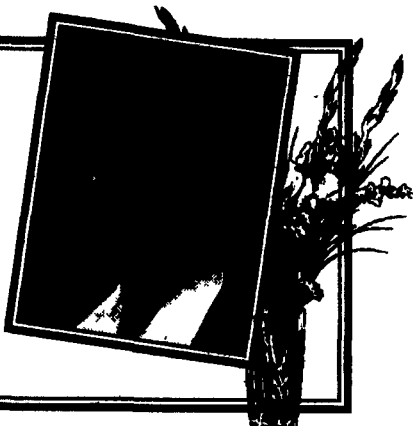


**Family Living
Focus**
Beth Van Horn
Centre Co.
Extension Agent



"Thirst Quenchers"

Did you know that most Americans don't drink as much water as they should? Most adults need to consume six to eight cups of water daily. Water aids digestions, absorption and circulation, transports nutrients, builds tissues, carries away waste, and helps to maintain body temperature. Almost all of the body's living cells need and depend on water to function.

While thirst is a fairly good indicator that the body needs to replenish its water supply, it is not a perfect mechanism. By the time someone is thirsty, he or she is already dehydrated. This is why we are advised to drink six to eight cups of fluids each day, thirsty or not.

Consuming the recommended fluid is especially important for the elderly in hot summer weather because our thirst receptors tend to be less acute as we age.

All liquids are not created equal in their ability to satisfy our fluid

needs. Some beverages, such as coffee, tea, and alcohol, actually increase water output because of their diuretic effect. For example, you must drink eight ounces of water to metabolize one ounce of alcohol. That cottonmouth feeling after a few alcoholic beverages is the result of dehydration. When this is compounded by an already somewhat dehydrated state caused by hot weather, consumed alcohol may lead to dangerously high blood-alcohol percentage.

Beverage Ideas

Looking for summertime beverage ideas to quench that thirst? It's always best to start with cold water. Recently, I have found that many restaurants serve small dishes of sliced lemon to iced tea drinkers. A slice of lemon in your glass of water can be very refreshing, and it sometimes masks any off-flavors found in the water. A slice of lime is preferred by some people.

Carbonated water is the next step to snazziness. Be careful of

the sugar content when selecting flavored, carbonated water.

Consume caffeinated drinks, such as the popular colas and iced tea, in moderation. Consuming large amounts of caffeine is not considered healthy, plus it might keep you awake far into the night.

Fruit juices are chosen by many people and are caffeine free. For vitamin C, potassium, and folic acid, orange juice or another citrus juice is your best choice. Grape, apple, and pear juice rate at the bottom of the juice barrel in terms of nutrients, but they are healthier than sugar water. Blending different juices can lead to new and interesting flavors.

A summertime favorite is "slushies" made in a blender with ice and fruit. My favorite is the following.

Strawberry Banana Cooler

1/2 cup unsweetened strawberries

1 cup cold orange juice

4 to 5 ice cubes

1/2 banana, sliced

Mix ingredients in a blender, and serve at once. (contains 200 calories)

Be aware of juice sodas and canned fruit teas. Most are loaded with sugar. Nine ounces of Snapple Raspberry Royale Soda, for example, has eight teaspoons of sugar — more than you'll find in the same amount of cola!

Vegetable juice is also an alternative, but it can contain as much as 600 milligrams of sodium per eight-ounce glass.

**Volunteers Needed
At Rib Cook-Off
And Music Fest**

YORK (York Co.) — The Pennsylvania Livestock Association is looking for volunteers for the fourth annual Keystone National Rib Cook-Off and Music Fest. The rib cook-off will take place Thursday, July 24 through Saturday, July 27 at the York Fairgrounds.

According to Tony Dobrosky, chairman of the Keystone Nation-

al Rib Cook-off and Music Festival. "Volunteers are needed to help make the event a success. We have a need for volunteers to serve as ticket takers, concession stand workers, table cleaners and runners." The volunteers will work in shifts lasting a minimum of four hours.

Anyone who is interested in volunteering should call (717) 854-2985.

Coloring Contest

Winners Announced

COLUMBIA (Lancaster Co.) — Remember the Abe Kauffman Memorial Fund Coloring Contest? Participants needed to color a picture of farm animals and send it to Betty Lou Kauffman who was Abe's wife and an art teacher for 30 years.

She received 87 entries. "The children were very creative," she writes.

Prizes were sent to the following winners:

Younger age group:

1. Doris M. Weaver, art set. 2. Royell L. Bashore, tractor. 3. Janae Herr, t-shirt and crayons.

Older age group:

1. Ada Ruth King, art set; 2. Ephraim H. Miller, tractor; and

James B. Martin, t-shirt and crayons.

To help with the farm-theme park being built in Abe's memory, you can still order the white t-shirt, which includes a seven-color set of reusable fabric crayons and directions on how to use them. After the shirt is colored, it may be laundered, because the color is permanent if it is first pressed with a hot iron to set color.

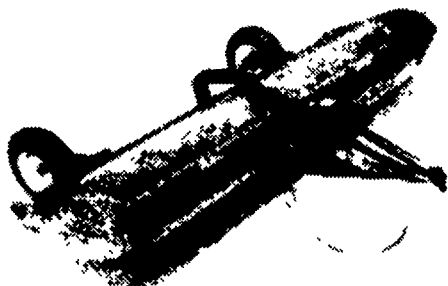
Sizes include 6-8 for small child size; 10-12 for medium child; 14-16 for large child or small adult; medium adult, and large adult. Cost is \$9.

To order, call (717) 684-9054 or (717) 285-7200 or (717) 684-5510.

Brillion

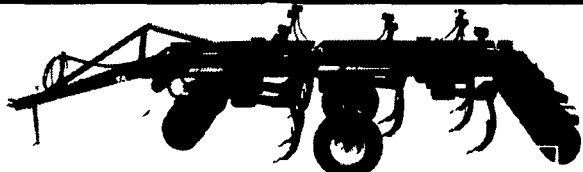
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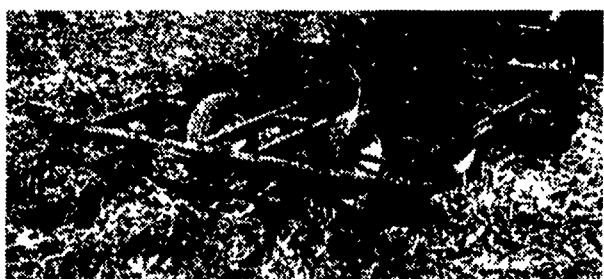
SOIL COMMANDERS
4-5-7-9 Shanks



The Brillion Soil Commanders take Residue Management to the next generation of soil conservation efficiency.

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SOIL BUILDERS
5-7-9-11-13 Shanks



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