



# 4-H HAPPENINGS

## Bucks County 4-H'ers Win Awards

Recently several Bucks County 4-H'ers were honored for their outstanding work in the 4-H horse and pony project. The 4-H Achievement Day was Nov. 7 at the Lenape Valley Presbyterian Church in New Britain.

The Junior Horse Award Winner this year is Danielle Nilsen. Danielle is 11 years old and was the vice president of the Spurs N Burrs 4-H Horse and Pony Club last year. She is the daughter of Jim and Betsy Nilsen, Hellertown. This was Danielle's fifth year in 4-H. She participated in county and regional horse bowl, hippology, and public speaking contests. Danielle also competed in the county, regional, and state 4-H horse shows. Outside of 4-H she is active in her church and school activities.

The Senior Horse Award Winner this year is Emily Fair. She is 15 years old and a second year member of the Spurs N Burrs 4-H Horse and Pony Club. Emily is the daughter of Dennis and Sandy Fair, Coopersburg. Emily participated in the county horse bowl and hippology contests and competed in the county and regional 4-H horse shows. She is a teen leader in her club and is known to persuade others to join the 4-H program. Emily is planning a career in the equine sciences and is furthering her knowledge through 4-H.

The 4-H Horseless Project Award recognizes a 4-H member who has excelled in the horse program even without a horse. This year's winner is Phillip Beck, son of Ted and Sarah

Beck, Coopersburg. Phillip is 11 years old and a third-year member of the Spurs N Burrs 4-H Club. He participated in the County and regional horse bowl and hippology contests. Phillip is also very active in community service activities along with working at the Care and Share Shoppe in Souderton.

The 4-H Horse Production Award recognizes a 4-H member's accomplishments in the production project. This year's winner is Danielle Nilsen. Danielle spent many hours working with her project horse Justin and learning tips and techniques from Justin's owners. She says, "Patience is the key to everything, especially when working around young horses." All that hard work paid off because she and Justin went all the way to the state horse show and placed sixth.

This year 4-H picked one outstanding 4-H horse member. This outstanding member is involved with the many activities that 4-H offers and has shown great leadership potential and responsibility within the club and with her project work. This year's winner is Danielle Nilsen.

## 4-H Livestock Scholarships Awarded

Fayette County 4-H Livestock Scholarships were recently awarded to 13 4-H members. Recipients are Lance Gallagher, Robert Harper Jr., Jennifer Holchin, Justin Homer, Jaclyn Lehman, Amanda Myers, Jamie Piwowar, Tiffany Rockwell, Kevin Rooker, Jess Schroyer, Lee Stanish, Angela Thomas, and Jennifer Wilburn.

William F. Gallagher, Fayette

# Food And Nutrition Notes

Many women take a calcium supplement to help prevent osteoporosis, vitamin E to help protect against heart disease, or a multi-vitamin/mineral pill to take the place of a diet that is not as healthy as we'd like it to be.

When taking one or more supplements a day, you may want to think about how to get the most for your dollar.

In order to gain the maximum benefit from vitamin and mineral supplements, you need to consider many factors. These include how to improve the absorption of supplements, should they be taken with or without food, and are capsules that promise better absorption worth the extra money.

What affects absorption of vitamins and minerals? If you take a multi-vitamin/mineral formula, it will be better absorbed if you take it with a meal. This occurs because the stomach breaks down the pill while it digests food, making it easier to absorb the various nutrients in the pill into the bloodstream. Taking pills with a meal can also help reduce the gastric (stomach) discomfort that some people experience when taking supplements.

Keep in mind that taking vitamin and mineral supplements with certain foods can increase or decrease the absorption of nutrients. A good example of

this is iron, which is a common nutrient deficiency for children and menstruating women. Iron supplements should be taken with a meal or a glass of juice, since the acid produced in the stomach as a result of food entering it or the acid naturally occurring in juice, increases the absorption of iron into the bloodstream.

It's best to avoid drinking coffee or tea for at least 90 minutes after taking an iron pill or eating an iron-rich meal. Chemicals called polyphenols in coffee and tannins in tea have been found to decrease the absorption of iron.

Since calcium may reduce iron absorption, avoid taking a multi-vitamin/mineral supplement at the same time as a separate calcium pill. Instead, take them with different meals.

What is the best calcium supplement? For those taking a calcium supplement, select one with calcium carbonate, since it is best absorbed when taken with meals.

Because the body is not able to absorb large doses as well as it does small doses of calcium, it's a good idea to divide large doses (1000 to 1200 milligrams per day) into two or three smaller doses throughout the day.

In addition, if you are not receiving enough sunlight on your skin, you may not be producing enough vitamin D, which is crucial in the absorption of calcium. This is especially a concern for those living in the northeastern part of the U.S. and those who are home-bound. Those who don't expose themselves to the sun should purchase a calcium supplement that contains 200 to 400 milligrams of vitamin D for every 1000 milligrams of calcium.

How are seniors' needs different? An estimated 20 percent of people over 40 and 40% of people over 80 have atrophic gastritis, a disorder in which acid is not sufficiently produced in the stomach. This can lead to inadequate absorption of those minerals that require acid to be present in the stomach.

For those over 60 years of age, to maximize the absorption of a mineral, like calcium, take

the supplement with meals. Or purchase calcium citrate supplements, which are better absorbed by those with atrophic gastritis. Be aware that calcium citrate pills have less calcium per pill, therefore, you will need to take more pills, which may result in more expense.

Those with atrophic gastritis may also have difficulty absorbing vitamin B12, a nutrient important in the formation of red blood cells. For those over 50 years of age, it's recommended to take a supplement containing two to four micrograms of vitamin B12 per day or to eat vitamin B12 fortified cereal daily. The vitamin B12 found in supplements can be absorbed whether stomach acid is present or not.

How effective are the more expensive supplements? They're not! While timed-release capsules are more expensive, they are not necessarily better. Those advertising timed-release supplements promote the importance of maintaining a constant level of vitamins and minerals in the bloodstream. Since this is not important, as it is for medications like antibiotics, don't spend the extra money for timed-release.

When searching through the shelves for a vitamin/mineral supplement, simply look for one with a USP symbol and one that contains no more than 100% of the Recommended Daily Allowance (RDA) for all vitamins and minerals. The presence of the USP symbol indicates the product has been tested to disintegrate and dissolve so it can be easily absorbed. It also means that the purity and potency meet established standards.

Vitamins C and E - Natural or Synthetic? Spending extra money on the natural form of vitamin C is not necessary. On the other hand, research has revealed that the natural form of vitamin E (d-alpha tocopherol) is better absorbed. In fact, the natural form has been found to be twice as strong as the synthetic (laboratory made) form (dl-alpha tocopherol). Current research indicates that 100 to 400 International Units (I.U.) per day can help fight heart disease and enhance your immune system.

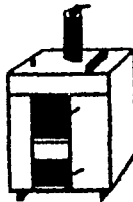
So, purchasing and taking a vitamin/mineral supplement is not as easy as it once seemed. However, research in this area has led to interesting information, which will help you to get the most from your supplement and your dollar.

Resource: Tufts University Health and Nutrition Letter,

## Mahoning Outdoor Furnaces

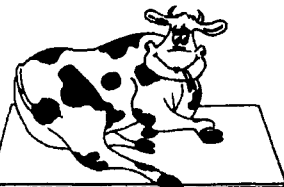
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