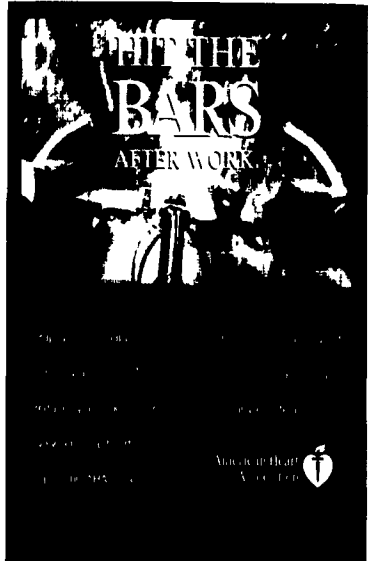


Schools Win Big For Drinking Milk In Cartons For Computers Contest

HARRISBURG (Dauphin Co.) — Can drinking milk help students develop strong bones and connect to new computers? Just ask the students of St. Wendelin School in Butler, Pa. The school was named a regional prize winner in the 4th Annual Cartons for Computers Contest.



As a regional prize winner, St. Wendelin School was awarded \$2,000 in computer equipment and \$500 in food service equipment.

Sponsored by the Milk Mustache Campaign, the National Dairy Council®, Pennsylvania Dairy Promotion Program (PDPP), and American Dairy Association & Dairy Council Mid East, the Cartons for Computers Contest challenges schools to drink more milk to win great prizes.

More than 5,000 schools competed to increase their per student per day milk consumption while educating students on the importance of getting nine essential nutrients, including calcium in their diets. St. Wendelin School was awarded a prize for having the largest increase in milk consumption in their region.

Rose Kostelnik, principal of St. Wendelin's school said, "The kids were really excited about the contest. They really enjoyed the

milk breaks. We really appreciate this opportunity for our school. Without the contest, we wouldn't have been able to purchase the new equipment."

"Cartons for Computers not only teaches students the bone-building benefits of milk," said Joyce Abercrombie, director of school programs for ADADC Mid East. "It also gives schools an opportunity to win computer equipment as an incentive and helps educators teach students strong technology skills."

"With this contest, dairy farmers are winners too, since all of the participating schools served more milk than usual during the promotion period," said Cindy Weimer, spokesperson for PDPP.

Twenty-nine schools from throughout the nation were awarded nearly \$100,000 in prizes in this year's contest. Syracuse Junior High in Syracuse, Utah and St. John's Lutheran School in Waco, Neb. were the grand prize winners in the contest.

Ida's Notebook

by

Ida Risser



Sometimes when one is young, we look at older people and tell ourselves that we won't be like that when we are older. Maybe it is in their attitude or maybe their manner of disciplining children or whatever. Then many years later we do almost the same things. Let's hope there is some improvement in our manner.

In my parent's old age, I felt that their social life was attending funerals and going to the doctor. It seemed as though that was all that they did in addition to going to church and visiting children.

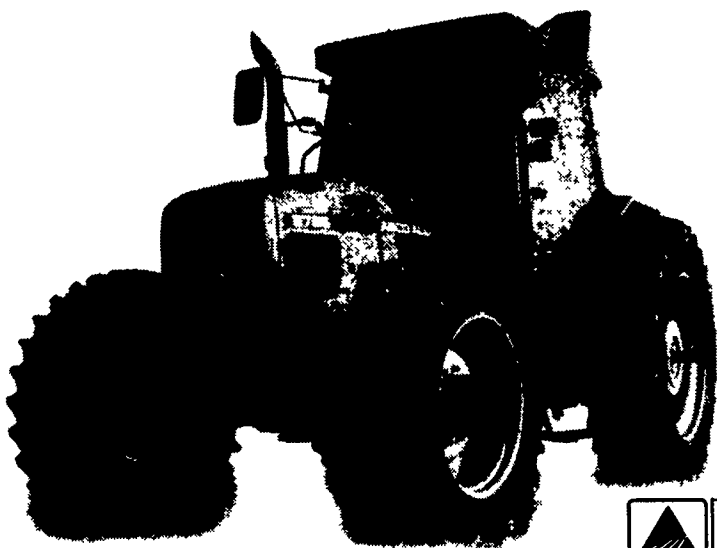
Now we must be careful that we do not fall into the same pattern. It seems that so many of our acquaintances have died in the last year or so. And, as we get older, doctors do find more problems.

In regard to growing old, a friend of mine said that when she looks in the mirror in the morning, she says, "Hello Mother." We do grow to resemble our parents for better or worse.

But as long as Allen and I can maintain four big gardens, we don't feel so very old. We've both been battling weeds in the asparagus and in the sweet corn. If I can get the 75-foot row of green beans picked, that he planted, I'm not sure if I will feel young or old.

Last year we only had enough beans to eat and so this year should be more than enough to freeze. Many years ago, I canned beans but no longer do I boil them for three hours in a big blue canner. Some things do change for the better.

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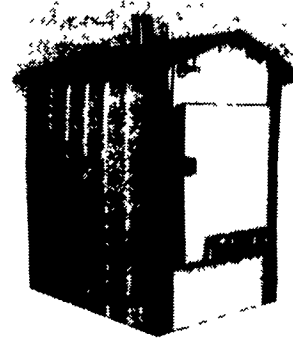
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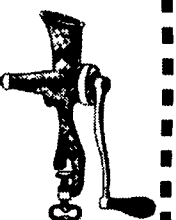
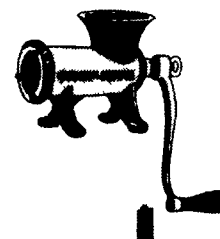
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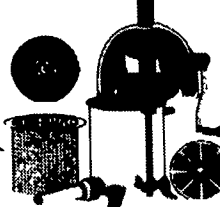
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