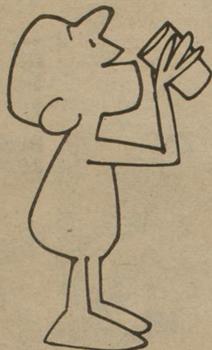


Adults Need Calcium

By Trudy Rice

It is a common error to assume that adults don't need calcium because their bones are no longer growing in length. Dr. Mary P. Clarke, Extension Specialist in Nutrition Education at Kansas State University, points out that the bones of the body are not static. They are constantly in the process of breakdown and rebuilding.

For most persons, food is the main source of calcium for the body. However, calcium is continuously lost from the body in the urine and feces, and from the skin. With adequate calcium in the diet, the amount that leaves is about the same as the amount that enters the body.



If the loss of calcium from the body is greater than that absorbed, then calcium is released from the bones to maintain the constant blood level of calcium, carefully controlled by hormones. The body may have lost considerable amounts of bone calcium without any obvious symptoms. Perhaps such a condition becomes apparent only when a person breaks a bone, and healing is delayed. Many women show increased losses of bone calcium after menopause. A good life-long diet of adequate calcium seems to protect a woman from fractures and improves her chances of rapid recovery from broken bones later in life.

Just how much calcium is needed to prevent bone demineralization? The recommended dietary allowance (RDA) for calcium has been set at 800mg (milligrams) per day by the National Research Council of the National Academy of Sciences. However, Dr. Clarke emphasizes, this is an allowance value and should not be confused with a requirement. Requirements vary from one person to another, whereas nutrient allowances are placed at a

level considered to be adequate to meet the nutritional needs of nearly all healthy persons.

What foods will provide you with 800 mg of calcium per day? Among common foods, milk (290 mg of calcium per 8-ounce cup) and Cheddar cheese (210 mg per oz.) are considered to be the richest sources of available calcium. Ice cream and cottage cheese are not quite as good sources, having about 100 mg of calcium per ½ cup.

For those who don't like milk, an excellent way to include more calcium in the diet is to add extra non-fat dry milk powder to soups, cream sauces, meat loaf, or to cooked cereal. Each 1/3 cup non-fat dry milk powder adds about 300 mg of calcium of the 800 mg recommended for adults.

Values for mineral elements such as calcium, given in books on food composition, are based on chemical and physical methods of analysis. The values represent the total amount of mineral present in the food and not the amount of the mineral element available to be absorbed and used by the body. For example, says Dr. Clarke, although the leafy green collard has about 360 mg of calcium per cup of cooked, drained leaves, substances such as oxalic acid combine with calcium to form insoluble salts that make calcium

unavailable for absorption. So, the calcium from vegetable sources is not as readily available as that from milk products.

Adults do need calcium. So, although milk is not the only source of calcium, it is the most readily available source of absorbable calcium for maintenance of bone integrity. Two or three glasses of milk per day will easily fulfill the RDA for calcium in adults.

Do Your Part

The traditional summer slump in business that the store coordinators wearily look forward to each year didn't really make itself obvious this time around. Business has boomed with the return of cool weather and appetites for warm dinners.

The co-op has never been busier than it is these days. But we still go through the regular crunches when it seems that no one has signed up to do their volunteer work yet, and half of those that did sign up must have chosen kite-flying instead of coming in. It's great to see so many people in the store shopping, but it's best to see them checking out a full cheese case and well stocked shelves. Please remember to sign up.



The Community Mercantile Credit Union has completed another year of operation; a year that saw an economic pinch as loan demands ran high and the sources for borrowed money became increasingly costly.

Through the economic confusion the credit union has continued its growth. For the third consecutive year the credit union doubled in size in savings and loan amounts. At the close of the accounting period, September 30th, over 400 people were listed as members.

To continue the credit union services in the up-coming year, 25 new volunteer workers have joined the current staff. These committee members will both aid the present level of operation and develop new services for credit union members. Money orders, travelers checks, interest bearing checking, and insurance services are being explored.

Sister Kettle Collective Explores Goals

Recently, we at Sister Kettle held a circle meeting to discuss our goals as a collective for working together and creating the cafe. We decided that it would be worthwhile to share some of the ideas that came up at that meeting with the community since the cafe exists not only for its employees but also for the people who are its customers. Here, therefore, is a brief summary of what we thought about what the cafe is and what it could be:

- (a) an alternative business which is oriented toward serving good natural food at nonexploitive prices, also offering educational material about options available in food preparation, different facts and theories about nutrition, information about where foods come from, etc.
- (b) a learning experience in collectivism and building group trust, acting as a role model for



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other collectives to learn from our successes and mistakes.

- (c) a place where we are learning about the intricacies of running a restaurant and becoming a stable business.
- (d) a job for ourselves which gives us enough money to live comfortably in a manner we have determined ourselves; going along with this is the idea of learning that there is an alternative to

the consumerism which seems so inevitable in our society.

(e) working toward a dream of owning land as a collective and growing as much food organically for the cafe as possible.

(f) a gathering and meeting place for all types of people with friendly and good relations between worker and customer.

(g) a working situation where we are learning the power of living love: for the food we serve, towards our customers and each other; where individual growth is possible and even necessary as a part of the job.

(h) being the only cafe in town which offers exclusively vegetarian food in its many shapes and colors.

Sister Kettle was two years old this September and in many ways is growing stronger and more mature as a restaurant and business as time goes by. We are very grateful as always to our loyal regulars for their support and welcome our new customers in hopes that we can serve them well.

These are goals which are not new but which we must redefine and renew on occasion as pledges to ourselves and to the Lawrence community of our intentions as a collective and a cafe.

We extend our love and best wishes on the occasion of our birthday to all our customers and set ourselves once more to the work of creating our cafe.

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