



FACE OFF:

Leave the milk to the cows Milk still does a body good



Cassie Mathieson
The Clackamas Print

I scream you scream we all scream for pus cream. That's right kids, just because it's white and creamy doesn't mean it's good for you.

Sure, we all love the rich and frosty goodness that comes to us every morning in our sugar flakes thanks to mom, dad, and those great guys at the Dairy Association. But let me tell you, it's not without its consequences.

Are you fat? Do you have pimples covering the majority of your adolescent face? You probably consume a lot of milk then. Visit our buddies at PETA (People for the Ethical Treatment of Animals); I'm sure they will agree wholeheartedly. While you are putting around their website, (www.milk-sucks.com) you can also read about those neat little things called somatic cells. Sounds yummy huh? Actually it's just a nice professional way of saying "pocket o' pus," which is exactly what you gulp down every time you enjoy your nice after-school snack of milk and cookies. But hey, that's okay, your friends in the dairy industry have got you all covered there. They have developed a system by name of the "somatic cell count," (ever so clever) as a way to, you guessed it, count the number of somatic cells in milk so that we never consume enough to make us too sick.

According to said meter, once the milk reaches a pus pocket, eh, somatic cell count, of 200 million per liter, it shouldn't be consumed by humans. Oddly enough, Hawaii is the only state that pays attention to this miniscule

fact. Here in Oregon we drink in 286,000,000 somatic cells in every liter of milk consumed, bar none. Therefore, every single time you purchase milk at any one of our local markets, you are purchasing a substance that the FDA has mandated is hazardous to your health, carrying 86,000,000 more somatic cells than the dairy industry itself admitted was safe to drink.

But hey, let's look on the bright side shall we? Somatic cells aren't the only disgusting thing you have to look forward to on a study diet of velvety yumminess. Milk has also been shown to be an underlying cause of a myriad of other delectable diseases. Fun ones like breast cancer, ovarian cancer, irritable bowel syndrome, depression, and Crohn's disease (just to name a few).

The one redeeming quality of this sordid elixir is that it is good for your bones, right? Wrong. Milk is an animal protein; animal proteins hold "sulphur-containing amino acids," (www.not-milk.com) which convert to sulfuric acids after they are digested. Sulfuric acids stimulate the loss of bone density, telling us that milk does not aid in healthy bone management, but prevents it instead.

So, keep on keepin' on with your daily milk intake and you too can become an obesity-ridden, clinically depressed, pock-marked, and constipated ex-chemotherapy patient with two broken hips and no breasts. At least you'll always have the perfect accompaniment to your brownies.

Frank Jordan
The Clackamas Print



I will start off by saying I love milk. Milk has done my body good for these last 38+ years. If I had to give up all of my other beverage choices (beer, Code Red Mountain Dew™, the occasional mocha, beer, water, beer, etc.) and only drink milk, then I would not have a problem with it. However, my esteemed colleague would have you believe that, although she too likes milk, she thinks that it is bad for her. Au contraire, mon cheri!

We all know that milk is a great source of calcium, but did you know that milk is loaded with other essential vitamins and minerals as well. These include protein, vitamins A, B-12 and D, potassium, phosphorous, niacin and riboflavin. Vitamin D is especially important because it helps your body absorb the calcium that you get from your daily diet.

Milk plays a strong role in helping your body with nerve function, muscle contraction, blood clotting and bone mineralization (keeping your bones strong). Many studies suggest that fat-free or low-fat milk, as part of a low-fat diet, can help reduce the risk of hypertension, the leading cause of heart disease and stroke in Americans.

Drinking milk now can help prevent osteoporosis when you get older. Osteoporosis occurs when your bones don't have enough calcium and your body, needing calcium as you get older, will rob what it needs from what is left in your bones. Bones then get brittle and will break easier. Drinking at least four eight-ounce glasses of milk per day can

help prevent osteoporosis. Besides, milk just tastes great with cookies and cereal. Really, how else can you eat a bowl of cereal in the morning with beer; it just isn't the who doesn't love chocolate? God forbid, you are allergic (late)?

There are many scientists there to suggest that consuming can go a long way toward helping people lose weight, when on a healthy diet and regular exercise. One study published in "Research" magazine, obese people consumed three to four dairy milk, yogurt or cheese products, reduced calorie diet, gained more weight and fat than people who consumed similar amount of calcium through nutritional supplements or who consumed one or two glasses of milk, yogurt or cheese per day. On the high dairy diet lost more body weight and 64% less body fat than those on the low-dairy diet.

So, milk does much more than doing the average body good. The price of milk has risen in the past few years, there still is a deal out there for providing with as many nutrients as it takes to make a tall, heaping glass of milk. My favorite artist, Weird Al Yankovic, "Milk in the place where you wonder about nutrition, wonder what you're drinking now."

We've got four more years of blood instead of keto

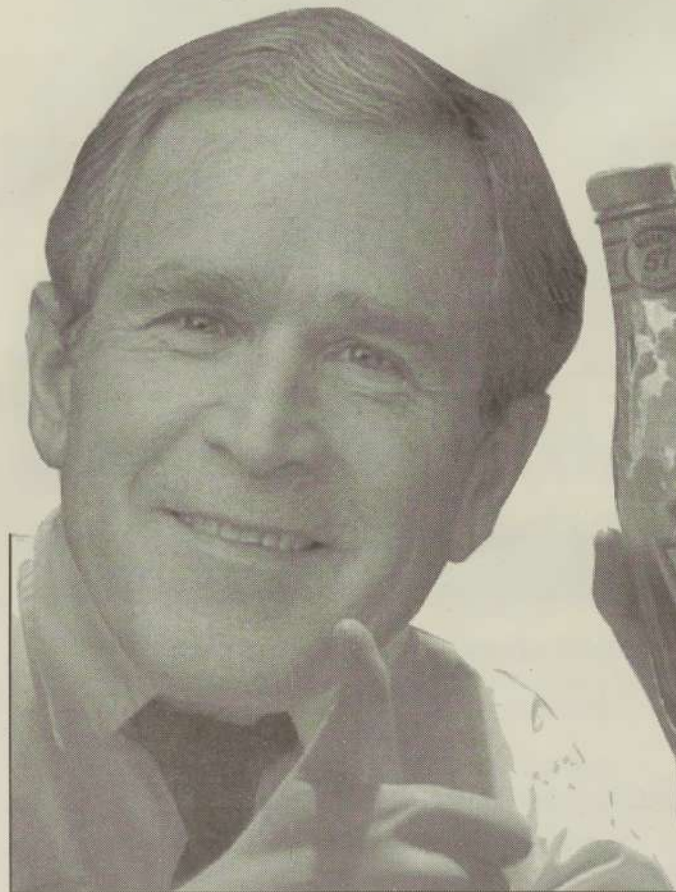


Photo Illustration by the fabulous Joel Gaynor Clackamas Print

Jacob Ray
The Clackamas Print

How could this happen? The Red Sox won the World Series (yes!), and the Patriots are the NFL's reigning kings. I thought for sure that was a sign for Boston native John Kerry's success in the presidential election. Boston was invincible. Man, was I wrong; I guess George W. Bush renewed his deal with the devil for four more years. I'm betting that he used the blood of Americans (or oil) to sign that one.

So now we're stuck with this dummy for four more years and, just like me, I bet a lot of you are wondering what the next four years are going to be like for our country. Well, I'm here to give you an idea on what to prepare for now that hell has frozen over.

The first thing I know for sure is that Bush is going to take over at least a country or two. Why not? All he has to do is apply the "terrorist" label on someone or something and then it becomes more than necessary that he does whatever it takes to stop that "terrorism." The countries will most likely be Iran, because they have oil, and North Korea, because if anybody is going to have deadly nuclear weapons, it's going to be America the bully.

Because our military is already starting to get depleted, it only makes sense that Bush will need to install a draft; he's going to need lots of troops to fight his diabolical "war on terrorism." Don't like the idea of having to fight for your country with nothing to gain? Now you're considering moving to Canada? I don't think so. The Canada/U.S. investigations and enforcement will send you back before you can even get in the habit of saying "eh."

I wouldn't be surprised if the price of gas keeps rising, which doesn't make sense seeing as we're in control of a big chunk of the oil business. I guess Bush just wants the consequences of this war to affect us any way it

possibly can. One sure that is going to happen now that the Senate is dominated by right-wing conservatives, Roe v. Wade is going to be overturned. In return, is going to be a woman's right to abortion. It's going to be quite a few more years with young mothers a lot of potential for life.

Well, now I hope you are ready for a roller-coaster ride to be driven by a man.

The Heinz Ketchup fortune teller can send in email of what should go on the label in honor of John Kerry, the husband to the heir of the Heinz fortune. I have one:

"Somebody give this guy a pretzel." Get it?

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19600 S. Molalla Ave.
Oregon City, OR 97045
(503) 657-6958 ex. 2309

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