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WP Joe Spencer



**APRIL 2023 WEEKLY READER #4**

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**- VOL.5 ISSUE. 16**

**April Birthdays**

- 25 Yvonne Ryan
- 29 Lucille Davidson



Grab a pencil and piece of paper. How many words can you make using the letters in "April Showers" We found 109!



**April:**

**Flower:** Daisies and Sweet Peas

**Birthstone:** Diamond

**Zodiac Signs:** Aries = March 21 - April 19 -> Taurus = April 20 - May 20

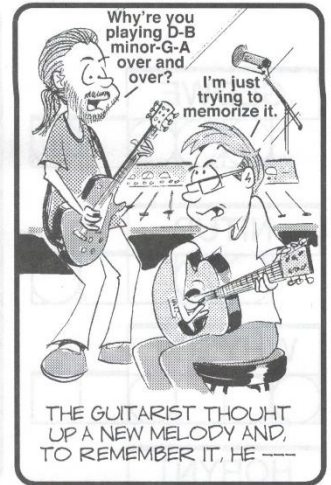
**TMRC Daylight Chapter #1145**

**April 24 – Stated Meeting 1:30 pm**



Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

KEHIR  
 DUMYD  
 CETINE  
 RAPORU



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here " [ ] - [ ] - [ ] " [ ]

**Pasteurization** is a process of food preservation in which packaged and non-packaged foods (such as milk and fruit juices) are treated with mild heat, usually to less than 100 °C (212 °F), to eliminate pathogens and extend shelf life. The process is intended to destroy or deactivate microorganisms and enzymes that contribute to food spoilage or risk of disease.

The process is named after the French microbiologist Louis Pasteur whose research in the 1860s demonstrated that thermal processing would deactivate unwanted microorganisms in wine. Pasteurization is used widely in the dairy industry and other food processing industries to achieve food preservation and food safety.

The process of heating wine for preservation purposes has been known in China since AD 1117.

Milk is an excellent medium for microbial growth, and when it is stored at ambient temperature bacteria and other pathogens soon proliferate. The US Centers for Disease Control (CDC) says improperly handled raw milk is responsible for nearly three times more hospitalizations than any other food-borne disease source, making it one of the world's most dangerous food products. Diseases prevented by pasteurization can include tuberculosis, brucellosis, diphtheria, scarlet fever, and Q-fever; it also kills the harmful bacteria Salmonella, and others.

**SPRINGTIME WORDS**

H	A	T	C	H	E	B	S	A	P	L	I	N	G
Q	N	R	V	B	F	Q	C	O	C	U	S	E	O
E	P	S	N	U	N	L	U	D	U	D	O	S	D
X	O	D	B	C	G	H	N	I	W	S	L	H	R
H	L	C	T	O	J	Y	G	M	N	Z	N	O	I
A	L	B	A	L	M	Y	E	W	W	O	X	W	Z
L	E	G	O	I	E	E	R	D	A	M	X	E	Z
L	N	J	V	C	C	D	M	A	R	T	J	R	L
E	V	E	R	N	A	L	I	F	M	P	G	S	E
R	K	F	P	S	O	M	N	F	L	Y	N	P	Y
G	Q	B	L	O	O	M	A	O	N	O	N	R	R
I	R	M	I	K	A	Q	T	D	H	W	G	O	E
E	H	H	V	U	A	M	E	I	J	E	X	U	D
S	V	S	F	K	Z	F	U	L	I	I	O	T	C

- BALMY
- WARM
- BLOOM
- EQUINOX
- GERMINATE
- HATCH
- DAFFODIL
- DRIZZLE
- POLLEN
- ALLERGIES
- SPROUT
- SAPLING
- VERNAL
- COCUS
- BUCOLIC

Prior to industrialization, dairy cows were kept in urban areas to limit the time between milk production and consumption, hence the risk of disease transmission via raw milk was reduced. According to the Centers for Disease Control, between 1998 and 2011, 79% of dairy-related disease outbreaks in the United States were due to raw milk or cheese products.

Products that are commonly pasteurized

- Beer
- Canned food
- Dairy products
- Eggs
- Milk
- Juices
- Low alcoholic beverages
- Syrups
- Vinegar
- Water
- Wines

Raw milk or unpasteurized milk is milk that has not been pasteurized, a process of heating liquid foods to kill pathogens for safe consumption and extending the shelf life.

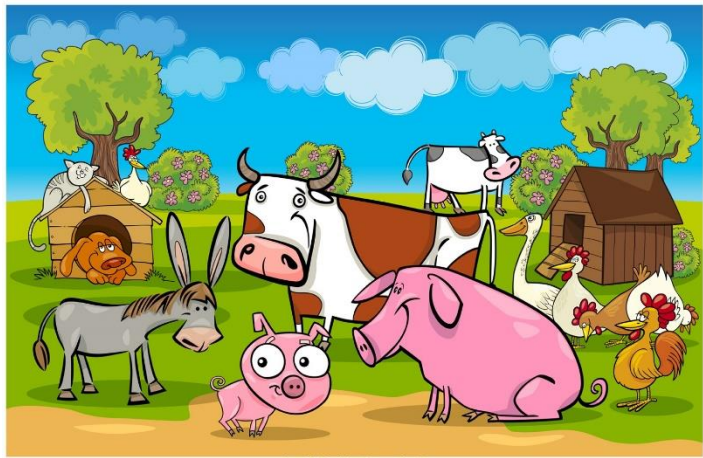
Proponents of raw milk have asserted numerous supposed benefits to consumption, including better flavor, better nutrition, contributions to the building of a healthy immune system and protection from allergies. However, no clear benefit to consumption has been found, and the medical community notes there is increased risk of contracting dangerous milk borne diseases from these products substantial evidence of this increased risk, combined with a lack of any clear benefit, has led countries around the world to either prohibit the sale of raw milk or require warning labels on packaging when sold.

Lactose intolerance is a condition in which people have symptoms due to deficiency or absence of the enzyme lactase in the small intestine, causing poor absorption of milk lactose. People affected vary in the amount of lactose they can tolerate before symptoms develop, which may include abdominal pain, bloating, diarrhea, gas, and nausea. Severity depends on the amount of milk consumed.

The sugar lactose is found only in milk, and possibly in forsythia flowers and a few tropical shrubs.

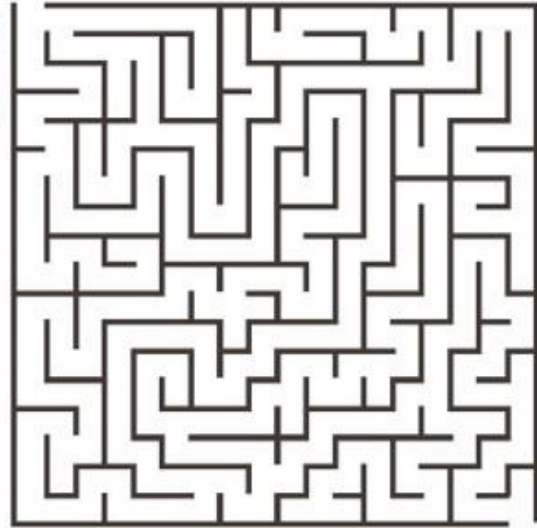
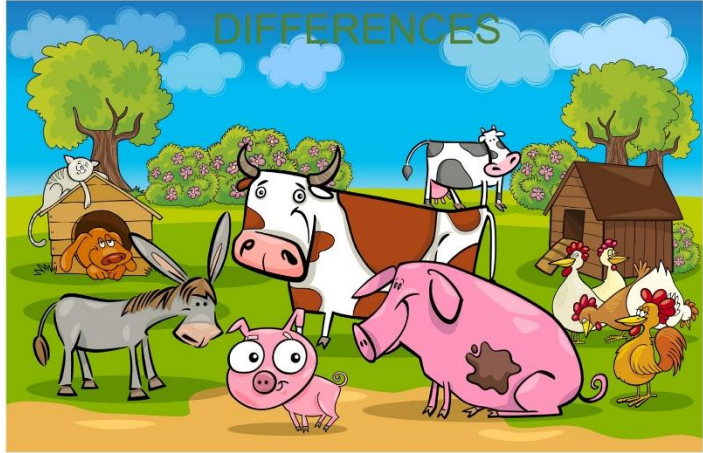
Lactase, the enzyme needed to digest lactose, reaches its highest levels in the human small intestine immediately after birth, and then begins a slow decline unless milk is consumed regularly.

Milk sources for humans come not only from cattle, but also sheep, goats, yaks, water buffalo, horses, reindeer and camels.



FIND 10

DIFFERENCES



Almond milk is a plant-based milk with a watery texture and nutty flavor manufactured from almonds. It does not contain cholesterol or lactose and is low in saturated fat. Almond milk is often consumed by those who are lactose-intolerant and others, such as vegans, who avoid dairy products.

