

Community Comment – Dec. 21st, 2015

By Jon Sapper

Milk

I was getting a bit nostalgic the other day, remembering the way things used to be growing up in Fortuna some 60 years ago. Main Street was the highway with one load log trucks frequently rolling through town. In a matter of a couple of blocks there was a grocery store, a hardware store, clothing and shoe store, pharmacy, doctor's office, 5 and dime store, ice cream parlor and sporting goods store; most everything you really needed.

We didn't go to the doctor's office very often; instead, they came to the house with their little black bag. The fuller brush man showed up at the door every couple of weeks making sure we had cleaning things for the kitchen and bathrooms. Each week the milkman brought six quart bottles of milk with a paper cap firmly placed on the top of each bottle. He dropped these off and picked up last week's empty bottles that we placed outside in the six pack carry container.

The milk was....., milk. Not reduced fat 2% or low fat 1% or non-fat skim or semi-skim milk. It wasn't soy, rice, coconut, almond or cashew milk. It wasn't lactose free. It wasn't labeled original, sweetened, unsweetened, evaporated, filtered, condensed or Ultra Heat Treated milk. The cap on top of each bottle said.. Milk. It didn't list calcium, potassium, phosphorous, Vitamin A, B, B-12, riboflavin, niacin, calories or how much of that chemistry stuff you needed for your daily dose. It might have said... pasteurized, I don't remember, but that would have been a good thing since pasteurization kills bugs. I didn't know if it said homogenized or fortified or contained rBST or not. I don't know what rBST is but the FDA, AMA, World Health Organization, National Institute of Health and regulatory agencies from over 30 countries say this is an OK thing to have in your milk, so it must be OK.

I'm still puzzled by this almond milk. Milking an almond can't be easy and it's probably done by folks who don't get paid very much, since they can sell this stuff for around 4 bucks a half gallon. They say almond milk has just a little bit of protein, but it's original, even though the carton doesn't say what an original almond is. That's OK, too. I've tried almond milk and it's not bad, but my

standards are also kinda low. If it helps me wash down my dry bran cereal that you really can't choke down without some liquid, then I'm fine with it.

With all these different kinds of cows' milks and grain milks and everything else, I really do miss the milk man just showing up at the door. If he did, I can assure you, he wouldn't have cashew or almond milk.....that's just plain nuts. Sorry.

This has been Jon Sapper for Community Comment.