

First Lady Michele Ridge Sports Milk Mustache

HARRISBURG (Dauphin Co.) — Sporting a milk mustache, Pennsylvania First Lady Michele Ridge encouraged Pennsylvanians to drink their milk during an Osteoporosis Prevention event held at the state Capitol on May 31.

Sponsored by the Pennsylvania Department of Health and regional Dairy Councils, the event kicked off with opening statements by Pennsylvania Physician General Dr. Robert S. Muscalus and Ridge. Both stressed the importance of consuming calcium-rich dairy products and exercising as ways to prevent osteoporosis, a crippling bone disease.

Osteoporosis often is associated with the elderly, but it can develop silently for years, putting even the young at risk. "Too many children, and I would say

adults today, drink soft drinks instead of milk," Ridge said. "Many of these same children also sit and watch television or play video games instead of exercising."

Good nutrition and healthy lifestyle habits are key to preventing osteoporosis, according to Muscalus. "In most cases, osteoporosis can be prevented by eating a balanced diet rich in calcium and vitamin D; by participating in regular, weight-bearing exercise; by not smoking; and by avoiding alcohol use," he said.

In addition to the state Department of Health and other health-related organizations, Dairy Council Middle Atlantic was on hand to support Pennsylvania's statewide effort to prevent osteoporosis.

"It was very exciting to collaborate with other state organiza-

tions that support this cause," said Pat Kennedy, MS, RD, Dairy Council's Health Professional Programs Coordinator. "Working with the Department of Health and other key influencers will help us even more to get the word out on the importance of consuming dairy products for osteoporosis prevention."

According to the National Osteoporosis Foundation, Pennsylvania is one of the leading states in the number of osteoporosis sufferers. More than half a million Pennsylvanians, including one in two women and one in eight men over age 50, suffer from the disease.

"Adequate calcium intake is crucial in maintaining strong bones and in preventing this disease," Kennedy said. "Research has shown that dairy foods are a preferred source of calcium in the diet."

Get Moo-ving With Milk Seeking The Next Milk Mustache

COLUMBUS, Ohio — Dairy farmers and milk processors in Ohio, West Virginia and western Pennsylvania are working together to help Americans drink up.

For the third consecutive year, the "milk mustache" mobile will be visiting more than 100 cities, April through October, on a crusade to educate Americans about the importance of physical activity and the vital role milk plays in staying healthy and fit.

Teaming up with ESPN, the "Get Moo-ving with Milk Tour" will encourage participants to include milk in their diets offering them the chance to test their athletic skills against milk celebrities in an interactive sports challenge. At the conclusion of the tour, one national winner will be chosen to appear in a milk ad, sporting their lips, in a future edition of ESPN The Magazine.

All ages in attendance will have the opportunity to conduct a free person-

al fitness assessment and speak to a registered dietitian from the dairy farmer-funded American Dairy Association & Dairy Council Mid East or a local sports trainer about the right combination of diet and exercise.

The calcium and nutrients in lowfat milk may make it the new weapon in helping the nation fight the battle of the bulge and shape up. New research shows that besides strengthening bones, lowfat, calcium-rich milk may help turn up your body's fat burning ability, helping you to drop weight more easily.

The "milk mustache" mobile will be at the following locations throughout the summer. Akron, Ohio: Sept. 25, Charleston, W. Va.: July 9-14, Cincinnati, Ohio: June 27-30, Cleveland, Ohio: Sept. 22-24, 26, Columbus, Ohio: Sept. 15-19, Dayton, Ohio: June 26, Johnstown, Pa.: July 20, New Philadelphia, Ohio: July 9, North Canton, Ohio: Sept. 28, Pittsburgh, Pa.: July 13-17, and Toledo, Ohio: Oct. 12.

Fall Classic Date Set

STATE COLLEGE (Centre Co.) — The Penn State Dairy Science Club and the Pennsylvania Holstein Association will team up to sponsor the 17th annual Nittany Lion Fall Classic consignment sale on Saturday, October 28.

This year's sale comes a week earlier, so selection committee members will be eager to approach Holstein breeders in the next few months. Last year's successful sale averaged \$2,051.

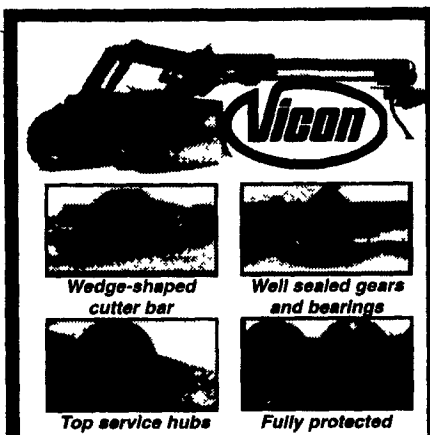
This year's goal is to select about 75 top quality springing Holstein heifers and young Holstein cows. A small select group of high-pedigree calves will also be sold.

The Nittany Lion Fall Classic sale committee members are: Overall Chair - Olivia Courtney, Mansfield, PA; Assistant Chair - Josh Hushon, Airville, PA.

Penn State Dairy Science Club members use the Fall Classic as a "hands-on" educational opportunity. The sale provides first hand experience in selecting, merchandising, personal management, and finances.

This year the Club hopes to continue the success of past sale's to keep this strong tradition going into the next century.

If you are interested in consigning, call Ken Raney at the PHA office (814-234-0364); Olivia Courtney at (570-549-6422), or the Department of Dairy and Animal Science at Penn State at (814-865-7638) and ask for Larry Muller or Dale Oliver.



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RV187L	4'x2' to 4'x6'	84"	Twine, Twine & Net

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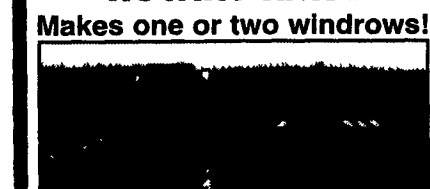


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- Tandem Axles on Each Rotor
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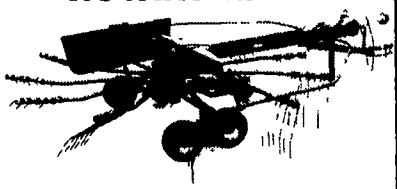
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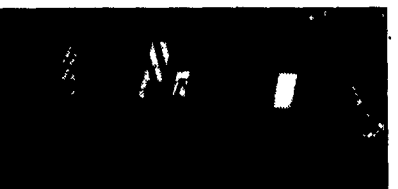
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