

## Doctors Order Up Milk!

HARRISBURG (Dauphin Co.) — Dairy farmers are giving doctors the tools to advise their young patients to "Get Up and Grow" by drinking milk. Targeted to health professionals, "Get Up and Grow" highlights general nutrition recommendations and showcases milk as the best source of calcium for kids ages 6-11.

This new program helps doctors educate parents about the importance of calcium in a child's growth and development. "Get Up and Grow" provides pediatrician offices with a growth chart featuring a milk-mustachioed Mario® from the popular Super Mario video game. The chart gives kids the chance to measure their height and provides easy tips to help them grow strong and have healthy bones.

"Get Up and Grow" also provides doctors' offices with a survey for parents to complete on

their own or with their child's doctor. This will help parents pinpoint areas where their children may need improvement in their diets and will provide easy ways for parents to help their children attain better dietary habits.

"Many children don't realize the impact their food choices have on their bodies' growth and health," says Debra Summerall, spokesperson for the Pennsylvania Dairy Promotion Program. "They are missing out on a once in a lifetime opportunity to get the calcium they need to help grow strong and healthy bones."

The materials were distributed nationally by the National Dairy Council to pediatricians who are members of the American Academy of Pediatrics. Locally, PDPP is providing the tearpads and growth charts to additional health professionals by request.

## Preserving Farmland

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worked for 12 years.

A trip to pick up a prop for a photo shoot spurred Woy's involvement with the Trust. "I cut through the back way and by the time I got back, I was upset," said Gini, as she saw the farmland she used to ride horse through now developed.

"I came back and looked up Lancaster Farmland Trust and said, 'I'm interested in volunteering.'" Besides volunteer work, Woy has been on the Trust's board for three years.

Recently Woy was honored for her efforts as volunteer of the year at the Lancaster Chamber of Commerce banquet.

Although the time, effort, and thought that went into the project may have been draining, the challenge also proved to be stimulating.

"I did not have a complete concept of how much work was going to go into it," said Woy. However, "the book has challenged me and kept me satisfied the last couple of years," said Woy.

"It tells the stories of preservation and also stories of what it's like to live

on a farm in Lancaster County," she said. "I think it makes people feel good to buy something that supports preservation."

The book, \$39.95, is available through Lancaster Farmland Trust at (717) 293-0707.



This picture of Frank Ludwig, Mill Creek Valley, also appears in the book, "Farm Life - Farming Families and Their Commitment To the Land."

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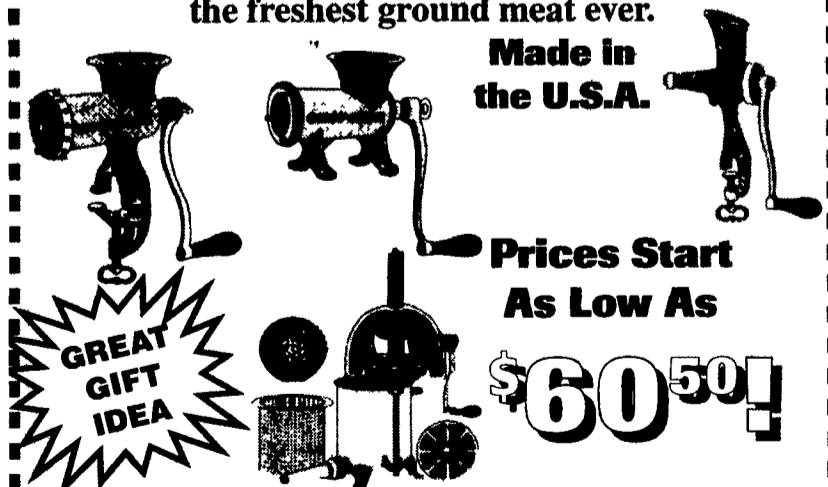
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