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**NEWS RELEASE**

## **Nebraska Freelance Writer Receives Nutrition Communications Award**

**Columbus, Neb.** - February 20, 2009 – The American Dairy Association and Dairy Council (ADA/DC) of Nebraska awarded Judy Horan, Freelance Writer from Omaha, Nebraska with the 2008 Nutrition Communications Award. The award is presented annually to an individual or organization for their exceptional health and nutrition reporting. The recipient consistently communicates accurate science based information to consumers relating the importance of a well balanced diet including dairy's important role in health promotion.

Judy has extensive writing experience including books, columns, newspaper feature articles including "Healthwise", "100 Extraordinary People of Nebraska", "Nurses Care" and "Back to School". She also has written many magazine articles, newsletters, and has been a speaker at many Nebraska clubs and organizations. She has written various speeches, annual reports, as well as broadcast and audio presentations. She is a member of the board of directors for the Omaha Press Club, and is the past president of many professional groups.

Judy says one of her favorite jobs is to write articles for the Omaha World- Herald special sections because the stories have impact on a large number of readers.

In the June 2007 and 2008 Omaha World-Herald Healthwise supplement, Judy featured the importance of dairy in our diets as well as the positive role dairy farmers play in the Nebraska economy. Judy is a long-time milk drinker and yogurt fan, and she feels reaching her readers with vital health information has broad interest, from newborns to seniors, and perhaps one that is not given the attention it deserves.

Judy is eager to get the story right. She interviewed Lowell Mueller, Hooper Dairy farmer, the local and national *got milk?* campaigns and local families and Dairy Council dietitians Jenni Meyer and Amy Schmid to ensure accuracy, a local angle and practical tips to make sure our heartland families are getting their 3-A-Day of dairy everyday.

Judy is married to well known artist Jim Horan. He creates the famous faces at the Omaha Press Club.

The American Dairy Association/Dairy Council of Nebraska contributes to optimal health through leadership in nutrition research and education by encouraging food selection patterns that include dairy foods and other major food categories in accordance with scientific recommendations. The organization also performs advertising, public relations, and retail promotions on behalf of Nebraska dairy producers. For more information, visit

[www.nebmilk.org](http://www.nebmilk.org).