

True Super Heroes



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When most people think of super heroes, they think of Spider Man, Super Man or Wonder Woman. However, I disagree. In my opinion the only super heroes that have earned the right to be called super heroes are Dairy Farmers, because they save lives all around the world at once.

Just like those other super heroes, Dairy Farmers work day and night to combat their enemy; world hunger. Not only do Dairy Farmers feed an average of 144 people per dairy, they provide those 144 people with Nature's most nearly perfect food, milk. Milk is often considered a "powerhouse of nutrition" and rightly so, for it supplies Calcium, Vitamin D, Protein and many other important nutrients needed by the body. Milk's Conjugated Linolic Acids have even been shown to prevent cancer, making Dairy Farmers and their allies the Dairy Cow, life savers.

Like all great super heroes, American Dairy Farmers make sure not to harm innocent bystanders, which in this case is the environment. While we do produce manure on our dairies, we use it to replenish the nutrients in the soil that our crops use to grow or recycle it as bedding for our cows. Most environmentalists would then argue that manure water is being dumped into waterways ruining water supplies. That is not true; most dairy water is reused to wash lanes. Another hot topic for environmental activists is that our cows pollute the air, when in fact; the crops that we feed our cows help to reduce the amounts of carbon dioxide and methane in our air.

Though American Dairy Farmers are real live super heroes, they are often blamed for many problems. Providing a wholesome and nutritious product, caring for their cows and stopping world hunger seem like things Dairy Farmers should get awards for, not scrutiny. Even though some disagree, I think Dairy Farmers are real live super heroes and that is why I am thankful for the American Dairy Farmer.

Dairy Man

