



Southwest/Southland Dairy Farmers'

# DAIRY LINE

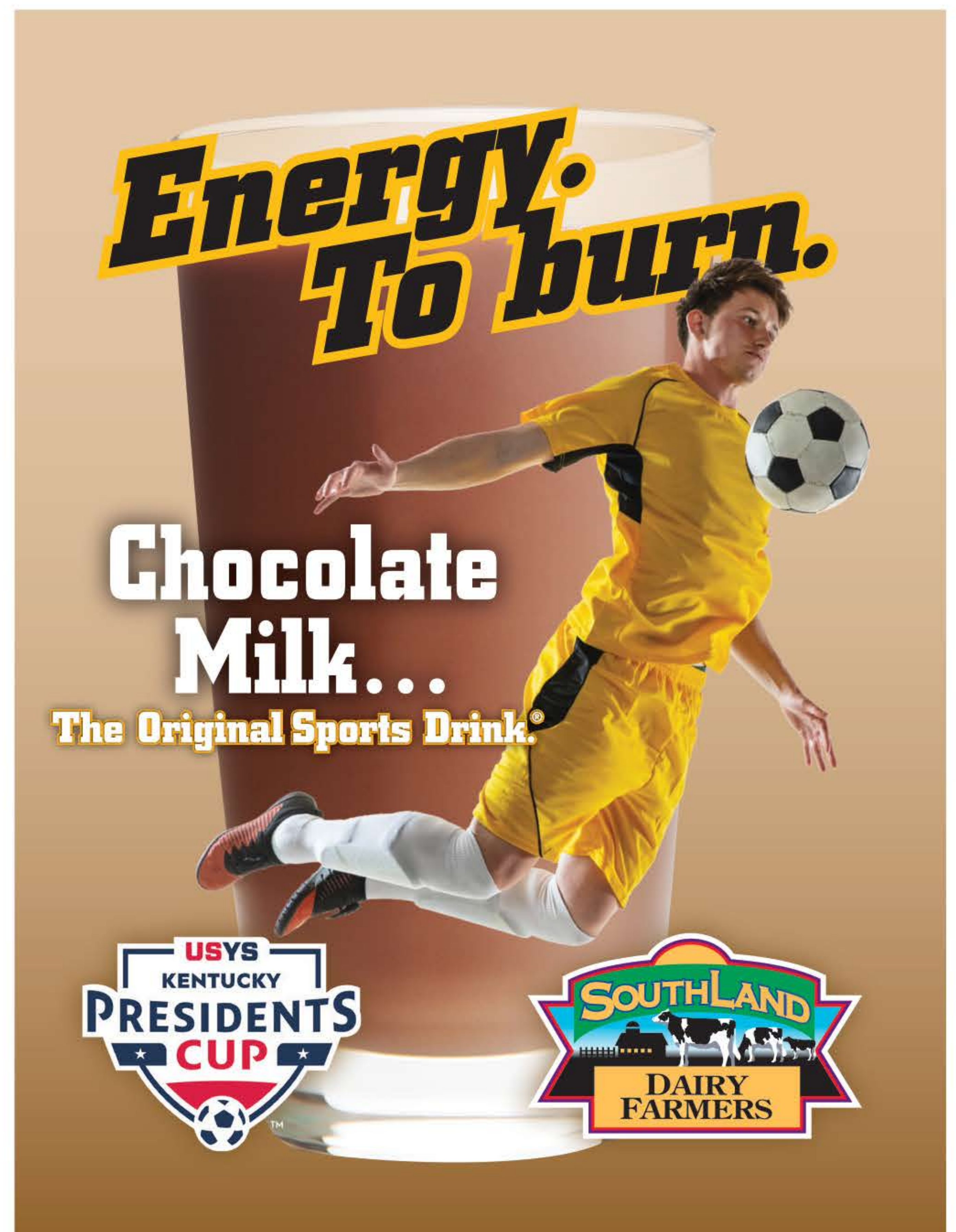
A Quarterly Newsletter published by the Southwest Dairy Museum

April 2025 • Volume 16 Issue 2 • [www.southwestdairyfarmers.com](http://www.southwestdairyfarmers.com) | [www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com)

INSIDE: The Power of Cultured Dairy



## Kentucky Youth Soccer



The Southland Dairy Farmers are excited to announce a new partnership with Kentucky Youth Soccer as their Official Nutrition Partner. With this sponsorship, we will be reaching 4,000 teams, and over 43,000 athletes, along with their families, about the nutritional benefits of milk and dairy products. The Mobile Dairy Classroom will be showcased at the Presidents Cup in May, along with

chocolate milk, the Original Sports Drink, being handed out to the participants. In addition, the popular Southland Dairy Farmers bag tag (pictured above) will be given to each athlete for their backpack or duffle bag. This partnership gives us an opportunity to make a nutritional impact on young athletes across the state and promote chocolate milk for healthy muscle recovery during their seasons! 🐮



# Our Annual Appearance at the Houston Rodeo

The Southwest Dairy Farmers with our Mobile Dairy Classroom had the pleasure of attending the Houston Livestock Show & Rodeo from March 4th-23rd. During the 20-day run of the event, over 11,000 people of all ages saw our live milking demonstrations, and were taught about the importance of dairy nutrition!

Aaron Sanders, Jay Crawford, Brad Holland, and Dusty Boullion performed the classroom presentations in Houston. Dusty, our newest classroom instructor, hit the ground running with excellent presentations to large crowds. Our classroom has been a regular agricultural attraction at the Houston Livestock Show for over 25 years! 🐮



## Southwest and Southland Dairy Farmers Welcome New Staff Members

Dusty Boullion has joined our staff as the new Mobile Dairy Classroom Instructor in the Houston and South Texas region. Dusty has been in the agriculture industry all his life. He has 15 years of work experience in the Livestock Health and Meat Safety Industry. Dusty is married to Courtney, and they have two kids, Hagen and Maci. In his free time, he enjoys attending cattle shows with his kids, raising commercial and club calf cattle, and wetting a hook, and fishing the Texas Coast. Join us in welcoming Dusty Boullion as another fine addition to our talented Mobile Dairy Classroom Instructor staff!



*Dusty Boullion – Houston and South Texas Region  
Mobile Dairy Classroom Instructor*

Lauren Clemency joined the Southland Dairy Farmers team in March of 2025. A Virginia native, she earned her degree in Animal Science from North Carolina State University where she was active in the Dairy Science Club. After graduation she moved to South Carolina to help run Lowcountry Creamery, a farm to table dairy, for 9 years as an owner and processing manager. In her free time she enjoys being outdoors, especially hiking, as well as reading, watching sports, and attending concerts. Please join us in welcoming Lauren to the Southland Dairy Farmers staff! 🐮



*Lauren Clemency*



# Nourishing Your Gut: The Power of Cultured Dairy

*by the St. Louis District Dairy Council*

Your gut is home to trillions of tiny microorganisms, like bacteria, that play an important role in overall health, influencing digestion, immunity, and even mood. This community of microorganisms is called your gut microbiome. Maintaining a balanced microbiome requires a diet rich in probiotics — live bacteria and yeasts that support gut health.

Cultured dairy foods like yogurt and kefir are excellent sources of probiotics, making them powerful allies for gut health.

Yogurt, a versatile and widely available dairy food, is made by fermenting milk with specific bacterial cultures. These live and active cultures, such as *Lactobacillus* and *Bifidobacterium*, replenish the gut with healthy bacteria. Yogurt is also packed with essential nutrients like calcium, which supports strong bones, and B vitamins, which are crucial for energy production and brain health.

Recently, a qualified health claim was approved for yogurt: Eating at least two cups (3 servings) of yogurt per week reduces the risk of Type 2 diabetes, according to limited scientific research.

Kefir, another cultured dairy food, takes probiotic benefits to the next level. This tangy and tart drinkable dairy option is made by fermenting milk with kefir grains, a combination of bacteria and yeast. Kefir contains more

probiotics than yogurt, offering a diverse variety of gut-friendly microbes. Kefir may help improve lactose digestion, making it a great option for individuals with mild lactose intolerance. It also contains protein, calcium, and magnesium, all essential nutrients for maintaining a healthy and balanced diet.

In addition to improving gut health, cultured dairy foods provide a host of other nutritional benefits. Dairy

foods are excellent sources of high-quality protein, which supports muscle growth and repair. Protein also contributes to satiety, which reduces appetite and prevents overeating. Dairy also contains potassium, which helps regulate blood pressure, and phosphorus, which is essential for cell function and bone health.

Incorporating yogurt and kefir into your routine can be as easy as enjoying a yogurt parfait

for breakfast or blending kefir into a smoothie. These nutrient-dense options not only support a healthy gut microbiome but also contribute to overall wellbeing. Whether you're focused on improving digestion, boosting immunity or enhancing nutrient intake, cultured dairy products are a delicious and accessible way to prioritize your health. 🐮





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## E V E N T S

**Special  
Olympics**



Southwest and Southland Dairy Farmers are excited to be back at the Summer Games as an active sponsor with Special Olympics. Our organization and the Mobile Dairy Classroom attend the Summer Games in Kansas, Missouri, Oklahoma, Texas, Kentucky, Virginia, and North Carolina. We hold a strong presence during the Summer Games by providing an ice cream treat for the competing athletes, education from our Mobile Dairy Classroom, and handing out promotional items during the games. Giving back through charitable causes like Special Olympics is just one way our dairy farmers show their commitment to the local communities in which they live and work every day.

**April 3 – 13, 2025**

Montgomery County Fair,  
Conroe, TX

**April 12, 2025**

Run for Remembrance/Virginia Tech,

**May 2 – 3, 2025**

Special Olympics – Texas,  
Melissa, TX

**May 14 – 16, 2025**

Special Olympics – Oklahoma  
Stillwater, OK

**May 16 – 18, 2025**

Got To Be NC Festival,  
Raleigh, NC

**May 30 – June 1, 2025**

Special Olympics – Missouri  
Kirkville, MO

Special Olympics – North Carolina  
Raleigh, NC

**May 31, 2025**

Hospital Hill Run, Kansas City, MO

**June 6 – 7, 2025**

Special Olympics – Kentucky  
Richmond, KY

Special Olympics – Virginia  
Richmond, VA

**June 6 – 8, 2025**

Special Olympics – Kansas  
Wichita, KS

**June 6 – 14, 2025**

Hopkins County Dairy Festival  
Sulphur Springs, TX