

Drink Milk, Get Tuition

(NAPSA)—High school seniors may find healthy nutrition habits can help them pay for college.

The 2007 Scholar Athlete Milk Mustache of the Year (SAMMY) recognizes 25 high school senior student athletes who excel in academics, athletics, community service and leadership with college scholarships.

Winners get a \$7,500 scholarship, attend a special awards ceremony at The Milk House at Disney's Wide World of Sports and appear in a special milk mustache ad in USA Today.



A celebrity panel, including Andy Roddick, Jason Kidd, Mia Hamm, Michelle Kwan and Tony Hawk helps judge the entries.

More than 51,000 graduating students applied for the SAMMY Award in 2006. To date, the National Milk Mustache "got milk?" Campaign has awarded more than 200 talented teens with over \$1 million in scholarship money.

Studies suggest that teens who get enough milk are more likely to weigh less and have less body fat than those who don't. By drinking three eight-ounce servings of low-fat or fat-free milk a day in place of sugary soft drinks, along with regular exercise and eating smart, teens can help keep their bodies looking toned and healthy.

High school seniors can apply for the 2007 SAMMY Awards at www.bodybymilk.com. Applicants describe in 75 words or less how drinking milk is part of their life and training.

Entries must be submitted no later than 11:59 PM ET Friday, March 9, 2007. Finalists will be named by June 2007. For complete rules and applications, log on to www.bodybymilk.com.