

Berks Dairy Princess finds time to teach, study, and milk

BY LAUREL SCHAEFFER
Staff Correspondent

WOMELSDORF — Ask just about any kindergarten, first, or second grader in Berks County who the county Dairy Princess is and chances are they will be able to tell you. And if by chance they can't remember her name is Karen Sattazahn, they probably at least remember meeting her.

Karen has visited over 1600 school children and will have talked to more than 2000 by the time she relinquishes her crown to a successor on April 25 at 7 p.m. at the Berks County Agricultural Center, Leesport.

The pageant has been moved to this new date because, through experience, June has proved too busy.

In previous years, many of the eligible candidates were too involved with high school graduation, finding summer jobs, or any number of other related activities. Also, members of the dairy princess committee found it was difficult to make public appearance arrangements for the Dairy Princess during June, which is Dairy Month, because one reign was ending and another beginning.

"This way, added Karen, "the new dairy princess will have more time to work on her scrapbook for the State Dairy Princess Contest."

Looking back over all of the activities and events Karen has attended as Berks County's Dairy Princess, she admits she enjoyed teaching children about milk and other dairy products the most.

Not only does Karen enjoy working with children, she also believes in teaching them, while they are young, the importance of dairy products in their diet.

"The kids go home and tell their parents how much milk they all should be consuming each day," Karen remarked.

Karen also has been active in promoting dairy products in grocery stores throughout the country.

"Handing out recipes and prepared samples which are made with at least one dairy product ingredient has been very successful," she said. "It's amazing how many people will ask where they can buy the product and will actually go to the dairy case and purchase the ingredients needed for the recipes," she continued.

Karen, the daughter of Mr. and Mrs. Clarence Sattazahn, RD Womelsdorf, said she feels strongly about promoting dairy products and educating the consumer about the dairy industry. She added she has been amazed by some of the questions her audiences have posed concerning dairy farming.

"Knowledge I have taken for granted because I have been raised on a dairy farm is new to many people I have talked to," she explained. "We don't have as much money to put towards dairy product advertising as other food industries have."

However, she said she feels the use of the "REAL" sticker, now being placed on genuine dairy products will help.

"I believe many consumers are fooled by imitation products on the market today," she said.

Karen, who is majoring in elementary education and library science at Kutztown State College, said her studies have helped her with teaching skills and dealing with children as well as helping her make good contacts. Karen will begin student teaching in the Fall and will graduate in December, 1981.

Scheduling her duties as dairy

princess and college student has worked out much better than she had originally expected, Karen confessed. Her grades actually improved, and she admitted she has learned to budget her time much more efficiently, scheduling appearances during breaks, weekends, and holidays.

Karen still finds time to work at home, helping with milking on weekends and holidays and doing other farm related chores as her time permits. The Sattazahns farm about 185 acres and milk 100 cows under the name Zahnheim Holsteins.

Karen has seven cows of her own, some raised as 4-H projects. She said she enjoys driving tractors best because she loves to be outside, but quickly added that other duties such as sketching calves for registration, and feeding also are enjoyable chores.

This dairy princess has been very active in many organizations and is now serving as a 4-H leader, youth chairman of Marion Grange, director of the Berks County Junior Holstein Club, a Sunday School teacher, and president of Kutztown State College Circle K Chapter.

She said she firmly believes that her 4-H background and the many workshops setup by the dairy princess committee before the pageant last year has helped her prepare for her role as Dairy Princess. Karen noted she enjoyed going to the State Pageant, because she had the opportunity to learn more about the dairy industry and her role as a dairy spokesperson, as well as renew old friendships.

Karen said she hopes as many eligible contestants as possible will enter this year's pageant, adding it was such a rewarding experience for herself.

Girls between the ages of 16 and 22 who are daughters of dairy farmers or who own at least two dairy animals are eligible to enter. Activities for the contestants begin at 2 p.m. April 5 at Karen's home where they will have an orientation and a picture-taking session.

There will also be public speaking, poise, and beauty workshops to help prepare the contestants for the pageant. A mother-daughter brunch is scheduled for April 11. And an educational workshop will also be scheduled for the contestants at which time they will have the opportunity to learn more about the dairy industry and nutrition.

Karen stated her successor should make the most of opportunities, be herself and enjoy her duties.

"I found talking before groups gets easier once you've seen people are interested in what you have to say," Karen remarked. "It's the waiting before your appearance that is the worst."

For information on the dairy princess pageant contact Karen at 215/589-2680, Phoebe Bitler at 215/944-0541, or Vernetta Myers at 215/756-6436.

Here are two of Karen's favorite recipes, the first a family favorite for years — handed down for several generations.

Strawberry Fluff

6 ounce package strawberry gelatin
1 cup whipping cream
1 cup strawberries
1 cup miniature marshmallows

Prepare gelatin, chill and set. Whip cream and fold into gelatin. Fold in strawberries and marshmallows. Makes 4 to six servings.



Among her on-farm duties are feeding heifers and getting the eight-head Carousel milking parlor ready for the evening run. Berks County Dairy Princess Karen Sattazahn

emphasized how much she likes the merry-go-round setup, noting it is much faster and easier to clean.



Berks County Dairy Princess Karen Sattazahn takes the measure of production from the farm bulk tank. As dairy princess, Karen

has spent a great deal of time off the farm, too, visiting local elementary schools.

Scalloped Potatoes in Cheese Sauce

6 potatoes, sliced
1 onion, chopped
2 teaspoons salt
ground pepper, dash
3 tablespoons butter
2 tablespoons flour
2 cups hot milk
1 cup grated American Cheese
parsley flakes

Melt butter in double boiler. Add flour, seasoning and stir until smooth. Slowly add hot milk, stirring constantly. When it thickens melt the grated cheese in the sauce. Put layers of sliced potatoes, onions and cheese sauce into buttered baking dish or casserole, repeating until all ingredients are used up. Sprinkle parsley flakes on top. Bake 1 hour at 350 degrees. SERVES 6.



Karen Sattazahn works on her Berks County Dairy Princess record book - another of the important functions of the dairy princess's job.

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