

# Sparkling crown

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hosted in Altoona during the Holstein Convention, Tammy spoke on the subject of osteoporosis and the part dairy products can play in preventing this brittle-bone disease that especially afflicts elderly women. She has continued to stress the part dairy products can play in prevention of osteoporosis during many of her appearances and promotional activities, and sees it as a "real" selling point for milk.

June will be an especially busy month for this tireless princess, with plans to host a dairy month reception at the Capitol rotunda, complete with cow, calf, a dozen other princesses and favors for area youngsters. She also hopes it will be a change to fulfill another of her goals, meeting Governor Dick Thornburgh.

On June 8, Tammy will be on hand to promote milk at Veteran's Stadium, when the Phillies meet the Pirates for a possible milk chugging or cow milking contest, prior to the throwing out of the first ball.

Also crowding her calendar are the state Grocers' convention scheduled for Hershey the end of the month, the state princess seminar in July which she'll host at Williamsport's Lycoming College and Ag Progress Days at Penn State. Despite her crammed schedule, she continues to fulfill her duties as county princess.

Following the crowning of her successor at the September state pageant, Tammy will return to Waynesburg College to pursue a degree in elementary education. Her career goal is to become an elementary school administrator.

"Little kids tug at my heart-strings," confides Tammy, reflecting on how much she has enjoyed her dairy princess visits with groups of youngsters. "They're so open and receptive at that age."

Having already spent the best part of a year doing a job she never even dreamed she could possibly achieve, Tammy has gained enough maturity, confidence and experience to really she is capable of accomplishing the goals she's set for her career.

Other goals are equally im-

portant. One is to be remembered for her honesty in speaking with consumers, and with the farm youth she's met during her appearances as a spokesperson for the dairy industry.

And another is one of the finest tributes a child could offer to parents.

"I want a family just like mine," she says softly, her eyes filling with tears as she talks of the closeness shared by the Crees. "I don't ever want my kids to not feel they can come and talk to me because I'm their mother."

Partly because of the family's close ties, as well as Tammy's desire to continue working with the dairy herd, she selected to study at a small, private college within community distance.

Quick to express her pride in being a "farmer's daughter," Tammy wants to encourage the county princesses she'll work with this summer to relax, be themselves, and enjoy what they are doing for the dairy industry.

During her reign, Tammy has begun a cow collection, — a memento of her year spent representing the dairy industry.

She also collected an assortment of dairy recipes, which have recently been printed in a pamphlet titled "Sparkle Up Your Life." All the recipes are truly family favorites, some from the Cree's own farm kitchen, other treasured ones from grandmothers, aunts, cousins and close friends.

"There are no recipes included that we haven't personally tried," assures Tammy of the luscious-sounding creations. Some of the selections are Layered Lettuce with a Dairy Touch, Broccoli Cheese Pie, Pumpkin Delight, and Tammy's own personal favorite, Cinnamon Buttermilk Cookies, this week's featured recipe.

A copy of "Sparkle Up Your Life" is available by sending a self-addressed, stamped large business-size envelope to the Pennsylvania Dairy Promotion Services, in care of Judy Diebold, R3, Box 360, Altoona, PA 16601.

Dairy Promotion Services, the organization which oversees the dairy princess and related programs, is presently in the process of hiring a full-time coordinator. The coordinator will

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Tammy and state promotion program co-chairman Mim Kauffman make a last minute check on printing copy for the princess' recipe folder, "Sparkle Up Your Life."

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