

After 2-Year Absence Dairy Princess Reigns In Mifflin County

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MIFFLINTOWN (Mifflin Co.)**
—Cathy Gro's first assignment as Mifflin County's new Dairy Princess began with educating the very youngest — a newborn baby. One day before her informal crowning at the Wesley Chapel United Methodist fellowship hall near McVeytown, Gro visited the Lewistown Hospital to give the first baby born in July (Ice Cream Month) a cow bib and cow rattle. Although too young to appreciate the educational attention, Cynthia Hodge's parents, Paula and Michael Hodge of Mifflintown, took home free dairy products, a Dairy Queen gift certificate, and an interesting, dairy-oriented first-day memory for their daughter's scrapbook.

The following evening, on Sunday, July 4th, Cathy Gro accepted the crown of Dairy Princess from Cheryl Glick, committee chairperson, after a dairy princess absence in the county for two years.

Now this sixteen-year-old looks ahead to the goals she's set for herself, each separate but related. The obvious goal of promoting dairy products comes with the crown and sash. And her farming background and dairy princess training will help back her up.

Gro helps her father on her grandfather Paul Lewis' dairy farm. All together they milk 92 Holsteins and Ayrshires, but Cathy took time to attend the state dairy princess training seminar in Williamsport recently. There she learned more specific details about nutrition, cow industry information, and how to tailor this

information to a particular age group.

All of this seemed helpful to a girl who considers herself shy and who wanted to gain the confidence she had heard others had gained through the dairy princess program. The training seminar also gave tips on poise, make-up, and hairstyling.

Now Gro plans to add the dairy princess college incentive program to her goal to promote the dairy industry. She's chosen the higher level of the incentive program — to conduct 30 school programs, 18 radio spots, 18 newspaper articles, 12 non-farm and five farm speaking engagements, five special events, and 16 store and mail presentations — to earn a \$400 scholarship.

This scholarship ties in with Gro's plans after high school — to earn her degree in elementary and early childhood education.

"I'm looking forward to working with kids," Gro said. And, looking at her upcoming schedule, she won't have a long wait. An Atlantic Dairy Cooperative picnic at Bland's Park near Tyrone will be followed by a busy August, starting with the Mifflin County Youth Fair where she'll hand out milk and cheese one evening and ribbons during the daily show another evening.

Then comes a day at Ag Progress day August 17 to 19, the Mifflin County Holstein Association's Summer Classic Sale at the Youth Park in Reedsville on August 19, the Championship Show at the Huntingdon Fairgrounds on August 21, and the District Show at the Mifflin Coun-

ty Youth Park the beginning of September.

All of this will give Cathy good public speaking and poise practice for the State Dairy Princess Pageant at the Sheraton East in Harrisburg September 16-18.

But back home, working behind the scenes for any dairy princess is the County Dairy Princess Committee. Mifflin County's Chairperson Cheryl Glock is joined by Jaylene Yoder, Sandy King, Crystal King, Marlene Smoker, and Deb Rheam. Together they took Cathy's speaking schedule (call Deb Rheam at 935-2737) and round up financial support for the program.

But there's another group that's vital to the future of the Dairy Princess Program — the Mifflin County Dairy Maids. These 14- and 15-year-old dairy princess assistants learn by helping and will hopefully one day compete for the title of Dairy Princess. This year Dana Smoker, daughter of Mike and Marlene Smoker of Belleville, Erin Goss, daughter of Larry and Judy Goss of Lewistown, and Joanna Pecht, daughter of Roland and Marthaa Pecht of Milroy and will be Mifflin County's Dairy Maids.

Although there are none in Mifflin County, there is a place for seven to 12-year-olds as a Dairy Miss and ages four to six as a Little Dairy Miss. Contact Cheryl Glock at (717) 935-5277 if interested.

Cathy Gro's year as Dairy Princess is goal oriented — a confidence-building, scholarship oriented way to spread healthy facts about dairy foods. And since dairy foods play such an important part in maintaining healthy bodies, Cathy wants to pass this fresh fruit recipe on to you. And remember: MILK! It does a body good!

Dip For Fresh Fruit

- 1 small package instant vanilla pudding
- 1 cup milk
- 3 ounces undiluted orange juice
- ¾ cup sour cream

Beat pudding, milk and juice together for 1-2 minutes. Beat in sour cream. Chill. Enjoy.

Altoona Dairy Day

TIPTON (Centre Co.) — More than 1,100 people traveled to Bland's Park in Tipton to celebrate Altoona Dairy Day on June 17.

The event featured sampling of dairy products provided by Galliker's Dairy of Johnstown, Ritchey's Dairy of Martinsburg, Sani-Dairy of Johnstown, and Valley Farms of State College. Several dairy princesses were on hand to help with the event.

In addition, Gai-Linn Tatrai, Altoona Bureau Chief for WWCP-TV, Altoona, won the media ice cream making contest with her recipe for "Peach Paradise" Ice Cream. Other participants in the contest were WFGY-FM of Altoona, WQWK-FM of State College, and The Daily Collegian of University Park.

Judges for the competition were Crystal Schweighofer, State Dairy Princess, Peter Gardella, Bland's Park Manager, and Joey Delgrosso of Delgrosso Foods in Tipton.



Cathy Gro stands with Jocelyn the Jersey, her sister Melissa's 4-H project.

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