

# Franklin County Selects Dairy Princess

**BETH MILLER**  
Cumberland Co. Correspondent  
**CHAMBERSBURG** (Franklin Co.) — Anne Eliza Main of Mercersburg has won the right to wear the crown as Franklin County's 1995 dairy princess.

She captured that title during the county's 28th Annual Dairy Princess Pageant held at the Light-house Restaurant.

Anne, who goes by the nickname of Libby, is the daughter of Charles and Liza Main. She is a 1995 graduate of the James Buchanan High School.

She will be attending Gettysburg College this fall.

Anne has plenty of experience with the dairy industry because her family farms 225 acres and has 175 head of Holstein cattle.

She is the "support staff" on the farm, meaning that she helps with everything needed to keep the operation going.

In addition to working on the farm, Anne's activities have included serving on her high school's student council and participating in the Cherish Chain.

As part of the pageant, Anne and the other contestant, Tia Crider of Chambersburg, had to answer the question, "How do you feel being raised on a dairy farm will impact your life?"

Anne said she felt her farming experience would affect all the decisions she will make because she has a great respect for the hard work needed to run a farm and for the importance of following through with a job.

She said she also has learned how important it is to be responsible for what you do.

The skit Anne staged during the pageant presentation competition was geared toward elementary school students who are fans of the "Mighty Morphin Power Rangers" television show.

She dressed as a giant white milk drop and called herself the "Mighty Morphin Milk Drop."

During her entertaining program, she pulled different dairy products from her costume and talked about their nutritional advantages. After each product, she made a karate move like the Pow-

er Rangers do.

Anne was crowned by 1994 Dairy Princess Larissa Mellott.

Crider, who will be alternate dairy princess for the coming year, is the daughter of Dennis Crider of Crider Dale Farms, a 130-acre operation with 110 Holstein cattle.

She will be a senior at Chambersburg High School in the fall. She is a member of her local 4-H club, the county 4-H Council, a participant in the 4-H Dairy Bowl, and is a member of her school's Art Club and volleyball team.

Tia answered the question about how living on a farm has affected her life by saying the experience "has taught me responsibility, not to neglect things and to stay with the job and do my best at it."

Her skit focused on how milk helps to strengthen muscles.

To make her point, Tia came out dressed in a baseball uniform and began to exercise to get ready for a game. After getting her two to four servings of milk a day she had plenty of strength to hit a home run right out of the park.



Franklin County's 1995 Dairy Princess Anne Eliza Main, right, and the 1995 Alternate Dairy Princess Tia Crider.

## Her Favorite? 'Red Cookbook'

**LOU ANN GOOD**  
Lancaster Farming Staff  
**MOUNT JOY** (Lancaster Co.) — Sandy Witmer has a stack of Pennsylvania Grange Cookbooks, but her favorite is the "Red Cookbook" published in 1984.

She and some other members of the Elizabethtown Grange petitioned the state organization to

reissue the "Red Cookbook."

Last week, the Grange's petition became reality when the reprinted cookbook became available for purchase.

The brightly colored cookbook with more than 1,500 recipes and 480 pages sells for \$13 plus \$3 for shipping and handling.

"I like the cookbook because the

recipes are simple and easy to read," Sandy said.

A special diet foods with heart healthy recipes and microwave cooking sections and an easy-to-reference index have led to this cookbook being nicknamed "the cook's helper."

The recipes found in the "Red Cookbook" are not available in other cookbooks. The "Red Cookbook" also contains a section with household hints, measurements, substitutions, and cooking equivalents.

Other Grange cookbooks, which are used as fund-raising projects, include the 1925 green hard-bound cookbook (\$9), the 1972 white cookbook (\$13), and the 1992 green softbound cookbook (\$11.50). A limited supply of the National Grange Glory of Cooking cookbook is also available for \$8.

The State Grange has more than 33,000 members and is a rural, agricultural, and community service organization dedicated to improving the lives of Pennsylvanians.

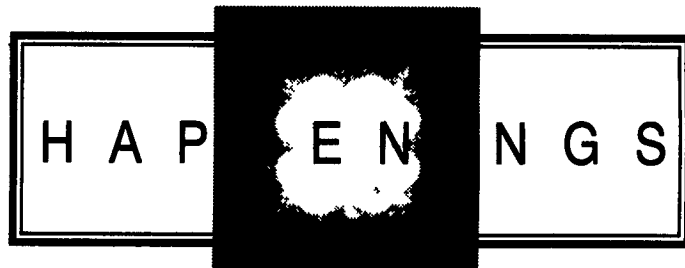
Sandy said that she and her husband Dennis joined the Grange in 1984.

"I love to meet people and it's a community organization that is always doing things for the community," Sandy said.

The E-town Grange raises funds at the E-town Fair Milkshake stand.

Sandy grew up on a Bainbridge area dairy farm. Although she no longer lives on a farm, she continues to hold an interest in agriculture and is pleased that the Grange works to pass legislation favorable to farmers.

The cookbooks are available through Grange members or send a check to the Pennsylvania State Grange Cookbooks, 1604 N. Second St., Harrisburg, PA 17102, or call (800) 552-3865.



### Broken Bit 4-H

The Broken Bit 4-H Horse and Pony Club held its May meeting on May 18 at the Mt. Airy Fire Hall.

Seventeen members and one leader were present.

Dr. Jeff Edelson gave a talk on worming and vaccinations. Samara Shuster-Edelson and her kids did a demo on Horse Show Fashions.

The club will be sponsoring an open show on June 18 at Lower Hopewell Farm. Mark Smith will be the judge.

This show is open to the public. No one under the age of 8 is allowed to ride because of insurance regulations. For more information, contact Helen Farrington at (717) 626-7258.

The club is planning a July trip to Penn National.

### 4-H Day Camps

Montgomery County 4-H will be offering two day camps this summer. All youth ages 8-12 as of January 1, 1995 are welcome to attend the Nature Quest Day Camp, which will focus on the earth, water, plants, wildlife, and the important role each of these plays in our environment and lives.

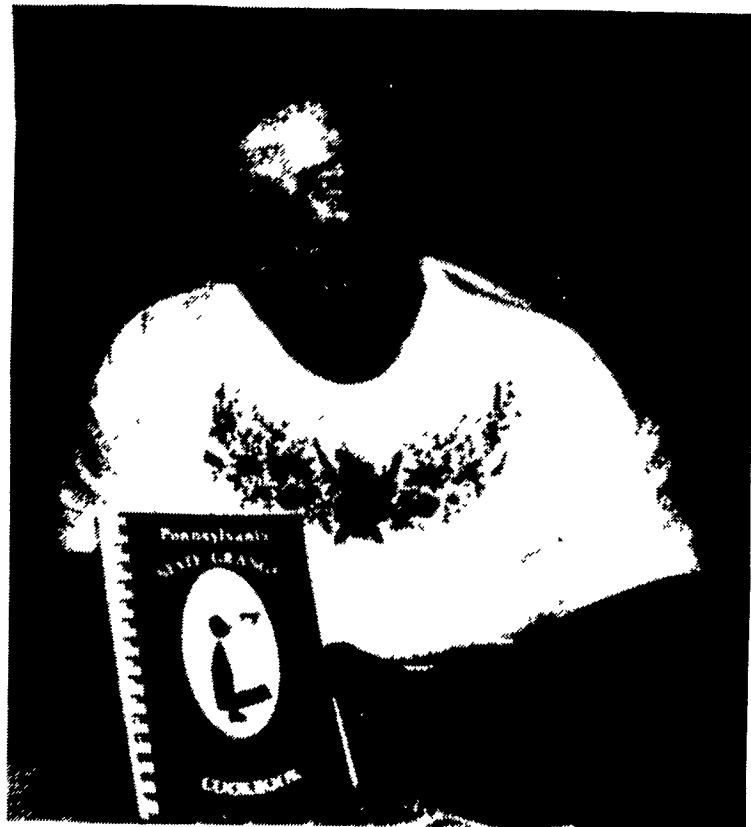
Workshops will consist entirely of fun, hands-on activities. The day camp will be offered July 11-14 from 9 a.m. to 1:30 p.m. at the 4-H Center in Collegeville on Route 113 one mile south of Skippack.

To defray the cost of materials, a fee of \$20 for the first child and \$15 for each additional child will be charged. Scholarships are available.

Also, an Animal Science Day Camp will be offered this year. Youth ages 9-13 as of January 1, 1995 are welcome to attend, and will be given opportunities for hands-on activities and learning.

At the 4-H Center and on field trips, campers will explore the world of various animals, ranging from rabbits and guinea pigs to horses and cows. Animal Science Day Camp will be held July 17-21 from 9 a.m. to 1:30 p.m. A fee of \$35 will be charged to defray the cost of field trips and materials.

All day campers will become 4-H'ers by participation, and are especially encouraged to exhibit in the Montgomery County 4-H Fair, which runs August 10-12. For more information or to request a brochure, contact the 4-H Center at (610) 489-4315.



Sandy Witmer shows off the "Red Cookbook," that the Pennsylvania Grange recently reissued.

## Taking Time

(Continued from Page B17)

**Redirection**—If your grandchild is misbehaving, stop them. Explain why you dislike the action, and then suggest a better action or different game to substitute.

**Fix-Up**—When your grandchild causes trouble or hurt, expect her to fix it up or at least help. If this is a new idea, he may need you to show him how.

**Be Firm**—Clearly and firmly state that your grandchild do what needs to be done. Don't be wishy-washy. Speak in a tone that lets your grandchild know that you mean what you say. This doesn't mean yelling or threatening.

**Being consistent in your expect-**

tations for behavior is the trick. If you are predictable in your expectations and in your response to behavior, children will get the message.

Finally, as a grandparent, know when to say "No." I always say to parents that it's hard to be a good parent if you are not taking care of yourself. The same thing goes for grandparents. Take good care of yourself. Make sure that you are able to rest when you need to and that your schedule still allows time for you to visit with your friends. This allows you to give the best to your grandchildren when you're together, whether that's one day a month or every afternoon.



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**LINDA MILLER**

Independent Longaberger® Consultant

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