



Perry County Royalty includes, from left, Amanda Stephens, dairy ambassador; Pamela Stephens, alternate dairy princess; Emily Dum, dairy princess; Colleen Kretzing, alternate dairy princess; and Laurie Smith, ambassador.

## Emily Dum Reigns In Perry County

LANDISBURG (Perry Co.) — Emily Dum was recently crowned Perry County Dairy Princess. She is the daughter of Thomas III and Shayne Dum of Landisburg.

Assisting Emily in dairy promotion duties are alternates Colleen Kretzing, daughter of Perry and Adelaide Kretzing of Loysville, and Pamela Stephens, daughter of Robert and Anna Stephens, Newport.

Each of the three contestants presented a skit and a speech concerning an aspect of the dairy

industry. On stage, the contestants answered an impromptu question. They were interviewed by judges Patricia Miller, a former coordinator and treasurer, Marg Malehorn, Cumberland County Extension home economist; and Jay Kopp, dairy farmer.

Entertainment was provided by Heidi, Holly, and Paul Miller. Beverly Amsler, news director for WQLV, LOVE 99 F.M. emceed the pageant.

Marel Raub, the 1993-1994 Perry County Dairy Princess crowned



Emily.

To serve as dairy ambassadors are Amanda Stephens, daughter of Robert and Anna Stephens, Newport, and Laurie Smith, daughter of Hunter and Kathy Smith, Newport.

Liza Haas, the former Perry County dairy ambassador, thanked everyone for their support and the opportunity to promote the dairy industry. Liza's sister Gretchen was the Little Miss during 1994-1995. Both are daughters of Gary and Lucinda Haas, Millerstown.

**Consuming Thoughts**  
by  
**Fay Strickler**

*Penn State Extension Home Economist For Berks Co.*

Consumers often ask whether it is safe to eat seafood. The answer is yes—if you select a variety of products from reputable establishments or use recreationally harvested fish in ways consistent with the health advisories and handle and cook them properly, you can feel confident that potential safety concerns associated with seafood are minimized. Caution should be used if you eat raw finfish or shellfish. Persons with acute medical conditions should avoid eating raw seafood, but can enjoy eating it in cooked dishes.

Consumers have been receiving mixed messages about the quality of seafood. Seafood is a tasty and nutritious part of a healthy diet. But as with other foods there are things consumers need to know.

Potential seafood quality problems result primarily from improper handling, preparation or storage which can taint the product, consequently making people ill. Other safety concerns related to natural marine toxins or environmental contaminants are uniquely associated with specific types of fish or particular shellfish growing areas.

**Proper Handling Is The Best Defense—Proper cooling or**

refrigeration is essential to preserve the quality of seafood. The U.S. General Accounting Office reported that one of the major causes of seafood-borne illness is mishandling and improper cooking. Seafood should be kept close to 32°F at all times to prevent spoilage. Scombroid poisoning, which results in an allergic reaction, can be prevented simply by properly cooling and storing fish associated with this illness (tuna, bonito, bluefish and mahi-mahi). Seafood can be contaminated through contact with other food, equipment or the individuals handling it. Good hygiene and food handling practices (such as clean utensils, countertops and hands) will help prevent bacterial contamination of the seafood you are preparing.

### Choosing Seafood

- Purchase seafood from a reputable establishment and plan ahead to have the equipment (cooler and ice) necessary to keep it cool.
- Look for good quality seafood. Shellfish: whole clams, oysters and mussels should be alive (shells will close them tapped). Discard dead ones or those with broken shells.
- Finfish: fish should have a

clean, fresh smell with no fishy or other "off" odors. Gills should be bright red or pink. Flesh should be firm and elastic, and the skin should be shiny with firmly attached scales. Undamaged eyes are bright and clear and protrude away from head when fish is fresh.

### Handling and Preparation

- Keep raw and cooked seafood cold, 32-38°F at all times. Flaked or crushed ice will maximize cooling. Refrigerate seafood immediately.

- Store whole fish on crushed ice in a cooler or refrigerator.

- Refrigerate live shellfish (clams, oysters and mussels), but don't allow them to dry out. Drastic temperature changes, fresh water and airtight containers can kill live shellfish.

- Don't store fillets or shucked shellfish directly on ice. Put them in a waterproof container that can be buried in ice or refrigerated.

- Separate raw seafood from cooked and keep seafood separate from other food products during handling, storage and preparation.

For more information and a fact sheet about eating raw shellfish, send a self addressed-stamped envelope to: Shellfish, Berks County Cooperative Extension, Berks County Ag Center, PO Box 520, Leesport, PA 19533-0520.



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