

The display of canned goods impresses Pennsylvania Fair Queen Jennifer Randall, who is from Somerset County. As fair queen she travels to fairs across the state and is surprised and thrilled with the diversity at each one.

Meet Pennsylvania's Fair Queen

LOU ANN GOOD Lancaster Farming Staff

HARRISBURG (Dauphin Co.) — Pennsylvania Fair Queen Jennifer Randall grew up in Maine where she was fascinated with the ocean. She determined then to study marine biology so that she could research sharks, but her move to Pennsylvania and consequent reign as the state Fair Queen has changed all that.

"During my reign, I discovered that I like working with people," said the 19-year-old queen who is a sophmore at Elizabethtown College. She plans to switch her major from marine biology to teaching.

Jennifer said that her dad's job has required the family to move to many different states. Her dad Charles is a milk broker for Great Lakes Milk Co. Her mother Katherine and 15-year-old sister Kristen complete the family. Occasionally the family circle temporarily enlarges to include exchange students. The family has hosted two exchange students, one from France and another from Argentina.

Jennifer grew up participating in 4-H where she showed lambs and pigs. It seemed a natural progression to try out for Somerset County Fair Queen. After capturing that title, she competed for the state title. The 43 contestants were required to write an essay, give a

speech, and interview with judges. Jennifer thinks that her original

speech influenced her win. She spoke on why people should come to her county fair. In the speech, she played the roles of an older gentleman, a young boy, a woman, and herself in giving each one's perspective of the fair's attractions.

In doing the presentation, Jennifer's experience in public speaking and in theater helped her.

As fair queen, Jennifer attended 10 fairs.

"I'm amazed at the diversity of the fairs. I met a lot of great people at each one," she said.

She would have liked to attend

more fairs, but conflicts with college classes prevent her.

One of the highlights of her reign, Jennifer said, was meeting Gov. Ridge and addressing the Pennsylvania Senate and House of Representatives.

Experiences like these have greatly enhanced her speaking ability and confidence in speaking before crowds, Jennifer believes.

In a few weeks, Jennifer will crown the new Pennsylvania Fair Queen.

"It's been a great experience being the Fair Queen. I feel sad when I think of giving up the crown," she said.

Improve Your Health

SCRANTON (Lackawanna Co.) — Penn State Cooperative Extension is sponsoring two exciting nutrition classes focused on a workable weight-loss and maintenance program.

In My New Weigh of Life, participants will learn to make permanent lifestyle changes, to be a low-fat eater in a high-fat world, basic nutrition information, and how to make choices to control their weight.

My New Weigh of Life is a 2-hour-a-week, 10-week course

taught by Florence Norelli, Penn State Cooperative Extension nutritionist. The classes will be held on Mondays from 5:00 p.m.-7:00 p.m. at the Clarks Summit State Hospital beginning on January 22 and on Wednesdays from 6:30 p.m.-8:30 p.m. at CMC beginning on January 10. Cost of the classes is \$40 per person.

For more information or to register, contact the Penn State Cooperative Extension office of Lackawanna County at (717) 963-6842. Lancaster Farming, Saturday, January 13, 1996-B9

Cook's Question

(Continued from Page B8)

ANSWER — Debra Shull, Landisburg, wanted a recipe for making sharp cheese using goat's milk. Thanks to a Lehighton subscriber who suggests that Debra contact the New England Cheese Making Supply Co., Box 85 Main St., Ashfield, Ma. 01330, (413) 628-3808. The company sells kits for making different cheeses. One basic kit makes a variety of cheeses including cheddar, Gouda, Monterey Jack, cottage cheese, ricotta, buttermilk, etc. Even if Debra does not want to purchase the kit, the subscriber writes that she is sure they would give her information.

ANSWER — Carol Grove, Somerville, Va., wanted recipes for gluten-free diets suitable for the holidays. Sorry, these recipes arrived too late for Christmas, but I'm sure you'll enjoy them anyway. Thanks to Gladys Hassinger, McClure, for sending them. She recommends two cookbooks, "The Gluten-Free Gourmet," and "More From the Gluten-Free Gourmet," by Bette Hagman.

Orange Cornbread

- 2 cups corn flour
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 2 eggs, beaten
- 1/3 cup vegetable oil
- 2 teaspoons grated orange peel

Combine flour, sugar, baking powder, and salt. Stir in milk,

eggs, oil, and orange peel until smooth. Do not over beat. Pour into greased 9x9x2-inch baking pan. Bake in preheated 400 degree oven for 20 to 25 minutes. Stuffs 12-14

Orange Cornbread Stuffing

- 1 recipe orange cornbread
- 1 medium onion
- 1/2 cup sliced celery

pound turkey.

- 2 eggs, beaten
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- Optional: ½ cup green pepper
- ½ pound pound pork sausage
- Chicken stock to moisten

Crumble cornbread. In a large skillet, saute sausage, onion, green pepper, and celery until meat is browned and vegetables just tender. Drain thoroughly.

In mixing bowl, combine sausage mixture, eggs, thyme, and salt. Add the crumbled combread and toss until well mixed.

Add enough stock to moisten as desired. Will stuff 12-14 pound bird. May be baked in greased 2½ quart casserole in preheated 325 degree oven for approximately 45 minutes.

Pot Pie

- 3/3 cup tapioca flour
- 3 cup corn starch
 - ¼ cup potato starch
 - 1 teapsoon salt
 - 1 tablet plus 1 teaspoon Xanthan gum
 - 2 whole eggs, beaten
 - 2 egg whites, beaten

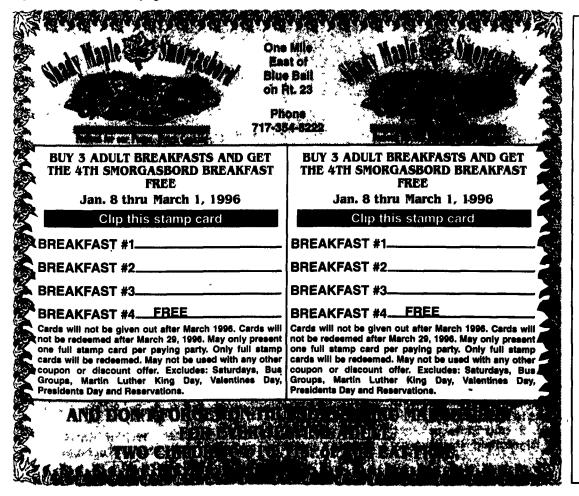
Have broth, meat, onions, and potatoes ready on stove. Mix flour, salt, and Xantham gum. Blend eggs and oil and stir in the flours.

Use flour to roll out. Drop pieces into broth. Cook 5 to 15 minutes.

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For more information and a confidential no cost proposal on the ECH Foundation Farm Trust program please call

Bill Treible, Development Officer, Ephrata Community Hospital Foundation, today

(717-738-6569).

