

# New York State Dairy Princess Pageant Is Feb. 17

SYRACUSE, NY - The American Dairy Association and Dairy Council, Inc. (ADADC), announced the Annual New York State Dairy Princess Pageant to be held on Tuesday, February 17, at Four Points Hotel by Sheraton, Liverpool, NY, and its annual meeting to be held on Wednesday, February 18.

Festivities begin on Tuesday with milk punch at 5:30 p.m. During the banquet at 6:00 p.m., 29 county dairy princesses will be honored as they compete to be the 1998-99 New York State Dairy Princess (currently Alison Littlefield of Jefferson County). An ADADC 1997 Program Presentation will highlight the "got milk?" advertising campaign and the promotional contributions of the consumer promotions, nutrition education and communications work groups. On Wednesday, ADADC's Annual Meeting will begin at 8:00 a.m. The agenda includes financial, advertising, and program updates.

The pageant culminates two days of judging for the contestants. The judges will be looking for young women who most effectively promote milk and dairy products, based on a personal interview, impromptu and prepared adult speeches, and informal interaction with oth-

ers. Though only on state princess and two alternates will be selected as state representatives for the dairy industry, promotion is a team effort, and all county dairy princesses and their courts are important in increasing milk and dairy product consumption.

In addition to the three state representatives who will receive awards of \$1,200, \$700 and \$600 respectively, awards will also be presented to three girls in each of the following categories: adult speeches, written communications, and product knowledge. In addition, three girls will receive a public relations award designed to recognize special events efforts at the local county level. "Miss Congeniality" will be selected from the contestants and recognized as the dairy princess who demonstrates the most friendliness and cooperative spirit of competition.

Two college students will receive the ADADC Memorial Scholarship and Leo Briggs Memorial Scholarship. Both \$500 scholarships are based on grade point average, extracurricular activities, future plans, and a 400-word essay discussing the applicant's commitment to a career in the dairy industry.

The Robert S. Turner Promoter of the Year Award will be presented to the county that

has done an outstanding job promoting milk and dairy products. Selection is based on the number and types of promotional activities conducted by the 1996-97 county dairy princesses and their courts.

A Golden Cow Award will be presented to an adult county dairy promotion committee member as recognition for outstanding service and dedication to local dairy promotion in New York state.

Banquet tickets are \$20 per person and must be reserved by Friday, February 6. Make Checks payable to ADADC and mail to: Deborah Mathers, American Dairy Association and Dairy Council, Inc., 219 South West Street, Suite 100, Syracuse, NY 13202-1205.

Four Points Hotel is located directly across from exit 37 of the New York State Thruway. From Route 81 North or South, take exit 25 - Seventh North Street. Go to the end of the ramp and take a right. The hotel will be straight ahead at the "T" (one mile).

## Ida's Notebook

by  
Ida Risser



On Sunday I traveled with our church choir to Washington National Cathedral. I'm not a singer but I went along to see this Gothic cathedral that took more than 80 years to build. There are five chapels within this large building which is one-tenth of a mile long. Although administered by the Episcopal Church, it is a house of prayer for all people.

Preceding the afternoon service, the Lancaster choir sang eight numbers. The service was quite formal starting with a procession, then the Psalms and prayers were chanted. The boy's choir sang in Latin. Their organ has 10,500 pipes. The largest is 32 feet long and the smallest one is the size of your little finger. Personally, I would much rather worship in a simple wooden church in the country.

Long ago I sold my oak desk to a college student. This I had to empty the three drawers. Recently, I went through the box in which I had stored the 1960 contents of the desk.

These scraps of paper and letters are interesting to me. Some were written by little children telling me that they loved me and decorating the papers with flowers. Some are newspaper clippings which tell of their accomplishments in 4-H Clubs. Some were letters from older relatives giving advice.

I even found a poem that my husband had wanted for a long time as his parents quoted it to him. He wants to repeat it to his grandchildren. After I looked through all the papers, I simply returned most of them to the box and closed the lid.

## Food Adventure Tips

TUNKHANNOCK (Wyoming Co.) - Are you craving more excitement in your life? Sometimes you need look no further than the end of your fork? A world of food adventures is at your fingertips.

- Take a safari through a supermarket aisle!
- Explore a new restaurant!
- Take a risk with a new recipe!

Here are 12 possibilities to point you on your way:

- 1) Add a little spice to your life - Cruise through the supermarket seasonings section. Buy a flavoring that intrigues you. Check label information for suggested uses and amounts. Spices and herbs are great ways to add flavor when you lower the salt, fat and/or sugar in a recipe.
- 2) Time for an oil change? Try raising the quality while lowering the quantity of fat in your diet. Make your next salad dressing with a flavorful "extra virgin" olive oil. Experiment with a few brands to find the one you enjoy most. Purchase some of the new flavored oils to drizzle (lightly!) over vegetables or pastas for added pizzazz.
- 3) Grab a new grain - Venture beyond bread for more of your recommended 6 to 11 daily grain servings. Try a new grain or different form of a familiar grain. How about amaranth or barley? Buckwheat and quinoa, though not true

grains, also count and may offer new adventures. Check the back of food packages for quick access to new recipe ideas.

Or, test untried forms of favorite grains. Consider bulgur or couscous from the wheat family. If you've always used cornmeal for making cornbread, try cooking polenta instead.

Note: Whole grains tend to be higher in fat content than refined grains and grow rancid sooner. Buy from stores that have a fairly rapid turnover of foods. Store in the refrigerator or freezer to help maintain quality longer.

4) Say cheese! In the book, "On Food and Cooking", Harold McGee says cheese probably has been around since 2300 B.C. If your history with cheese is limited to two or three favorites, you're missing out on centuries of cheese flavors!

High in important bone-building calcium, there's a cheese for everyone: Low fat, low sodium, sharp, mellow—the options are endless. Use a new variety to liven up a favorite dish.

5) Fancy a new fruit - take home a new fruit on your next supermarket trip. Try different varieties of old favorites, such as apples. There are any number of varieties out there - which ones haven't you tried yet?

Make sure you know how to fix the fruit you fancy. Avoid the sad situation of the person who threw away the edible seed portion of a pomegranate and tried to eat the inedible spongy membrane! Check with the produce department if you have any preparation questions.

6) Vary your vegetables - Instead of a baked potato, try a sweet potato; score an "A" for adventure as well as vitamin A. Pep up color and flavor by adding green, yellow and red peppers to your meals. Turn up the heat with hot peppers. Go easy on your first adventure with the hotter peppers!

7) Go for the green - Mix up

your salad with a variety of greens; continue the adventure by sampling a new salad dressing. Combine greens with different textures, colors and flavors. Use stronger-tasting tart greens in smaller amounts. For example, a romaine or Boston lettuce is milder in flavor. Radicchio and escarole are tart. Include fresh herb leaves, such as basil and tarragon, for added interest.

8) Encounter another culture - If you can't travel to another county, step through the door of a restaurant offering foods from a different culture. Check to see if there is a "sampler" plate so you can try a variety of foods.

9) Jump on the bean bandwagon - Black beans, red beans, garbanzo beans, adzuki beans, navy beans...Have you tried beans yet? Serve them as a main dish or serve them on the side. Mix them into salads. Mash them and add a spice for a flavorful dip. Use them straight from the can, or cook up a bag. High in fiber, they make a healthy addition to your meals.

10) Pasta possibilities - Try a different shape, color or flavor of pasta to add a new look to an old dish. As a rule of thumb, match larger and bolder pasta shapes with chunkier and more robust sauces.

11) Mix up your main dishes - Are you afraid to order a food you can't pronounce? Do you always choose your main dishes from the same menu food grouping?

Venture out with some of your more adventurous friends and make it a point to order foods you've never eaten. Share the foods...and the fun!

12) Get cooking with a new cookbook - Browse through the cookbook section in your local library. Review magazines and newsletters that offer recipes. When you find a recipe that makes your taste buds tingle, give it a try. Cookbooks are your passport to adventure right in your own kitchen!



**The Backwoodsmen 4-H Club**  
The club participated in The Heart Walk at the Montour Preserve. The club raised \$315 for the Heart Association.

The club held a pig roast at Murphys. They played softball and basketball and other activities.

The club participated in the Danville Halloween Parade.

The club held its Club Award Night at the Klinesgrove United Methodist Church, Sunbury.

Kathy Schmid introduced the new members - Chris Rubendall, Melanie Campbell, Jaclyn Smith, Dan and Tim McKinley, Larry Reel, Mindy Raker, Sarah and Nathan Linn, Tyson Harvey, Julie Shaffer. They all received binders.

Kathy Schmid introduced the new leaders - Kim and Jon Clemens, Jeff Murphy, and Brad Miller.

Don Murphy presented gifts to these graduating 4-H'ers - Randy Eby, 7 years and Jeff Murphy, 11 years.

Kevin George presented Backwoodsmen 4-H hats to these teens - Maura Adams, Andrea Brockman, Jenny Clark, Randy and Maria Eby, Jon English, MaLinda Geary, Samantha Geyer, Amy Gregonis, Alyssa Hummer, Chapin Mentch, Jeff Murphy, and Jenny Shipe.

Shawn Knotts and Brad Miller presented business meetings awards to Jonathan and Maura Adams, Michael Brabander, Andrea Brockman, Jenny Clark, Maria Eby, Jon English, Michael and Steve George, Samantha Geyer, Alyssa and Joel Hummer, Chapin Mentch, Jeff Murphy, Dale and Ebba Schmid, Jenny and Megan Shipe.

Randy and Sandy Raker presented community service awards to Jonathan and Maura Adams, Michael Brabander, Andrea Brockman, Jenny Clark, Maria Eby, Jon English, Samantha Geyer, Amy Gregonis, Alyssa and Joel Hummer, Jeff Murphy, Mandy Raker, Dale and Ebba Schmid, Jenny and Megan Shipe, and Cajun Sweitzer.

Amy Snover presented county activities awards to Maura Adams, Randy Eby, Michael and Steve George, Samantha Geyer, Alyssa and Joel Hummer, Jeff Murphy, Mandy Raker, Megan Shipe, and Cajun Sweitzer.

Stacey Hetrick presented certificates and pins to these members - Jonathan and Maura Adams,

Michael Brabander, Andrea Brockman, Jenny Clark, Maria and Randy Eby, Jon English, MaLinda Geary, Michael and Steve George, Rebekah George, Samantha Geyer, Amy Gregonis, Alyssa and Joel Hummer, Chapin Mentch, Jeff Murphy, Mandy Raker, Dale and Ebba Schmid, Jenny and Megan Shipe, and Cajun Sweitzer.

Amy Snover presented a certificate for the State Production Horse Show for first place to Amy Gregonis.

Renie Murphy presented the Friends of 4-H gifts to Steve Adams and Walt Rupert.

Jeannie Snover presented the Outstanding 4-H'ers For The Year Awards. Megan Shipe was the Junior Outstanding 4-H'er and Samantha Geyer was the Senior Outstanding 4-H'er.

The club collected a Thanksgiving basket for the Haven Ministry.

## Weight Loss

LEBANON (Lebanon Co.) - A 12-week series on weight loss for adults will be held at the Lebanon Valley Ag Center starting March 2 through May 18, from 6:30 p.m.-8:30 p.m.

Call (717) 270-4391 to request detailed program description and to register. Cost for the series is \$60, payable at the first class or in advance. Register early to save a place.