

Juniata County Recognizes 4-H Leaders

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PORT ROYAL (Juniata Co.) — 4-H Teens from Juniata County planned a recognition banquet in November to honor outstanding leaders and youth. 4-H Leader of the Year went to Dawn Stitely of Mifflintown. One of her What's Cookin' members presented the award.

The Juniata Tenn Leader of the year is nominated by peers. This year's recipient was David Peterson of Port Royal. According to the presenter, Peterson truly lived up to the title of team leaders by arranging meeting places, volunteering for committees, completing a meticulous project book, helping in all aspect of the 4-H exchange even though he couldn't participate, and committing to become an adult leader now in his last year of 4-H.

Casey Paffie of Spruce Hill earned the Outstanding 4-H'er Award. An active member of the Quilting Club for seven years, Paffie cooperatively finished all tasks even though active in many other clubs and organizations.

Donald Love of East Waterford received recognition for 35 years of service. Love, a dairyman, devoted countless hours to 4-H over the years. According to statistics, Pennsylvania has more than 10,000 adult 4-H leaders serve as positive role models for 125,000 youth ages 8 to 18. Studies show that 4-H leaders give more than 200 hours each year, an equivalent to an in-kind contribution of \$20,000,000.

The Community Service Award went to the 4-H Seeing Eye Puppy Club for Operation Bear Lift, a program that supplies teddy bears to orphans in Russia. The club offered a low-cost spayed and neutering clinic, participated in the American Cancer Society Relay for Life, and has trained 11 future seeing eye puppies. Kathy Queitzsch serves as leader.

Port Royal resident Fred Towsey of the Turbett Grange No. 781 accepted the Friend of 4-H Award.

Best First Year 4-H'ers awards went to Katrina Dolan and Gretchen Wagner. An individual Cookie Sales Award went to Jennifer Gilbert. the What's



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Fred Towsey of Port Royal accepted the Friend of 4-H Award for the Turbett Grange No. 781.

Cookin' club earned the club cookie sales award.



The 4-H Seeing Eye Puppy Club earned the Community Service Award. Members include, from left, Kelby Swartz of Port Royal with Kortney; Zach Swartz of Port Royal with Hugger; Fletcher Crimbring with Christina; and Kristen Crimbring of Port Royal.



Those receiving recognition at the Juniata County 4-H Leaders Recognition Banquet include Gretchen Wagner of Mifflintown (Best First year 4-H'ers), Casey Paffie of Spruce Hill (Outstanding 4-H'er), David Peterson of Port Royal (Teen Leader of the Year), Jennifer Gilbert of McAlisterville (Top Cookie Salesperson), Dawn Stitely of Mifflintown (4-H Leader of the Year), and, in front, Kara Williamson of Honey Grove (Cookie Sales).

Low-Fat Cheese

ROSEMONT, Ill. — Low-fat and no-fat food products are in, but not when it comes to cheese. While nonfat (skim) milk consumption continues to increase, reduced-fat and non-fat cheese consumption is flat or declining, according to Dairy Management Inc.™ (DMI) which represents dairy farmers throughout the nation.

Dairy farmer-funded consumer research explains why. Consumers want food that tastes good and is good for them. While reduced-fat cheese offers benefits from a healthy-eating standpoint, the taste and texture haven't been able to compare to those of full-fat cheese. That's why dairy farmers are funding research to improve the flavor, texture, and other characteristics of lower fat cheeses.

"If we don't meet the consumer's need for low-fat dairy products, we lose that opportunity to sell because many fat-

conscious consumers turn away from dairy altogether," said Bill Haines, vice president of Business-to-Business Marketing. "What makes this a real win-win for the dairy farmer is that much of the research applied to improving low-fat and reduced-fat cheese manufacturing can be applied to improving the taste and usage of full-fat cheeses as well."

Emphasis on improving all cheese products couldn't come at a better time. Nutritionists and consumers are becoming more aware of the health-promoting properties of cheese and whey components, such as conjugated lineolic acid or CLA.

"CLA has been shown to be beneficial to fighting cancer and heart disease. Both cheese and whey are excellent sources of it," explained Haines. Other cheese research efforts are improving manufacturing techniques and protecting the safety and quality.



Winners at the annual Lancaster 4-H Dairy Meeting are from left, front, Neal Hershey, Ronks, best record book, 8-10 years; Esther Trimble, Drumore, runner-up record book, 8-10 years; and Josiah Garber, Lancaster, best 4-H story. Back, Joshua Akers, Quarryville, runnerup record book, 11-13 years; Andrew Smith, Denver, best project book, 11-13 years; Sarah Boyd, Ephrate, best project book, 14-18 years; Lori Hess, Pequea, runnerup, 4-H record book, 11-13 years and winner of the 4-H dairy skillathon; and Brian Smith, Denver, runnerup, 4-H project book, 14-18 years.