

New York Dairy Princess

(Continued from Page B12)

Lisa Marie Caskins, of Franklin County was selected as "Miss Congeniality" by the contestants and recognized as the dairy princess who demonstrated the most friendliness and cooperative spirit of competition. She received \$100, courtesy of Ron Trinca Photography.

In addition to Weissmann, Susan Peter, of Castleton-on-the-Hudson, New York, in Rensselaer County, and Andrea Leach of Cortland, New York, also each received \$100 for their performance on a product knowledge exam. NYS Dairy Foods Association sponsored the award.

Three girls were recognized for outstanding performance on a written communications test. Megan White, of Slate Hill, New York, in Orange County; Annelise Braun, of Canastota, New York, in Madison County; and Kim Corscadden, of Richville, New York, in St. Lawrence County each received \$100, courtesy of County Folks newspapers.

Also, in addition to Weissmann, two girls were recognized for outstanding efforts in public relations events, Ni-

chole Lee Stoltzfus of Lowville, New York, in Lewis County; and Jennifer Peck of Antwerp, New York, in Jefferson County; received \$150 and \$100 awards, respectively. The award was sponsored by Latorra, Paul and McCann, Inc.

The dairy princess program is designed to promote the consumption and sale of milk and dairy products to consumers on the local level through elementary school programs, generating newspaper articles, and giving speeches to community groups and farmer organizations. Focused on the most effective ways to increase milk consumption, the program is designed to complement the goals of ADADC.

The 1998-99 Niagara-Orleans County Dairy Princess court was recognized for outstanding promotion efforts, performing 265 promotions, with a dollar value of more than \$3500. The court now holds the record for the most newspaper articles achieved during a promotion reign, with a total of 128. Members were: Dairy Princess, Claudette Walck; Alternate Dairy Princess, April Rowcliffe; and

Ambassadors Karen Glick, Jennifer McCollum and Stephanie Peglow.

The Promoter of the Year award is presented in memory of Robert S. Turner, a former ADADC Chief Executive Officer and dairy farmer who was a strong supporter of the Dairy Princess Program. The \$500 award is provided by the Turner family and ADADC.

Two Golden Cow awards were presented to individuals who demonstrated outstanding service and dedication to local dairy promotion in New York State. Recipients were Brian Waters of Niagara-Orleans County, who was recognized for his involvement in the dairy princess program over the last ten years, and is currently chairman of his local dairy promotion committee; and Florence Brown of Sullivan County, who has been part of her county committee for more than 15 years.

Two scholarships were also presented at the pageant. Sarah Van Orden, a sophomore at Cornell University and former Greene County Dairy Princess, received the 1999 Leo Briggs Memorial Scholarship. This

Make Owning A Home A Reality

BLOOMSBURG (Northumberland Co.) - A series of four home ownership workshops co-sponsored by Penn State Cooperative Extension, The Columbia and Montour County Housing Authorities, and Columbia and Montour County Banks will be held Monday evenings, April 17 and 24 and May 1 and 8 from 6:30 p.m. to 9 p.m. at the Columbia County Ag and Resource Center, 702 Sawmill Road, Bloomsburg.

\$500 award is presented to an individual who has exhibited leadership in dairy promotion, and is interested in agriculture or dairy product nutrition.

The ADADC Memorial Scholarship was presented to Brenda Armstrong of Jordansville, New York, 1996-97 Herkimer County Dairy Princess. The \$500 award is presented to a former dairy princess who is pursuing a career in dairy product marketing, dairy manufacturing, home economics, ag communications, or journalism.

Topics to be covered include Working with a Realtor, Housing Affordability and Your Spending Plan, Understanding Your Credit Report, The Mortgage Application Process, The Attorney's Role in Homeownership, Insurance Issues, and Home Inspection and Maintenance.

The registration fee is \$50 per family, which includes a notebook, handouts and refreshment. Registration deadline is Wednesday, April 12.

For registration materials contact Pat Lagerman at (570) 988-3950 or (888) 922-5420.



Lowfat Baking

Dessert can be an every day event if you watch portion sizes and experiment with creative ways to cut fat without sacrificing flavor. When baking your own treats, try these low-fat substitutions:

- Use cake or pastry flour instead of all-purpose flour to maintain moistness that is sometimes lost when following a fat-free recipe. Cake flour also enhances tenderness and delivers a product with a fine grain and texture.

- Use unsweetened cocoa powder instead of baking chocolate. Two ounces of baking chocolate equal 1/3 cup of unsweetened cocoa powder.

- Replace traditional ingredients with "mini" versions. For example, 1/2 cup mini chocolate chips works the same as one cup of full-sized chips.

- Use two egg whites instead of one whole egg.

- Use one cup of buttermilk instead of whole milk.

- Use 1/2 cup of unsweetened applesauce or pureed prunes instead of 1/2 cup oil. Prunes taste best in spicy treats such as gingerbread; applesauce works best in heavier desserts.

- Replace one cup of whipped cream with one cup of non-dairy light whipped topping.

- Replace cream cheese with low-fat or fat-free versions or pureed nonfat cottage cheese.

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