

Melanie Brockway Named 2000 Guernsey Princess

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Bedford Co. Correspondent

BEDFORD (Bedford Co.) Melanie Brockway, New Castle, was named the 2000 Pennsylvania Guernsey Princess at the annual Pennsylvania Junior Guernsey Breeders Association Awards Breakfast.

The daughter of Claudia and Alan Brockway, Melanie is a five year employee of Trotacre Farms. She is a freshman at Penn State University where she is majoring in feeder production and visual arts. The new queen has four cows and two heifers of her own.

Crowning the queen was Dr. Beth Clark, chairman of the queen contest.

Becky Aiken, an eighth grader from West Middlesex High School and the daughter of Betty and Wesley Aiken won the t-shirt contest.

Other awards at the breakfast included: Brian Smith, Denver, high two-year old and Protein; Terri Johnson, York high two year-old fat, and high three year-old milk & fat &

protein; Jan Snider, high four year-old milk & fat & protein; Aaron Gable, high five year-old milk & fat & protein.

The following were honored for their animals: Intermediate Heifer Calf, Amy Guyer, Derry; Senior Heifer Calf, Nicole Boyle, Evana City; Summer Yearling, Nathan Boyle, Evans City; Junior

Yearling, Tracy Richardson, Fawn Grove; Intermediate Yearling, Terri Johnson; Senior Yearling, Melanie Brockway; Junior two year-olds, Aaron Gable; Junior three year-olds, Kendy Gable; Senior three year-olds, Andy Ebersole; Four year-old, Kristi Snider; Five year-old and older, Jan Snider; Dry cow four year-old and under, Kendy Gable; and Dry cow five year-old and over, Aaron Gable

Who Determines Serving Sizes?

Why does the Food Guide Pyramid list a half-cup of pasta as "one serving" of bread? I don't know anyone who eats only a half-cup of pasta at a time.

Serving sizes used in the Food Guide Pyramid aren't just based on what might be typically eaten by consumers. Also taken into consideration are other foods

within the same food group and the nutrients they contain.

For example, serving sizes of foods in the dairy group offer similar amounts of calcium as you'd get in 1 cup of milk. That's why the Food Guide lists both 1.5 ounces of natural cheese and 2 ounces of processed cheese as "one serving." You can usually count on natural cheese to have more calcium.

Also, the Food Guide Pyramid uses readily recognized household measures that people can easily multiply or divide. So, although most people usually eat more than a half-cup of pasta or more than 1 slice of bread during a meal, they also can multiply those measures by two or three to determine the overall number of servings they're consuming.

In fact, surveys reveal men typically eat at least 1 cup, or two servings, of pasta at a sitting, while women more typically eat three-quarters cup, or 1.5 servings. The same can be said for ready-to-eat cereals. Also, most people eat two slices of bread at a time or about 2 ounces of muffins, rather than the 1 slice or 1 ounce listed as Pyramid serving sizes. All this makes it very easy to reach the 6-11 servings of breads and grains recommended in the Food Guide Pyramid.



Melanie Brockway, 2000 Pennsylvania Guernsey Princess, and Betty Aiken winner of the T-shirt contest, show off Aiken's T-shirt design at the convention.

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