

# Sisters Renew Princess Program In Dauphin County

**HARRISBURG** (Dauphin Co.) — Heidi and Holly Miller, daughters of Mike and Linda Miller, are the newly-crowned Dauphin County Dairy Princess and Alternate. The Miller girls are the first to serve as dairy royalty since 1994 when Jayanna Kopp finished her reign.

17-year-old Heidi was crowned by Jayanna on Mother's Day at Great View Holstein Farm, which is also where she lives. She is a junior at Central Dauphin High School and is president of the Lower Dauphin 4-H Dairy Club. She is also a member of the Junior Holstein Club and enjoys showing her Holsteins at local and state shows.

Heidi's school activities include the National Honor Society, C.D. Singers, school orchestra, choir, and school musical. She is also church pianist at the Devonshire Church and is very active in the church youth group. Heidi also is a pianist and alto singer for a local quartet.

Heidi works part-time at the floral department at Giant Foods.

Alternate dairy princess is Holly Miller, the 15-year-old sophomore at Central Dauphin.

Holly serves as club photographer for the Lower Dauphin 4-H Club and is a member of the Junior Holstein Club. She shows both Brown Swiss and Holsteins at dairy shows.

A member of the Chanson Singers and the soprano singer in a local quartet with her sister, Holly is very involved in her youth group at the Devonshire Church. She works on the farm doing daily chores.

Little Dairy Misses include Rachel Crissinger, the 9-year-old daughter of Karen and Kenneth Crissinger of Gratz; Abigail Crissinger, the 7-year-old daughter of Karen and Kenneth; and Emily Miller, the 6-year-old daughter of Jeff and Cristy Miller and the cousin of Holly and Heidi.

During the pageant, both Heidi and Holly were asked an impromptu question and presented speeches about the dairy industry. Both girls eluded to the fact that they loved living on the farm and all that farm life offers them. They are also both very excited to promote the dairy industry and dairy products.

Little dairy misses presented skits, songs, and demonstrations during the pageant, and Holly



The 2000-2001 Dauphin County dairy royalty, from left front, is Little Miss Emily Miller, Little Miss Abigail Crissinger, Dairy Princess Heidi Miller, and Little Miss Rachel Crissinger. From left back are Alternate Dairy Princess Holly Miller and 1993-1994 Dairy Princess Jayanna Kopp.

and Heidi sang a duet, "Love Can Build A Bridge."

Jayanna gave her farewell speech and updated everyone on her life. She is still promoting ag-

riculture and the dairy industry as Communications Director for the Pennsylvania Farm Bureau. She will also serve on the dairy promotion committee this year.

Jayanna is busy preparing for a wedding to be held this summer.

The pageant concluded with Jayanna crowning Heidi, followed by a picnic.

## Chocolate Dessert Demonstration Featured At Milk Dealers' Convention

The featured dessert was a chocolate crepe with a double cream marscapone cheese filling. "It's not terribly difficult to make," said Sheehan. "After a big meal, this dessert is light and delicious."

The ingredients for the chocolate crepe are flour, milk, eggs, oil, chocolate cocoa, powder, sugar, and salt. After mixing all of the dry ingredients together, Sheehan added part of the milk. "Always warm your milk to room temperature before adding it to the crepe mixture," he said. "The ingredients should all be at room temperature, and cold milk will cause the eggs to congeal."

Add enough milk so that the mixture is mixed evenly and smooth. After all ingredients are mixed, Sheehan added oil, which he recommended should be cottonseed or canola oil. He also added a little oil to the teflon pan before he poured in the mixture.

"Only put about two ounces of the mixture in the pan, and work it around very quickly," said Sheehan, who flipped the crepe after about 30 seconds to a minute in the pan. "Pour off any excess mixture once the crepe forms."

Sheehan used orange, lime, and lemon rind in the filling. "Take a vegetable peeler and peel the rind from the fruit," said Sheehan. "Then chop it in a food processor."

Sheehan also caramelized sugar in a pan and added the rind to the sugar, using cooking

alcohol to infuse the fruit juice in the rind. "Don't overcook the rind," said Sheehan. "Remove it from the pan as soon as it is tender."

To make the filling, Sheehan added the syrup made from the caramelized sugar and fruit rind with marscapone cheese and 10X sugar. "You can use your own experiences and ideas to see what flavors you like most," he said.

He also mixed a fruit salsa made from chopped fruit, lime juice, sugar, and cilantro. The dessert was garnished with a

strawberry fan. "Always garnish with something that is in your recipe," said Sheehan.

Sheehan used the dessert as an example of how food is becoming more practical. "It used to be about presentation and the food itself, with elaborate displays that weren't practical," he said. "But you have to think about how easy it is to make 100 plates of the dessert all at once. Also, people want healthy foods and normal portion sizes. Chefs who understand these demands are going to fare better."



Ladies attending the demonstration enjoyed samples of the Chocolate Crepe with Marscapone Cheese Filling and Fruit Salsa, which Chef Sheehan emphasized was a light and sweet ending to a heavy meal.



Terry Sheehan, executive chef for the Hershey Lodge and Convention Center, demonstrates making fruit salsa, a blend of lime juice, sugar, cilantro, and your choice of chopped fruit.

**JAYNE SEBRIGHT**  
Lancaster Farming Staff

**HERSHEY** (Dauphin Co.) — About 20 women who attended the Joint Annual Convention of the Pennsylvania Milk Dealers

Association and New York State Dairy Foods, Inc., enjoyed a demonstration and sampling session with the Hershey Lodge and Convention Center's executive chef Terry Sheehan.

## Where Do Butterflies Come From?

We've all seen butterflies fluttering about, but believe it or not, they didn't always have wings!

Butterflies go through four stages in life, and it's not until the final stage that they actually look like a butterfly. Adult butterflies, such as the Monarch butterfly as an example, overwinter

in warm areas along the Gulf of Mexico. They return in the summer to find a mate.

The butterflies then lay eggs on the underside of leaves. You can often spot a striped caterpillar crawling on milkweed plants during late August or early September. They hatched from the

eggs laid by adult butterflies. The caterpillars are also called larvae or worms. They crawl around for awhile, eating leaves and preparing for the next stage.

As the larvae finish growing, they spin a small silk pad that is attached to a leaf or branch. They will hang upside down

from this pad and assume a J-shaped position.

The caterpillars are preparing to molt to the pupal or chrysalis stage and will soon begin building a protective covering around themselves. This covering, called a chrysalis, looks a little like a leather pouch. The chrysalis stage begins with a caterpillar,

but after 10-14 days, a beautiful butterfly will emerge.

As summer temperatures cool into autumn, the Monarch butterflies begin heading south to their Mexican wintering sites. They will spend the entire winter here and in spring they'll find a mate and the process begins again.