



Lebanon County milk promotion continues with this team, from left, Li'l Miss Janelle Mendoff, Dairy Maid Jessica Bross, Dairy Princess Sarah Krall, and Alternate Amanda Heffelfinger.

## Keep Drinking Your Milk

**LOU ANN GOOD**  
Lancaster Farming Staff

LEBANON (Lebanon Co.) — Sarah Krall knows what's it like to promote milk. As last year's dairy maid for Lebanon County, she's touted milk's goodness at schools, malls, and fairs. She's handled curious questions from children and misinformed comments from adults. Through it all, Sarah said, "I liked it so much, I wanted to come back and do it again."

She has that chance. But this time, there is one big difference. Sarah will wear the dairy princess crown for the county.

The 16-year-old captured the crown after competing at the county's annual pageant conducted at the Lebanon County Career & Technology Center, June 3.

Named alternate dairy princess is Amanda Heffelfinger.

Both contestants performed a prepared skit and responded to interview and impromptu questioning.

For her prepared skit, Sarah portrayed a younger girl in search of her brother who stole a basket packed for a picnic. Although she didn't find her brother, she did find the leftover evidence of a lunch rich in dairy products. Sarah consoled herself by repeating her mother's words as she picked up empty milk cartons, and cheese sandwich wrappers by reminding herself that at least her brother was getting good nutrition. Her words included such advice as "Mamma says chocolate milk is good for you. It has all the good qualities of milk, and the extra sugar is no where near that of soft drinks that contain no nutrients."

Sarah remained at ease for the impromptu question asked by David Lentz: "What advice would you give to a younger brother and sister when faced with peer pressure?"

"Be yourself. Don't be swayed by pressure from your friends or by what media and advertising says you should do. Remain true to yourself," she said.

Sarah is the daughter of Rick and Linda Krall, Lebanon. Her

father is a representative for Select Sires. Sarah's gets plenty of experience in farm duties by helping with milking on her uncle's dairy farm. She also has nine dairy animals of her own, which she shows in local competitions.

A junior at Cedar Crest High School, Sarah is involved in Odyssey of the Mind, Students for Christ, chorus, and FFA — her favorite class. She is also a member of the 4-H Friends, Cedar Crest 4-H Dairy Club, and her church youth group.

College and vet school are in Sarah's plans. But before that, Sarah will compete for the state dairy princess crown in September.

Alternate Dairy Princess Amanda Heffelfinger is the 17-year-old daughter of Charles and Audrey Heffelfinger, who own 97 acres called Heff-Acres.

A senior at Cedar Crest High School, Amanda is involved in chorus, orchestra, and FFA. She works part time for Stony Ridge Garden Center. But it was Amanda's career aspirations that intrigued the audience. Amanda wants to be a stormchaser. She explained that she turned her former fear of storms into a love of watching them. Recently she was on the house roof installing a

weather station when a gust of wind blew her off. Undaunted, Amanda continues to explore storms' fury.

Storms are not her only interest. Amanda plans to attend Millersville University to study urology.

In her prepared skit, Amanda imitated a waitress who cleans up a table that is loaded with uneaten food. Amanda laments about all the nutrition that is missed from unconsumed milk, cheese sandwiches, and other leftovers.

Assisting in promotion are Dairy Maid Jessica Bross and Li'l Miss Janelle Mendoff.

Jessica is the 13-year-old daughter of Dennis and Patricia Bross, Myerstown. Jessica owns dairy cattle and her parents are dairy farmers. An eighth-grader at New Covenant Christian School, Jessica is involved in band, plays, and track.

She is a member of NorLebCo 4-H Dairy Club and the Extra Special Puppy Club. At her church, she is active in choir and in the ministry team.

Janelle is the .5-year-old daughter of Steven and Melissa Mendoff, Lebanon. Although she doesn't live on a farm, she enjoys visiting her cousin who does.

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Winners in the Milk Moustache Contest are Marlin, 7, and Louise, 6, children of dairy farmers Tom and Shirley Krall.

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