

Crowl Looks Forward To York Dairy Princess Reign

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York Co. Correspondent

YORK (York Co.) — "Drinking milk will help keep you from getting all bent out of shape," said Heather Crowl, York County's newly-crowned dairy princess.

The 18-year-old Airville young woman will wear the sparkling tiara as York County's 2000-2001 milk promoter, following the annual county dairy industry pageant held May 27 at the York 4-H Center. Named to serve with her on the dairy promotion court are dairy ambassadors Heather Baumgardner and Janet Yohe, dairy maid Amanda Hoover, dairy misses Jolee Anstine and Amy Baumgardner, and little dairy misses Katie Baumgardner and Amber Thoman.

Heather is the daughter of Joyce and Ellis Crowl and a graduating senior at Red Lion Area High School, where she is active in the FFA program. A veteran cattle exhibitor with her own string of 20 head, most of them registered Milking Shorthorns, Heather is a member of the Milk and Money 4-H Club and participates in numerous regional show events. One of her lifetime goals is to have her own small farm where she can raise her favorite red and white cattle.

Heather's presentation on milk and osteoporosis as part of the pageant program competition reflected Heather's interest in the medical industry. She plans to attend Yorktowne Business Institute to study for a career as a medical assistant.

"Take care of your bones, and they will take care of you," Heather admonished the pageant audience, noting that most adults still do not consume adequate amounts of calcium to prevent the crippling and painful symptoms of osteoporosis, or brittle bone disease. Citing current medical statistics, the new princess warned that an estimated 90 percent of women and 60 percent of men are consuming inadequate amount of calcium in their diets, and that "drinking milk is an investment in your bone bank."

Heather followed up her speech segment of the program with a skit demonstrating the brittleness of bones exposed to carbonated soft drinks, in comparison to the strength and flexibility of those similarly exposed to milk.

Dairy ambassador Heather Baumgardner is looking forward to the chance to promote milk's nutritional benefits and a greater awareness of the dairy industry to her own peer age group. Heather is 16 and the daughter of Daniel and Lori

Baumgardner, Dillsburg.

Heather's speech presentation related that the author of "Murphy's Law" (anything that can go wrong, will, and at the most inappropriate time) must have been a dairy farmer. She related that everyone — especially dairy farmers, need to have faith, smile and dwell on pleasant things and their many blessings.

Active with the family's church puppet ministry, Heather presented a puppet show, using an original song about milk which she taped for the pageant competition.

Janet Yohe, dairy ambassador, plans to continue her several years of past work as part of the country's dairy promotion team to further her communication skills. Sixteen-year-old Janet is the daughter of Jerry and Kathy Yohe, York, and a junior at Spring Grove Area High School.

In her speech presentation pondering why people cease drinking milk, Janet outlined the numerous kinds of milk and dairy products available for varied diets and personal tastes. Echoing a renewed emphasis by national health/nutritional guidelines on the importance of exercise, Janet suggested that "exercise and milk should be part of everyone's day."

Dressing up like a bride being wedded to a "stuffed" mannikin groom, Janet added a humorous touch to the usual marriage vows with assorted farm-related promises: not to complain about mud tracked across floors, not to complain when he was late from farm work and have dinner waiting, warm and still moist, understanding that eartags are more important in the farm financial picture than earrings — and, of course, to always use real dairy products.

Dairy maid Amanda Hoover has also worked with the county's promotion team for the last few years and related to emcee 4-H/extension specialist Linda Spahr how she really likes to talk with the general public about the benefits of drinking milk. Amanda, 12, is the daughter of Paul and Rose Hoover, East Prospect, where the family tends a herd of 30 dairy goats.

Reinforcing the speech by Heather Crowl, Amanda's poster presentation focused on milk and osteoporosis, visually displaying statistics that one of every two women, and one of every three men, will develop osteoporosis as they age.

Miss and little miss candidates for the York dairy promotion team are each required to present a short, original poem about the industry. Dairy miss Jolee Anstine, 8, aptly recited a



Heather Crowl, York County Dairy Princess 2000-2001, along with her assembled court, is looking forward to a busy year of promotion activities. With princess Heather are little dairy misses, Katie Baumgardner, left, and Amber Thoman. Rear, from left, are dairy miss, Amy Baumgardner, dairy ambassador Janet Yohe, dairy maid Amanda Hoover, dairy ambassador Heather Baumgardner, and dairy miss Jolee Anstine.

rhyme about how milk "makes you smart." Jolee is the daughter of Charles and Lynn Anstine, York, and a second-year dairy miss.

Dairy miss Amy Baumgardner, 9, added a new twist to the old favorite Dr. Seuss "Green Eggs and Ham" poem, presenting a similar cadence of rhyming words about her favorite heifer calf, Sam.

Little dairy misses are Amber Thoman, 6, daughter of Gail and Gary Thoman, Dallastown, and Kathryn "Katie" Baumgardner, 5, sister to Heather and Amy.

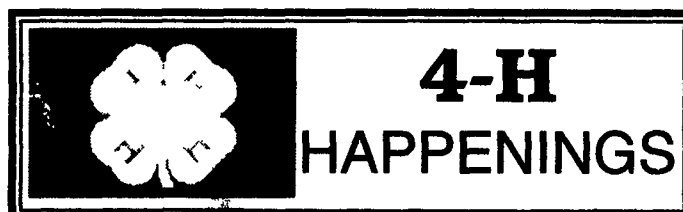
"I hope I made a difference,"

reflected outgoing princess Rebecca Kilgore, whose dairy princess role will continue through September, fulfilling promotion opportunities as a state alternate winner. Becky especially thanked her dad, Doug, for funding all the gas she used for her travels, her mom, Pam, for her enthusiastic promotion ideas and her seven-year-old brother, Christopher, for his affectionate hugs each time she left their home to attend an event.

Outgoing alternate county princess Michelle Walker noted the influence which dairy promotion has played in her life, adding that "my kids are going to drink milk." Michelle's activi-

ties with milk promotion assisted her in developing leadership skills which contributed to her selection as a student at this summer's upcoming Governor's School.

York County's dairy princess and promotion team are enthusiastic and anxious about getting out to meet the general public and spread their message about the benefits of milk and dairy foods. To schedule speeches and/or appearances by the dairy princess and her promotion team, contact booking chairman Lori Baumgardner at (717) 432-3169 or coordinator Gail Thoman at (727) 428-1832.



Lebanon County

Three Lebanon County 4-H members were awarded \$1,000.00 scholarships during a recent meeting of the 4-H Board of Directors. Rachael Krall, Lebanon; Ann Leed, Myerstown; and Ellen Leuenberger, Hershey, were selected based on their 4-H experience, community involvement, and academic achievement.

Rachael Krall is the daughter of Linda and Richard Krall. She will be a freshman at Shippensburg this fall and will major in biology.

A member of both the 4-H Friends and NoSoAnn Dairy 4-H Clubs, Rachael has participated in the 4-H program for the past ten years. She has held various club offices and has combined her interest in agriculture with many community projects. A senior at Cedar Crest High School, Rachael is a member of the National Honor Society.

"My participation in 4-H has taught me patience and dedication while encouraging self motivation," Rachael said in explaining her 4-H experiences.

Ann Leed is the daughter of Nancy and Robert Leed. She will be a freshman animal sci-

ence major at Iowa State University this fall.

A member of the 4-H Beef and Sheep clubs, Ann has been an active member of the county livestock judging team. She has shown her livestock projects at the Lebanon Area Fair, as well as the PA Farm Show. A senior at ELCO High School, Ann is active in the FFA chapter and National Honor Society.

"Through 4-H I have a wide variety of friends from different schools and backgrounds. My travels with 4-H have allowed me to develop friendships statewide," said Ann. "Not only are these friendships cherished, but they taught me the ability to make friends."

Ellen Leuenberger is the daughter of Paul and Urs Leuenberger. She will be a freshman at the University of Virginia majoring in science this fall. A senior at Hershey High School, Ellen is a member of chorus and band, the National Honor Society, and the Thespian Society.

Ellen credits 4-H with providing her "many opportunities that will help me to make a difference in the world. The confidence gained through public

speaking and leadership experiences are major assets.

Each 4-H member received a \$1,000 check and a certificate from the Lebanon County 4-H Trust Fund. Youth between the ages of 8 and 18 are eligible to join the 4-H program, which encourages "learn-by-doing" projects and activities. For more information, contact Lebanon County Extension Office at 270-4391.

Cumberland Co. Dairy
The Cumberland County Wide 4-H Dairy Club meeting was held on May 8 at the John Stover family farm.

After the meeting was called to order and the officers' reports were read, President Thomas Harwood asked the County Council to give a committee report. Zach Travis talked about the election of new officers, which included Any Kaucher as president and Zach Travis as vice president.

Leader Kathy Walton explained Speak Out Night and went over things in News and Notes. She also handed out new project books. Donald Harwood announced that dairy judging

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York Dairy Princess Heather Crowl is supported in her dairy promotion activities by her parents, Joyce and Ellis Crowl.