

# Lebanon County To Conduct 30th Annual Dairy Princess Coronation

LEBANON (Lebanon Co.) — The 30th annual Lebanon County Dairy Princess Coronation is scheduled for Saturday, June 1 at 7:30 p.m. at the Lebanon County Career and Technology Center. The evening will consist of the

farewell of the 2001-2002 Dairy Royalty, "Digging into Dairy" Dessert Contest, various dairy related skits, and the crowning of the new Lebanon County dairy princess and her team.

There are two contestants

for the dairy princess title, Kaleen Arnold and Laura Blauch. Kaleen Arnold is the 16-year-old daughter of Ken and Deb Arnold. Kaleen has two younger siblings, Kyle and Jeremy. Kaleen will be a junior at Northern Lebanon High School, where she is involved with FFA, softball, and track. Kaleen is a FFA reporter, and once held the office of FFA sentinel. She is also very active with the FFA's parliamentary procedure team. Kaleen enjoys art, crafts, softball, and FFA activities. Kaleen's father is an artificial inseminator.

Laura Blauch is the 17-year-old daughter of Eric and Connie Blauch. Laura has one younger brother, Chris. Laura will be a senior at Annville-Cleona High School, where she is involved in quiz bowl, chorus, band, school musicals, and Model U.N. Laura is a member of the local 4-H Dairy Club. She owns

four dairy animals some of which are Holstein and others Brown Swiss. Laura enjoys musical performances, reading, showing cattle, and traveling. Laura's father works at a feed mill.

There are three candidates to be titled as dairy maid/dairy ambassador, Jessica Bross, Alex Werner, and Amanda Zuck. Jessica Bross is the 15-year-old daughter of Dennis and Patricia Bross. Jess will be entering the 11th grade at Tulpehocken High School, where she is actively involved in the FFA chapter. Jess is a member of the NorLebCo 4-H dairy club and the extra special puppy club. Jess owns dairy animals and lives on a dairy farm with her parents. Alex Werner is the 16-year-old son of Jeff and Sue Werner. Alex attends Northern Lebanon High School where he is active in the FFA chapter. Alex owns dairy animals. Amanda Zuck is the 12-year-old daughter of Jeff and Karen

Zuck. Amanda will be entering the seventh grade at New Covenant Christian School where she is part of the soccer team. Amanda is a member of 4-H friends, Cedar Crest 4-H dairy club, and the junior choir. Amanda lives with her parents on their dairy farm.

There are two candidates to be crowned as li'l miss dairy princess, Sarandon Smith and Valerie Zuck. Sarandon is the 6-year-old daughter of Tom and Sondra Smith. She has three siblings, Greyson, Liana, and Maya. Sarandon will be entering the second grade of home schooling. She is involved in the cherub choir and soccer. Sarandon's grandparents live on a dairy farm and her father works for the American Dairy Association and the Pennsylvania dairy princess program.

Valerie Zuck is the 7-year-old daughter of Jeff and Karen Zuck. She has three siblings, Amanda, Bradley, and Travis.

## Digging Into Dairy Dessert Contest

LEBANON (Lebanon Co.) — Get out your spoons and spatulas. The Lebanon County Dairy Promotion is sponsoring a dairy dessert contest in conjunction with the Dairy Princess Pageant June 1 at the Lebanon County Career and Technology Center.

### Rules

1. Entries must use real dairy products.

2. Desserts need to be at the Lebanon County Career and Technology Center by 7:10 p.m.

3. One entry per person, and the dessert must be made by that person.

4. Name of the dessert and recipe is to be submitted along with the dessert.

5. Your name should be on the bottom of the disposable container.

6. Desserts will be served at pageant.

7. Monetary prizes as well as dairy surprises will be given for the top three placings.

8. Any questions contact Sherry at (717) 865-3161.

## Susquehanna County Promotion

Susquehanna County Dairy Maid Abbey Puzo serves strawberry sundaes at the Holstein Club Auction. Although the weather was freezing, the ice cream disappeared in a hurry. To promote milk, Abbey also prepared a meal using many dairy products in celebration of the birth of Annalise Paige, newest member of the Rusty and Sharon Ely family. Included in the basket of goodies were a "got milk" bottle, cow bib, and stuffed cow.



## Dairy Calcium Key To Weight Loss

CHICAGO, Ill. — Studies conducted at the University of Tennessee show that getting your dairy dose of calcium-rich low fat milk — at least three 8-ounce glasses a day — may turn up your body's fat burning ability.

Researchers applied the results found in laboratory mice to the American population by analyzing the National Health and Nutrition Examination Survey (NHANES III) data set and found that body fat was lower in people who consumed more dairy products.

In a second study, researchers found that a diet high in low-fat dairy foods may cause fat cells to

make less fat and turn on the machinery to breakdown fat, translating to a significantly lower risk of obesity.

In addition, research from Purdue University found that women who consumed at least 780 mg of calcium per day in their diets either lost or had less of an increase in body weight over a two-year period compared to the control group who got less calcium.

"There appear to be three key factors at work for optimal weight management with calcium — the increase in consumption of calcium, the source of calcium from dairy products and caloric levels of the overall eating plan including the calcium source,"

says Dr. Hill. "My best advice is to add three glasses of fat-free milk to your overall diet, control your overall caloric intake and exercise."

Wiatt concurs and also stresses to her clients to adopt an overall eating plan that includes a balanced diet from all food groups, being careful not to avoid any one specific group. She also suggests eating smaller meals several times a day to increase metabolism.

Most people fail to drink enough milk and that may be the first ingredient needed to shed a few pounds," Wiatt says.

For more information about milk and its weight loss benefits, log onto [whymilk.com](http://whymilk.com).

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