

One Dairy Princess Wears Crown

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Jersey and Dutch Belted. The farm ships to Natural By Nature.

Carla said her favorite farm activity is "driving tractor," she said, and mowing hay. She loves plants, but has fed the cows and worked in the milking parlor at the farm.

Her skit, "the cure," featured medical sleuth Dr. Jorgenson, with a heavy British accent, talking to a young boy named Jim. Jim came to Dr. Jorgenson with a problem — he can't run very fast and baseball teams don't want to select him.

Dr. Jorgenson finds that Jim has a calcium-poor diet, which includes apple juice and a couple of donuts for breakfast; two cans of root beer, peanut butter and jelly sandwich, and some chips for lunch; and steak and salad at the Steak and Salad house for supper.

With her natural, dietician-born wisdom, Dr. Jorgenson instructs Jim to say goodbye to donuts, have cereal with milk at breakfast instead, incorporate a bagel with cream cheese for lunch with strawberry milk, and have a yogurt dessert. Dr. Jorgenson suggested a salad with parmesan cheese for supper, along with chocolate milk and a large dip of ice cream with lots of whipped cream for dessert.

Dr. Jorgenson pointed out the need for 3-4 servings of calcium per day.

Needless to say, when Jim returned, Dr. Jorgenson was delighted to hear the good news — Jim was selected to the baseball team because he developed a great fastball and has the energy to run.

Dr. Jorgenson noted that 9 out of 10 women and 7 out of 10 men don't get enough calcium in their diet.

When asked the impromptu question, "What do you consider the largest threat to the dairy industry and, as an industry advocate, how would you solve that threat?" Carla answered that it was a matter of education and promotion.

The problem she noted, is whether people have enough calcium in their diet. If they are ignorant of that, the dairy industry will suffer. She stressed the importance of being an advocate for dairy products, "tell them how important they are, exactly what they need, and how they can get it," said Carla.

Selected to serve as alternate was Karen Shaub, 16, daughter of Kirk and Shirley Shaub. Karen has been a dairy ambassador for two years and was a dairy darling. Active in county 4-H, Karen also volunteers

at Landis Homes and is employed part-time by Stauffer's of Kissel Hill.

Karen, during her skit, spoke of dairy's "most wanted." She posed as an FBI agent looking for the "cowpriet," that missing provider of calcium. A great source of calcium is milk, which, Karen noted, can be found with Vitamin A for eyes and skin, Vitamin B12 for red blood cells, and Vitamin D for bones.

The "cowpriet" can really produce milk, at 100 glasses per day. She provided IDs on various cowprieats, including the Holstein and other breeds.

The cowpriet needs 90 pounds of food for one day. That's equivalent to a human eating 480 hamburgers, 206 baked potatoes, or about 1,400 slices of bread per day. The cowpriet needs 25-50 gallons of water per day, enough to fit in a good sized bathtub.

On the impromptu question about threats, Karen hesitated before answering that dairy farmers are not recognized and respected enough for what they do. Dairy royalty can do more to promote dairy products.

Serving as alternate will be Stephanie Donough, 18, daughter of Tim and Brenda Donough, Elizabethtown. Stephanie served as the 2001 Pennsylvania Jersey Queen. She plans to study dairy and animal science at Del Val or Penn State.

Tim and Brenda are employed as herdspeople at Strickland Dairy, a 450-acre farm with 330 head of Jerseys and Holsteins. Stephanie recently completed her home school graduation, is president of the Northwest 4-H Dairy Club, is on the Lancaster county dairy judging team, and has been a dairy ambassador for the past three years.

Stephanie presented a "Very Dairy Toybox" with her dolly, Molly. Mother suggested that since Stephanie and Molly were both very hungry, a "late night snack" would do of a "big bowl of chocolate ice cream and a tall glass of ice cold milk," said Stephanie.

There are a lot of toys in the box good for a person's health. They include not only milk, but other "building blocks" such as cheese, yogurt, and others.

Stephanie's answer to the impromptu question about threats to the industry: land loss was critical. Information about the importance of dairy farming was

critical to inform the public and prevent farmland loss.

Outgoing princess Kari Martin, Ephrata, is the daughter of Leonard and Joyce Martin. The 2003 Ephrata High School graduate is studying ag business and horticulture at Penn State Berks Campus under a two-year program.

Kari noted that "last year at this time I was a nervous wreck," she said, after winning the crown. But she thanked her alternates for making her job really easy, while showing a great work ethic.

Kari noted the state pageant was important for the "girls I met and the friendships I made," which are "still intact today," she said. "It's all about friendships."

Kari thanked God for the friendships and the family. "Friendships always last longer — longer than the crown and longer than the attention." Kari told the princess and alternates that it's important to keep the love for the industry alive and not to worry "about who has the bigger crown."

Judges for the contest, according to Liz Ackerman, emcee, were Allen Tate, president of Junior Achievement of Central Pennsylvania and fonder of the Eden Group; Mary Ann Wile, Lancaster County dairy alternate princess in 1985; and Terry Shuey, Lebanon County Dairy Promotion chair and partner in Little Hill Farms, a dairy with Holstein and Brown Swiss.

Ackerman noted that eight families in the county have more than one daughter involved in dairy promotion.

The 2003-2004 dairy ambassadors include Angela Becker, Apryl Becker, Tiffany Donough, Dawnell Groff, Debbie Groff, Cheryl Hershey, Lori Hess, Alysha Royer, Amanda Royer, April Shaub, Katelyn Ursery, Hannah Wentworth, and Kathy Zimmerman.

2003-2004 Dairy Maids are Emily Glock, Stephanie Kauffman, Adrienne Ranck, and Jennifer Royer.

2003-2004 Dairy Misses are Terri Kauffman, Toni Kauffman, Lindsay Royer, Sarabeth Royer, and Olivia Ursery.

2003-2004 Dairy Darlings are Danielle Brown, Molly Brubaker, and Angela Weiler.

Well Preserved

The Spoilers

Microorganisms and enzymes are the principle causes of spoilage in home food preservation. Because molds, yeasts, and bacteria are found everywhere — in the air and soil, on people and animals, and on many surfaces — proper food preservation methods must be used to prevent them from causing food spoilage. The effects of these microorganisms can range from soft, slimy textures and unpleasant odors to food poisoning that can be deadly.

Molds can be recognized by their fuzzy masses that can be nearly any color. They need air and moisture to grow. They thrive in the acid conditions provided by food. Molds can easily be destroyed by the high temperatures used in processing. Some molds produce invisible mycotoxins which are harmful to eat. This is why it is important to process all canned foods including pickles, jams, and jellies.

Yeast masses in or on food appear as slime, scum, or murkiness. Yeasts may cause foods to ferment and can be recognized by gas bubbles, froth, or foam. These are easily destroyed at temperatures between 140 degrees and 180 degrees.

Some bacteria can be beneficial as in making sauerkraut. Others can be extremely dangerous as in botulism poisoning. Each type of bacteria differs as to the temperature and environment in which it thrives. Some need oxygen to grow while others thrive in the lack of oxygen in a sealed jar.

Most bacteria grow on low acid foods including vegetables and meats. While most bacteria are destroyed by heat, others form spores that can only be killed by temperatures higher than the boiling point of water. It is because of the Clostridium botulinum bacteria that low acid vegetables and meats must be processed in a pressure canner where the temperature can reach at least 240 degrees.

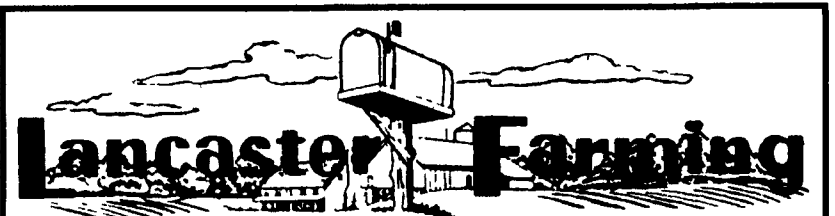


Bacteria can multiply rapidly with millions growing on a gram of food in just a few hours. At this concentration they can spoil food or cause a food-borne illness. Freezing food slows the growth of most bacteria. Care must be taken to prevent the growth of bacteria in food before it is frozen and after it is thawed.

Enzymes are naturally occurring substances in foods that promote the normal ripening process. If they continue to work after the fruit or vegetable reaches its ideal maturity, they will cause undesirable changes in color, texture, flavor, and nutrition. Flavor changes are sometimes described as hay-like, bitter, oxidized, or old. Enzymes can be inactivated by heating foods to 170-190 degrees. Processing foods when canning or blanching vegetables for freezing stops enzyme reactions. Adding ascorbic or citric acid to fruits for freezing slows enzymatic action.

The following methods will prevent microorganisms and enzymes from causing spoilage. Use top-quality produce that is free of disease and mold. Can foods immediately after harvest. Wash produce thoroughly. Discard over-ripe produce. Use proper canning methods and equipment.

Always pressure can low acid vegetables and meats. Acidify tomatoes with lemon juice or citric acid. Sterilize jars that will be processed for less than 10 minutes. Use clean equipment and work surfaces. Follow a USDA tested recipe and process the food for the specified time. Adjust canning times and pressure for higher altitudes.



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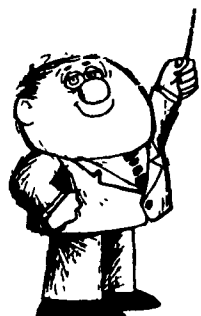


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