

# DELAWARE DAIRY PRINCESS CONTEST APPLICATION

Please feel free to use additional space if needed.  
Typing the application is **strongly** encouraged.

**Applications are due by March 11, 2020**

Applicant's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

County: \_\_\_\_\_

Parent or Guardian's Name: \_\_\_\_\_

\_\_\_\_\_

Applicant's Birthdate (month/day/year): \_\_\_\_\_

School Attended: \_\_\_\_\_

Current Grade Completed: \_\_\_\_\_

Courses majored in: \_\_\_\_\_

Name of Employer: \_\_\_\_\_

Membership in agricultural organizations (ex. 4-H, FFA): \_\_\_\_\_

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School and Community Activities: \_\_\_\_\_

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Hobbies & Interests: \_\_\_\_\_

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Why do you want to be the Dairy Princess and how do you feel it will benefit you in your personal development?

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How can you, as Dairy Princess, be an aid to the dairy industry?

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Is there anything else you would like to share about yourself and/or about your interest in the Delaware Dairy Industry?

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The applicant agrees that if she is chosen as the Delaware Dairy Princess, she will support the industry by making personal appearances to promote dairy products, and to be the industry's official representative, upon invitation, at meetings, conventions, and promotional activities. ***She must be available for activities during the Delaware State Fair in Harrington in July and the Milk Run in May/June (date to be determined).*** Mail your application to Laura Greer 1196 Dutch Neck Road, Middletown, DE 19709. Applications can also be handed in on the day of the interest meeting. Any questions, please call Laura Greer at (302)-893-7258.

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Applicants Signature

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Parent or Guardian Signature

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Date

## **Day of the Contest**

The contest is Saturday, March 21, 2020 in New Castle County, Delaware. The contest will be held along with the Annual Delaware Holstein Association Meeting and Farm Tour. Family and friends are more than welcome to come and view the contest. Lunch will be provided for the contestants. We will contact you once we know what time the contestants need to be there. The day there will be 4 components of the contest: an interview with a panel of judges, an impromptu question (asked in front of the audience), an introduction of yourself (in front of the audience), and a 3-minute dairy related skit performed in front of the audience. The interview will include dairy related questions and questions from your application.

Before the contest begins, contestants will draw a number from a hat to determine the order for the evening and everyone will maintain that order for each part of the contest. You will be asked to dress in business suit for the interview or your gown if you feel more comfortable. When you are introducing yourself, and asked your impromptu question, you will be asked to wear an evening gown. It may be an appropriate prom gown. Your dress may not be too low in the front or have great big slits up the sides or back. Please make sure you are comfortable in your dress and shoes because you will have it on for most of the evening. The contestants can change into something different for their skits.

I will contact you prior to the contest to review your skit and see if you have any questions or need any assistance. If you decide to use posters, make sure they are clean, neat, large letters, and eye catching. You will be using these posters and skit throughout the year to promote the dairy industry.

The newly crowned dairy princess and alternate will receive a monetary award. All contestants will receive a cash award. A cash award is also presented to the contestant that the judges felt had the best skit presentation. The Dairy Princess and the Alternate will be reimbursed for mileage and any expenses they incur throughout the year during their reign (There is no insurance coverage for chaperones or vehicles used to transport the Princess/ Alternate to, or in, these activities).

If you should have any questions or need any help, please feel free to contact me at 302-893-7258 or by email [lauraleegreer@gmail.com](mailto:lauraleegreer@gmail.com). We wish you the best of luck.

Sincerely,

*Laura Greer*

Delaware Dairy Princess Coordinator

## **BELOW ARE SOME DIARY RELATED QUESTIONS:**

1. What is osteoporosis? How can you lower your risk of getting it? (Osteoporosis is a disease that can make your bones weak and brittle and prone to fractures. You can lower your risk by consuming your daily requirements of milk and dairy products each day and increase your calcium intake.)
2. What is the real seal? (The real seal is a red seal found on products that contain real milk. It allows the consumer to know that an item is made with real dairy products instead of substitutes.)
3. Why is calcium so important to have in your diet? (Calcium is important because it helps give you strong bones and healthy teeth and it maintains bone density.)
4. What is BST? Why is it used in the dairy industry? (BST stands for Bovine Somatotropin and it is used to increase milk production in dairy cows. However, it does have side effects like the potential to make cows abort their calves and having trouble getting a cow bred or safe with calf.)
5. What is the difference between dairy & non-dairy ice cream? (Dairy ice cream contains real dairy products and non- dairy ice cream contains substitutes and artificial dairy products.)
6. What is the process...pasteurization? (This is the process of killing disease-producing microorganisms by heating the liquid to a high temperature for a period of time.)
7. What is the difference between a bull & steer, heifer & cow?  
  
(A bull is a male bovine that has not be castrated and can still reproduce, a steer is a male bovine that has been castrated, a heifer is a young female dairy animal that has never given birth to a calf, a cow is a female dairy animal that has given birth to a baby calf and can now produce milk.)

8. What is a lactation cycle? (This is the cycle during which a cow is producing milk. The cow will give birth to a calf, begin producing milk, during which time she will be bred once again. As she gets closer to her due date to give birth she will be dried off (stop milking) for approximately 3 months. During this time her udder and body will be regenerated and heal any scar tissue in the udder to get ready for another lactation and milking cycle.)
9. How many stomachs do cows have? (4 compartments: rumen, reticulum, omasum, and abomasum)
10. What is the milk production gland on a cow known as? (Udder)
11. How would you convince a child, adult, senior citizen that he or she should drink milk?
12. Have you ever milked a cow? What did you think?
13. Do you drink milk? What is your favorite dairy product?
14. What would be your #1 goal as dairy princess?
15. As the dairy princess, you will be called many things. For example “the dairy fairy, or the dairy queen”... would this embarrass you? What would your response be to someone calling you this?
16. How many servings from the milk/dairy group should children 1-3 years of age consume a day? (3) (Preteens/teens- 4) (50 years and older- 4)
17. What does calcium do for the body, why is there such a hype for people to consume calcium in their diets? (Strong bones, strong teeth, muscles such as the heart need it to contract and relax normally, helps fight osteoporosis, etc...)
18. How would you convince someone that is dieting not to drop dairy from his or her diet.... Most people when they diet stop consuming milk etc... why should they not do this?
19. Name three types of cheese? (American, cheddar, mozzarella, Colby, Swiss, provolone, blue cheese, etc)
20. What is mastitis? (This is an infection/inflammation in a cow’s udder, which causes her milk to have small white flakes)

21. Do you know how long it takes a cup of milk to spoil at room temperature? (20 minutes)
22. What is the number one industry in DELAWARE? (Agriculture)
23. Name five breeds of dairy cows? (Holstein, Guernsey, Jersey, Ayrshire, Brown Swiss and Milking Short Horn)
24. What are the nine essential nutrients and vitamins found in dairy products? (Calcium for strong bones and teeth, Protein for building and repairing muscles & providing energy, Vitamin A contributes to normal vision and helps maintain your immune system, Vitamin B-12 which helps convert food to energy for exercising muscles, Vitamin D helps promote the absorption of calcium and bone mineralization, Potassium helps with regulation of body fluids and helps maintain proper blood pressure, Phosphorus helps strengthen bones and generates energy in your body's cells, Niacin which helps convert food to energy, Riboflavin which also helps convert food to energy)
25. What does 3-A-Day of Dairy mean? (This means that people need to remember to consume 3 daily servings of MILK, CHEESE, and YOGURT each day to help build stronger bones and better bodies.)
26. What month is celebrated as National Dairy Month? (June)
27. Putting a tag in a cow's ear is for what? (Identification)
28. What month is National Ice Cream Month? (July)
29. Name 6 different types of dairy products? (milk, cheese, ice cream, sour cream, cottage cheese, yogurt, butter, etc.)

## **SKIT IDEAS**

- Dairy Fairy
  - Milk Maid
  - A teacher doing a lesson on milk
  - Mamma cow reading a bed time story
  - News broadcaster talking about milk or possible interviewing some famous people on why milk is important.
  - Something with a survivor theme on how you need milk to survive and prevent osteoporosis
  - Photographer looking for some good milk mustache volunteers
  - Game show
  - Blues clues
  - Super hero
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- Skit should be 3 minutes
  - Geared toward children as well as adults
  - Be creative
  - When using posters, make sure they are neat, not cluttered, and that the writing is large enough for people at the back of the room to read.
  - You can use props such as dolls or stuffed animals
  - Be careful using a cassette player, we have not had good luck with them in the past.
  - DO NOT use live animals
  - Try not to use people to help with your skit unless anyone could fill the position so you can use the skit at schools, meetings, and other events.
  - Power point is an option; no one has ever used it in the past.
  - Make sure to practice, practice, and practice your skit. The more times you perform your skit the more comfortable you will be that night in front of an audience.

### **Things you can mention and are encouraged to incorporate/talk about in your skit.**

- \*The real seal and what it stands for.
- \*Daily requirements of milk for different age groups.
- \*Osteoporosis, what it is and how it can be prevented.
- \*The 9 essential nutrients and vitamins found in milk and what their importance's' are.