

State dairy princess excited about new role

By Emily Mentzer
The Itemizer-Observer

INDEPENDENCE — For Emma Miller, the newly crowned 2015 Oregon Dairy Princess-Ambassador, dairy farming was a happy mistake.

"I actually started with dairy cattle when my mom accidentally brought home a dairy cow instead of a beef cow," she recalled in a 2014 *Itemizer-Observer* interview. "It worked out though because I enjoyed every minute of it."

Miller, from Independence, will spend her fourth year as an ambassador for the dairy industry. She first served as the 2012 Polk County Oregon Dairy Princess-Ambassador, the first dairy princess the county had seen since 2004.

Miller was crowned as the 2015 Oregon Dairy Princess on Jan. 17 at the 56th annual coronation hosted by the Oregon Dairy Women at the

Red Lion in Salem.

"This has been a very long journey," she said. "I guess you could say that I'm an experienced princess now."

In 2013, Miller served as the first alternate Oregon Dairy Princess and got to tour the state and coach future princesses.

"After I passed on my title, I felt like it wasn't done," she said.

Now as a student at Oregon State University, she was able to represent Linn-Benton counties as dairy princess.

"That was great, because there were a lot of events as a county princess," Miller said. "Last fall, I was able to visit about seven elementary schools in the Linn-Benton area."

She talked to school children about dairy cows and farms, from what the cow's favorite foods are to how farmers take care of cows — and of course, the nutritional

benefits of milk and dairy products.

"It's important to teach young children how to be healthy," Miller said. "There's so many problems with health; it's important for children to be more aware of choosing fruits and vegetables over candy, and encouraging them to make healthy choices."

Miller, who is studying to be an agricultural teacher, enjoys teaching about the benefits of three servings of dairy a day. Raising dairy cattle herself, she has first-hand knowledge of the effort it takes to raise happy cows.

During high school — she is a 2012 graduate of Central High — Miller rose at 4 a.m. to milk her cows, then had to come home right after school to milk them again, and still have time for homework, evening activities and football games.

"I really just love sharing

my passion for the dairy industry and ag with everyone I meet, whether at a classroom presentation or a fair," Miller said. "There are people who have never seen a cow get milked before. I love people's faces when they learn something new, which is one reason I want to be an ag teacher."

As 2015 Oregon Dairy Princess-Ambassador, Miller will travel to schools and events throughout the state promoting the dairy industry.

Upon being crowned, Miller received more than \$3,000 in scholarships to continue her education. Outgoing Dairy Princess-Ambassador Danielle Bull received more than \$14,000 for her year dedicated to the Oregon dairy industry, personally informing more than 15,000 students of the benefits of dairy products and life on a dairy farm in schools and community events.



JESSICA BUDGE/for Itemizer-Observer
Emma Miller of Independence reacts as she is crowned the 2015 Oregon Dairy Princess-Ambassador on Jan. 17 by 2014 Princess-Ambassador Danielle Bull.

Sudoku Solution

2	7	6	3	9	4	5	1	8
3	5	4	2	8	1	9	7	6
8	9	1	6	7	5	2	4	3
1	3	7	5	6	9	4	8	2
6	8	9	4	3	2	7	5	1
4	2	5	7	1	8	6	3	9
7	1	2	9	4	3	8	6	5
9	4	3	8	5	6	1	2	7
5	6	8	1	2	7	3	9	4

LUCKIAMUTE DOMESTIC WATER COOPERATIVE BOARD MEETING
Monday 7:00 p.m.
February 9th
503-838-2075
Location: Business Office
8585 Suver Rd. • Monmouth

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Community Events Calendar brought to you by these Monmouth Business Association participants.
We Care About Our Community! Building Unity in Our Community! Please clip out this calendar & post it on your fridge!

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Monmouth
osufederal.com

Carpet Hero
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Monmouth

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503-838-1278
Western View Properties
Property Management, LLC

MONMOUTH FITNESS CLUB
503-838-2951
165 E. Main St.
Monmouth

RETAILS & SERVICES
503-838-1773
410 E. Main St.
Monmouth

Windermere REAL ESTATE
www.windermere.com
503-838-1141
297 N Pacific
Monmouth

2015 February

Monmouth Area Community Events Calendar

PCL
Partnerships in Community Living
503-838-2403
480 E. Main St.
Monmouth

DownTown Trends
142 Highway 99 West
503-838-1445
Monmouth

Monmouth Senior Center
180 S. Warren St.
Monmouth

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503-838-3467

MBA ASSOCIATION

Feb. 1 Polk Flea Market. Polk County's oldest and largest market with 183 tables selling antiques, collectibles, tools, etc. 9 am to 3 pm. Polk County Fairgrounds & Event Center 520 S. Pacific Hwy W Rickreall. Website: www.polkfleamarket.com

Feb. 5 Little Builders Club—Monmouth Public Library, 168 Ecols Street S. 10:15 a.m. Manipulatives and building supplies selected for younger builders—babies up to age 4 and their adult. Have fun with Star Builders, Duploes, Nesting Cups, and more while working on fine motor skills, narrative skills, and other important developmental skills. Free to the public. Call with questions, 503-838-1932. (Little Builders happens every Thursday)

Feb. 7 Native Plant Sale—Polk SWCD Native Plant Sale will have bare root plant stock, bulbs, container stock, and books available for purchase. From flowers for your garden to trees for restoration, these native to the Willamette Valley plants are priced to move! This year's sale will feature container stock (1 gallon containers or less) including Huckleberry, Salal, Ceanothus, and many more. Quantities are limited, so come early! 9 – 4 p.m. Event held at the Polk County Fairgrounds & Event Center 520 South Pacific Hwy W Rickreall. Call with questions, Polk Soil & Water Conservation District 503-623-9680.

Feb. 11 Monmouth/Independence Chamber February Forum: Annual State of the Cities Address. 12:00 PM to 1:30 PM. Please note, the forum will last 1.5 hours to allot ample time for both mayoral addresses and Q&A. Location: Independence Cinema 450 2nd Street S, Independence Lunch: Boxed lunches will be available for purchase when registering online at <http://www.micc-or.org>

Feb. 12 The Ash Creek Arts Center Gallery at MaMere's Bed & Breakfast Reception. 5-7 pm. Free of charge and open to the public. Artists collect. This unusual exhibit features favorite art pieces collected by artists. Each artist will contribute a statement about why the chosen piece is personally meaningful. Discover what artists find interesting and engaging, and explore each artwork through its collector's perceptions. February 9-28, 2015 (open by appointment; call 509-607-2855 for more information) 212 Knox St. N, Monmouth.

Feb. 14 Happy Valentine's Day from the Monmouth Business Association.

Feb. 15 Free Valentine's Concert—Divine Love: A Gift of Song by Silverwind Strings. Are you looking for a unique way to celebrate Valentine's Day with someone special? Or just your special self? Faith Lutheran Church of Monmouth-Independence has the perfect event for you! We are hosting Silverwind Strings playing some of the greatest romantic music ever written, with elegant desserts and beverages following the performance. Seating is limited so get your reservation in NOW for this free event! 3-5 pm 200 Monmouth-Independence Hwy (On the S-Curves) Monmouth. Call, text or email Lyn Jobe to reserve (503) 551-3648.

Feb. 16 President's Day! No School Grades k-12.

Feb. 21 Oregon Winter Poultry Swap. Polk County Fairgrounds. 10 am – 3 pm. Free admissions and parking. Two Buildings!!! Poultry • Waterfowl • Rabbits • Animal Supplies Crafts • Jewelry • Plants • Homemade Goodies. Raffles and so much more. Polk County Fairgrounds & Event Center 520 S Pacific Hwy W. Rickreall, OR 97371

Every Tuesday 10:15 AM, Toddler Story Time for ages 18 mos. to 3 yrs. Monmouth Public Library, 168 S. Ecols St.

Every Tuesday 7:30 PM - Al-Anon Family Groups, which includes Alateen for younger members, meets at St. Paul's Episcopal Church, in Dallas. Al-Anon is an established community resource for people affected by another's use of alcohol. The resource can aid the recovery process for the entire family through hope, comfort and loving interchange among members having a common problem. For more information call 503-370-7363, leave a message - you will be contacted.

Second and Fourth Tuesdays - 9:15 to 11 a.m. Mothers of Preschoolers (MoPS) meets at Monmouth Christian Church, 959 W. Church St., Monmouth.

Every Tuesday 10 AM to 3 PM The Polk County Bounty Market comes to Monmouth's Main Street Park. Local fruits, vegetables, and other products through September 30. Contact Information: Bonnie Dreier Program Manager Dallas Area Visitors Center 503-623-2564

Every Wednesday 10:15 AM, Preschool Story Time for ages 3-6 years. Monmouth Library, 168 S. Ecols St.

Every Wednesday 5-6 p.m. Rally For Peace, in front of the Main St. Park

Every Wednesday Helping Hands Emergency Food Bank, 10am to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

Every Wednesday 6:30 PM - Al-Anon Family Groups, which includes Alateen for younger members, meets at Trinity Lutheran Church at 320 Fir Villa Rd. in Dallas. Al-Anon is an established community resource for people affected by another's use of alcohol. The resource can aid the recovery process for the entire family through hope, comfort and loving interchange among members having a common problem. For more information call 503-370-7363, leave a message - you will be contacted.

Every 2nd Wednesday Monmouth-Independence Chamber lunch forum. 12 p.m. to 1 p.m. Location changes. Please call Jean Love or visit our Calendar of Events at micc-or.org for more information. 503-838-4268

Every 3rd Wednesday each month. BINGO at the Farm, 6:30 PM - 8:00 PM. Come play BINGO in the Chatou at Rogue Farms. Join us every third Wednesday of the month through 2014! So bring your family and friends and get ready to win! Boards, daubers, and prizes provided! Rogue Farms Chatou Tasting Room, 3590 Wighich Road Independence, OR

Every Thursday 7 p.m. 314 Cottonwood Way, Monmouth. Polk and Marion County Women meet to discuss and research alternative/safer approaches to conventional treatments of hormonal imbalance.

Every 2nd Thursday 7:00 PM Luckiamute Watershed Council (LWC) open meeting. Monmouth Volunteer Hall. Info: 503-838-8804

Every 3rd Thursday After Hour Mixers with Monmouth-Independence Chamber of Commerce. Chamber members and friends are invited to join us for our FREE monthly after-hours mixers. Mixers are held the third Thursday of each month from 5:30 PM to 7:00 PM at member locations. Registration is requested to help the host site properly prepare. Attendees are encouraged to bring a small giveaway (less than \$10) to promote your business or organization. For location and or more information, contact Jean Love 503-838-4268 or visit our Calendar of Events at micc-or.org for more information.

Every Friday TOPS-Weight Loss Group meets at the Monmouth Church of Christ, 127 Heffley St. N., Monmouth. 10 a.m. to 11 a.m. For more information please feel free to contact Marilyn at 503-930-7936.

Every 1st Saturday 8:30 AM to 10:30 AM Monmouth Senior Center host breakfast. All you can eat, Adults \$6 Donation, Children 12 & under \$3 Donation. For more info: 503 838-5678

First Saturday 8:30 AM to 10:30 AM Mon-Fri 10:00 a.m.-3 p.m. -Crafter's Cottage at the Monmouth Senior Center, 180 S. Warren St. Handmade items, watercolors, needlepoint, towels, bead jewelry, dolls, blankets, sweaters, jellies, etc...New items always arriving!