

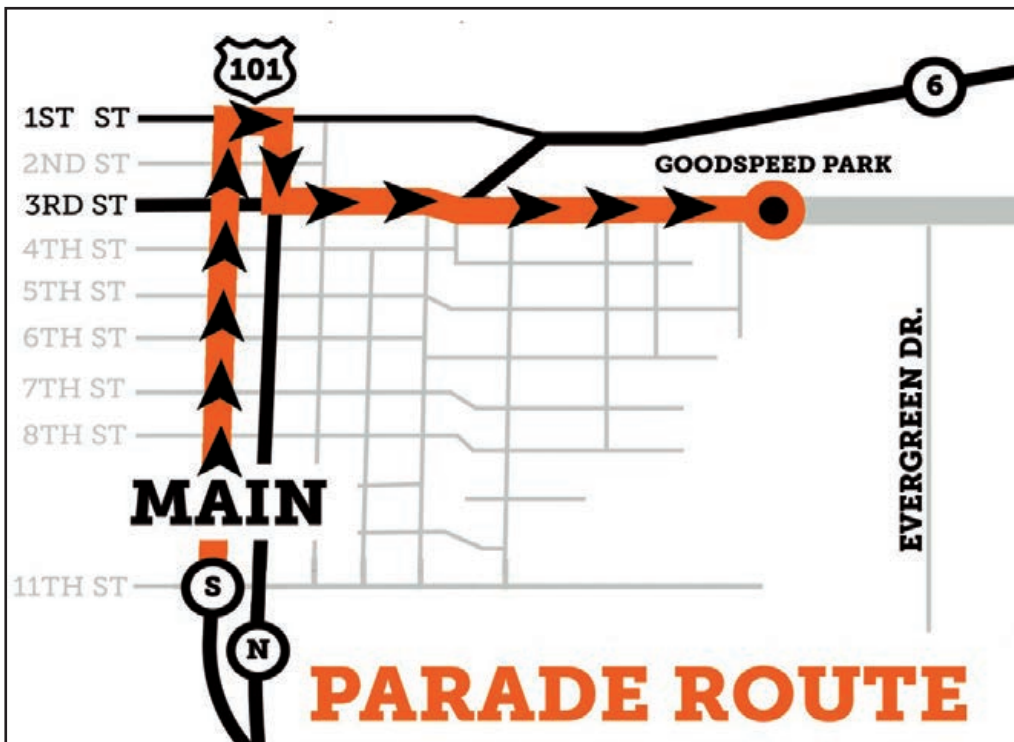
# June Dairy Festival & Rodeo Event Guide 2021

Tillamook  
Headlight Herald 



# June Dairy Parade kicks off day of entertainment in Tillamook

## As the World Churns



The 64th annual June Dairy Parade is on this year and back to a normal parade like we saw prior to the pandemic. The parade, sponsored by the Tillamook County Creamery Association, will run from 11 a.m. to 1 p.m. on Saturday, June 26.

When recent updates to state and federal COVID-19 guidelines removed the requirement for masks outdoors, it removed one of the largest barriers to allowing Tillamook to celebrate June Dairy Month with a traditional parade.

Now, instead of an inside-out model as previously planned, the Tillamook Area Chamber of Commerce will revert back to "normal" with a regular parade, in which parade entries drive down the street, while spectators line

the route to view the procession.

"Although we had planned for another inside-out parade, we decided to change back to normal now that guidelines from the Center for Disease Control and Oregon Health Authority allow us to," said Justin Aufdermauer, Chamber executive director. "We want to see things get back to normal as soon as possible, and the community deserves this."

### Parade Route

The parade route will follow its usual path down Main Avenue, around the Rodeo Steakhouse, down Pacific Avenue, then along Third Street to end at Goodspeed Park. The Chamber received the necessary Oregon Department of Transportation permits to use that route.

"Once we saw the change in the OHA guidance, we immediately reached out to ODOT and the City of Tillamook. Both have been great to work with and have already issued permits to use our traditional parade route, which has space for plenty of parade-goers, whether locals coming to watch their children's dance groups perform, or visitors stopping by to learn about Tillamook's dairy industry," Aufdermauer said. "We see this as an opportunity to share the June Dairy Parade with many more people than we could last year."

Although most of the parade will resemble pre-COVID-19 celebrations, this year will feature a couple of small changes: Entries will not be judged or receive trophies, and there will be no grand or honorary grand marshal.

"Because we only have one month to reorganize the parade, we decided to forego judging entries and marshaling for this year," Aufdermauer said. "However, we will still host the children's coloring contest, complete with prizes for the winning artists."

This year's theme is "As the World Churns."

"We are grateful for TCCA's continued support of the parade, and we are doing everything we can to bring the community the best parade possible this year. Now it's up to the community to get their entries in and get ready to show off for everyone," Aufdermauer said.

"We are especially excited for the opportunity to include horses and marching bands, which found last year's inside-out model more difficult to participate in," Aufdermauer said. "As we return to normal, we really hope to grow the number of entries this year to make this June Dairy Parade our biggest and most enjoyable yet!"

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# Tillamook County Rodeo, Junior Teen Pageant, Sweetheart Pageant is on

The 34th Annual Tillamook County Rodeo is Friday and Saturday June 25-26, beginning at 7 p.m. at the Tillamook County Fairgrounds. Admission is \$15 and children 10 and under are \$5. Family Day sponsored by Sheldon Oil is Friday, June 25 where kids 12 and under are free when accompanied by an adult. Don't miss the "Biggest Little Show on the Coast."

Written Test at 8:30  
 12 p.m. Lunch at Hidden Acres Greenhouse Cafe with Mock TV Interviews  
 2 p.m. Horsemanship Warmups  
 2:30 to 4:30 p.m. Horsemanship (Tillamook Rodeo Arena)  
 7 p.m. Rodeo Grand Entry (entry to the rodeo with ticket)

**Saturday**  
 8:30 a.m. Saturday: Parade judging begins  
 Sweetheart Pageant begins  
 1 p.m. Queen's Luncheon @ the Tillamook County Fairgrounds 4H Dorm Building (\$10 donation which includes admittance to Speech, Modeling, and Question Event)  
 2 p.m. Speeches and Modeling  
 5 p.m. Contestant Group Interviews with Judges  
 7 p.m. Rodeo Grand Entry; Coronation to be held during Rodeo (entry to the rodeo

with ticket)  
 Following coronation: Pageant Reception where contestants will pick up their awards. Must be present to receive awards. Open to the public.

## Sweetheart Pageant

The Sweetheart Pageant is held for one day during the Miss Teen and Junior Miss Rodeo Oregon Pageant. It is being held in conjunction with the Tillamook County Rodeo on June 26, 2021.

Girls eligible for the Sweetheart category should be 4 to 8 years old by June 1.

This is a fun opportunity for girls who love rodeo and the western way of life! There is no judging and all girls receive a banner and crown. Girls are Miss Rodeo Oregon Sweethearts for the day but they often show up at other rodeo events dressed in crown and banner for fun!

**Junior Teen Pageant**  
 The 2022 Junior Teen Pageant is being held in conjunction with the Tillamook County Rodeo this year.

The pageant will begin at 8 a.m. on Friday, June 25, and will continue through Saturday, June 26, when the winners are announced during the evening rodeo.

Location for most activities: Tillamook County Fair Grounds 4H Dorm Building.  
 8 a.m. Friday: Welcome, followed by Interviews and



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# June baby basket delivered, baby born June 1

Tillamook County Dairy princess ambassador Mariana Llamas delivered the June baby basket to the first baby born in June at the Tillamook Regional Medical Center in honor of June dairy month.

It's a boy! Kasen Jean Stober was born at 6:02 a.m. June 1 to parents Noah Leelynn Stober and Cassandra Jean Allen Stober, weighing 8 pounds, 10 ounces and 21 inches in length. Siblings are 12-year-old Karisa, 8-year-old Sophia, 7-year-old Kreelea, 6-year-

old Keityn, and 4-year-old Daxton. Grandmas are (Granny) Mindy Chodrick and Nanci Cox; grandfathers are Alan Wheelless and Shard Stober. Great-grandmothers are Susan Fugate, Gloria Schroeder, Sandra Wheelless and (Nana) Diana McEachern. Great-grandfathers are Glenn Wheelless, (Pappy) Jim Stober, Rick Schroeder and Dale Fugate.

The Tillamook County Dairy women would like to thank everyone who donated to the 2021 baby basket.



Kasen Jean Stober, first baby born in June in Tillamook County.

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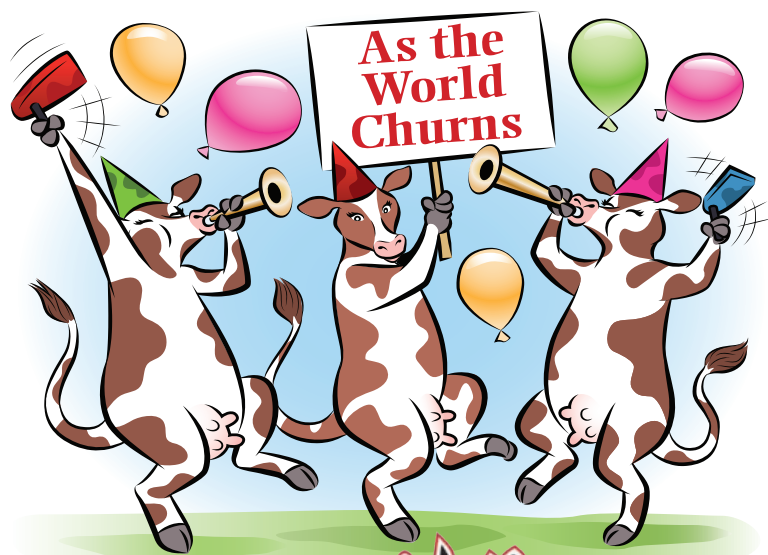


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## Celebrating the 64<sup>th</sup> Annual June Dairy Parade



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Tillamook County Dairy princess ambassador Mariana Llamas delivered the June baby basket to the first baby born in June at the Tillamook Regional Medical Center in honor of June dairy month.

# Llamas takes home 60th Tillamook County Dairy Princess Crown

Two contestants competed for the title of Tillamook's 60th Dairy Princess-Ambassador. Mariana Llamas and Alison Dixson, both seniors at Tillamook High School went through a series of judging activities on Sunday May 16th to determine who would be taking home the title and the crown.

Candidates were judged on an inclusive application that covered their dairy experience, their accomplishments in agriculture organizations, and their community and school activities. They then proceeded to have a 15 minute interview with the panel of 3 judges. In this interview candidates were asked questions to determine their dairy knowledge, how they would handle scenarios when speaking to the public and what their future plans, hopes, dreams and aspirations are. A small gathering of family members, Dairy Women and friends joined to conclude the judging activities. Here both girls delivered a 4 minute prepared speech relating to the dairy industry and presented a television commercial promoting dairy products. After the judging portion was complete, retiring 2019 Tillamook Dairy Princess-Ambassador, Araya Wilks opened the judge's envelope and crowned Mariana Llamas. Mariana is the daughter of Hector and Erika Llamas. She is currently employed at Roby's Furniture and has carried a dairy cattle project in FFA the past 4 years. Retiring Princess Araya received a \$1,000 Tillamook Creamery scholarship and \$2,500 in other scholarship contributions for her service.

Tillamook County Dairy Women are excited to announce Roby's Furniture of Tillamook as Mariana's

official title sponsor. Roby's Furniture has been a long time supporter of the Tillamook dairy industry and is honored to contribute as the sponsor for the 60th year of the Tillamook Dairy Princess-Ambassador program. Their sponsorship will help Mariana attend and partake

in the Oregon Dairy Princess Ambassador Program by covering participation and travel expenses. Llamas will join 4 other young ladies throughout the state to promote dairy products and dairy farming and interact with a wide variety of audiences.





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As the 'World Churns', we'll be at the



## JUNE DAIRY PARADE!

See you June 26th, 2021!



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# Dairy is good for the body, celebrate June Dairy Month with cold glass of milk

From fermented foods like yogurt and cheese to milk and lactose-free milk, dairy foods can help give you the nutrients you need to keep your body going strong. See what experts are saying about dairy foods' contributions when it comes to a healthy gut and immune function, re-

duced inflammation, reduced risk of chronic diseases and optimizing wellness.

The variety of nutrient-rich dairy foods available offers something for almost everyone's wellness and taste needs throughout their lives. Milk packs in 13 essential nutrients in every serving, includ-

ing, protein, zinc, selenium, vitamin A and vitamin D, which contribute to healthy immune function. And dairy foods like cheese and yogurt also provide high-quality protein, calcium, vitamin A, B vitamins and more!

Dairy foods provide about 52% of the calcium, 51% of



the vitamin D and 17% of the protein consumed by Americans. Research shows that healthy eating styles, which include low-fat and fat-free

dairy foods, are linked to a reduced risk of some of the most prevalent chronic diseases in the U.S.—type 2 diabetes and cardiovascular

disease in adults—as well as improved bone health.

### Nutrient Profile

Did you know that real cow's milk contains a powerful punch of nutrients? Milk contains essential nutrients like high-quality protein, calcium, vitamins A and D and more. These key nutrients help our bodies thrive. And eating a balanced diet, which includes fruits, vegetables, dairy, lean meats and whole grains, can help keep you healthy, including your immune system. Here are some nutrients in dairy foods your body needs:

- Protein, which is found in milk, cheese and yogurt, helps build and repair muscle tissue and is the building block of all cells in the body—including immune cells and immune-signaling molecules.

- Milk and yogurt are good sources of zinc, known to be important for normal immune function.

- Milk is a good source of vitamin A, which helps support healthy immune cells and keep skin and eyes

## Dairy



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## Cowabunga! It's the June Dairy Festival

As the world churns, it's been a tough 18 months, but we are finally beginning to see our whey through this pandemic. Celebrations are still a little different, but we will all be able to gather soon. Let's grab a cowbell and celebrate, safely of course!

We may be milking it, but we are udderly delighted to celebrate with our community and please be sure to follow all social distancing and mask-wearing guidelines. Your Dairy Godmother says that is the healthy whey to participate this year!

Like the cows in our community, the staff at Tillamook County Community Health Centers are outstanding in their field.

It's time for more cowbell, everybody, more cowbell!

#vaccinessavelives



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# Dairy

Continued from Page 6

healthy.

- Calcium, phosphorus and vitamin D help build and maintain strong bones and teeth.

Dairy foods also contain B vitamins, which can help your body convert food into fuel:

- Vitamin B12 — milk, cheese and yogurt
- Riboflavin (vitamin B2) — milk and yogurt
- Pantothenic acid (vitamin B5) — milk and yogurt
- Niacin (vitamin B3) — milk and cheese

The body of research supports eating dairy as part of an overall healthy diet to help reduce the risk of chronic diseases. A growing number of studies indicate that eating dairy foods is associated with:

- a lower risk for type 2 diabetes and cardiovascular disease

- reduced blood pressure
- neutral to lower levels of inflammation
- improved bone health.

## Dietary Guidance

Dairy nourishes life, helping people thrive throughout their lives. Dairy foods are included in all of the healthy eating patterns recommended by the Dietary Guidelines for Americans (DGA), which are linked to reduced risk of chronic diseases. Dairy foods also are included in recommendations for pre-natal and maternal health, and yogurt and cheese are recommended as complementary foods to human milk or iron-fortified formula starting at age 6 months, with whole milk, plain reduced-fat yogurt and reduced-fat cheese at age appropriate servings from 12 to 23 months. There are options in the dairy case for almost everyone—including lactose-free or low-lactose varieties for those with lactose intolerance.

## Lactose Intolerance

Lactose intolerance can be a barrier to dairy consumption and can put people at risk of not getting the nutrition their bodies need. The good news is that living with lactose intolerance doesn't mean you have to give up your favorite dairy foods. Did you know that each person with lactose intolerance is likely able to tolerate varying degrees of lactose? It is all about understanding how much lactose is in the foods you love and how much you can handle at once. For example, there is lactose-free milk, which is real milk with milk's nutrients, just without the lactose.

No matter how you enjoy it, eating dairy as part of a healthy meal plan can help you keep your gut and immune function healthy with a powerful package of nutrients that are hard to replace.



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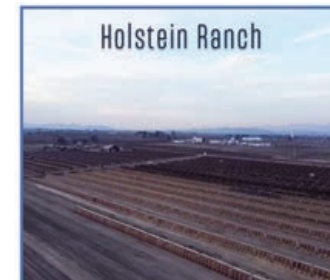
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