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**Kaysie Junco and Mike Randow**  
**Named Girls' Weightlifter and Coach-of-the-Year**

GAINESVILLE (June 24) ---Kaysie Junco of Port Orange Spruce Creek High School was named the 2009 Florida Dairy Farmers Girls' Weightlifter-of-the-Year.

Junco won the 101-pound state title with a 130-pound bench press and the clean and jerk with a lift of 145 pounds, for a total weight of 275 pounds. She finished first in her weight class by 35 pounds, lifting a combined total close to three times her body weight.

Mike Randow of Port Orange Spruce Creek High School was named the 2009 Girls' Weightlifting Coach-of-the-Year. Coach Randow has led Spruce Creek to six consecutive state titles, dominating this year's field with 30 points. His team won three individual state championships.

"Florida's dairy farmers congratulate Kaysie and Coach Randow for a job well done and we salute them with a milk toast," said Matt Lussier, a Gainesville area dairy farmer. "We take a lot of pride in watching winners such as Kaysie and Coach Randow represent our industry and this award in such a positive manner and we wish them continued success."

This is the 17<sup>th</sup> year of the Florida Dairy Farmers Sports Awards program which exemplifies Dairy Farmers Inc.'s commitment to the state's youth. While honoring the state's top athletes and coaches in all 26 FHSAA-sanctioned sports, the program also emphasizes to young people the importance of keeping dairy products a primary part of their diet in their overall nutrition plan.