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'Miss Nutrish' wants to help other people

Pelham Manor resident sees beauty pageant title as way to educate about nutrition

By Ned P. Rauch
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PELHAM MANOR — Most of her competitors wore sashes representing their hometown neighborhoods: Miss Uptown, Miss Spring Street, Miss Hell's Kitchen.

But of all the top-finishers onstage at the Miss New York USA pageant, held Jan. 15 at the Performing Arts Center at Purchase College, SUNY, the one from Pelham Manor stood out.

Her sash read "Miss Nutrish" — not a place, but a cause: educating people about nutrition.

Patricia Schwab — who uses the stage name Tricia Jeanne — finished in the top 10 at the pageant, the first she'd ever entered. She was thrilled with the result, and immediately saw how she could use the crown (she said she'd likely compete again next year) for a greater good.

"It could be my chance to do what I want

to do," she said. "I feel like I'm here to make a mark on the world and help people. Go to schools and educate people about health. That's what I want to do."

Schwab, 22, is a Pelham Memorial High School graduate and in her final semester at Iona College, in New Rochelle. She's studying marketing and plans to pursue an advanced degree in nutrition.

Her interest in the subject took hold in health class in high school. She began working out and paying close attention to what she ate and, before long, saw how her body had changed. When other people noticed, too, and began turning to her for fitness advice, she discovered she enjoyed helping them out.

Success in pageantry, she said, would raise her profile and expand her reach, allowing her to help that many more people.

"With that title, I could do so much," she said.

Ultimately, Schwab said, she would like to host a cooking show; she's been collecting healthy recipes for years.

Meantime, Miss Nutrish is focusing on school and her acting and modeling career.

"I love runways, I love being on stage," she said. "It's an adrenaline rush."



Patricia Schwab of Pelham Manor finished in the top 10 in her first appearance in the Miss New York USA pageant at the Performing Arts Center at Purchase College on Jan. 15.

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