

Vernon Ross Promotes Eggs



Vernon Ross hopes The Bird will become a familiar personality throughout the state and that it will work in making people think about eating more eggs.

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Ross thinks people are more conscious of health and their eating habits today, but adds that eggs have gotten much undeserved bad press. "Someone who is overweight will have a heart attack at 55 and blame it on eggs, but some people can eat four eggs a day and have no problems with cholesterol. Each human has different chemistry and we produce cholesterol whether or not we intake it."

He suggests that people can determine if they have a problem,

and if they don't then there's no reason not to eat eggs. He said, "Eggs can be eaten any time of day, and hard cooked eggs are great for snacks instead of junk food. They are one of the most versatile foods."

Pennsylvania is the third highest egg producer in the nation, with 4.7 billion eggs annually, and Ross said he expects it soon to rank second. He adds, "Human hands never touch an egg." Through automation, they are moved quickly and easily to the con-

sumer, with inspectors watching every step of the way. "It is a quality process," he notes.

It is quite clear that Ross enjoys his job, and he is not shy in telling how much he likes it. "I get a lot of satisfaction from being the bird, and I've met some super friends when I give omelet demonstrations."

During the month of May, it would make Vernon Ross very happy if everybody would make a conscious effort to "Make it light, make it right - with eggs."

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