

Poultry Queens Hope To Unscramble Public's Confusion About Eggs

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Lancaster Farming Staff
MOUNT JOY (Lancaster Co.)
 — Headlines may accuse eggs as the source of salmonelle food poisoning and of high cholesterol, but two young women are determined to show the public that eggs are taking a bad rap.
 "Eggs are a lot better than they are cracked up to be," said Debra Wolgemuth, Lancaster County Poultry Queen.

Bev Ginder, the county alternate queen agrees. She wants the public to know that eggs are very low in both fat and saturated fat compared with other sources of high quality protein such as red meats and cheese.

"If customers buy eggs that have been refrigerated immediately, and, if they cook the eggs properly, they won't have any problem with salmonelle," Debra said.

While the public may have

scrambled thoughts about eggs, these two ambassadors hope to give the public the straight facts — that eggs are perfectly safe and nutritious to eat.

Not only do they plan to give the straight facts but also they will demonstrate omelet making.

"You bet I know how to make a good omelet — it's all in the wrist," Bev said.

Long before being chosen to promote the poultry industry, both women were being unofficially groomed to promote eggs. Since both grew up on a poultry farms, they absorbed many poultry facts by osmosis.

Deb assists with egg packing on her parents' (John and Thelma) Mount Joy farm where they have 100,000 layers, farm 375 acres, operate a farrow to finish pork operation, and raise beef on an adjoining farm.

Bev grew up with three brothers, and a sister on her parents, 125-acre farm where they raise 80,000 layers, broilers, and 87 beef cattle — and eat eggs.

Marlin, Bev's dad, said, "If everyone ate as many eggs as I do, they'd need to put up a lot more chicken houses."

Ginder, who also drives truck for Heistand Feed Mill, usually eats his breakfast at restaurants. "I always order eggs for breakfast — what else is there?" he asked.

While Bev and Deb have the egg-eating habit deeply ingrained, they realize many people do not.



Like all good poultry royalty, Debra eats lots of eggs and gives poultry a plug whenever possible.



An expert omelet maker, Bev Ginder, alternate poultry queen likes to demonstrate omelet making. "It's all in the wrist," she claims.

They'd like to change that not only by doing their part but also by seeing more publicity and promoting of eggs on T.V.

Deb estimated, "Beef and milk promotions have about 10 commercials to every one on eggs."

Her father recalls that several years ago, there was a strong promotion on the incredible egg, but later an egg market slump cut into monies designated for egg promotion.

Concerning salmonelle poisoning, Wolgemuth said, "We do our part, but we can't do everything. We are not the culprits. The food industry must do their part."

While some flocks have been

destroyed, Bev doesn't think killing flocks is the answer to controlling salmonelle. "Transportation and storage is more of a problem," she said.

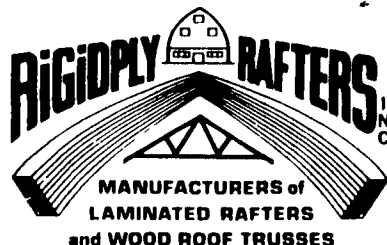
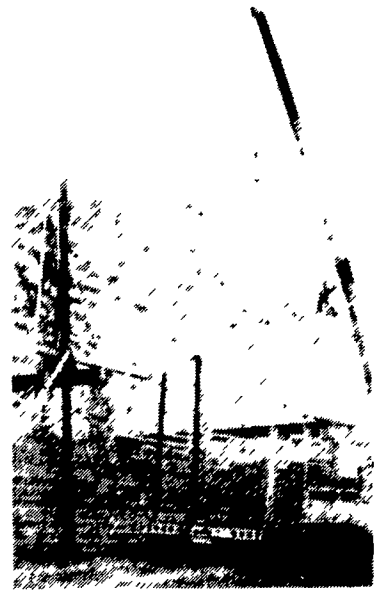
Ginder said, "I think salmonelle was around 100 years ago, but people didn't know what it was called."

Wolgemuth has a son who graduated from the Culinary Institute of America. During his training, he observed many restaurants preparing egg dishes and was appalled at the carelessness of egg handling.

"The poultry industry does a lot of testing on their own. We have strict guidelines," Wolgemuth

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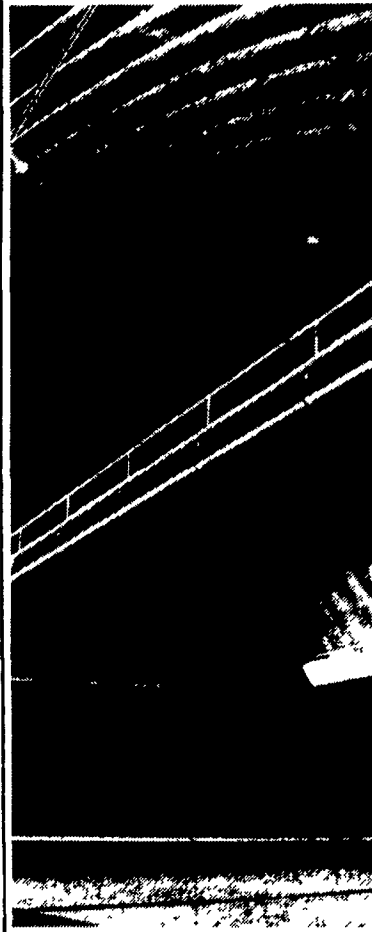
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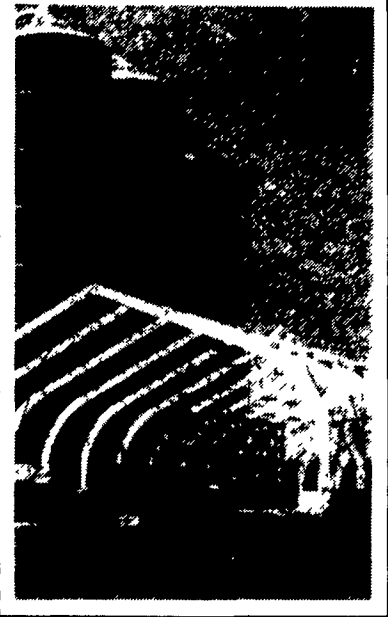
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