

Anita Meck Speaks Out For Beef

LOU ANN GOOD
Lancaster Farming Staff
WILLOW STREET (Lancaster Co.) — Poultry, pork or beef? What does Anita Meck like best?

As the Beef Industry Representative, Anita declines a choice, but says that she believes the meat industry on the whole gets a bad rap from the media and needs someone to remind them of the benefits of including meat in the diet.

In the last few years, Anita has been the Lancaster County Poultry Queen for one year, the Pork Ambassador for one year, and recently she was appointed the Beef Industry Representative for one year.

Since all three of these meats are raised by her parents, Ken and Esther Meck, Anita has a working understanding of what goes on behind the scenes in the three meat industries. The Mecks raise about 200 head of beef, 50,000 chickens, and have a farrow to finish hog operation on their Willow Street farm.

"There are a lot of myths about meat, especially red meats," Anita said.

She hopes to diffuse these myths by handing out literature and talking to consumers who attend store promotions and conventions.

For those concerned with the cholesterol found in meat, Anita stresses, "The key is moderation."

Beef is lower in fat and calories than before as the result of new breeding and feeding techniques.

She tries to avoid animal rightsists since she considers it pointless to try to help them understand her viewpoint. For TV viewers who watched media coverage of a meat

packing plant and are wary of eating meat, Anita answers, "There are a few bad businesses out there as in everything else."

For herself, Anita believes that meat is perfectly safe to eat, and that much of the bad publicity is often taken out of context.

"Beef is the only meat that contains heme iron. This is much more usable by the body than iron found in other foods. If you eat beef, it helps your body to absorb other sources of iron better as long as the other foods are consumed at a meal that includes meat. My work is most satisfying if I can change a person's way of eating," she said.

A recent beef research campaign showed that many consumers did not know how to use the beef cuts available in the supermarket. To change this, more point of purchase materials will be used in supermarket displays to give consumers ideas and recipes for the beef cuts. Part of Anita's job is to hold cooking demonstrations so that consumers can taste the meat and know how to prepare it for their own use.

Recently, Anita attended a Beef Council workshop to learn how to prepare beef by marinating and using stir fry and grilling methods. She will use these methods for store and group promotions while handing out samples.

Anita is a senior at Millersville University where chemistry is her major and mathematics and business marketing is a minor. During the school year, she worked as a secretary assistant in the chemistry office and will work as a lab assistant during the fall semester. She is president of the American Chemical Society at the University.



As Beef Industry Representative for one year, Anita Meck is responsible for encouraging consumers to include beef and veal in their diets. Anita helps her parents, Ken and Esther Meck, with the 220 steers, 50,000 chickens, and farrow to finish operation at their Willow Street Farm.

Anita hopes to have a career in the ag-chemistry field. During the summer months, she works for the Chester Water Authority in the lab and does stream studies.

Anita is a coach for the Lancaster County 4-H Meats Judging Team and a director for the West Lampeter Community Fair.

Groups that would like Anita to provide a cooking demonstration should contact the Beef Council at (800) 572-2020.

Clarion-Venango To Hold Coronation

TIONESTA (Forest Co.) — The official crowning of the 1992 Clarion-Venango Dairy Princess will be held on July 11.

Tracy Wagner, the 1991 Clarion-Venango Dairy Princess, will crown Robin M. Walls of Emlenton. She is the daughter of Charles and Nancy Walls. She will be a senior at Keystone High School in the fall, where she is active in four bands, the Panther Buddies and National Honor Society. She is also very active in 4-H, Girl Scouts, Jr. Holstein Club, and many community activities. She is employed part time by Ila Hunsberger. She plans to attend Penn State to study agribusiness.

This year, Robin will have five

dairy ambassadors to help her in promoting the consumption and sale of dairy products to consumers. They are Tracy Waner, Sami Willyoung, Catherine Walls, Erin Hersman, and KayDee Patterson. Robin and these girls will be representing the farmers of Clarion and Venango counties in promoting dairy products.

The coronation will begin at 7:15 p.m. July 11, at Town and Country Days, being held at the Gay-Mar Holstein Farm, located at R.D.1, Tionesta. Watch for signs between Tionesta and Lake Lucy off Routes 36 and 208.

The public is invited to attend this free celebration, sponsored by the Clarion-Venango County Dairy Promotion Committee.

Ask The Master Food Preserver

Question: My mother always sealed her jams and jellies with paraffin. Is this safe?

Answer: No. We do not recommend using paraffin because it is almost impossible to obtain a perfect seal. Growth of mold occurs and the toxins that result can contaminate the jellies. Molds can be carcinogens or cancer causing. We urge everyone making jams and jellies to use Mason canning jars with the two-piece lids. They need to be sterilized first and then after the jars are filled and the lids tightened, processed in a boiling water canner for 5 minutes.

Question: Can I reduce the amount of sugar in my jelly

recipes?

Answer: no. Always use the full amount of sugar in the recipe. Sugar helps in gel formation, serves as a preserving agent and contributes to the flavor of the jelled product. It also has a firming effect on the fruit. Most recipes strive for a 65 to 68% sugar. If you reduce the amount (to under 65%) the gel will be weak or runny. If you increase it (to over 68%) you will have undissolved sugar crystals and it will leave a sandy feeling in the mouth.

The Master Food Preservers are trained volunteers for Penn State Cooperative Extension in Cambria County.

Dauphin Holstein Club

The Dauphin County Holstein Club will hold its annual Twilight meeting on July 17, at Catapala Farm operated by Dale and Ray Kennedy of Middletown. Dairy judging will start at 7:30 p.m. Alan Hostetter of Dale-Pride Holsteins of Annville will serve as the official judge. The guest speaker for the evening will be Ken Brandt, lobbyist for Pennsylvanians Responsible for the Use

of Animals. The important issue of Animal Rights which has been gaining momentum will be discussed in detail. Everyone is cordially invited. Light refreshments will be served. Directions to farm: From Harrisburg take Route 283 East. Exit at Route 341 interchange. Go East on Rt. 341, 1 1/4 mile, turn right onto Kennedy Lane. Go about 1/2 mile- farm is on the right.

Perry County Chooses Dairy Princess

NEW BLOOMFIELD (Perry Co.) — Tracey Sauder, daughter of Mr. and Mrs. John Sauder, Jr., Ickesburg, was crowned as the Perry County Dairy Princess recently. She was chosen from a field of three at the Dairy Princess Pageant held in the Extension Office conference room in New Bloomfield.

Tracey will be a senior this fall at West Perry. She is an active member of FFA, and plans to run for a state office next year. She also plans to further her education

at Penn State for agricultural education.

Colleen Kretzing, daughter of Mr. and Mrs. Perry Kretzing and Marel Raub, daughter of Mr. and Mrs. Keith Raub were named as Tracey's alternates. Rebecca Innerst, daughter of Mr. and Mrs. Thomas Innerst, and Megan Stephens, daughter of Mr. and Mrs. Gordon Stephens, will assist Tracey as Dairy Misses.

Tracey, Colleen, and Marel each performed an informative skit or speech. Tracey taught the audience what the REAL seal

meant, and Marel showed what nutritional value you can get from milk and milk products. Colleen entertained with a skit about what would happen if we would run out of milk.

Entertainment was provided by Joanne McMillen and "Ronda" the pink cow that just was not happy. Beverly Amsler from LOVE 99 assisted as emcee. The judges for the princess contest were Ann Day of Shippensburg, Larry Swartz of Lancaster, and Barbara Wilson of Port Royal.



Participants in the Perry County Dairy Princess Pageant included, from left: Marel Raub, alternate; Jennifer Hummer, former dairy princess; Tracey Sauder, Perry County Dairy Princess; and Colleen Kretzing, alternate.