

FFA

BUILDING THE FUTURE

BERLIN (Somerset Co.) — A wide spectrum of awards were presented to FFA members in Somerset County chapters on May 21 at the local community center.

Results of the 1998 Skills Judging Contest are:

•Dairy Cattle: first — Matt Hoffman, Somerset; second — David Crissinger, Meyersdale; third — Nathan Tressler, Somerset

•Forestry: first — Dan Lepley, Somerset County AVTS; second — Doug Sheirer, Somerset County AVTS; third — Jonathan Dunmeyer, Somerset County AVTS

•Livestock: first — Jason Knotts, Meyersdale; second — Nathan Croner, Berlin-Brothersvalley; third — Brian Fisher, Berlin-Brothersvalley

•Tractor driving: first — Joel Smiley, Berlin-Brothersvalley; second — David Crissinger, Meyersdale; third — Nathan Tressler, Somerset

•Interview: first — Melissa Stahl, Somerset; second — Kimberly Custer, Berlin-Brothersvalley; third — Jennifer Ray, Somerset

•Floriculture: first — Rebeckah Creamer, Somerset County AVTS; second — Erica Sleasman, Somerset County AVTS; third — Tracy Shultz

•Wildlife: first — Justin Lorson, Berlin-Brothersvalley; second — Brian Fisher, Berlin-Brothersvalley; third — Travis Boden, Somerset County AVTS

•Horse judging: first — Becky Ray, Somerset; second — Amanda Yoder, Somerset; third — Susan Barron, Somerset

•Land judging: first — Mandy Decker, Somerset County AVTS; second — Brad Sanner, Somerset County AVTS; third — Travis Boden, Somerset County AVTS

•Agronomy: first — Justin Lorson, Berlin-Brothersvalley; second — Matt Webreck, Berlin-Brothersvalley; third — Dusty Glessner, Berlin-Brothersvalley

•Small gas engines: first — Dusty Glessner and Jeremy Walters, Berlin-Brothersvalley; second — Jonathan Glessner and Dustin Gursky, Somerset; third — Tonya Most and Angie Brant, Somerset County AVTS

The county basketball trophy went to Berlin-Brothersvalley, volleyball trophy to Meyersdale, and softball trophy to Berlin-Brothersvalley.

Mandy Decker of Somerset County AVTS Chapter was presented by Production Credit with \$50 for the best kept SOEP Record Book.

Conservation district checks for the top three conservation speakers were Matt Emerick, Meyersdale, first; Dan Lepley, Somerset County AVTS, second; and Justin Lorson, Berlin-Brothersvalley, third.

Berlin-Brothersvalley Chapter also received the G. Floyd Dye Memorial trophy for parliamentary procedure and the Edward P. Shoemaker Memorial trophy for educational demonstration.

Plaques were presented to the 1997-98 county officers: president — David Crissinger,

Meyersdale; vice-president — Jeremy Walters, Berlin-Brothersvalley; secretary — Mandy Decker, Somerset County AVTS; treasurer — Ricky Boden, Meyersdale; reporter — Melissa Stahl, Somerset; sentinel — Doug Deaner, Berlin-Brothersvalley; parliamentarian — Dan Lepley, Somerset County AVTS; and chaplain — Becky Ray, Somerset.

Following are the 1998 Somerset County FFA parliamentary procedure and public speaking results:

•Parliamentary procedure: first — Berlin-Brothersvalley FFA; second — Somerset County AVTS FFA; third — Somerset FFA. The judges were Laurie Bero, Brett Lentz, Greg Hubbard, and Dale Layfield. Doyle Paul was chairperson.

•Creed speaking: first — Nathan Miller, Berlin-Brothersvalley; second — Joshua Slifco, Meyersdale; and third — Jared Hay, Berlin-Brothersvalley. Judges were Howard Nicklow, Heather Benner and Marc Moran. Chairperson was Tom Willey.

•FFA junior public speaking: first — Lance Bittner, Berlin-Brothersvalley; second — Jennifer Stahl, Somerset; and third — Matthew Webreck, Berlin-Brothersvalley. Judges were John Hartman, Jen Foster, and Kurt Woolsey. Jim Stutzman was the chairperson.

•Prepared FFA public speaking: first — Gretchen Vought, Meyersdale; second — Justin Hillegass, Berlin-Brothersvalley; and third — Mandy Decker, Somerset County AVTS. Judges were Melvin Kirk, David Glotfelty, and John Smith. Chairperson was Jim Harrold.

•Extemporaneous public speaking: first — Susan Barron, Somerset; second — Doug Deaner, Berlin-Brothersvalley; and third — Jennifer Enos, Somerset. Judges were Ray Lyon, Lori Hoffman, and Valerie St. Clair. Andy Hipple was the chairperson.

Conservation speakers were noted previously, but the judges were Keith Largen, Don Williams, and Susan Moon. Largen chaired the event. All of the first and most of the second place winners on April 29 competed in the Western Regional FFA Contest held in Butler.

Twin Valley FFA

The following Students and FFA members from Twin Valley received medals in the Pennsylvania FFA record book contest held at Penn State University.

Record books were scored by a committee of agriculture teachers based on neatness, completeness and accuracy. The top books in each enterprise category were awarded gold, silver, or bronze medals.

All Twin Valley agriculture science students are required to have, and receive a separate grade for, their record book in school. They are used to teach students financial responsibility as well as record keeping skills. Students are graded by both



Front left to right: Justin Lorson, Melissa Stahl, Becky Ray, Mandy Decker, and Susan Barron. Standing are Dusty Glessner, Jeremy Walters, Dan Lepley, Lance Bittner, Gretchen Vought, and Jason Knotts. These received first place awards presented at the Somerset County FFA annual awards banquet. Several winners were absent at time photo was taken.

Ron Frederick and Harold Dietrich.

Gold Medals went to Amanda Amors, pet cat; Kelly Andrews, pet dog; Amy Barnett, pet dog; Cherie Beam, pet fish; Mike Birmingham, pet cat; Beth Christi, pet bird; Jesse Collmann, pet cat; George Crowell, beef growing; Tyffany DeHaven, pet dog; Thuy Dinh, pet dog; Erin Dymond, pet rabbit; Stacy Fox, pet dog; Emily Gable, pleasure horse; Katrina Getz, pet dog; Carly Hatton, pet dog; Tamara King, pet dog; Valerie Lanser, pet dog; Beth Laskowski, pet cat; Leah Mast, pet dog; Melissa Mast, pet dog; Sandy Mast, on-farm work experience; Jason McAlpine, pet deer; Erin McCoy, pet dog; Nathan Moore, pet dog; Lori Nosal, pet turtle; Nick Pavlesich, pet dog; Nicole Phillips, pet dog; Rachel Powers, pet dog; Ashleah Tunbridge, pet cat; Kelly Wallace, pet dog; Aimee Weaver, pet dog; Brianne Yachera, pet cat; Dustin Yochum, pet guinea pig; and Beth Zerr, beef growing.

Silver Medals went to Leah Bergey, pet cat; Bryan Boughter, pet dog; Ketonnia Dubrois, pet fish; Tony DeLaurentis, off-farm work experience; Kaitlin DeMarco, pet goats; Amanda Dennis, pet bird; Alicia Herring, pet dog; April Hershey, pet dog; Amanda Hettinger, dog breeding; Christina Jenkins, pet snake; Louis Jones, off-farm work experience; Sarah Kier, pet cats; Rachel Lancaster, pet guinea pig; Josh Lawrey, wildlife conservation; Angie Lengel, pet dog; George Loaf, pet goats; Sara Marks, off-farm work experience; Rachel Mast, pleasure horse; Jason McAlpine, off-farm work experience; Ashleigh Messner, pet dog; Julie Peterson, pet hamster; Julie Peterson, pet rabbit; Nicole Phillips, improvement; Jamie Powel, off-farm work experience; Erin Scott, pet guinea pig; Becky Taylor, pet dog; Carrie Taylor, pet dog; Jessica Tucci, pet dog; Jim Verbella, pet dog, and Mike Viscuso, pet dog.

Bronze Medals went to Kelly Andrews, off-farm work experience; Megan Binasiwicz, pet cat; Robert Burke, pet cat; Rachel Chambers, pet dog; Brian Davies, off-farm work experience; Jaimy DeHaven, off-farm work experience; Cameron Ferriola, pet dog;

Rebecca Gardner, off-farm work experience; Matt Giordano, pet cat; Jody Griffin, pet cat; Samantha Guest, pet cat; Julie Haak, pet gerbil; Beth Hafer, pet dog; Carrie Hayes, pet cat; Rachel Lancaster, pet guinea pig; Kristen Leisey, off-farm work experience; Amanda Lynam, off-farm work experience; James Magliano, pet dog; Sara Marks, pet rabbit; Colleen Martin, pet cat; Todd Mast, dairy herd; Melissa McCue, pet cat; Andy McMullen, wildlife; Lisa Orr, home garden; Toby Ranck, pet cat; Amanda Reed, goat breeding; Vanessa Reinert, pet guinea pig; Ryan Rhode, off-farm work experience; Elissa

Robbins, pet cat; Lindsay Seyfert, pet cat; Amanda Wolfe, pet sheep; and Mark Wright, off-farm work experience

A total of 113 records were entered by 101 different Twin Valley students. Thirty four gold medals were awarded, 30 silver, and 32 bronze. Medals were presented to students at the annual FFA awards banquet in May.

Additionally, Sandy Mast received a monetary award from Keystone Farm Credit as the outstanding record book in a three county area and Amanda Amors received the Farm Credit Award for the top record book in Berks County.

Olive Oil Facts

Olive oil may have been good for Popeye the sailor man, who downed cans of spinach in a single gulp, in more than one way. Olive oil and other fats high in monounsaturated fatty acids are becoming well known for helping lower LDL-cholesterol (the so-called bad cholesterol) while protecting HDL-cholesterol (good cholesterol) when consumed in moderation in place of saturated fats.

Moderation, of course, is key. Like all other oils, olive oil is 100 percent fat. This means it has more than twice as many calories as an equal amount of protein or carbohydrate. So while there may be some truth to the heart-healthy claims made about olive oil, if weight-loss is part of your program, keep in mind that calories from olive oil will add up just as fast as calories from butter or corn oil.

The difference among oils is not in their number of calories but in their composition. While fats derived from animal sources — butter, cream, hard cheeses — have a high proportion of saturated fats, oils from plant sources are higher in unsaturated fats. Among the plant oils, olive, canola, and peanut oil are highest in monounsaturated fatty acids. Olive oil is pressed from the fruit of the olive tree. Both the type of olive tree and the conditions under which it is grown, such as climate and soil, affect the flavor of the olives produced, and thus the oil pressed from the fruit.

Olive oils referred to as virgin are from the first pressing. Extra virgin is also from the first pressing and is the most common type of olive oil sold in the United

States. It is a bit higher priced because it offers the widest variety of flavors and is produced in smaller quantities. Extra virgin olive oil is dark green in color and has a rich, fruity taste. This is the oil of choice where a full-bodied flavor is desired, as in salad dressings, marinades, and sauces.

A product titled simply olive oil is usually a blend of virgin olive oils, some of which have been filtered or refined. These are the classic golden oils, a bit milder in taste than the virgin oils. This is the all-purpose olive oil, great for sauteing, stir-frying, in pasta sauces and marinades.

Extra light olive oil refers to flavor, not calories. These oils still have nine calories per gram, but lend themselves better to recipes that call for a milder flavor such as baking. To keep from being confused with low-calorie, new labeling laws will soon require manufacturers to use mild in place of light. If you are new to olive oil, or find the flavor of virgin oil too strong, this is a great oil to start with. This pale yellow oil has a subtle flavor that does not carry over into other foods. With the highest smoke point of all the olive oils at 468 degrees, this is the appropriate olive oil to use for deep frying and sauteing at high temperatures.

Olive oil, like other oils, is degraded by exposure to heat and light. It can be stored in a tightly sealed container away from heat and light for up to two years. During hot months, the refrigerator is a good storage place, although the oil will solidify and turn cloudy. Simply bring back to room temperature before using.