

Ice Cream Fun, Profit Featured At Penn State Short Course

UNIVERSITY PARK (Centre Co.) — Ice cream usually is considered "fun food," but industry and medical developments make it serious business at the 111th annual Penn State Ice Cream Short Course, Jan. 6-16 at the Nittany Lion Inn on the University Park campus.

The course is the nation's oldest, best-known and largest educational program dedicated to the science and technology of ice cream. Seminar director Bob Roberts, associate professor of food science in Penn State's College of Agricultural Sciences, points out that several factors make ice cream attractive to people looking to start their own business.

"Everybody loves ice cream," Roberts said. "It's just a fun product. A former Penn State professor once told me that, no matter where he went in the world, whenever he saw ice cream, he knew he was in civilization. I think, based on some of the events of the last 18 months, that people are looking for things that give them comfort and pleasure and that say, 'we're civilized.' I think ice cream is one of them. But first and foremost, ice cream is fun."

The short course provides instruction in every phase of commercial ice cream manufacture, including ingredients and flavors, manufacturing better quality fro-

zen desserts, and nutrition and additives. The 2003 course will feature more opportunities for participants to gain hands-on experience.

Roberts sees two factors drawing entrepreneurs interested in entering into the ice cream business: organic ice cream products and nutraceuticals — foods with active medicinal properties.

"We mentioned nutraceuticals last year, and there's still a lot of interest in that," he said. "It's a way of producing a food that's good for you and good to eat. At Penn State, we're looking to develop various dairy products that incorporate omega-3 fatty acids, which are involved in the prevention of coronary heart and artery

disease. Omega-3 fatty acids are found in fish oils, and we're looking for ways to stabilize the oils so that the ice cream doesn't taste fishy."

Consolidation trends have continued in the ice cream industry, Roberts says, with large companies getting larger. But there's a newer trend of small companies stepping in to fill niche ice cream markets.

"So other avenues for the entrepreneur include the potential to provide small-volume specialty flavors and organic products that the big companies aren't interested in," he said. "The other thing that I see in the industry is the introduction of new ingredients — fruit-and-ice-cream combina-

tions, for instance."

Other developments include good-tasting low-fat products, fat substitutes and dairy-soy blends that combine the benefits of each. New speakers for the 2003 short course include Douglas Goff of the University of Guelph, who will talk about ice cream microstructure, and Carrie Fry, vice president with the International Dairy Foods Association, who will talk about the control of allergens in ice cream.

For more information on the short course, call (814) 865-8301 or visit the Web at <http://conferences.cas.psu.edu> or <http://www.foodscience.psu.edu/>.



FFA at 75

One Mission: Student Success

Cedar Crest FFA Members

Recently members of the Cedar Crest FFA went to Louisville, Ky. to attend the National FFA Convention. Amber Frank, Sarah Krall, Kyle Seyfert, Tara Miller, Travels Krall, Samantha Shepler, Kevin Kreider, Jessica Rose, Rebecca Eisenhauer, Janelle Zimmerman, Heather Balsbaugh, and Mark Balmer attended and were supervised by Harold Berkheiser and Gerald Strickler.

Kyle Seyfert, Samantha Shepler, Mark Balmer, Janelle Zimmerman, Kevin Kreider, and Heather Balsbaugh competed in the Parliamentary Procedure contest at the National FFA Convention. The team placed in the silver bracket and received individual medals and a team plaque. All participants worked hard and are to be commended for their efforts.

Students from Cedar Crest also participated in other events and received other rewards. Sarah Krall and Amber Frank won second place in science fair in the environmental category. Jason Balsbaugh received the coveted American Degree at the convention. The American Degree is the highest degree a member can earn. The Cedar Crest Chapter also won a Two-Star National Rating for its activities throughout the year. This award places Cedar Crest in the top 10 percent of all FFA chapters in the nation.

They made several stops on the way to Kentucky and were able to visit the Dayton Air Force Base Museum, Indianapolis Motor Speedway, Louisville Zoo and they also had the chance to tour the Louisville Slugger Baseball Bat Factory.

Hans Herr FFA Members

Attend Leadership Conference

Five members of the Lancaster Mennonite High School Hans Herr FFA Chapter attended the 2002 Fall Conference for Leadership and Professional Development at the Altoona Convention Center in Blair County.

The Hans Herr freshmen are Apryl Becker, daughter of Merle and Janet Becker, Kinzers; Debra Groff, daughter of Dean and Darlene Groff, Kinzers; Linford Hershey, son of Les and Lois Hershey, Kirkwood; Ra-

chael Ranck, daughter of James and Joan Ranck, Christiana; and Monica Keeney, daughter of John and Gail Keeney, Lincoln University. Teacher Lem Metzler served as their adviser.

West Snyder Member Named SUN Area Star Farmer

Amanda Shaffer, daughter of Mr. and Mrs. Jeff Shaffer of Beavertown, was named SUN Area FFA Star Farmer at the meeting, Nov. 12 at Middleburg High School. This award is presented annually to the member top member during the year they earn their SUN Area FFA Degree. The recipient must exhibit

premier leadership and conduct an outstanding supervised occupational experience program.

Amanda currently serves as the reporter in the West Snyder FFA

Chapter. She has earned gold medals in the area, regional, and state chapter procedure career development event; and blue ribbons in the SUN Area FFA Dairy Judging event as well as a gold medal in the State FFA Record Keeping contest. She also won the North Central Regional Outstanding Project Book Award. Her SAE projects include dairy herd, sheep finishing, and on-farm employment. She also represented West Snyder FFA at the Washington Leadership Conference this summer.

Amanda is a varsity cheerleader at West Snyder and an active member of the Pennsylvania Jr. Holstein Association. Her future plans are to become a dietitian.



Amanda Shaffer, Beavertown, SUN Area FFA Star Farmer.

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* Thursday Jan 16, 2003 9:30 AM
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