

THE EGG SAMINER

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Robert N. Howell, Editor

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Booker Inducted Into Georgia Egg Hall of Fame

Vince Booker of Gainesville, Ga. has been inducted into the Georgia Egg Commission's Egg Hall of Fame. Booker (pictured at center with his wife Sarah), was inducted into the prestigious society by Commission chairman Jerry Straughan, who presented the Bookers with a Waterford crystal egg and an oil portrait in recognition of Vince's exceptional character, excellent integrity, outstanding business ethics and unselfish service to Georgia's egg industry.

Two previous Hall of fame recipients, Ed Houston (1993) and Loyd Strickland (2002) were on hand to assist in the ceremony. Strickland was especially pleased to see Booker receive the award, since Booker began his career at the age of ten, picking up eggs and doing general chicken house jobs with Strickland's Crystal Farms in Chestnut Mountain, Ga. Booker worked his way through college while working at Crystal in their feed mill and hatchery.

After receiving his Bachelor of Business Administration degree in marketing from the University of Georgia, he became general manager of Crystal Farms' Egg Products Division. In 1971, he was named Vice President of Marketing and Operations at Crystal Farm's Shell Egg Plant, where he worked until 1981, at which

time he became owner and president of Country Charm Egg Distributors. Today, it is a thriving business and one of the nation's largest and most respected egg companies.

In 1981, the Georgia Egg Commission began honoring those in the industry who went beyond just being a member, with the establishment of the EGG HALL OF FAME.

The award, which is given every three years, was first presented to Roy Durr, in 1981. He was followed in 1984, by Paul J. Davis, Sr.; in 1987 by George Seaton; and in 1990, William G. Owens, Jr. was selected. Edward L. Houston was inducted in 1993 and James Eugene Sutherland, Sr. in 1996. In 1999, C. Emerson Gay was chosen, and in 2002, the Commission honored Loyd Franklin Strickland.

Selection is made largely on the basis of information provided on the nomination form, letters of support, participation within the industry and community involvement. A special committee is appointed by the Commission to consider the nominations. The next award will be presented in 2008.

This year's ceremony took place during the annual meeting of the Georgia Egg Association—the industry's trade group—held in June, at the King and Prince Hotel on St. Simons Island, Ga.

Bowers To Lead Association

Andy Bowers (below) has been elected by the Georgia Egg Association membership to serve as president for 2005–2006. Bowers is General Manager of United Egg Marketers in Blackshear, Ga. He accepted the gavel from outgoing president Gijs Schimmel during the Association's annual meeting at St. Simons, Ga. Larry Thomason, Thomason



Andy Bowers

Eggs in Calhoun, was elected first vice-president, and Scott Horton of Crystal Farms, Chestnut Mountain, will be the second vice-president. Gijs Schimmel of Centurion Poultry, in Lexington, was named secretary/treasurer.

Elected as one-year directors were: Marty Greene, Hy-Line International, Mansfield; Nick Evans, Big Dutchman, Cullman, Ala.; Sonny Blocker, Rose Acre Farms, Madison; Randy Nelson, Nelson Ventures, Dahlonega; and Fred Tingle, Dolco.

Two-year directors are: David Aldridge, Triple A Farms, Monticello; Tim Floyd, Cal-Maine Foods, Hartwell; Vince Booker, Country Charm Egg Distributors, Gainesville; David Lathem, Lathem Farms, Pendergrass; and Jerry Straughan, Cal-Maine Foods, Shady Dale. Three-year directors are: Jim Brock, Crystal Farms, Chestnut Mountain; Jim Hull, American Egg Products, Blackshear; Cees Boudewijn, CWT Farms, Gainesville; Tom Oliver, Chestnut Mountain Egg Farm, Chestnut Mountain; and Jack Watford, Cutler Egg, Abbeville, Ala.

The advisors are Dr. Mike Lacy and Dr. Dan Cunningham of the University of Georgia's Poultry Science Department. Robert N. Howell is the executive director. The new board, under Bowers' leadership, voted to return to the King and Prince Hotel for 2006 and again in 2007.



University Awards Scholarships

The University of Georgia has awarded several scholarships for the 2005–2006 academic year that were acknowledged by our egg industry during the annual meeting of the Georgia Egg Association.

Mrs. Suzanne Griffith (above left) of the College of Family and Consumer Sciences, introduced the winners of the Grace Hartley Consumer Journalism scholarships for 2005–2006: Laura Bland of Tifton, Ga. (second from left) and Linda Ziegler of Roswell, Ga. The two scholars received special recognition from Georgia Egg Commission executive director Robert N. Howell.

Keisha LaToya Leonard of Jonesboro, Ga. received the Hartley International Study Award, which she is using this summer toward expenses to study in Xalapa, Mexico. The scholarships, administered by the Georgia Egg Commission, honor the late Grace Hartley, former food editor for the *Atlanta Journal*.

Dr. Mike Lacy, Head of the University of Georgia's Poultry

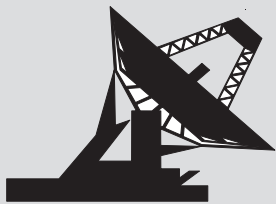


Centurion Presents Scholarship

Centurion Poultry president Gijs Schimmel (left) has announced the establishment of a \$25,000 scholarship fund for the Poultry Science Department at the University of Georgia. The grant, accepted by Department head Dr. Mike Lacy (right), is to be used as scholarships for students majoring in Poultry Science.

Centurion Poultry, Inc. is a privately-held corporation headquartered in Lexington, Ga., engaged in the production and distribution of breeding stock for commercial egg layers under the BOVANS, DEKALB and HISEX trade names.

Science Department, announced that Tynisha S. Burnett of Athens, Ga. is the recipient of the Mr. and Mrs. J. B. Gay Memorial Fund Scholarship and Robert B. Carter, II of Jersey, Ga. is the recipient of the Roy and Maye Durr Scholarship for the 2005–2006 academic year.



The Nutrition Station

By Holly Gillis Hidell, MS, RD, LD

BREAKFAST FOR THE BRAIN

The end of summer is near and “back to school” is on the minds of many parents and their children. Whether your youngsters are still out for the summer or heading back to school, the importance of a healthy breakfast never changes.

An article from the May, 2005 issue of the *Journal of the American Dietetic Association* summarized 47 studies which examined the association of eating breakfast with nutritional adequacy, body weight, and academic performance in children and adolescents. Some of the findings suggest that kids who eat breakfast take in more nutrients over the course of the day than those who choose to skip.

Even though breakfast eaters generally consumed more daily calories, they were less likely to be overweight. Most impressive to parents was the idea that eating breakfast may improve cognitive functions relating to memory, test grades and school attendance.

So what should our children be eating for breakfast? Experts say children need food with “staying power.” In other words, foods that will stay with them through the morning and until lunch time.

Protein and fat are both essential nutrients for maximum staying power. Avoid foods that are high in saturated fat; instead, look for omega three fatty acids from foods like eggs, walnuts, soybeans, and

some fish. Eggs are one of the best brain power foods, since they contain protein, omega three fatty acids and other brain-boosting nutrients, like choline.

The low-carb craze continues to affect many American households, but parents must remember that their children cannot afford to follow trends. Carbohydrates are extremely important for fueling the brain, and kids need nutrient-dense carbs to be included into their meals. Just remember to focus on carbs rich in whole grains, versus some of the high sugar candy food, like sweet rolls and doughnuts.

Experts continue to stress that breakfast, as part of a healthful diet and lifestyle, can positively impact a child's health and overall well-being. It's up to us parents to either provide breakfast for our children, or to take advantage of a school breakfast program.

To formulate a smart, healthy breakfast that will satisfy your child's hunger and fuel the brain, work toward one that includes calories, protein, healthy fat, whole-grain carbohydrates and high-fiber.

You'll find that eggs fit perfectly into a power breakfast plan, so cook an egg any way your child likes it and serve with low-fat dairy, whole grain toast and some fruit of choice. What a great, nutritious way to start the day!



William Lanier “Bill” Adams of Statesboro, Ga. passed away Tuesday, June 7, 2005.

Bill served as President of the Georgia Egg Association from 1986 to 1988 and was formerly with Cal-Maine Foods in Metter.



Bill Adams

He served on various boards in leadership positions in the poultry and pork industries as well as many civic groups, including Boy Scouts, Kiwanis, and Rotary.

Memorials can be made to First United Methodist Church, Statesboro, or the American Cancer Society.



Gilbert Wins Egg Recipe Contest

Mrs. Janet Gilbert of Danielsville, Ga. (left) is the winner of the Georgia Egg Commission's 2005 Egg Recipe Contest. For her recipe, "Key Lime Coco-Maca Dessert Bars Supreme," Mrs. Gilbert received \$1,000. A "Four Meat Tropical Salad" was the second-place winner of \$500 for Mrs. Shelia Anglin (center) of Dallas, Ga. Third Place and \$250 went to Mrs. Virginia Webb of Clarkesville, Ga. for her recipe "Baked Eggs and Shrimp with Almonds."

For a free copy of the recipes, contact the Commission office.



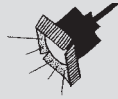
Georgia's Golden Eggs

The Georgia Egg Commission has presented two of its Golden Egg Awards for 2005. The awards are given in appreciation for assistance provided to the Commission during the year.

The coveted awards went to Dr. Dan Cunningham, (left) Extension Leader for the University's Poultry Science Department and to Dr. Mike Lacy, Head of the University of Georgia's Poultry Science Department. Both men serve as advisors to the Georgia Egg Commission and to the Georgia Egg Association.

EGGS

IN THE SPOTLIGHT



The Egg, one of nature's most exquisite packages! What other food tastes so wonderful and comes in an ultimate ecological wrap? The egg plays a role in cuisine, industry, art, medicine, beauty treatments, and legends. More than just an exquisite package and a source of good food, *The Egg* has an amazing way of being just what we need nutritionally. Eggs contain practically all the vitamins and minerals we need to maintain a healthy lifestyle.

What other food can you not only eat, but use in so many other ways? Artists use the egg to express their many ways of artistic diversity. They use paint, jewels, silk ribbons, exotic cloth, decorative tape, flowers, gold, dyes or any textured materials. Each artist uses their idea to communicate a feeling or sentiment about themselves or about a theme.

Searching For An Artist

Each year the Georgia Egg Commission participates with the American Egg Board in presenting an egg from Georgia to the White House. Eggs from each state as well as Washington D.C. are placed on display

The Egg: A Work of Art

By Jewell A. Hutto, Program Director

during the Easter season. Criteria for 2006 are as follows: the egg must be decorated to represent some special feature or features of the state of Georgia; only a large size chicken egg may be used (contents removed); small end of the egg should be facing up; and the egg must be freestanding, no bases or stands. All entries must be postmarked no later than October 14, 2005.

The Commission invites any Georgia artist, amateur or professional, to submit an idea for the egg. This idea should be sketched on a white piece of paper (no actual eggs, please) to scale size. The chosen artist will be contacted and the decorated egg must be completed no later than November 18, 2005. Please mail sketch along with the artists' name, address, and phone number to: Georgia Egg Commission; White House Easter Egg Display; 16 Forest Parkway; Forest Park, GA 30297; Attention: Jewell Hutto.

Like an artist, the egg is one-of-a-kind! There is no other like it, nor will there ever be. It was designed to be one of nature's most perfect foods. Like a picture on a canvas, *The Egg* is "A Master Piece!"

Agribusiness Council Sets Celebration

Start planning now for the biggest social gathering of the year in the agribusiness community—the 30th Annual Georgia Agribusiness Council's Harvest Celebration set for Friday, November 18. This year's event, which will be held at the Cobb Galleria Center in Atlanta, will feature a silent auction and Field of Dreams reception, followed by dinner, dancing, and entertainment by multi-platinum country music recording artist Deana Carter.

Proceeds from the Harvest Celebration will go to support GAC's Program of Work. It's easy to reserve your seats, just download a registration form online at www.ga-agribusiness.org or call Christy Page in the GAC office at 800-726-2474. Seats are only secured when payment is received.

School Food Association Changes Name

The Georgia School Food Service Association has changed its name to the Georgia School Nutrition Association. The change follows the lead of the National School Nutrition Association's name change in hopes that it will better reflect the Association's strong commitment to working with the education and health communities to provide millions of nutritious school meals every school day.

The Georgia School Nutrition Association has its statewide headquarters in Tucker, Ga. and uses the theme: "Building Healthy Children, Ready to Learn."



Garden-Fresh Taste of Summer With Eggs!

Summertime...and the living is delicious...thanks to eggs and the Georgia Egg Commission's new campaign: "Garden-Fresh Taste of Summer With Eggs!" We think everyone will definitely enjoy the two recipes being offered.

"Fruity Summer Dessert" is a refreshing, homemade, egg-based pudding that



incorporates such fresh ingredients as strawberries, bananas, pineapple, and coconut milk, served over banana nut bread.

The second recipe (printed below) is "Summer Eggplant Casserole." This recipe has an Italian influence, with Italian cheese, Italian Parmesan croutons, stewed tomatoes, mixed with chicken-flavored rice, garlic, eggs, whipping cream, and eggplant.

For a copy of both recipes, just contact the Commission office.

Summer Eggplant Casserole

Serves 6

Garden-Fresh Taste of Summer With Eggs!

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|--|--|
| <p>Vegetable spray
 1 (5.9 oz.) package chicken and garlic rice and vermicelli (prepared per package)
 2 tablespoons margarine
 1 large eggplant, peeled and cut into bite-size pieces
 ½ teaspoon garlic, chopped
 1 teaspoon garlic salt
 1 (14½ oz.) can stewed tomatoes Italian recipe, drained well/chopped
 2 eggs, beaten</p> | <p>2 tablespoons whipping cream
 1 cup Mozzarella with sun-dried tomatoes and basil cheese
 1½ cups Italian Parmesan crisp mini-cROUTONS, crumbled, divided
 ½ cup Mozzarella with sun-dried tomatoes and basil cheese
 1 (1 lb., 10 oz.) jar roasted garlic and herb pasta sauce
 Grated Parmesan cheese (optional)</p> |
|--|--|

Preheat oven to 350° F. Spray 2-quart baking dish with vegetable spray, set aside. Prepare chicken and garlic rice and set aside. In a skillet melt margarine. Add eggplant, garlic, and garlic salt; sauté until slightly tender. In a bowl, combine rice, eggplant, stewed tomatoes, eggs, whipping cream, Mozzarella cheese and ½ croutons. Mix well and pour into baking dish. Sprinkle with Mozzarella cheese and top with remaining croutons. Bake for 30 minutes or until casserole starts to bubble around sides. Heat roasted garlic sauce and serve over eggplant casserole. Sprinkle with Parmesan cheese.

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THE EGGSAMINER

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