

Three To Vie For Honey Queen Title

LEWISBURG (Union Co.) — Three contestants will vie for the Pennsylvania Honey Queen and the Princess titles at the annual banquet of the Pennsylvania State Beekeepers Association (PSBA) on Saturday, November 13.

Contestants include Amy Schultz, Millersburg, 22-year-old daughter of Thomas and Evelyn Fink; Melissa McGriffin, Knox, 17-year-old daughter of Deanna McGiffin and the late Bill McGiffin; and Melissa Swartz, Shoemakersville, 17-year-old daughter of Jerry and Monica Swartz.

The honey queen and princess promote the honey and beekeeping industries throughout Pennsylvania.

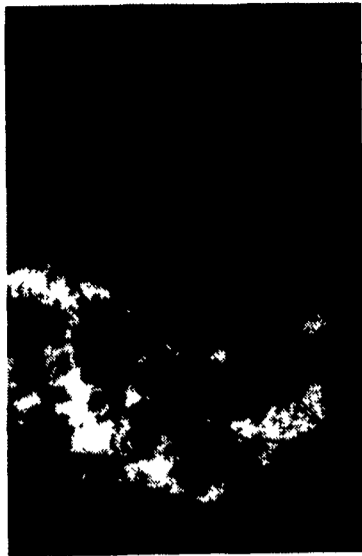
Although PSBA crowns the new queen and princess in November, the reign does not begin until the following February 1. The queen will compete for the American Honey Queen title at the end of her reign in January.

The coronation will follow a day-long agenda held at the Country Cupboard in Lewisburg.

Admission is \$5 for adults who attend the meetings and workshops on the the following topics:

- Determining the quality of your queen honey bee by Clarence Collison.
- The Eastern Apicultural Society by Maryann Frazier.
- Inspection Report by Jim Steinhauer, PDA.
- Strategies for Treating Tracheal and Varroa Mites by Jennifer Finley.
- Tax Info for Small Non-profit Organizations.
- Preparation of Honey for Market and Show; Comments on Beeswax by Clarence Collison;
- The Hopkins Method of Queen (Bee) Rearing by Tom McCormack and Al Stankus.

Reservations should be made by Nov. 6 by contacting Yvonne Crimbring, R.D.1, Box 315, Canton, PA 17724 or call (717) 673-8201. Buffet banquet tickets are \$13 for adults; \$10 for children 6-12; and children 5 and under free.



Melissa McGriffin



Amy Schultz



Melissa Swartz

Fisher Represents Honey Producers

PHOENIX, Ariz. — Sandra Fisher, Stroudsburg, represented the Pennsylvania beekeeping industry at the National Honey Board's Nominations Committee meeting, held recently in Phoenix, Ariz.

Fisher was elected by the state beekeeping industry and appointed by the U.S. Secretary of Agriculture to represent Pennsylvania. Pennsylvania beekeepers produce nearly 2 million pounds of honey annually.

Fisher met with representatives from across the nation to nominate members to serve on the National Honey Board. The National Honey Board develops research, advertising and consumer information programs to increase the demand for honey.

A beekeeper for nine years, Fisher and her husband Paul own Cherry Valley Apiaries. Her business manages 1,000 colonies of honey bees for honey production



Sandra Fisher

and pollination services.

Fisher is president of the Pennsylvania State Beekeepers Association and is the editor for the Monroe County Beekeepers newsletter. She is a board member of the Quiet Valley Historical Farm.

'Skinny Beef' For the '90s Cook

CHICAGO, Ill. — It's a book for the '90s cook, liberally sprinkled with nutrition information, cooking and food safety tips and other helpful hints. The new checkoff-funded cookbook, *Skinny Beef*, features more than 100 fabulous beef recipes created for contemporary lifestyles.

"These recipes were developed to demonstrate how today's leaner beef fits into today's lifestyle," says Marlys Bielunski, director of the Meat Board Test Kitchens. "The majority are quick and easy, perfect for everyday family meals, but easy entertaining recipes are featured as well."

Many of the recipes showcase beef in a combination with grain, pastas, fruits and vegetables to make nutritious one-dish meals. High quality prepared foods are used to cut time and add convenience whenever possible. Over 75 of the recipes can be prepared and

served in 30 minutes or less.

The authors, Marlys Bielunski, C.H.E., Susan Lamb Parenti, C.H.E., and Irene Yeh, R.D., are home economists with the Meat Board Test Kitchens. They share 50 years of combined experience and between them they've developed thousands of recipes. In addition, they also experience firsthand the same everyday dinner-time dilemmas faced by many consumers, as all three work full-time and have families.

Skinny Beef will be sold in major bookstores nationwide (Surrey Books) for \$12.95, however, copies can be ordered directly through the National Live Stock and Meat Board for \$8.95. For a copy of *Skinny Beef*, please send \$8.95 per copy to: National Live Stock and Meat Board; Materials Marketing, 444 N. Michigan Ave., Chicago, IL 60611-9909, or call 1-800-368-3138.



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