

Food Safety Certification Training Set For Penn State, Lancaster

LANCASTER (Lancaster Co.) — Each year in the United States there are an estimated 6 to 33 million cases of food-borne illnesses that result in an estimated 9,000 deaths. The mishandling of food causes about 95% of all food-borne illnesses.

These statistics justify the concern that has arisen throughout our society over the safety of food. Penn State, The Lancaster Center, is offering a course in Food Safety Certification Train-

ing on September 13, 20, 27 and October 4 from 8:30 a.m.-12:30 p.m.

This four-day course is designed to train food service managers, chefs, caterers, cooks, health officials and inspectors to ensure the standards and regulations of food safety.


The National Restaurant Association will certify participants who complete the ServSafe course and pass the exam in food safety and sanitation. The exam

is scheduled for October 11 from 8:30-10:30 a.m. at Penn State, The Lancaster Center.

The fee of \$150 per participant covers the cost of the ServSafe coursebook, instructional materials, and refreshment breaks.

For more information, contact Helen Ebersole at (717) 299-7667. Register early to ensure your space in the class. Penn State, The Lancaster Center, is at 1850 William Penn Way in the Greenfield Corporate Center.

Ida's
Notebook
by
Ida Risser



Learn While Doing

MONTOURSVILLE (Lycoming Co.) — Tired of making the same old dinners for your family?

Diane Scharper, R.D. of the Penn State Cooperative Extension Office is sponsoring cooking classes this fall.

Cost of each program is \$10 and covers the entire four weeks.

All sessions will be held at the

Extension office at 542 County Farm Road, Montoursville. Registration deadline is five days before event.

• Let's Do Vegetarian! — September 21, 28 and October 5, 12. Time: 6 p.m. to 8 p.m. Learn how to compliment proteins, cook grains, prepare tofu and expand your vegetable world.

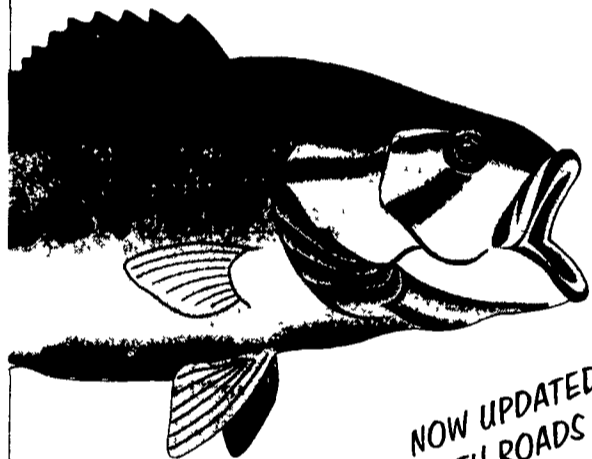
• Heart Healthy — October 19,

26 and November 2, 9. Time: 10 a.m.-12 p.m. Lowfat baking and cooking to please the palate. Bring your favorite recipe for a makeover.

• Quick and Easy February 1, 8, 15, 22. Time: 1:30 p.m.-3:30 p.m. No time to cook, but miss home cooking? Whip up meals in 30 minutes or less.

For more information, call (570) 433-3040.

Streams and Lakes



LOST STREAM MAP

The STREAM MAP OF PENNSYLVANIA was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

The map is also known as the LOST STREAM MAP to some anglers.

Professor Higbee succeeded in creating a map of the highest detail possible...a map that shows every stream and lake. He painstakingly plotted by hand, the location of 45,000 miles of streams onto a 3 x 5 foot map.

The map sold extremely well -- until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's 30 years of work to a landfill.

The few remaining dog-eared copies became a prized fisherman's possession. Professor Higbee was offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map. Holding an updated map, Howard said, "I never thought I'd live to see this day."

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RAVE REVIEWS

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John Pitarres
OBSERVER-DISPATCH-Utica

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Howard Brant
THE NEWARK STAR-LEDGER

"It is in showing where to find out-of-the-way trout streams that makes the map such a treasure to the fisherman.

Joe Gordon
TRIBUNE-DEMOCRAT-Johnstown

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Dave Henderson
THE ITHACA JOURNAL

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The summer is slipping by rather quickly. Some leaves on our big crab apple tree are already turning yellow.

Our daughter and her children came to visit for several days. They drove from Atlanta, Georgia and it was a long journey by car. They leave early in the morning and arrive here late at

night. She came to attend a picnic and to visit her parents. She always comes bearing gifts. This time she gave containers of saffron and a big bag of pecans. A big basket of peaches from North Carolina

was a welcome treat too.

Her girls like to go to the farm and play with the three children who live there. The cousins have a tree house in the meadow. And, they have three dogs and many cats to play with when they visit.

One afternoon the children got me away from canning pickles, which is a daily job, and we went to the Lititz Museum. The town of Lititz was founded in 1756 and during our tour of the Mueller House we learned what it was like to live in a closed Moravian settlement. Johannes Mueller was a local tanner and dyer.

Lititz is well known for Linden Hall School for Girls, the Pretzel House, and Lititz Springs Park. General John Sutter, of gold rush fame, lived and died in this town. Many of the 18th Century buildings are still standing on Main Street. And, I especially enjoyed the heritage garden behind the museum with its water garden and many flowers. We had a busy week.

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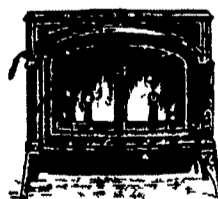
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