

## Consuming Thoughts

by

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Now that it is back to school season and your children are on the run, it is especially important that they receive proper nutrition to help maintain a resistance to infections. Children often cannot consume the amount of food in regular meals that will meet all of their dietary needs, so snacks are a great way to add extra nutrients to their diets.

Unfortunately candy, soft drinks, cookies, cakes, and chips are frequent snacking choices among children, these foods are often high in sugar or fat, and

contain little protein, vitamins, or minerals.

Eating a lot of high-calorie, low-nutrient snacks can contribute to tooth decay, obesity, and extra calories at the expense of other nutrient needs. Choosing snacks with nutritional benefits is important for people of all ages, but it can be especially critical during the growing years. Yesterday's high calorie desserts frequently become tomorrow's snacks.

Therefore, when you select snack foods, you need to keep the

main goal in mind, which is maintaining a balanced diet. This school season, make snacking fun by letting your children have a piece of the action.

Try some of these fun ideas:

- With a cookie cutter or paper pattern in place, let your children create animals, people, or shapely creations from whole wheat bread.

- Make a fruit or vegetable spread such as grated carrots and raisins moistened with yogurt, crushed pineapple with cottage cheese, or grated cabbage. These spreads make great dips for carrot and celery sticks.

- Try quenching your child's thirst with a fruit shake made with milk, juice, fruit, and a scoop of vanilla ice cream and blend until smooth. This way, you can give your child a tasty snack while adding vitamins, calcium, and protein to their diet.

Other snack ideas for your children: Juicy: fruits; Crispy: pumpkin seeds, cucumber strips, toast, cereal mixed with nuts; For warmth: soups, or apple cider; For thirst: vegetable or fruit

juices Try out this fun and nutritious recipe with your children today.

### Crunchy Bananas

2 ripe bananas  
½ cup wheat germ, shredded,  
OR ¼ cup chopped peanuts  
½ cup orange juice

Cut bananas into one-inch slices. Pour one of the crunch foods into a flat plate. Dip the banana slices in the orange juice; then roll them in one of the crunchy foods until the banana slices are covered. Serve each slice on a toothpick or pretzel stick.

## 'Atlantique City' Holiday Megafair Is Oct. 19-20

OCEAN CITY, N.J. — Twice each year Atlantic City plays host to the "World's Largest Antiques Show." The enormous range of quality offerings is why more dealers, decorators and collectors will travel hundreds and even thousands of miles to the Atlantic City Convention Center on Oct. 19 and 20.

Atlantique City is the only show offering free delivery (up to 200 miles) of any furniture purchased at the show.

The October exhibition, The Ancient Art Of Prestidigitation will commemorate the 100th anniversary of the Society of American Magicians. A dramatic presentation of vintage posters, programs, para-

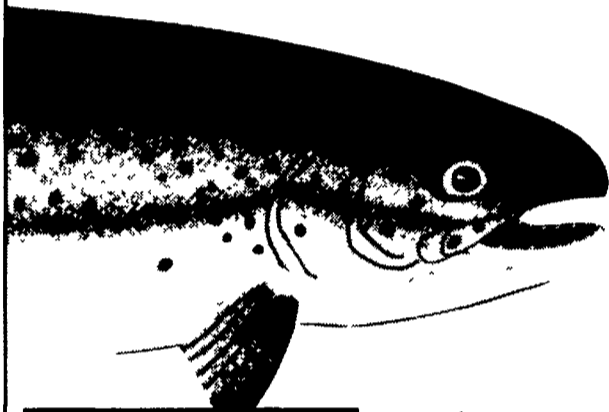
phernalia and photographs will trace the history of the magical arts plus the actual equipment used by Harry Houdini for his aerial and underwater escapes.

Free appraisals will be provided by Ray Mansfield, syndicated newspaper columnist and host of NBC's "Let's Talk Antiques"; Kyle Husfloen, editor of Antique Trader Books, and Ellen Schroy, editor of Warman's Price Guide to Antiques, starting at 1 p.m. to 5 p.m. Saturday and on Sunday from 11 a.m. to 3 p.m.

Show hours are 10 a.m. to 7 p.m. on Saturday and 10 a.m. to 5 p.m. on Sunday in the new Atlantic City Convention Center at the foot of the Atlantic City Expressway.

For a free courtesy pack, early admission tickets and free parking information call 1-800-526-2724 or visit [www.atlantiquecity.com](http://www.atlantiquecity.com).

## 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 known as the LOST STREAM MAP to some anglers.

Professor Higbee succeeded in creating a map of the highest detail possible...a map that painstakingly plotted by hand the location of 45,000 miles of streams onto a 3 by 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. Howard said, "I never thought I'd live to see this day."

## Why every angler and boater needs these maps

It is estimated that 10% of all the anglers catch 90% of the fish. Regardless of which group you fall into...there's a sure way to up your odds...simply try new fishing waters. Now, with this map you can find hidden streams and lakes.

Pennsylvania, New York, New England, New Jersey, Ohio and Maryland/Delaware are loaded with great fishing holes...many of them overlooked. Thousands of miles of streams, rivers and lakes are now easy-to-locate on one map.

The 3-foot-by-5-foot Pennsylvania map shows 45,000 miles of streams plus lakes. The 3 1/2-foot-by-4 1/2-foot New York map shows 65,000 miles of streams plus lakes. The 3-foot-by-4-foot New England map shows 36,000 miles of streams plus lakes. The 2 1/2-foot-by-3-foot New Jersey map shows 8,300 miles of streams plus lakes. The 3-foot-by-3-foot Ohio Map shows 29,000 miles of streams plus lakes. The 2-foot-by-3 1/2-foot Maryland/Delaware map shows 12,000 miles of streams plus lakes.

Professor Higbee's Stream Maps are the first and only highly detailed maps of their kind.



## RAVE REVIEWS

"It is amazingly detailed and names some creeks in the Mohawk Valley that can't even be found on topographic maps."

—John Pitarres, OBSERVER-DISPATCH, Utica

"If you're looking for the most definitive maps ever created depicting every single creek, river, stream, pond and lake...then Professor Higbee's Stream Maps are without question the finest."

—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

## Great Gift!

# Stream MAPS

of Pennsylvania, New York,  
New England, New Jersey, Ohio,  
& Maryland/Delaware

### FREE GUIDEBOOK WITH ALL MAPS

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MD/DE 2 FT x 3.5 FT	\$25.95ea.	\$25.95ea.	\$45.95ea.

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### LANCASTER DHIA COOKBOOK ORDER GREAT GIFT

#### Lancaster DHIA Cookbook

Lancaster DHIA has compiled a cookbook, consisting of recipes submitted by members of their organization. There will be 1053 "tried and true" recipes, printed in easy to read format, along with double indexing, making it easy to find the same recipe twice. The cookbook will be encased in a hardbound cover, with large D-rings for ease in page turning. They will be ready to be picked up at the office or shipped directly to your home, in time for Christmas. Please see ordering information below.

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Jere & Kristen High  
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