

## Family Living Focus

by  
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**May 9 Is National Provider Appreciation Day**  
Provider Appreciation Day is a special day to recognize child care providers, teachers, and educators of young children everywhere.

Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Since then, momentum and support for this event have grown each year. Recognition takes many forms, including state and municipal government proclamations, local

media coverage, business and community events, and private acknowledgement from parents.

Today's child care profession is one of the most underpaid occupations in the country; yet early childhood is the most critical developmental period for all children. Parents and community leaders are encouraged to show their appreciation for child care providers through a variety of means from individual recognition to public events and local media coverage. It takes special people to work in this field, and their contribution to the quality of family life frequently goes unnoticed until now.

National studies show that there are at least 2.3 million people who earn money by caring for

preschoolers. Over the past decade, the demand for child care has increased. Who's minding the kids is crucial.

Provider Appreciation Day is held so everyone can appreciate the number and importance of child care workers. It takes a dedicated person to be successful in the demanding world of today's child care professional.

Provider Appreciation Day offers a unique opportunity to recognize and commend the unselfish dedication, compassion, and strong family values that child care providers demonstrate every day.

What can you do? Get together with other parents to create a surprise.

Send flowers, cards, or a handwritten note of appreciation.

Bring breakfast or lunch for your provider and for the kids.

Work with your child to create a special remembrance.

Buy something for your provider's play area.

Key in on your provider's hobby and buy an appropriate gift.

Check to see if your employer provides a scholarship for toys, equipment, or training that you can sponsor as a parent.

Join the celebration!

## Fiber Included In Carb Count

COLUMBUS, Ohio — My high-fiber cereal claims it has 20 grams of carbohydrates per serving, but only 50 calories. I thought each carb had four calories. This doesn't seem to add up.

Don't worry, your math skills are perfectly fine. The secret is in the 'high-fiber' part of your cereal.

A gram of carbohydrate does have four calories — if it's absorbed. Fiber is counted in overall carbohydrate counts on Nutrition Facts labels, but it is not absorbed by the body.

So, whenever you examine carbohydrates on the Nutrition Facts labels on a fiber-containing food, you need to subtract the fiber grams from the overall carbohydrate grams to get an accurate count of the carbs your body will absorb. A very high-fiber cereal with 20 grams of carbohydrate might have 13 grams of fiber, leaving only 7 grams of carbohydrate — for a total of 28 calories from carbs — to be absorbed by the body.

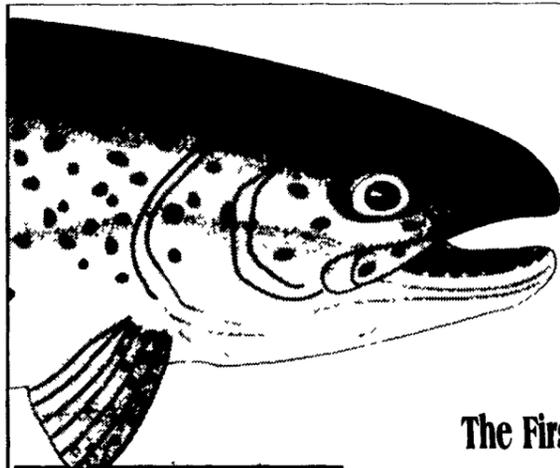
Other calories in the cereal could come from protein — also

four calories per gram — and fat, which contains nine calories per gram.

The Daily Reference Intake for fiber, established in September 2002, is 38 grams a day for men and 25 grams a day for women. Those are levels high enough to reduce risk of heart disease. Nutrition Facts labels use a standard of 25 grams of fiber a day, so a food with 2.5 grams of fiber per serving would be labeled as having 10 percent of the Daily Value for fiber.

High-fiber diets can reduce the risk of heart disease and, evidence suggests, some types of cancer. Fiber can help lower blood cholesterol levels, control blood sugar and insulin release in people with diabetes, and can help keep you "regular" preventing both constipation and loose stools. And, it can help fill you up without adding any calories to a meal. All in all, the benefits aren't bad for something that merely passes through.

Chow Line is a service of Ohio State University Extension and the Ohio Agricultural Research and Development Center.



Get Ready for Fishing Season!

# Stream Maps

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

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

### LOST STREAM MAP

The STREAM MAP OF OHIO resembles another map—known to Pennsylvania anglers as the "Lost Stream Map."

The "Stream Map of Pennsylvania" was completed in 1965 after a 30 year effort by Howard Higbee, a former Penn State Professor.

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 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 the 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.

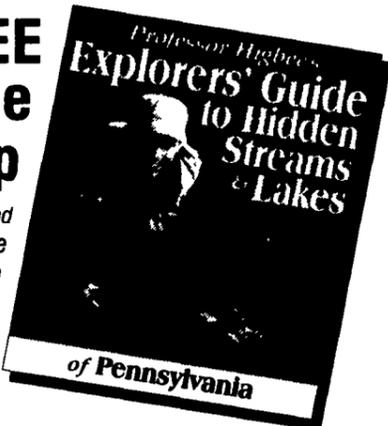
The experts had always told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

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."

Then, by combining Professor Higbee's knowledge with computer technology -- the STREAM MAP OF OHIO was created.

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Pinpoint the best fishing in PA, NY, NE, NJ, OH and MD/DE with these valuable guides. Easily locate streams and lakes shown on the Stream Map both alphabetically and geographically. Your map and guidebook will take you to the select fishing waters.



### 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

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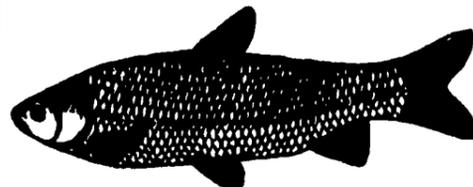
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