



On Nov. 11, the PA Extension Association of Family and Consumer Science (PEAFCS), a professional association of Penn State Cooperative Extension educators, selected, Jorja Barton, director of agency relations for the Central Pennsylvania Food Bank, as the honorary award winner given to individuals who give exemplarily support to Penn State Cooperative Extension family living programming in a county or region. Jorja resides with her husband, Roger in Hummelstown and is an active member in several community organizations. Her role at the Central Pennsylvania Food Bank (CPF) has enabled her to work closely with Penn State Cooperative Extension in the Capital Region in developing and initiating new programs to feed the hungry, to work collaboratively to engage others in reducing and eliminating hunger, and promote healthy eating choices through educational programming for adults and youth.

Strickler Receives Prestigious Award

LEESPORT (Berks Co.) — Fay B. Strickler, Berks County family and consumer sciences educator for Penn State Cooperative Extension, was recently recognized as the recipient of the Distinguished Service Award by Alpha Omicron Chapter of Epsilon Sigma Phi (ESP), the national organization for extension professionals.

Strickler, a 30 year veteran of cooperative extension, was recognized for her programming in diet, nutrition and health, and food safety education. Specific examples of successful accomplishments for programming in food safety certification for individuals who work in the food service industry, nutrition education programs for the public, leadership education and outreach to diverse audiences were cited during the presentation of the award.

Strickler was also recognized for excellence in programming through cooperation and collaboration with a variety of local and state organizations and agencies. In addition to developing and presenting educational programs, Strickler makes extensive use of media to distribute foods and nutrition information to the public.



Fay B. Strickler, who writes the Consuming Thoughts newspaper column, is a recipient of a national consumer science educator's Distinguished Service Award.

She writes a regular column for Lancaster Farming "Consuming Thoughts" and is often featured in articles in The Reading Eagle/Times; and appears on Berks Community Television and on local Berks County talk radio on

a regular basis.

Throughout her career, Strickler has been involved in the National Association of Extension Family and Consumer Sciences (NAEFCS) and Epsilon Sigma Phi (ESP) and the state affiliates of the two organizations. She has served in key leadership positions at national and state levels for both of these professional associations. Elected as second vice president for professional development in 1997, she provided leadership for all educational sessions held in conjunction with two national annual meetings of NAEFCS. In 1999 she was elected to the leadership board of ESP, ultimately serving as national president of the fraternity in 2001-2002. In May 2003, Strickler had the distinction of being selected as one of five field-based educators to serve on the extension committee on organization and policy national leadership advisory council.

The Distinguished Service Award, the highest, most prestigious award given by Epsilon Sigma Phi was presented to Strickler in recognition of excellence in cooperative extension programming and for outstanding service and contribution to the profession.

Cook's Tips

PUMPKIN DESSERTS

- Pumpkin is a good source of betacarotene, a nutrient that may help reduce the risk of developing certain types of cancer, and offers possible protection against heart disease.

- TOPPINGS:** Use nonfat ice cream, or frozen yogurt and fat-free whipped topping for a lighter version.

The best way to soften ice cream is to let it sit out at room temperature for about 15 minutes or in the refrigerator for 30 minutes. Note that low-fat ice creams and frozen yogurts melt faster than full-fat varieties. Avoid repeatedly softening and re-freezing ice cream as it gets icy.

- If you don't have pumpkin pie spice, for each teaspoon of pumpkin pie space, you can substitute a combination of:

- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves



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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 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 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."

Stream Maps

GREAT GIFT!

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

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.

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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 1/2-foot-by-2-foot Maryland/Delaware map shows 12,000 miles of streams plus lakes.

Professor Higbee's 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

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