

# Young Child

CHAUTAUQUA COUNTY'S MAGAZINE FOR  
FAMILIES WITH YOUNG CHILDREN

Healthy Harvest Eating

School Bus Safety

Pregnancy and Alcohol  
Never Mix

Fall 2010  
Issue #50 FREE

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Dear Reader,

I hope you all enjoyed our absolutely beautiful summer here in Western New York and found time to relax and spend time with your family and friends.

We've packed this issue full of information on safety, syndromes, nutrition, books and much, much more. As always I hope that you find our magazine articles useful on your journey.

The next issue of the Young Child magazine will be distributed December 2010. If there are topics you would like to know more about or if you would like to contribute an article to this free local parenting magazine, please email your ideas and thoughts to [loripollaro@yahoo.com](mailto:loripollaro@yahoo.com).

Yours truly,

*Lori Pollaro*

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# School Bus and Pedestrian Safety Tips

By Irene Wheeler

SNI Head Start Education Specialist

## TEACH YOUR CHILD TO GET ON THE BUS SAFELY

When getting on the bus, stay away from the danger zone - behind the bus, near the wheels, and wherever the bus driver cannot see you. Have your child step away from the curb as the bus approaches. Look for the bus safety lights and make sure they are flashing. Wait for the driver to come to a complete stop and open the doors before going toward the bus.

Children should:

- Board the bus one at a time.
- Find a seat and sit down.
- Be alert to traffic.

## TEACH YOUR CHILD TO GET OFF THE BUS SAFELY

Wait until the bus comes to a complete stop before standing up. When getting off the bus, look both ways before stepping off the bus to be sure no cars are passing on the side of the road. Move away from the bus as you get off. NEVER go back towards the bus to retrieve something. When you get off the bus, look for the bus safety lights and make sure they are flashing.

Children should:

- Stay on the sidewalk as the bus pulls away.
- Be alert to traffic.

## IF YOU HAVE TO CROSS THE STREET IN FRONT OF THE BUS

Before crossing the street, walk out from the front of the bus until you see the driver's face then wait for the driver to signal that it's safe to cross. Look left-right-left at the edge of the bus to make sure traffic is stopped. Keep watching the traffic when crossing.

Do not stop to pick up anything that gets dropped or that you see on the ground.

## SAFETY STEPS PARENTS CAN TAKE

Supervise children by walking with them to the bus stop and making sure they get there on time. Be sure they wait for the bus far away from the road, and avoid rough play at the bus stop. Teach your child to ask the driver for help if he or she drops something near the bus. (If a child bends down to pick up something, the driver cannot see him/her and the child may be hit by the bus.)

Make sure your child has a backpack or book bag to keep items together. Clothing and backpacks need to be free of loose drawstrings or long straps, as they may get caught in the handrail or bus door.

Encourage safe school bus loading and unloading (teach the steps above).

If you think a bus stop is in a dangerous place, talk with your school office or transportation director about changing the location.



## WALKING SAFELY

Children should walk with an adult until they are at least 10 years old. They should not be allowed to cross streets by themselves.

Young children should hold a grown-up's hand when they cross the street or are in parking lots.

Children should wait for adults on the same side of the street where the school bus loads and unloads.

Teach proper pedestrian behavior by modeling pedestrian behavior correctly:

- Crossing at street corners
- Cross with a crossing guard if there is one
- Using traffic signals and crosswalks when available
- Making eye contact with drivers before crossing

Teach children to look LEFT, RIGHT, and then LEFT again when crossing a street, and to continue looking around when crossing.

- Only cross in FRONT of a bus when the driver says it is safe to do so.
- Do not cross behind the bus or where a driver cannot see you.
- Teach children that seeing the driver in a vehicle does not mean that the driver can see them.
- Never allow children to run into the street for a ball, pet or any other reason.
- Do not allow children to play in driveways, unfenced yards, streets, or parking lots.
- Children should always play in a backyard or playground when they are outside.
- Walk on a sidewalk.
- When walking along a street with no sidewalks, teach children to walk facing oncoming traffic, as far left as possible.
- At dawn and dusk, children should wear reflective materials and carry flashlights.
- After dark, make sure children wear light-colored clothing or clothing with reflective material.



Sources:

[www.nhtsa.gov/CPS/newtips/pages/Tip10.htm](http://www.nhtsa.gov/CPS/newtips/pages/Tip10.htm)

[www.childrens.com/PatientsFamilies/News/pedestrian-safety-tips.cfm](http://www.childrens.com/PatientsFamilies/News/pedestrian-safety-tips.cfm)

# Leave It There

*By Sarah Hatfield, Environmental Educator  
Audubon Center and Sanctuary*

Possession seems to be an innate desire among humans, especially young children. They may not have grasped the concept of sharing yet, or perhaps they don't understand that some things aren't owned. But even as adults we like to possess things, including things that are transient and changeable.

We post "no trespassing" signs on property to tell other people that we own the land. The deer and rabbits and stray cats may move through, the soil can erode and the water can easily flow across these boundaries. Yet we maintain this idea of "ownership." We even use possessive pronouns for nature, and I am as guilty as others. I put the bird feeders out every day for "my" birds. (I don't own the birds). I make sure there is adequate cover available for "my" snakes in "my" yard (I don't own the snakes, and while a piece of paper says I own the yard, I certainly can't say I possess the grass, dandelions, buttercups, grasshoppers, frogs, worms and so forth that live in it). It is a human quirk, this ownership.

Nature is fascinating and I still believe the great outdoors to be the best classroom in the world. It teaches almost everything – life, death, illness, curiosity, problem solving, motor skills, critical thinking, life cycles, change, growth, destruction, construction and so on. However, possessing it is something we cannot do. We cannot possess the life of another animal or plant. We can control it, certainly, and that brings up another issue entirely. But we cannot possess it.

Here are some tips for interacting with nature, in a non-possessive way, with your child.

Misty greeting. Plants are wonderful things to touch and smell and look at. A simple way to explore a plant (flower, seed, nut, moss, etc) is to work through the five senses with the child. What does it look like or what color is it? How does it smell? And so on. I don't recommend tasting things unless you are sure of their identity. Then teach the child to never eat anything unless they ask an adult. To give the child a connection to the plant without picking it, use a spray bottle to mist it to say "see you later." You can interpret this for older kids by explaining

that water is something the plant needs to survive, so you are helping it live.

Take photos. A picture can easily be taken of everything and then later can be put into a nature photo album or a "walk" storybook. This way the child can take a walk through his neighborhood even on rainy days or when he's not at home. Have the child tell you what to write under the photo, so it is his memory of the item, not yours. This way he can "take it home" but it still gets to do its job in nature.

Use field guides. Take a field guide with you and place bookmarks in the pages of the things you find. Later, when you return home, you can learn more about the plant or animal from the field guide, maybe even write a little note about it, draw a picture of it, or make up a story.



**Collect non-living treasures. To allow the child to carry something, have a little treasure bag they can carry.**

Use observation tools. A magnifying glass, see-box, binoculars and bug jar are great tools to observe without hurting things or taking them away from their home. Make sure to always let the animal go where you found it, or to not pick the plant you are looking at.

Collect non-living treasures. To allow the child to carry something on the walk, have a little treasure bag that she can carry. Non living things can go on the walk with you, rocks, sticks, wings, fallen berries or fruit, fallen leaves and so forth. Make a little “treasure trove” somewhere outside that the child can leave her things, allowing her to take one for her indoor treasure collection. This way you don’t end up with drawers of rocks, and the child hones her decision making skills.

And the big one - when a baby animal is seen in the wild without a parent, the baby is almost always fine. Parent animals often leave their young for hours at a time. This is normal. If a young animal is in the same place for more than a day, then you could call a wildlife rehabilitator. Do not care for the animal yourself. While it may be tempting to raise the baby, in many cases, there are regulations that prohibit this. In addition, wild animals must be raised so that they do not imprint on people and often have specialized diets. Wildlife rehabilitators have the knowledge to care for the orphan.

Share nature with your child, but impart early on that it is not something a person can own. A person can care for the living things on his or her property, but does not own them. Likewise, plants and animals can be enjoyed, and sometimes kept as pets (check the legality of the more unusual pets, even if purchased at a pet store) but cannot be a possession, per se. It is a hard thing for adults to grasp, so don’t worry if your child struggles with the idea.

## Picture Books Every Child Should Know

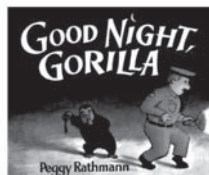
From the New York Public Library’s Kid’s Page  
By Valle Blair, Children’s Librarian,  
James Prendergast Library



**Abuela** by Arthur Dorros  
While riding on a bus with her grandmother, a little girl imagines that they are carried up into the sky and fly over the sights of New York City.



**Fire Truck** by Peter Sis  
Matt wakes up one morning to find that he has become a fire truck, with one driver, two ladders, three hoses, and ten boots. Features a gate-fold illustration that opens into a three-page spread.



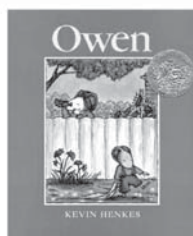
**Good Night, Gorilla**  
by Peggy Rathmann  
An unobservant zookeeper is followed home by all the animals he thinks he has left behind.



**John Henry** by Julius Lester,  
illustrated by Jerry Pinkney  
Retells the life of the legendary African American hero who raced against a steam drill to cut through a mountain.



**Millions of Cats**  
by Wanda Gag  
The story of a peasant who goes off in search of one kitten and returns with trillions of cats.



**Owen** by Kevin Henkes  
Owen’s parents try to get him to give up his favorite blanket before he starts school. When their efforts fail, they come up with a solution that makes everyone happy.

# Feast Fresh This Fall

Debbie Rodriguez

Program Coordinator II for Consumer and Family Sciences  
Cornell Cooperative Extension, Chautauqua County

Now is your chance to encourage your children to eat more fresh fruits and veggies! Farmer's Markets are in full bloom...so get shopping ZOOM...ZOOM...ZOOM!

Your child picks up all of your attitudes and behaviors, including your eating habits. Preschoolers love to copy what their parents do. They are likely to mimic your table manners, your likes and dislikes, your willingness to try new foods, and your physical activities. So here are some tips to help you set a good example.

Take your children to the market with you, and let them pick out fresh fruits and veggies. You can play a color



game, for example, “today we are looking for red fruits” or “we are looking for a green vegetable with lots of big leaves.”

Let children touch and smell many varieties of fresh produce available at the market and encourage them to pick out one new thing that they may not have tried before.

Eat together. Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables and whole grains at meals and snacks.

Take it with you. Show your child how to make healthy choices when you are on the run. Put oranges, bananas, or other fruits in your bag for quick snacks. Let your

**Let children touch and smell many varieties of fresh produce available at the market and encourage them to pick out one new thing that they may not have tried before.**

child see that you like to munch on raw vegetables.

Share the adventure. Be willing to try new foods, and try new foods together.

Cook together. Encourage your preschooler to help you prepare meals and snacks. Teach your child to tear lettuce or add veggie toppings to pizza. Cooking together can mean more “mommy (or daddy) and me” time on busy days.

Keep things positive. Discourage older children and other family members from making yucky faces or negative comments about unfamiliar foods.

Set a good example for physical activity, too. Make play time a family time. Walk, run, and play with your child rather than sitting on the sidelines.

## Helpful Hints to Add Fruits to Every Day Meals

- Make sure to have a lot of fresh fruit available for your children.
- Keep a bowl of fruit on the table or in the fridge.
- Buy fresh fruits in season
- Buy dried, canned and frozen as well to have on hand

## Meal Marvels - Breakfast

- Top cereal with bananas or peaches.
- Add fruit to pancakes.

## Lunch or Dinner

- Pack a tangerine, banana, or grapes to eat.
- Try chicken with apricots.
- Add pineapple to grilled kabobs.

### *Dessert*

- Baked apples or fruit salad

### *Especially for the kids:*

- Serve fruit daily. Offer a choice of fruit.
- Children can help shop, clean, peel or cut-up fruit depending on their age.
- Have children pick out a new fruit while shopping to try at home.
- Serve 100% juice boxes.

### *Snack Fun*

- Make fruit kabobs using pineapples, strawberries, grapes, bananas
- Wash fruit thoroughly, cut into small chunks and alternate on skewers.
- Add a dash of cinnamon to low-fat vanilla yogurt and serve as the dip.

### **When it Comes to Veggies....**

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement them.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Add chopped vegetables to pasta sauce or lasagna.
- Order a veggie pizza and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

### **Make vegetables more appealing:**

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Include in-season vegetables for variety through the year.
- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with vegetable

slices.

- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, or red or green pepper strips.

### **Vegetable tips for children:**

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel, or cut up vegetables.
- Allow children to pick a new vegetable to try while shopping.
- Use cut-up vegetables as part of afternoon snacks.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.



### **Keep it safe:**

- Wash vegetables before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing.

# Pregnancy & Alcohol – No Safe Time, No Safe Amount, No Safe Alcohol!

By Julie Franco M.A.; CPP-g Chautauqua Alcohol and Substance Abuse Clinic

Chautauqua Alcoholism & Substance Abuse Council and The Resource Center are kicking off a year-long awareness campaign regarding Fetal Alcohol Spectrum Disorders.

There is no known safe amount of alcohol to drink while pregnant. There is also no safe time during pregnancy to drink and no safe kind of alcohol. Chautauqua Alcoholism & Substance Abuse Council (CASAC) and The Resource Center (TRC) urge pregnant women not to drink any alcohol in any amount at any time during pregnancy.

Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control. This is because a woman could become pregnant and not know for several weeks or more. In the United States half of all pregnancies are unplanned.

When a pregnant woman drinks alcohol so does her unborn baby. Alcohol in the mother's blood passes through the placenta to the baby through the umbilical cord. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong disorders, known as Fetal Alcohol Spectrum Disorders. Fetal Alcohol Spectrum Disorders (FASD) is a term that encompasses the range of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical, mental, behavioral and/or learning problems. Often, a person with an FASD has a combination of these problems.

FASD is a significant problem. FASD is the leading known cause of mental retardation. In the United States prevalence of FAS in the United States is estimated to be between 0.5 and 2 per 1,000 births. Prevalence of FAS, ARND, and ARBD combined is at least 10 per 1,000, or 1 percent of all births. Based on estimated rates of FASD per live births, FASD affects nearly 40,000 newborns each year.

FASDs are 100% preventable. If a woman doesn't drink alcohol while she is pregnant, her child cannot have an FASD.

Diagnosing FASD can be difficult because there is no specific diagnostic medical test and a broad range of symptoms and signs are included under the FASD umbrella. Greater awareness and consistent screening are needed to be effective in identifying and diagnosing FASD.

FASDs last a lifetime. There is no cure for FASD, but research shows that early intervention and treatment can improve an affected child's development. There are many types of treatment options, including medication, behavior and education therapy, parent training and other alternative approaches. No one treatment is right for every child. Good treatment plans will include close monitoring, follow-up care, and changes as needed. Evidence-based interventions for children with an FASD are available.

For more information, contact CASAC at 664-3608.



# Fire Safety & Prevention in the Home

By Lorinda Quinn, Technical Assistance Provider  
Chautauqua Opportunities, Inc. Child Care Council

October is Fire Safety Month. How to prevent fire and how to stay safe in the event of a fire are valuable and important lessons to teach children of all ages. The following are some tips on things you can do and how you can talk to your children about fire safety:

Install fire & smoke detectors on every level of the home, especially near bedrooms. Check batteries twice a year.

Conduct fire drills with your children at home. Children learn through repetition. Do these many times a year.

- Practice different ways to get out of the house in case the main pathway is blocked by fire.
- Teach children to crawl if there is thick smoke and how to test the doors for heat.
- Have a meeting location a short distance from the home and practice going there.
- Talk frequently to your children about the evacuation plan. Explain that they should NEVER re-enter a burning building, no matter what may have been left inside. Once they are out, they should stay out.
- When doing a fire drill, use the actual smoke detector so that your children will know the sound and not be confused or frightened by it.

Talk to children about what to do if they see a fire outside of the home. They should get an adult to put it out or call for help. Teach them about calling 9-1-1 if a responsible adult is not present or injured and can not call. Explain that 9-1-1 is for emergencies ONLY!

Parents and older children in the home should learn how to use a fire extinguisher and have one available for emergencies.

**Teach Stop, Drop, Cover & Roll:** if a child's clothes should catch on fire, he or she should **STOP** moving, **DROP** to the ground, **COVER** their face with their hands and **ROLL** around on the floor to put the flames out.

Talk to children about fire prevention. Explain that they should never touch matches or lighters. If they see these things laying around, they should get an adult to take care of them and put them out of reach.

Talk to them about keeping objects such as toys or blankets away from heat sources in your home. Now that the cold months are approaching, this is even more important. Heat sources could be wood stoves; electric, gas or kerosene space heaters; the kitchen oven; radiators; and furnaces.

Take your children to your local fire department and ask a firefighter to show them what their gear looks like when they have it on. To young children, this can be very scary. Explain that firefighters are there to help them get to safety and they should not hide from them if trapped in a fire.

Another safety measure you can take to keep your family safe is to install carbon monoxide detectors on every level of your home. Amanda's Law took effect in August 2009. It is a law that requires all homes in New York State to install carbon monoxide detectors. Carbon Monoxide is a tasteless, colorless, and odorless gas. It can be produced when burning any type of fuel including gasoline, charcoal, propane, natural gas, kerosene, oil, wood or coal. If any flammable material burns incompletely, carbon monoxide is produced. Carbon monoxide can kill in minutes or hours depending on the levels in the air.

Keeping your family safe is one of the highest priorities you have as a parent. Hopefully, these tips will help you do just that.

Sources:  
[www.readmedia.com](http://www.readmedia.com); [www.homesafetycouncil.org](http://www.homesafetycouncil.org)

# Lead Poisoning Prevention...

## How to Protect Your Child

By Lorinda Quinn, Technical Assistance Specialist

Chautauqua Child Care Council, a service of Chautauqua Opportunities, Inc.

Lead is a metal that can harm children and adults when it gets into their bodies. There are many sources of lead. Lead can be found in dust, air, water, soil, and in some products used in and around our homes. Although environmental regulations have reduced some lead exposure risks, most people are still exposed to some amount of lead in their lifetimes. Young children are especially at risk due to their rapidly developing brain and body systems.

To protect your child from lead poisoning, there are some things you can do:

1. Have your pediatrician test your child for lead at ages one and two years old.
2. Keep children away from peeling paint and broken plaster.
3. Wash their hands often, to rinse off any lead dust or dirt.
4. Wash your child's toys often, especially teething toys.
5. Use cold water - not hot - for infant formula or cooking. Let the cold water tap run for at least a minute before using to flush lead picked up from pipes.
6. Store food from open cans in glass or plastic containers.
7. Use lead-free dishes. Some dishes may have lead in their glazes. Don't use chipped or cracked dishes to store or serve food.
8. Be careful with your hobbies. Some crafts call for use of paints, glazes and solder. Many of these may contain lead.
9. Don't bring lead home with you from work. People who work at construction, plumbing, painting, auto repair and certain other jobs can be exposed to lead.
10. Wash work clothes separately.
11. Keep children away from remodeling and renovation sites. Old paint can have lead in it.
12. Do not allow children to play in soil around the

foundations of older buildings and near roadways. Use a sandbox instead.

13. When windows are open in warm weather, wash the sills and window wells any time you see dust, but at least once a month.
14. Call your local health department for information about professionals who handle lead-based paint problems.

You can also feed your children a diet that helps prevent lead absorption into the body.

- Foods high in iron and calcium can help prevent lead poisoning.
- For Iron - dried beans/peas, lean beef/pork, chicken/turkey, spinach, whole grain/fortified breads, eggs, tuna and collard greens
- For Calcium - cheese, milk, yogurt, cottage cheese, ice cream, milkshakes, pudding, cream soups, pizza, lasagna, macaroni and cheese
- Feed children healthy snacks: a child with an empty stomach will absorb more lead.

Every parent wants to make sure their child is healthy and protected from environmental hazards. By following some of the above steps, you can help reduce your child's risk of lead poisoning and provide them with a happy and safer childhood. For more information on lead and the risks of lead poisoning, contact your local health department.

Source: [www.health.state.ny.us](http://www.health.state.ny.us)

# Turner Syndrome Affects 1 in 2000 Females

By Susan Varacallo-Lamper RN CCM

Turner Syndrome (TS) is a chromosomal condition that affects 1 in 2000 females. The syndrome is named after Dr. Henry Turner, who was among the first to describe its features in the 1930's.

TS diagnosis is made through a test called a karyotype, which is usually performed on cells in the amniotic fluid before birth and on cells in blood after birth. Females normally have two X chromosomes and males have one X and one Y. TS individuals are missing all or part of one of their X chromosomes. TS may be diagnosed throughout the life span if signs are subtle.

Signs that indicate a karyotype is needed can include:

- Fetal Abnormalities
- Webbed neck or swelling in feet and hands in newborns
- Heart or kidney problems in infant girls
- Slow growth and or short stature
- Delayed puberty or amenorrhea
- Infertility or menstrual irregularities.

The most common feature of Turner Syndrome is a short stature. Girls who do not undergo hormone replacement do not achieve average height or have pubertal growth spurt. A variety of physical features are also present in girls with TS. Their presence and severity vary greatly from individual to individual.

- Edema of hands and feet, especially at birth
- Short narrow fingernails and toenails that turn up
- Flat feet
- Scoliosis
- Arms that turn out at the elbow
- Broad chest
- Webbed neck
- Slight droop to eyes or Strabismus (lazy eye)
- Low set ear and hairline
- Narrow roof of the mouth and receding lower jaw
- Non verbal learning disability

Several medical problems can occur more frequently in individuals with TS such as heart, kidney, thyroid and recurrent ear infection.



It is important for girls/women who have been diagnosed with TS to be regularly screened for health problems. Most of the condition can be managed successfully with good social support and medical specialists.

If you would like additional information on TS you can log on to <http://turnersyndrome.foundation.org> or contact your Health Care Provider

# Autumn's Apples

By Holly M. Murphy, Regional Director for Chautauqua County Achievement Center

Falls' harvest brings several fruits and veggies to the table. This time of year, apples are one of the highlights of the season. Here are a few facts about apples:

- The average person eats 65 apples per year.
- Apples float because 25% of their volume is air.
- The largest apple ever picked weighed three pounds, two ounces.
- One medium apple contains about 80 calories.
- The word apple comes from the Old English "aepel."
- The Celtic word for apple is "abhall."
- Quercetin is found only in the apple skin. The skin also contains more antioxidants and fiber than the flesh.
- The apple is the official fruit of New York State.
- Red Delicious is the most popular and most-produced apple in the United States. Golden Delicious is the second most popular.
- Archaeologists have evidence of people eating apples as far back as 6500 B.C.

Apples are very healthy for you. They can help prevent many forms of disease such as lung cancer and heart disease. The skin has the most fiber and antioxidants offering great health benefits.

During this season, New York has many places to get local apples. Buying locally supports the farming and businesses in the Chautauqua County Region. Some local Apple farms are:

## **Abers Acres**

884 Rte 394  
Kennedy NY, 14747  
Phone (716) 267-2431  
*Roadside Stand*

## **Peterson Farm**

3260 Fluvanna Ave. Ext.  
Jamestown NY, 14701  
Phone (716) 483-2202  
*Roadside Stand*  
*Farm Market*

## **Falcone Farms, Inc.**

1707 King Road  
Forestville NY, 14062  
Phone (716) 965-2503  
*Apple Grower*  
*U Pick*  
*Roadside Stand*

## **Sheridan Hill Farm**

PO Box 494  
Forestville NY, 14062  
Phone (716) 965-4899  
*Apple Grower*  
*U Pick*  
*Farm Market*

## **Mancuso Fruit & Vegetable**

10822 Bennett Rd  
Dunkirk NY, 14048  
Phone (716) 366-4495  
*Apple Grower*  
*U Pick*  
*Roadside Stand*

## **Whittier Farm**

1507 Blockville Watts Flats Rd  
Ashville NY, 14710  
Phone (716) 789-5001  
Web Site: [www.whittierfarm.com](http://www.whittierfarm.com)  
*Apple Grower*  
*Farm Market*  
*Cider*

## **Meadows Farm Inc.**

10459 Prospect Road  
Forestville NY, 14062  
Phone (716) 965-2923  
*Apple Grower*  
*U Pick*  
*Farm Market*  
*Cider*  
*Gift Boxes*

## *Sources:*

*[www.healthdiaries.com/eatthis/20-facts-about-apples.html](http://www.healthdiaries.com/eatthis/20-facts-about-apples.html)*  
*[www.nyapplecountry.com/pick.php?county=genesee](http://www.nyapplecountry.com/pick.php?county=genesee)*



## Creamy Dip

Makes 12 servings.

### Ingredients:

- 2 cups plain yogurt (or substitute 2 cups of small curd or creamed cottage cheese as an alternative to yogurt)
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 Tablespoons dried, minced onion
- 1 Tablespoon dried parsley flakes
- ½ teaspoon salt
- ½ teaspoon dill weed (optional)

### Directions:

1. In a medium bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if using). Beat until smooth.
2. Chill dip in refrigerator until ready to serve. Serve with 6 cups raw vegetables, such as broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced sweet bell pepper, sliced cucumber.

Source: Adapted from *Eating Smart, Being Active, California EFNEP and Colorado EFNEP*. Nutrition Facts calculated by The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

## Nutrition Facts

Serving Size 2 Tablespoons (39g)  
Servings Per Container 12

Amount Per Serving	
Calories 30	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	

### Protein 2g

Vitamin A 2% • Vitamin C 2%  
Calcium 8% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

17% of calories from fat.  
Calculated using low-fat plain yogurt.

# October is Domestic Violence Awareness Month

13th Annual Walk Against  
Domestic Violence  
8th Annual Unity Day Event

**Friday, October 1, 2010**

11:45am: Meet at the Jamestown Savings Bank Ice Arena

12:00-12:15pm: The Walk Against Domestic Violence will commence from the Ice Arena, down Third Street to Tracy Plaza

12:15-1:00pm: The Unity Day Event will be held in the lobby area of City Hall

Please **JOIN US** to send a unified message that domestic violence will not be tolerated in this community!

**Keynote Speaker: Stephanie Wright**  
**Human Sexuality Educator**  
**Chautauqua County Health Department**

A light lunch will be served.



**Sponsored by the Chautauqua County Coalition  
Against Domestic Violence and Sexual Assault**  
**(716) 483-7718**



**For Domestic Violence Victim Services call**  
**Project Crossroads 483-7718, Salvation Army Anew Center 661-3897**  
**or toll free 1-800-252-8748.**