



# The Fishing Line



Spring, 2006

Volume II, No. 1

## Thank you for your participation!

We here at the FRIENDS Center would like to thank all of you who have participated in our study, and continue to do so. In order for the Center to be a success, we need as many people to participate as possible.

Some people tell us that they don't eat fish from local waters, so they don't think that their participation would be helpful to us. Nothing could be further from the truth! For the Center to be a success we need to include people who eat a lot of fish, those who eat a little fish, and people who don't eat any fish at all. There are a couple of reasons for this:

One of our goals is to find out how much locally caught fish Hmong in the Green Bay area eat. To find out this information, it's very important for us to talk to as many people as possible. This is also the best way to make sure that the results we get apply to the Hmong community in Green Bay as a whole, rather than just the people who eat a lot of fish.

There is another very important reason why we need to include people who eat little or no fish from local waters. The goal of the FRIENDS Center is to find out how eating fish from local waters affects the health of Hmong who live here. For us to do this, we need to compare people who eat a lot of fish with people who don't, to see how they are different. Without people who eat little or no fish, there is no way for us to answer our very important research questions.

So thank you again everyone who is helping to make the FRIENDS Center such a success. We truly couldn't do it without your support!

FRIENDS Children's Environmental Health Center  
101 N Webster tel: 432-0015  
Green Bay, WI 54301 mainou@friendscenter.us

*Editors: Mai Nou Lor-Vang, Karen Decker, and  
Donna Gasior*

### **\*Upcoming FRIENDS events\***

- We will be holding our annual fishing license raffle in March of 2006! One of the FRIENDS staff will be contacting you soon to ask you if you would like to enter the drawing. Four lucky participants will win a cash prize equal to the cost of a 2006 fishing license.

If you are one of the winners, we will call you that day and you can stop by the FRIENDS Center office for your prize!

- Once again, this year we will be holding another informational and activities booth on May 27<sup>th</sup> located at the Brown County Fairgrounds with the Hmong National Sports and Performing Arts Festival.

Stop by our booth to obtain some tips on safe fishing and the latest Wisconsin fishing advisories. Be sure to bring the kids because we will have balloons and fun learning activities!

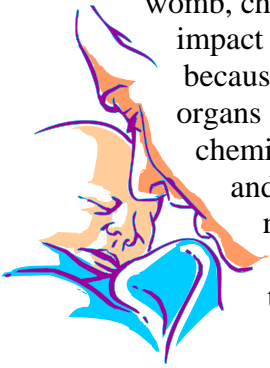
---

## THE QUESTION CORNER

The best way to learn is to ask! We enjoy answering your questions about PCBs and mercury; here are a couple of questions we often come across from our participants.

***Why do the FRIENDS researchers need women participating in the pregnancy study to give either a sample of their blood when they are pregnant, or a sample of blood from their baby's umbilical cord when they give birth?***

The FRIENDS researchers want to find out how chemicals affect the health and growth of children who were exposed to the chemicals when they were in their mothers' womb. When babies are still in the womb, chemicals can have a stronger impact on their health and growth because this is the time when all of their organs are forming. To find out if chemicals like PCBs affect the health and growth of children, researchers need to determine how much of these chemicals were present in their bodies before birth.



The only way to find this out is to check for these chemicals in a sample of blood from the child's mother or from the child's umbilical cord at birth. When blood is taken from the umbilical cord neither the mother nor the baby can feel it.

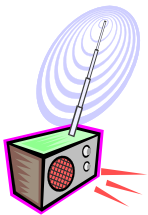
***If you find out I have a lot of PCBs or mercury in my blood, and there is nothing to do for treatment, then why should I participate?***

Although it is true that there is no quick or easy way to decrease the amount of PCBs or mercury in one's body, people can decrease the amount of chemicals like PCBs in their bodies over time, if they change the types of fish they eat and the way they prepare and cook the fish. By eating less of the highly contaminated fish and by cleaning and cooking the fish in a way that gets rid of the fish parts where most of the PCBs are including the skin and fat, people can keep more chemicals from getting into their bodies and women can decrease the amount of chemicals that get into their babies' bodies while they are still in the womb. The FRIENDS Center can teach people ways they can reduce their exposure to chemicals in fish.

---

## RADIO ANNOUNCEMENTS

The FRIENDS Center airs announcements twice a month on Hmong Radio. The Hmong radio program is on Saturdays, from 5:00 –7:00 p.m. on 88.1 FM, Wisconsin Public Radio. Listen for these upcoming announcements:



March	Fishing License Reminder Poison Prevention
April	Medication Safety Immunization Week
May	Women's Health Week Burglary Prevention

### Would you like to participate in the FRIENDS Center project?

If you are interested in participating in the FRIENDS Center research project and would like more information, please contact Mai Nou Lor-Vang at [mainou@friendscenter.us](mailto:mainou@friendscenter.us) or you can write to FRIENDS Center, 101 N. Webster Avenue, Green Bay, WI 54301. We will contact you with information and benefits to this educational research project.

## Health and Safety Information: Burglary Prevention



Now that the weather is warmer and nicer, we enjoy going outside the home for recreation. When leaving your home, the last thing you think about is having your home burglarized. Burglaries are preventable. We are going to give you a few tips to minimize your risk of being burglarized.

1. Make sure the exterior of your home is properly lit. A dark area makes an easy target. Keep lights mounted out of reach so burglars cannot unscrew light bulbs, and install motion-sensitive lights.
2. Trim trees and shrubs near doors and windows so burglars can't hide in the shadows.
3. Install deadbolt locks on all exterior doors and place additional locks on all windows and patio doors.
4. If you can afford it, install an alarm system that will alert neighbors of a burglar's presence. Most alarm systems will contact the local police directly.
5. While on vacation, have someone pick up your newspaper and mail or have the post office hold your mail. You do not want mail to accumulate because it will alert the burglar that you are not home. Close all your window shades, so that no one can see into your home.
6. Do not leave any spare keys hidden outside. Burglars know where you would most likely be hiding a key.
7. Never leave doors or windows open, even if you are going to the corner or a neighbor's home. Professional burglars can be in and out of a home in less than 10 minutes. First floor windows and open doors are common targets.
8. Turn on the radio while you are away, so that a burglar can hear and may think that someone is still at home.

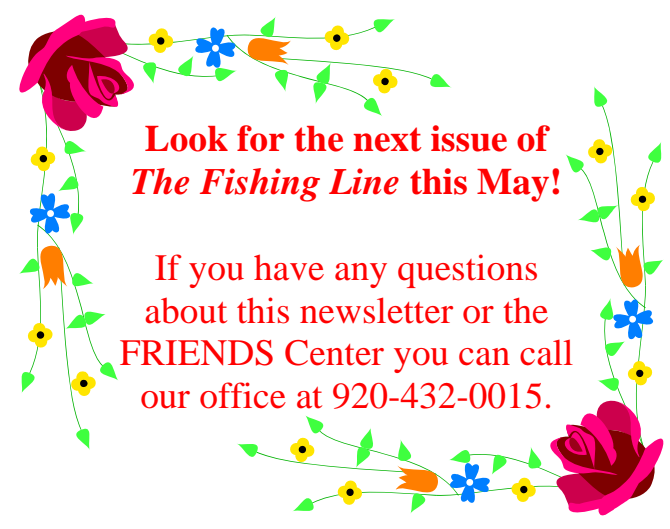
These helpful reminders are provided to you by the FRIENDS Center. If you have any questions about this message or the FRIENDS Center you can call our office at 432-0015, or if you need more information about home safety tips, please contact Bee Xiong at Green Bay Police Crime Prevention at 448-3357.



### Spring Fishing License Reminder:

Don't forget 2006 fishing licenses will be going on sale in March! You must have a new one by April 1<sup>st</sup>. You can buy them at local vendors such as Wal-Mart or the local DNR. If you want more information visit the Wisconsin Department of natural resources on the Internet at <http://dnr.wi.gov/> or call the FRIENDS center at (920) 432-0015.

If you have children who like to fish and are under 16 years of age they do not need a fishing license. But if you help to cast or reel in your child's fish, you will need a fishing license because you are now considered fishing. Children must follow the same fishing rules that all licensed fishers are to follow.



**Look for the next issue of  
*The Fishing Line* this May!**

**If you have any questions  
about this newsletter or the  
FRIENDS Center you can call  
our office at 920-432-0015.**

Name: \_\_\_\_\_

Old Address and phone:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New address and phone:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Moving? Let us know! Detach and mail to the FRIENDS Center, 101 N Webster, Green Bay, WI 54301



FRIENDS Children's Environmental Health Center  
University of Illinois, Department of Vet Biosciences  
2001 South Lincoln  
Urbana, IL 61802

Return service requested