



The Fishing Line



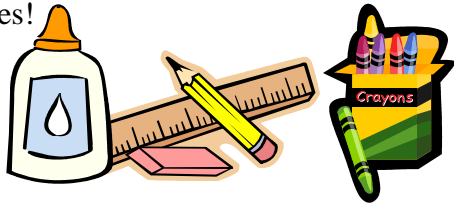
Fall, 2005

Volume I, No. 3

Upcoming Events: The 3rd Annual FRIENDS School Supply Giveaway

We care about the well being of you and your family! That is why the FRIENDS Center will be calling FRIENDS participants the week of August 8th to pre-register for the 3rd Annual school supply giveaway. We will provide a maximum of 4 packages of basic school supply needs for each family. This year we will raffle off two \$30 gift certificates to Wal-Mart for school clothing or other needs!

So if you're an active FRIENDS participant, be listening because we will be contacting you by phone real soon about the scheduled pick up dates!



Message Board

Thank you to all who stopped by the FRIENDS booth on Saturday, May 28, 2005, the Memorial Day Weekend at the Annual Sports Tournament at the Brown County Fairgrounds in Green Bay!

We really had a blast giving out balloons and helping the kids play the fish puzzle and beanbag toss games! Also, congratulations to the young "Mr. Xiong" who won the raffle prize this year; a folding sports chair with a detachable umbrella along with a FRIENDS water bottle! We hope to see you and many more new faces at our other annual events; the School Supply giveaway in August and our Open House in the spring.

We have posted a few of the pictures that were most enjoyed and memorable from the booth below. We hope you will enjoy them too!



Top: The FRIENDS Center booth at the Brown County Fairgrounds. Children were enjoying the bean bag toss game while the adults gathered educational materials on fishing advisories and the FRIENDS Children's Environmental Health Center.

Below: Three boys helping each other put together the fish puzzle.



Top: Some of the FRIENDS staff at the booth. Left to right: Donna Gasior, Susan Schantz, and Pa Houa Kiatoukaysi.

QUESTION CORNER

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

Where can I be tested to see if I have PCBs in my body?

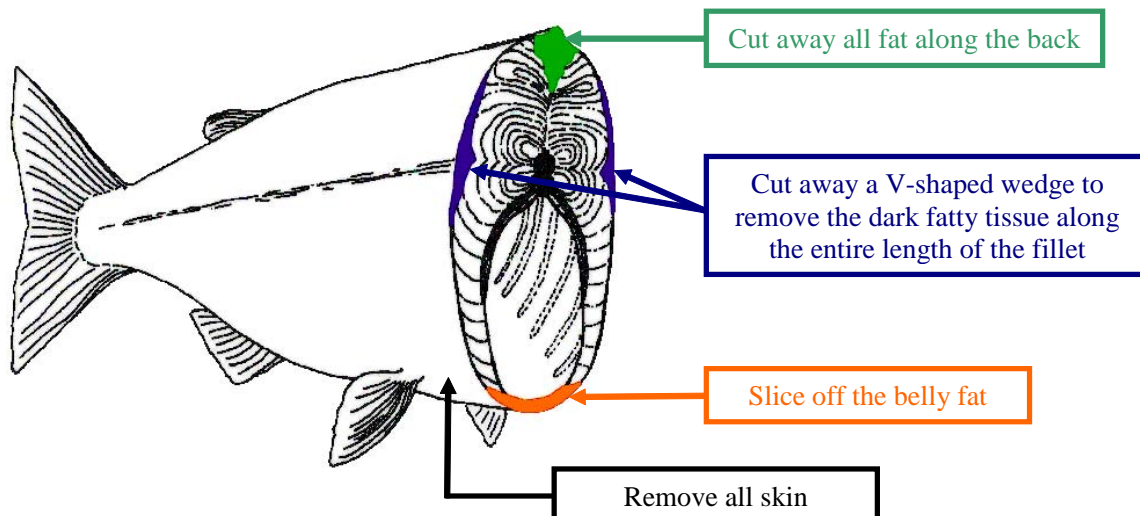
The way to check for PCBs in your body is to take a small blood sample and measure the amount of PCBs in your blood. It is very expensive to do this and only a few special labs around the country know how to do it. We are working with one of these labs and this is why **we are able to measure PCBs in our participants for free**. We hope to measure the PCBs in everyone who is part of our study. If someone does not want to be a part of our study but still wants to have their blood checked for PCBs, we can help them arrange to have their blood checked, but they will have to pay for it themselves. If anyone would like to know more about getting their blood checked for PCBs they can call the FRIENDS office and we will try to help them.

Where can I go for help if I have too much PCBs?

There is no medicine you can take to remove PCBs from your body. The best thing you can do is to make sure you don't get exposed to any more PCBs. If you are not exposed to any more PCBs, the amount of PCBs in your body will gradually go down over time. To make sure you are not exposed to more PCBs, you need to know where PCBs come from. Most PCBs get into our bodies through foods that we eat. Some foods have more PCBs than others. You can call or stop by the FRIENDS office and we can teach you about which foods have PCBs in them. In the Green Bay area fish from the Fox River is the biggest source of PCBs, so you should avoid eating any fish from the Fox River. Fish from Green Bay and some other rivers and lakes also have some PCBs, but not as much as fish from the Fox River. It is okay to eat some kinds of fish from these areas. We can teach you about which places are safe to fish and which types of fish are safe to eat. Also, most of the PCBs are in the fat and skin of the fish. We can show you how to remove the fat and skin from fish before you cook it.

Health tip: How to Clean Sport-Caught Fish to Reduce PCBs

Fish are good food, but some fish caught in Wisconsin waters contain PCBs and mercury that can harm your health if you eat too many. These chemicals are stored in skin and fat tissue. You can reduce the amount of PCBs in the fish you eat by cutting off this tissue before you cook it.



Safety Information: School Bus Safety



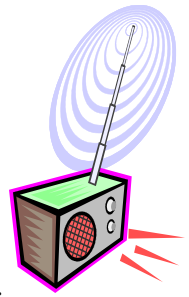
Kids are going back to school again and it is important that they are taught how to be safe around school buses. Here are a few rules that will help keep your child safe:

1. Your child should get to the bus stop at least five minutes before the bus is scheduled to arrive.
2. When you see the bus coming, you should stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
3. Do not walk toward the bus until the bus has stopped, the door has opened, and the driver has said that it's okay to board.
4. If you have to cross the street, make sure you cross in front of the bus. You should also be sure that the bus driver can see you, and you can see the bus driver before you cross the street.
5. You should never walk behind the bus.
6. If you drop something near the bus, tell the bus driver before you try to pick it up because the driver may not be able to see you.

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

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

Radio Announcement



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

August 13	Drinking Water Safety
August 27	Lead Poisoning
September 3	School Bus Safety
September 17	National Baby Month Safety
October 1	National Walk to School Week
October 22	Halloween Safety

Would you like to participate in the FRIENDS Center research?

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 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.



Meet the FRIENDS Research Team

The FRIENDS in our FRIENDS Center stands for the Fox River Environment Diet Study. We began this project in 1999 as a result of concerns about chemicals in the Fox River, other lakes and the rivers of Northeastern Wisconsin. The goal of the FRIENDS Center is to find out how much locally caught fish many Hmong and Lao families eat, and whether people who eat fish with PCBs or mercury have more health problems than people who don't eat this locally caught fish. We hope to discover both the impact of these chemicals on human development and also assist the community in eating well and healthy! Our center consists of researchers from across the country because of their special expertise and experience in studying the health effects of these two chemicals.



Top row (left to right): Paul Kostyniak (chemist), Richard Fitzpatrick (chemist), Karen Decker (research project coordinator), Donna Gasior (field project director), Jennifer Peck (epidemiologist), and Anne Sweeney (epidemiologist).

Bottom row (left to right): Susan Schantz (center director), Andrea Aguiar (psychologist), Anne Dreien (neurotoxicologist), and Joseph Gardiner (Biostatistician).



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Return Service Requested