



The Fishing Line



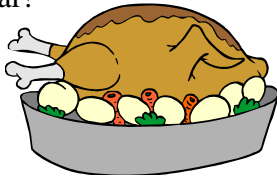
Winter, 2005

Volume I, No. 4



FRIENDS Turkey Raffle!

The holiday season is just around the corner! We all have many things to be thankful for at this time of the year. We here at the FRIENDS Center are thankful for having such wonderful participants who make our Center possible. To show you our appreciation, the FRIENDS staff will be holding the Second Annual Turkey Raffle on November 17 & 18, 2005. This November, we will have six family-size turkeys for the raffle for six lucky participant families. So if you're an active FRIENDS participant, be listening! We will be contacting you by phone very soon to see if you're the lucky turkey winner this year!



RADIO ANNOUNCEMENTS

The FRIENDS Center cares about your health and safety. We sponsor announcements twice a month on Hmong radio. The radio program is on Saturdays, from 5:00 p.m. to 7:00 p.m. on 88.1 FM, Wisconsin Public Radio. Listen for these upcoming announcements:

- November 5 Water Bottle Safety
- November 19 Turkey Safety Tips
- December 3 Christmas Tree Safety
- December 17 Space Heater Safety
- January 7 Vitamins and Women's Health
- January 21 Carbon Monoxide Safety

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Happy Holidays! Turkey Safety Health Tips

The FRIENDS Center is concerned about your family's health and safety. We have some tips on safe turkey preparation to help you and your family enjoy a safe and healthy holiday.

Turkey and other raw meats can have germs. Here are some simple things you can do to make sure these germs don't make your family sick:

- The best place to defrost your turkey is in the refrigerator, not at room temperature. A frozen turkey takes about 2 days to thaw in the refrigerator.
- After handling raw turkey, make sure to wash everything that touched the turkey with hot soapy water. This includes knives, the cutting board, countertop and your hands. You should do this before handling any other food.
- Cook turkey and other poultry until it is no longer pink and the juices run clear.
- If you have any leftover turkey, be sure to put it in the refrigerator within two hours. Leftovers should be eaten within four days.

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.

We wish you a safe and enjoyable holiday!

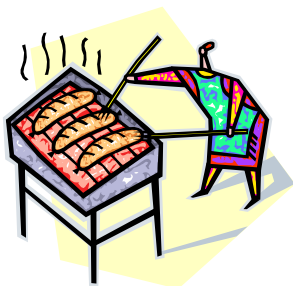


THE QUESTION CORNER

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

Is there a way to remove the PCBs from the fish before cooking and eating it?

PCBs are stored in the skin and fat tissue of fish. You can remove a lot of the PCBs by removing all of the skin and fat from the fish before you cook it. When cooking the fish, it is important to know that heat does not reduce PCBs in the fish. One way to reduce your exposure is to remove the skin and fat and use cooking methods such as broiling, grilling, and baking the fish. This will allow some of the PCBs to drip away with the fat. These drippings will contain a lot of PCBs, and would **not** be good to use for sauces or gravy. If you do not want to do this you can also reduce exposure by avoiding fish that have higher levels of PCBs. In our next issue we will feature a section on healthy fishing practices.



Can PCBs pass from a pregnant woman to her baby?



Yes, PCBs can be passed from a pregnant woman to her baby. That is why if you think you might have more children in the future, then you should be very careful not to eat too much fish and be very selective of the types of fish you eat, the size of the fish, and what body of water the fish came from. PCBs and methyl mercury may cause developmental problems in babies of women who eat polluted fish while pregnant or nursing. These chemicals don't make you feel sick but will build up in the body over time. If there is too much present then it may affect the child's ability to learn.

Choose fish that do not eat other fish. Eat smaller and younger fish. Choose lean fish such as pan fish, bluegill, crappie, and sunfish.

Children's Jewelry Recalls

According to the U.S. Consumer Product Safety Commission, there were five types of necklace and earring sets recalled by Dollar General. If you have purchased any of these items, please remove them from your child immediately and return for a full refund to Dollar General (for more information call 800-678-9258 days). They are the necklace and earring sets that had:

- A floral design that came in either yellow, orange, pink or purple
- A dangling purse design that came in black, red, blue, orange, pink or purple
- A twisted metal swirl pattern hanging from a black, blue or purple cord
- A faux amber gem in a heart or cross shape
- A five-strand bead set sold in orange, purple, blue or multicolor

In addition, the following item, Disney Princess Bracelet Keyrings, sold at Walgreens and Wal-Mart for about \$3.00, contains high levels of lead and should be removed from children and return for refund at purchased location or by contacting Monogram International at 800-736-1941.

The item is a pink plastic key ring attached to a pink and white or red and white beaded bracelet with metal pendent and dividers and item #24405 and "Made in China" printed on the back of package.

Please do not hesitate to contact our Research Coordinator, Karen Decker at karend@uiuc.edu for further assistance concerning these products.

An Outline of the FRIENDS Research Activities

For those of you new to the FRIENDS Center group, a few details of what and why we do what we do might be helpful!

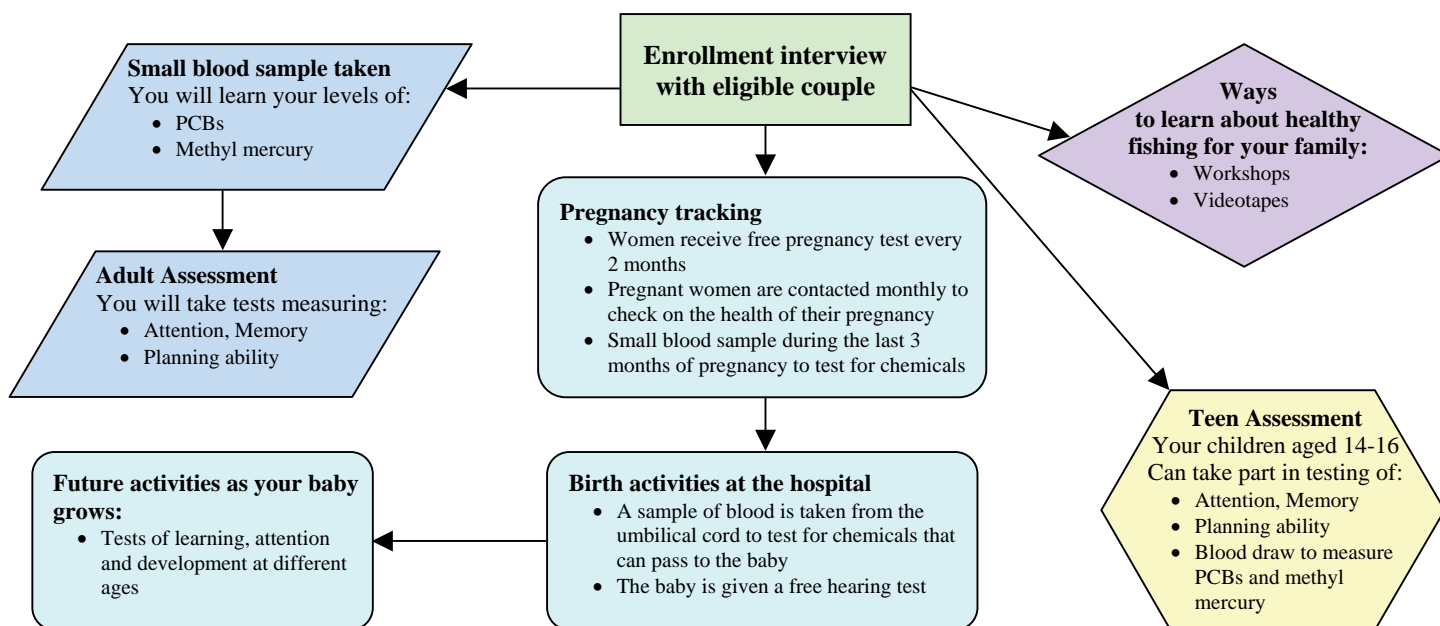
FRIENDS stands for the Fox River Environment and Diet Study. We began this project in 1999 because of concerns about chemicals in the Fox River and other lakes and rivers in Northeastern Wisconsin. These chemicals, called polychlorinated biphenyls (PCBs) and methyl mercury, build up in the bodies of fish that live in contaminated lakes and rivers. People who eat this fish may also have PCBs or methyl mercury in their bodies.

The goal of the FRIENDS Center is to find out how much locally caught fish Hmong and Lao families eat, and whether people who eat fish with PCBs or methyl mercury have more health problems than people who don't eat this fish.

In 2000, we began the process of recruiting individuals to participate in the research being conducted by Dr. Susan Schantz and others associated with the University of Illinois. We call and sign up people to participate.

Here is a flowchart of all the different participation recruitment activities that the FRIENDS Center has offered and in the progress of recruiting for:

Opportunities for participation in the FRIENDS Center



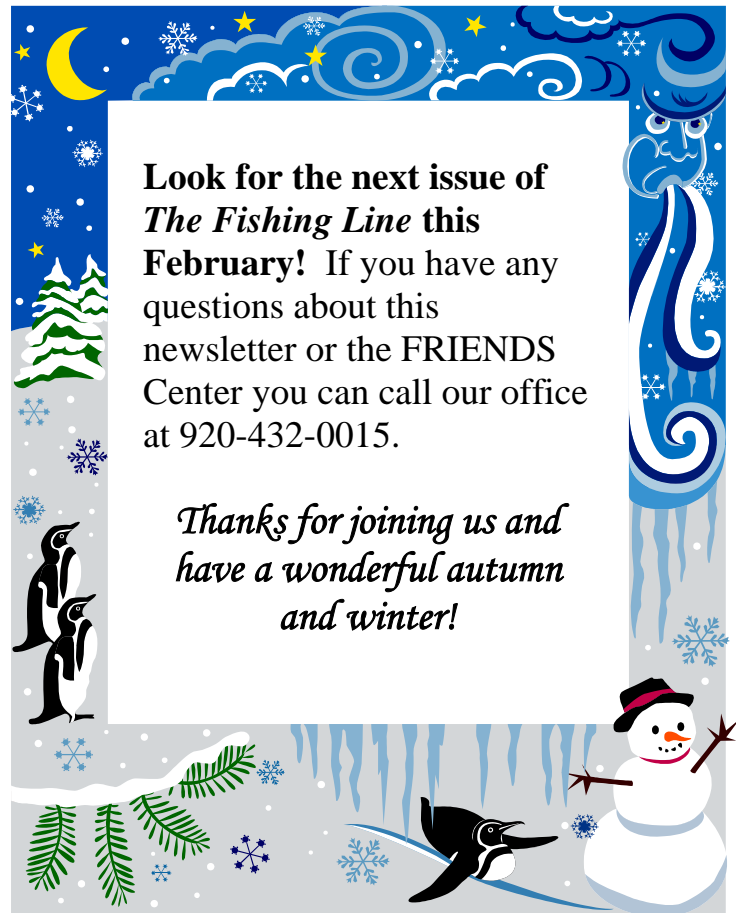
If you are interested in learning more about how the FRIENDS Center can help you and your family, please call Mai Nou at the office or stop by 101 North Webster in Green Bay. We will be happy to share information about us!



Message Board:

2005 School Supply Giveaway Results

The FRIENDS Children's Environmental Health Center held their third Annual Back-to-School Supply Giveaway for the Hmong and Lao children of Green Bay on August 18 and 19 for the 2005-2006 school year. This year's event provided over 200 complete packages of basic school supplies and was made possible by donations from the FRIENDS Center, Ahead Human Resources, and Wal-Mart. The FRIENDS Center also had a raffle for two \$30 gift certificates to Wal-Mart. Every child in our participant families had the opportunity put their name into the raffle. We plan on making next year's event larger, to serve you better!



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