

# SEPTEMBER

## BACKPACK AMERICA SAFETY MONTH

### Backpack Safety for Teens

#### Can Backpacks Cause Problems?

Your spine is made of 33 bones called vertebrae, and between the vertebrae are disks that act as natural shock absorbers. When you incorrectly place a heavy weight on your shoulders, such as a backpack filled with books, the weight's force can pull you backward. To compensate, you may bend forward at the hips or arch your back, and this can cause your spine to compress unnaturally.

Teens who carry heavy backpacks sometimes also compensate for the extra weight by leaning forward; over time this can cause the shoulders to become rounded and the upper back to become curved. Because of the heavy weight, there's a chance you may develop shoulder, neck, and back pain.

If you wear your backpack over just one shoulder, you may end up leaning to one side to offset the extra weight. You might develop lower and upper back pain and strain your shoulders and neck. Improper backpack use can lead to poor posture.

Is your backpack getting on your nerves? It might be. Tight, narrow straps that dig into your shoulders can interfere with circulation and the nervous system, and you might develop tingling, numbness, and weakness in your arms and hands.

If you have to struggle to get your backpack on or off, if you have to lean forward to carry your pack, or if you have back pain, then the way you are using your backpack (either its overall weight or the method you use to carry it) may need to be adjusted. If you continue to have back pain or have numbness or weakness in your arms or legs, talk to your doctor.

Studies have also shown that bulky or heavy backpacks don't just cause back injuries. People who carry large packs often aren't aware of how much space the packs take up and can hit others with their packs when turning around or moving through tight spaces, such as the aisles of the school bus. Studies also find that students are often injured when they trip over large packs or the packs fall on them.

Also, carrying a heavy pack changes the way a person walks and increases the risk of falling, particularly on stairs or other places where the backpack puts the wearer off balance.

#### Tips for Using Backpacks

Here are a few tips that will help make your backpack work for you, not against you:

- **Consider the construction.** Before you grab that new bag off the rack, make sure it's got two padded straps that go over your shoulders. The wider the straps, the better. A

backpack with a metal frame (like the ones hikers use) may give you more support, too, although many lockers aren't big enough to hold this kind of pack. Make use of another hiking tip: Look for a backpack with a waist belt, which helps to distribute the weight more evenly across the body. Backpacks with multiple compartments can also help distribute the weight more evenly.

- **Try a pack with wheels.** Lots of kids use these as an alternative to backpacks, but there are guidelines and considerations to keep in mind with this kind of pack, too. Many schools don't allow rolling packs because people can trip over them in the halls.
- **Use your locker.** Try not to load up on the textbooks for a full day's classes. Make frequent locker trips to drop off heavy textbooks or extra stuff, like gym clothes or project materials. Figure out the nonessentials, too. If you don't need an item until the afternoon, why carry it around all morning?
- **Plan your homework.** Plan ahead and spread your [homework](#) out over the course of the week so you won't have to tote all your books home on the weekend.
- **Limit your backpack load.** Doctors and physical therapists recommend that people carry no more than 10% to 15% of their body weight in their packs. This means that if you weigh 120 pounds, your backpack should weigh no more than 12 to 18 pounds. Use your bathroom scale to weigh your backpack and get an idea of what the proper weight for you feels like.
- **Pick it up properly.** As with any heavy weight, you should bend at the knees when lifting a backpack to your shoulders.
- **Strengthen your core.** A great way to prevent back injury is to strengthen the stabilizing muscles of your torso, including your lower back and abdominal muscles. [Weight training](#), [pilates](#), and [yoga](#) are all activities that can be effective in strengthening these core muscles.

So what's the best way to carry a backpack? Learn from the hiking pros and wear both straps over your shoulders. Keep your load light enough so that you can easily walk or stand upright, and pack your backpack with the heaviest items closest to your back.

## Backpack Safety for Kids

**B** - bring it to school

**A** - assists you

**C** - convenient

**K** - keeps your stuff organized

**P** - plain or fancy

**A** - adjustable

**C** - can hold lots of books

**K** - know how to use one?

What does that spell? **Backpack!**

Backpacks make it easy to carry all of your school essentials. Balancing all those books, papers, notebooks, binders, and school supplies in your arms would be pretty tough without one. And all the little zippered pockets and compartments can help keep you organized.

But backpacks also can be a real [pain](#). Here's why: They can cause injuries if kids trip over them or hit someone with one - accidentally or on purpose. They're heavy so you don't want one to fall on your head or your hand. And heavy backpacks also can strain your back. Because backpacks are a fact of kid life, let's talk about backpack safety.

Here are two big backpacking rules:

1. **Watch that backpack!** Like a disobedient pet, backpacks can get away from you sometimes, so keep an eye on yours. Keep it out of the way where people are walking, such as hallways, the middle aisle on the bus, and the walkway between desks in class. You'll also want to watch out for falling backpacks if you've stored it on the top shelf of your locker.
2. **Check out your blind spot.** Before taking your pack off or putting it on, take a look out around you and behind you. This is what your mom or dad does when they back the car out of a parking space. You don't want to back into anyone with your backpack. And, of course, don't try to hit someone with your backpack. Loaded down with books, it's like hitting them with a bag of bricks.

### **Be Kind to Your Back, Neck, and Shoulders**

Sometimes, backpacks can give a kid a backache or cause pain in the neck or shoulders. To avoid this, follow these rules:

- Use both shoulder straps so you distribute the weight evenly. Wearing your backpack on only one shoulder may cause you to lean to one side.
- Stand up straight. If your backpack makes you hunch forward or lean to one side, you may be carrying too much weight or not using both shoulder straps.
- Limit the weight. This can be tough because sometimes you can't choose to carry fewer books. But when you can leave a few books behind, do so. Doctors recommend carrying no more than 10% to 15% of your body weight. For example, if you weigh 80 pounds, your backpack shouldn't weigh more than 8 to 12 pounds.
- Give your back a break. When you can, leave your backpack in your locker and carry just what you need.

Talk to your mom or dad if you have problems putting your backpack on or taking it off. Also, let a parent know if you have any aches, pain, tingling, or numbness (no feeling) in your back or arms.

## Tips for Using Backpacks

Having the right kind of backpack can reduce problems. So if it's time for you to get a new backpack, consider these tips:

- Try a backpack with wheels. (Ask if your school allows these first. Because they glide along the floor, they can cause tripping). If you choose a traditional backpack, pick one with wide, padded straps that won't dig into your shoulders.
- Look for a pack with multiple compartments inside so the weight can be distributed more evenly.

Now you know how to carry your load of books safely. Happy backpacking!

Reviewed and updated by: [Mary L. Gavin, MD](#)

## Backpack Safety for Parent

How to prevent your child from straining his back.

*by Julie Ellis*

Now that kids—even little ones—tote backpacks everywhere, backpack-related aches and pains are on the rise. The overloaded packs can strain young muscles, especially when kids sling them over one shoulder in an unbalanced fashion. Here are a few tips to keep your child walking tall while carrying her stuff in style:

- **Don't overload the backpack.** Your child should carry no more weight in her pack than the weight she can carry comfortably in her arms for a few minutes. To be sure your child isn't carrying more than she can safely bear, notice her posture. Backpack wearers should walk normally, with their shoulders down and back and their stomach muscles tightened.
- **Be sure the backpack is the right size.** It should not be wider or longer than your child's torso. (The torso extends from the bony bump at the base of the neck down to the top of the hips.)
- **Make sure she wears the pack properly.** The backpack should be evenly centered in the middle of your child's back. You should also make sure the straps are snug but not excessively tight. Straps that are too tight can cause the pack to ride up on the child's neck.
- **Keep the safety belt buckled.** The best and safest backpacks have belts at their base that can be buckled snugly around the child's waist. The waist belt helps distribute the weight to the lower body so the hips and legs bear some of the load. So insist that your child uses it.

- **Check the contents of the bag.** Anything that could poke through the pack's material, such as scissors, should be stored in a protective container. Make sure your child's emergency contact information is inside.

*Julie Ellis is a physical therapist at the Children's Memorial Hospital in Chicago.*

## 4 STEPS TO SAFE BACKPACK USE

Below are helpful tips to insure you know how to safely use your backpack in order to promote spinal health.



### **Step 1: Choose Right.**

Choosing the right size backpack is the most important step to safe backpack use.

**Tip: Bring a friend to help you measure your backpack properly.**

**Step 2: Pack Right.**

The maximum weight of the loaded backpack should not exceed 15 % of your body weight, so pack only what is needed.

Tip: If the backpack forces the wearer to move forward to carry, it's overloaded.



**Step 3: Lift Right.**

Face the Pack -Bend at the Knees - Use both hands and check the weight of the pack. - Lift with the legs - Apply one shoulder strap and then the other.

Tip: Don't sling the backpack onto one shoulder.



**Step 4: Wear Right.**

Use both shoulder straps - snug, but not too tight.

Tip: When the backpack has a waist strap - use it.

BELOW ARE TWO EXAMPLES OF HOW **NOT** TO WEAR YOUR BACKPACK..



**WRONG:** This backpack is overloaded, creating stress on the spine. Improper backpack use can lead to a lifetime of health problems.



**WRONG:** Wearing a backpack improperly over one shoulder can cause permanent misalignment of the spine, muscle fatigue, and a lowered state of health.

**CHILDREN'S GOOD MANNERS MONTH**

September has been designated [Children's Good Manner Month](#), a national program founded by "Dr. Manners" Fleming Allaire to encourage the development of manners and respect for others. If your kids have trouble minding their manners, this month is a great time to help polish them up.

**10 Basic Manners Kids Should Know** from Dr. Manners:

1. Say 'Please' and 'Thank You'
2. Use Good Table Manners
3. Clean Up After Yourself
4. Be Courteous and Respectful
5. Obey Parents and Teachers
6. Be Helpful
7. Share - When You Should
8. Avoid Interrupting Others
9. Be Truthful
10. Be Kind To Others

**Five Tips to Keep in Mind When Teaching Children Manners:**

1. The best way to teach manners is by setting a good example.
2. Be consistent and repetitious.
3. Praise children when they show good manners.
4. Establish clear expectations and consequences for rudeness.
5. Make sure your expectations are reasonable and fair.

Manners shouldn't be a low priority and teaching them doesn't require special time. We're NOT talking about spending your Saturday mornings shuttling your child to an etiquette class at Miss Mildred's. The time you already spend with your child can be filled with opportunities to talk about appropriate behavior. We're talking about discussions you can have on the drive home from child care or school, or during downtimes at home.

## **Starting Early**

Children begin to learn social behaviors very young. Most parents are quick to incorporate "please" and "thank you" into daily life. Not only do they like to hear it within the family, they know that the world appreciates hearing those words and that life goes smoother with them than without them. Of course, all manners are rooted in culture and some cultures may prefer behaviors that differ from mainstream actions. A wise parent can preserve cultural traditions and still prepare a child for the outside world by talking about all these issues.

## **Manners in Action**

Once children have mastered the please-and-thank-you basic, move on to the next step. Shaking hands, looking at the speaker, saying hello in a pleasant voice—all this can become part of a child's routine, starting early. Children accept new, this-is-how-we-do-it routines.

- They can learn to listen quietly and not interrupt people when they are talking. You can point out words and phrases that may appear disrespectful to others. It does no good to listen to someone and then respond with "Whatever."
- Instead of "Huh?" when someone says something that isn't understood, how about getting your children into the habit of saying, "I'm sorry, I didn't understand."
- Guide them with polite ways to answer the phone.

### **Making Others Feel Comfortable**

Discuss manners in broad as well as specific terms. Talk about making others feel comfortable and that often begins with asking yourself how you'd like to be treated. "How do you feel when your teacher cuts you off in the middle of a sentence?" "Don't you feel good when someone says hello to you?" "How does it feel when someone doesn't thank you after you've done a kind thing?"

### **Modeling**

Of course, modeling good manners is essential. Children need to see how their parents use and value good manners in their life. Not just with other adults but with children. Welcome your child's friends into your home as you do adults: go to them, greet them, and show an interest.

Children watch how parents behave with someone who is different. They notice that they are patient with someone who is slower, needs assistance, and takes time struggling with language.

### **Variations**

What constitutes good manners varies from family to family and community to community. You may live in a world where children call their friend's parents by their first name, or another world where Mr. and Mrs. is the norm. Don't feel you have to adopt a standard that is not part of your own world. Practice the manners that are valued in your community but make your children aware that there are different approaches out there.

Manners, learned early, will pay off in adult life.

Badge links: [Brownies](#): [Manners](#)

Use your first meeting to set the ground rules for the rest of the year. Brainstorm with the girls to come up with the "rules" they want: Everyone has a voice or vote, No idea is stupid, We take turns, We don't make fun of each other, etc. Later when we have bad manners or hurt someone's feelings, it is easy to remind the girls of the rules they set at the beginning.

## **NATIONAL HONEY MONTH**

**Why do bees make honey?**

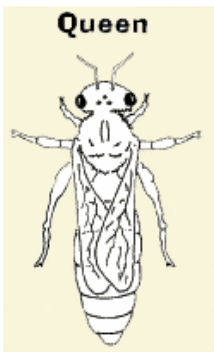


We know that bees have been producing honey as they do today for at least 150 million years. Bees produce honey as food stores for the hive during the long months of winter when flowers aren't blooming and therefore little or no nectar is available to them. European honey bees, genus *Apis Mellifera*, produce such an abundance of honey, far more than the hive can eat, that humans can harvest the excess. For this reason, European honey bees can be found in beekeeper's hives around the world!

## The Colony

Honey bees are social insects, with a marked division of labor between the various types of bees in the colony. A colony of honey bees includes a queen, drones and workers.

### The Queen



The queen is the only sexually developed female in the hive. She is the largest bee in the colony.

A two-day-old larva is selected by the workers to be reared as the queen. She will emerge from her cell 11 days later to mate in flight with approximately 18 drone (male) bees. During this mating, she receives several million sperm cells, which last her entire life span of nearly two years.

The queen starts to lay eggs about 10 days after mating. A productive queen can lay 3,000 eggs in a single day.

### The Drones

Drones are stout male bees that have no stingers. Drones do not collect food or pollen from flowers. Their sole purpose is to mate with the queen. If the colony is short on food, drones are often kicked out of the hive.



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### The Workers



Workers, the smallest bees in the colony, are sexually undeveloped females. A colony can have 50,000 to 60,000 workers.

The life span of a worker bee varies according to the time of year. Her life expectancy is approximately 28 to 35 days. Workers that are reared in September and October, however, can live through the winter.

Workers feed the queen and larvae, guard the hive entrance and help to keep the hive cool by fanning their wings. Worker bees also collect nectar to make honey. In addition, honey bees produce wax comb. The comb is composed of hexagonal cells which have walls that are only 2/1000 inch thick, but support 25 times their own weight.

Honey bees' wings stroke 11,400 times per minute, thus making distinctive buzz.



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### LITERATURE: 21<sup>ST</sup> CENTURY B.C.

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Honey is alluded to in the Sumerian and Babylonian cuneiform writings, the Hittite code, the sacred writings of India, the Vedas and in the ancient writings of Egypt.

### BIBLICAL

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The area now comprising Israel and the Palestine autonomous region is often referred to as "the land of milk and honey." (Exodus 3:8)

### ANCIENT EGYPT: 40<sup>TH</sup> CENTURY B.C.

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Honey was used in most households as a sweetening agent. The people of this time valued honey highly, thus, it was commonly used as a tribute or payment. Honey was also used to feed sacred animals.

### SUMERIA, ASSYRIA AND BABYLONIA: 21<sup>ST</sup> CENTURY B.C.

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Honey was poured over thresholds and stones bearing commemorative offerings. Honey and wine were also poured over bolts that were to be used in sacred buildings.

### GREECE

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An ancient custom was the offering of honey to the gods and to spirits of the dead. Mead, an alcohol drink made with honey, was considered the drink of the gods.

### GERMANY: 11<sup>TH</sup> CENTURY A.D.

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German beer was sweetened with honey. German peasants were required to give their feudal lords a payment of honey and beeswax.

## AMERICAS

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Conquering Spaniards found that the natives of 16th century A.D. Mexico and Central America had already developed beekeeping. A distinct family of honey bees were native to the Americas.

## AMERICAN COLONIES: I 7<sup>TH</sup> CENTURY A.D.



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European settlers introduced European honey bees to New England in about 1638. North American natives called these honey bees the "white man's flies." Honey was used to prepare food and beverages, to make cement, to preserve fruits, to concoct furniture paste-polish and varnish and for medicinal purposes.

Try out some of these great recipes using honey at home or on your next camping trip.

### Apple Snacksters with Honey & Peanut Butter - Makes 4 servings -



#### Ingredients

- 3/4 cup chunky peanut butter
- 1/3 cup honey
- 4 large Granny Smith or Red Delicious apples, stems removed
- 4 small sprigs fresh mint, optional
- Cold water
- An adult to help with slicing the apples

## Directions

1. In a small bowl, mix peanut butter and honey together until well blended. Set aside.
2. Fill a large bowl with cold water and stir in lemon juice. Set aside.
3. For each apple, choose a type of Snackster below and follow the steps. You might want to ask an adult to help cut up the apples.

### To Make a Snackster Stacker

1. Use an apple corer to remove the center of the apple, making a hollow space from stem end through the bottom.
2. With a sharp knife, cut apple crosswise into 4 thick slices.
3. Dip apple slices in lemon water and gently pat dry with paper towels.
4. Starting with the bottom piece, use a butter knife to spread the peanut butter mixture on the cut sides of each slice and gently press them together to reassemble the apple.
5. To make a stem, top apple with a mint sprig.

### To Make a Snackster Dipper

1. With a sharp knife, cut each apple in half from stem end to bottom.
2. Cut each half into 4 to 6 wedges. With knife or melon baller remove apple core from each wedge.
3. Dip wedges in lemon water and gently pat dry with paper towels.
4. Spoon the peanut butter mixture into a small bowl and surround with apple wedges for dipping.

## Honey Care to Take a Dip

Surprise your family and make this recipe for a dessert that tastes good and is good for you.

- Makes 2-1/4 cups -

## Ingredients

- 1 pint (16 oz.) low-fat plain yogurt
- 1/4 cup honey
- 2 Tablespoons orange juice
- 1/2 teaspoon grated orange peel
- Assorted fruits, for dipping



## Directions

Combine yogurt in a small bowl with honey, orange juice and orange peel; mix well. Serve with sliced fruit.

### **Peanut Butter-Banana Roll-Ups**

**- Makes 2 servings -**

#### Ingredients

- 2 soft-taco size flour tortillas, white or wheat
- 1/3 cup smooth peanut butter
- 1/3 cup dried cranberries
- 1/4 cup honey
- 2 medium ripe bananas

#### Directions

Preheat oven to 350°F. Place tortillas on baking sheet. Stir together peanut butter, cranberries, and honey until blended. Spread peanut butter mixture over tortillas to within 1/2-inch of edges. Place peeled banana on edge of each tortilla; roll up. Place each roll-up seam side down on a piece of aluminum foil\*. Wrap foil around roll-ups, sealing edges all around, and place on baking sheet. Bake 8 to 10 minutes or until filling is warm.

\* It's not necessary to heat these roll-ups; for a lunch box, simply wrap each roll-up in foil or plastic wrap to transport.

#### Tips

Variations: Substitute chopped mixed dried fruit for cranberries, or sprinkle roasted peanut halves, toasted coconut or chocolate chips over peanut butter before adding banana.

### **Scorin' Honey S'mores**

**- Makes 6 servings -**

#### Ingredients

- 12 cinnamon or chocolate flavored graham crackers, 2x2-inch squares
- 2 Tablespoons smooth peanut butter
- 2 Tablespoons honey
- 1 medium ripe banana, sliced

## Directions

Arrange six graham crackers on serving plate. Stir together peanut butter and honey until blended. Spread peanut butter mixture generously over six crackers. Arrange banana slices over peanut butter. Place second graham cracker on top of each.

Try these cute bumblebee crafts:

### Paper Plate Bumblebee Craft

Materials you will need for the paper plate bee are a paper plate, waxed paper, scissors, tape, small triangle of black paper (or white paper coloring black), yellow paint and black paint or marker.



If you don't have yellow paint, cut up 1 inch (ish) squares of yellow construction paper or tissue paper and glue those to the paper plate (like mod podging) instead of painting.

- Paint the paper plate yellow and let dry.
- With black paint or markers, put on stripes.
- Put on face with paint or markers OR use snips of cut up paper OR use wiggly eyes.
- Cut two wings out of waxed paper (you can trace the child's feet for these like in the Footprint Bumblebee crafts or you can just make two U-shaped wings).
- Attach with scotch tape.
- Cut a triangle out of black paper and tape it to the back of the bee as a stinger.

### Clay Pot Bumble Bee

Make this cute bumble bee using a terra cotta clay pot and a few other supplies.

#### Materials Needed:

- 1 1/2 inch Terra Cotta Clay Pot
- 1 1/2 inch Wooden Ball Head
- 2 - 1/4 inch Yellow Pom-poms
- Black Pipe Cleaner
- Small Piece of Window Screen
- Wiggle Eyes
- Paint
- Clear Acrylic Sealer Spray
- Glue (hot glue gun preferred)



### Instructions:

Wipe down your terra cotta pot with a damp cloth and let dry completely.

Paint the wooden ball head black. Use the photo above as a guideline for painting the body yellow and black.

Once the paint is dry, glue the wooden ball onto the bottom of the clay pot (figure 1). Paint a mouth and eyes on the wooden ball (figure 2) - you can use wiggle eyes if you like. Once all your paint is dry, spray it with the clear acrylic sealer. Cut two pieces of pipe cleaner approximately 2 inches long. Glue the two pom-poms onto one end of each pipe cleaner. Glue these 'antenna' on top of the bee's head (figure 3).



Cut the wing shape below out of a small piece of window screen. Glue it to the back of your bee. Your bumble bee is now complete.

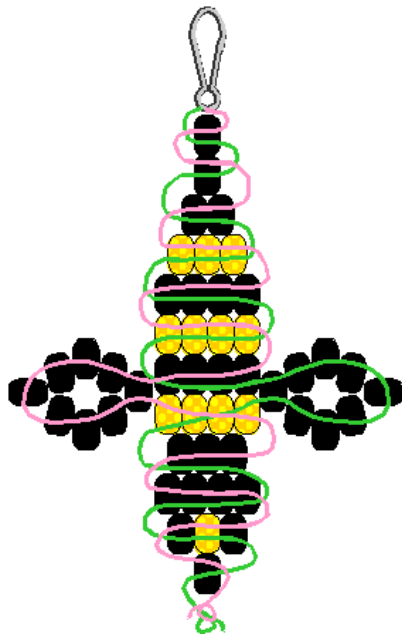
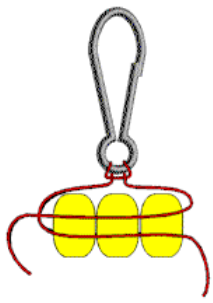
### Bumble Bee Pony Bead Pattern

#### You need:

- 12 Yellow Pony Beads
- 39 Black Pony Beads
- 2 Yards Satin Cord
- 1 Lanyard Hook

#### Basic Instructions:

Fold your ribbon in half to find the center. Use a half hitch (see detail below) to secure it to lanyard hook. Lace beads using the pattern below as a guide.



## NATIONAL PREPAREDNESS MONTH

National Preparedness Month is a nationwide coordinated effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. National Preparedness Month 2005 is being co-sponsored by the U.S. Department of Homeland Security and the American Red Cross.

Homeland Security and the American Red Cross are working with more than 190 national organizations and all 56 states and territories to highlight the importance of public emergency preparedness during September. Events and activities across the nation will provide Americans with a variety of opportunities to learn more about emergency preparedness.

### Public Preparedness

During September, the U.S. Department of Homeland Security and the American Red Cross will urge all Americans to take some simple steps to become better prepared for emergencies including:

- **Get a Kit** - Get a kit of emergency supplies that will allow you and your family to survive for at least three days in the event an emergency happens. Go to [www.ready.gov](http://www.ready.gov) and [www.redcross.org/preparedness](http://www.redcross.org/preparedness) for a complete list of recommended supplies.
- **Make a Plan** - Plan in advance what you and your family will do in an emergency. Go to [www.ready.gov](http://www.ready.gov) and [www.redcross.org/preparedness](http://www.redcross.org/preparedness) for more information and templates to help get you started.
- **Be Informed** - Learn more about different threats that could affect your community and appropriate responses to them. Go to [www.ready.gov](http://www.ready.gov) and [www.redcross.org/preparedness](http://www.redcross.org/preparedness) for more information about natural disasters and potential terrorist threats.
- **Get Involved** - After preparing yourself and your family for possible emergencies, take the next step: get training in first aid and emergency response and get involved in preparing your community. Visit [www.citizencorps.gov](http://www.citizencorps.gov) or [www.redcross.org/preparedness](http://www.redcross.org/preparedness) to find out about training and volunteer opportunities through your local Citizen Corps Council or American Red Cross Chapter.

Preparedness Tips:

### Preparedness Tip #2

Pick a place to meet after a disaster. Designate two meeting places. Choose one right outside your home, in case of a sudden household emergency, such as a fire. The second place you choose needs to be outside your neighborhood, in the event that it is not safe to stay near or return to your home.

## **Previous Tips**

### **Preparedness Tip #1**

Take a moment to imagine that there is an emergency, like a fire in your home, and you need to leave quickly. What are the best escape routes from your home? Find at least two ways out of each room. Now, write it down — you've got the beginning of a plan.

[http://www.dhs.gov/dhspublic/interapp/editorial/editorial\\_0711.xml](http://www.dhs.gov/dhspublic/interapp/editorial/editorial_0711.xml)

Badge Links: [Brownie:](#)

## When the Victim is Your Child: A Guide for Parents

### Symptoms of distress

Different children react to trauma differently. Much depends on the severity of the events, the child's personality, coping styles learned from adults and the availability of support. It is normal for children to:

- experience a denial phase in which they fail to accept the reality of what has happened.
- become unusually fearful, or have nightmares. They may find it difficult to sleep or eat. They may "cling" to their parents and demand unusual amounts of attention or comfort.
- show feelings of irritability, anger, sadness and guilt.
- exhibit other warning signs: complaints about headaches or stomachaches, regressive behavior, lack of concentration, and a loss of interest in school.

Some children may show signs of Post Traumatic Stress Disorder:

- may repeatedly "act out" the traumatic event while playing with toys.
- may have dreams about what happened.
- may become upset by reminders of the events
- may startle easily.

Children are resilient, though, and with assistance from you, will likely recover from the traumatic event as will you.

### What you should do:

It is important that you feel comfortable handling this incident so that you can help your child. Your child will be watching you for cues on how to manage their feelings.

**1) Reinforce the "safe zone".** Meet all of the child's basic needs for love, care and closeness. Spend extra time together.

**2) Listen.** It is easy for parents to underestimate the impact that traumas have on a child. A child victim needs empathy and patience. Your child may find it easier to tell the story about what happened before they can express how they feel about it. They may want to tell the story repeatedly. This can be hard for you, but retelling is an important part of the healing process.

**3) Help your child express emotions.** Talking to your child about what happened will help them cope. Encourage them to

re-enact the events with their toys; give them an opportunity to draw pictures or write about what happened. Encourage them to imagine alternate endings to the events. Validate their feelings by letting them know that feelings of anger, sadness, guilt, or fear are normal and to be expected.

**4) Give your child room to regress.**

Children need space to emotionally recover. They may "unlearn" some skills and behaviors. For example, they may return to thumb sucking. They may become unusually aggressive. Keep in mind that this regression is usually temporary, and it is important to be patient and tolerate it.

**5) Clear up unfounded misconceptions.**

Your child may have inappropriate feelings of guilt, shame or fear about what happened. Correct your child's misunderstandings regarding the events.

**6) Prepare your children whenever possible.** If your child needs to appear in court, explain each step of what will happen. Let them ask questions. The Delaware Attorney General's office has developed a coloring and activity book for children who are victims and witnesses. It is available in each of our offices, or you can request one by calling us.

**7) Tap the support network.** Consult with your doctor, clergy and friends. Inform your child's school. Teachers can be observant and helpful. If you seek professional help, be certain the therapist has experience with children and has treated crisis and trauma.

**8) Establish a sense of continuity.**

Take time out for fun. Try to return to routines at home. In addition, your child needs you to express confidence in their ability to recover.

**What you should say:**

Knowing what to say can be difficult. When in doubt, your expression of love is more important than words.

**1) Be honest about what happened and what may occur next.** Honest communication will rebuild a child's trust.

**2) Respect your child's fears.** Offer assistance rather than asking them to be brave. Ask, "Let's see what we can do to make this less scary for you."

**3) Let your child know you are aware that the situation is serious.**

**4) Recognize your child's feelings and put them into words.**

*Reference: National Association of School Psychologists*

**A Message from The Attorney General of Delaware**

As a parent, you worry often about harm coming to your child. You go to great lengths everyday to shelter your child from accidents, illness, and violence. This "ounce of prevention" is a natural part of parenting. Yet, few parents consider the "pound of cure" that may be needed after the unthinkable happens.

Trauma upsets the secure predictability of a child's life and a parent's life. Children may experience intense fear or a sense of helplessness and their view of the world may be dramatically altered. It is common for children to regress or withdraw. You are vitally important to a child's emotional recovery. Parents and children need information and support to recover from the trauma of being a crime victim. Delaware has excellent resources to assist your family. Please contact my office's Victim Services Unit or visit our website for referrals.

**Attorney General's Victim/Witness Services Unit**

New Castle Co. 577-8500

Kent Co. 739-4211

Sussex Co. 856-5353

Victim Counseling 800-870-1790

**Children's Advocacy Center**

651-4566

**Violent Crimes Compensation Board**

995-8383

**Child Mental Health Crisis Line**

633-5128 or 800-969-4357

**Delaware HELPLINE**

1-800-464-4357

**STATE OF DELAWARE DEPARTMENT OF JUSTICE**

820 N. French Street

Wilmington, DE 19801

102 W. Water Street, Suite 2

Dover, DE 19904

114 E. Market Street

Georgetown, DE 19947

International Eat an Apple Day, September 17<sup>th</sup>



### **Apples: Food For Thought?**

Want to keep your brain on its toes? Then you may want to keep in mind that old adage about "an apple a day," according to new research from the University of Massachusetts Lowell that suggests that eating apples and drinking apple juice may improve memory and learning. Professor Thomas Shea's new work indicates that apple juice may protect the brain against oxidative damage that contributes to age-related disorders such as Alzheimer's disease, and may help maintain brain performance — indicating that eating apples and drinking apple juice may impact our brain health and mental acuity throughout life. Dr. Shea's animal study was published in the international *Journal on Nutrition Health and Aging*.

Although studies involving humans are needed, many in the medical community believe that the evidence is clear: Antioxidants in foods such as apples can have a positive impact on brain health.

So that old adage about "an apple a day" may apply to brain health — food for thought!

### **Australian Researchers Report Apples May Reduce Asthma Risk (Sept. 16, 2003)**

New research suggests we might breathe easier — literally — with apples. According to an Australian study just published in an American journal, apples may reduce the risk of asthma, though further study is needed. [Click here](#) for more information.

### **Try Nature's Toothbrush: An Apple A Day Keeps The Dentist Away**

A cosmetic dentist at New York University says apples are the perfect teeth cleaning and whitening tool, reports Prevention magazine's website, Prevention.com. [Click here](#) to view article online. Link appears with permission of [Prevention.com](#).



Source:  
Photodisc

### **Apples May Melt The Pounds Away Faster**

The apple of the famed old health adage may also help reduce the feminine pear shape more rapidly. Adding apples and pears to your daily diet may melt pounds away faster, according to new research from Brazil published in March 2003. Researchers from the State University of Rio de Janeiro studying the impact of fruit intake on weight loss report that overweight women who ate just 300 grams of apples or pears — that's the equivalent of three small fruits a day — lost more weight on a low-calorie diet than women who didn't add fruit to their diet. In addition, the fruit eaters ate fewer calories overall, boosting their weight loss efforts.

### **Finnish Researchers Report Apples Provide Whole-Body Health Benefits**

Turns out whoever penned that centuries-old adage about "an apple a day" was right: A study published in September 2002 is reporting that components found in apples may keep the doctor

away by reducing the risk of many chronic diseases, including heart disease, cancer, stroke, type 2 diabetes and asthma.

### UC-Davis: Apples Are Heart-Healthy

Researchers at the University of California-Davis recently reported that apples and apple juice may help protect arteries from harmful plaque build-up. In the first study conducted in humans, adults who added two apples, or 12 ounces of 100% apple juice, to their daily diet demonstrated a significant slowing of the cholesterol oxidation process that leads to plaque build-up - thereby giving the body more time to rid itself of cholesterol before it can cause harm.

### Apple Nutrition Facts

Apples are:

- fat free;
- saturated fat free;
- sodium free;
- cholesterol free; and
- an excellent source of fiber.

What the Nutrition Facts label *doesn't* tell you:

- Apples are a rich source of phytonutrient (plant-based) antioxidants.
- Apples and apple juice are two of the best sources of the mineral boron, which may promote bone health.
- Apples contain natural fruit sugars, mostly in the form of fructose.
- Because of apples' high fiber content, the fruit's natural sugars are slowly released into the blood stream, helping maintain steady blood sugar levels.

### Federally-approved health claims for apples:

- **Fiber-containing fruits and cancer:** Low fat diets rich in fiber-containing fruits, vegetables and grain products may reduce the risk of some types of cancer, a disease associated with many factors. Apples are an excellent source of fiber.
- **Fiber-containing fruits and the risk of coronary heart disease:** Diets low in saturated fat and cholesterol and rich in fruits, vegetables and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors. Apples are naturally fat-free, saturated fat-free, and cholesterol-free, and are an excellent source of fiber.
- **Fat and cancer:** Eating a healthful diet low in fat may help reduce the risk of some types of cancers. Development of cancer is associated with many factors, including what you eat. Apples are naturally fat-free.

#### Fresh Apples:

Nutrition Facts	
Serving Size	1 medium apple (154g/5.5 oz.)
Amount per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 170mg	<b>5%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 16g	
<b>Protein</b> 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

- **Saturated fat and cholesterol and heart disease:** While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Apples are naturally fat-free and cholesterol-free.
- **Sodium and hypertension:** Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors. Apples are naturally sodium-free.

### What Counts As A Serving?

Here's a handy guide to what counts as a serving for apples and apple products, to help you get on your way to the recommended "5 A Day" goal.

Each of the following counts as a fruit serving:

- 1 medium apple (154 grams, or 5.5 ounces - about the size of a tennis ball)
- $\frac{1}{2}$  cup sliced, chopped, cooked or canned apple
- 6 ounces of 100% apple juice
- $\frac{1}{2}$  cup applesauce
- $\frac{1}{4}$  cup dried apple slices or dices

On average, about 60 percent of the U.S. apple crop is marketed for fresh consumption. That means that nearly 40 percent of the crop is processed into a variety of delicious apple products including cider (sweet, hard, and sparkling), vinegar, juice, and applesauce.

- About 2,500 known varieties of apples are grown in the United States. More than 7,500 are grown worldwide.
- Nearly 100 varieties are grown commercially in the United States, but a total of 15 popular varieties account for over 90 percent of 2003 production:
  1. Red Delicious
  2. Golden Delicious
  3. Gala
  4. Fuji
  5. Granny Smith
  6. McIntosh
  7. Rome
  8. Idared
  9. Jonathan
  10. Empire
  11. York
  12. Cortland
  13. Northern Spy
  14. Rhode Island Greening
  15. Stayman

Up-and-coming "new" varieties include Braeburn, Cameo, Fuji, Gala, Ginger Gold, HoneyCrisp and Pink Lady.

- Apples are grown in every state in the continental United States, and are grown commercially in 36 states. Top-producing states include Washington, New York, Michigan, California, Pennsylvania and Virginia.

American speech is rich with colorful turns of phrase. Here is the history behind some popular apple sayings.

**Adam's apple:** This physiological terminology sprung from the conception that the protuberance on a man's throat was caused by a piece of forbidden apple from the Garden of Eden's Tree of Knowledge lodged in Adam's throat, rather than the thyroid cartilage of the larynx.

**An apple a day keeps the doctor away:** Derived from the old English saying, "Ate an apfel avore gwain to bed, make the doctor beg his bread," the original author of this most popular apple saying has been lost to history. Today, the expression rings truer than ever, as our knowledge of apples' many and myriad health benefits increases.

**An apple for the teacher:** We confess, we don't know how this saying originated. (If you find out anything, let us know.) It probably harkens back to the "apple polisher."

**Apple eater:** A term used to describe one who is easily led astray, its roots are found in the biblical story of the Garden of Eden.

**Apple of my eye:** This expression dates back to ancient Greece and Rome, when people conceived of the pupil of the eye to be, like the apple, a global object. The word itself comes from the Anglo-Saxon "aepel", which literally meant both "eye" and "apple." In addition to providing the literal, vital sense of vision, the pupil was also regarded as the figurative "window" to the treasured secrets within each of us. Thus, the "apple of my eye" meant someone very beloved.

**Apple polisher:** The custom of "apple polishing" hails from the little red schoolhouses of yore. Young children whose math skills were less than exemplary sought to win their teacher's favorite instead with a gift of a bright, shiny apple. Remember this ditty? "An apple for the teacher will always do the trick when you don't know your lesson in arithmetic."

**As American as apple pie:** Americans may profess to have invented this quintessentially American dessert, but history books trace pie as far back as 14th Century England. Pie-making skills, along with apple seeds, came over with the Pilgrims, and as the country prospered the rather slim apple pie of colonial times became the deep-dished extravaganza we enjoy today. Through the 19th and early 20th centuries, apple pie became the symbol of American prosperity, causing one American newspaper to proclaim in 1902, "No pie-eating people can be permanently vanquished."

**It is better to give than receive:** A fourteenth-century version of this Acts 20 Biblical passage used apples symbolically: "Betere is appel y-yeue than y-ete" (better is the apple you give than you get.)

**Macintosh:** A computer brand name, not to be confused with the famous apple variety McIntosh.

**One bad apple spoils the whole bunch:** First coined by Chaucer as, "the rotten apple injures its neighbors."

**The Big Apple:** This nickname for one of our nation's greatest cities, New York, dates from the 1930s and '40s, when jazz jived in clubs across the country. The smokey clubs of New York City were the favorite hotspots of the likes of Charlie Parker and other jazz greats, and Manhattan soon became known for having "lots of apples on the tree" - that is, lots of places to play jazz.

**Upper crust:** In early America, when times were hard and cooking supplies were scarce, cooks often had to scrimp and save on ingredients. Apple pie was a favorite dish, but to save on lard and flour, only a bottom crust was made. More affluent households could afford both an upper and a lower crust, so those families became known as "the upper crust."

### **The Legend of Johnny Appleseed**

Yes, Johnny Appleseed was a real person. His name was John Chapman. He was born in Leominster, Massachusetts, September 26, 1774. His father was a Minuteman at Concord, and later served as a captain during the Revolutionary War.

Records of his boyhood are scanty at best. His mother died while his father was in service. His father married again after the war, and the family moved to East Longmeadow, where he spent his boyhood years.

In his early twenties, John Chapman migrated to western Pennsylvania, and first settled in the frontier village of Warren, near Pittsburgh. From there he traveled west into the Ohio Valley, and in the nearly 50 years that followed he lived the life that many folks to this day relate more to legend than history.

Chapman never married. For lack of a more appropriate description of his work, he was an itinerate missionary and preacher of the Swedenborgian Christian faith, and an apple tree nurseryman. He traversed the forests and prairies of what is now Ohio and Indiana and fringes of other states, planting and caring for his apple trees, teaching farmers apple culture and assisting them in planting and care for orchards, and preaching "good news right fresh from Heaven." He became known for his courage and dedication to his fellow man, as well as for the thousands of apple trees he planted.

Chapman died in March 1845, from pneumonia. He is buried near Fort Wayne, Indiana.

Try out some of these yummy apple recipes:

## Caramel Apples and Pears

*Author's note: The petite Lady apples and Seckel pears are just right for making kid-sized caramel treats. They're easy to eat, too! If children are helping, they can carefully dip the apples and pears in the caramel and granola. An adult should supervise the fun as hot caramel can burn. I use natural licorice sticks (found in natural foods stores) because they look eerie and they're edible too. If you can't find licorice sticks, substitute cinnamon sticks or bamboo skewers.*

- 12 natural licorice sticks, cinnamon sticks, or bamboo skewers, each 6 inches long
- 6 Lady apples, stems removed
- 6 Seckel pears, stems removed
- 2 cups granola
- 1 cup sugar
- $\frac{1}{2}$  cup dark corn syrup
- 2 teaspoons pure vanilla extract
- 3 tablespoons water
- 4 tablespoons (1/2 stick) unsalted butter
- 1 cup heavy cream



Insert a licorice stick, cinnamon stick or bamboo skewer into the stem end of each apple and pear. Spread the granola on a baking sheet; reserve. Have ready one or more cooling racks or a large sheet of parchment paper for cooling the caramel fruits.

In a saucepan over low heat, combine the sugar, corn syrup, vanilla extract and water. Cook, stirring, until the sugar melts. Add the butter and cream, raise the heat to medium-high, and bring to a boil. Cook, stirring occasionally, until the caramel registers 240 F on a candy thermometer, about 10 minutes. Remove from the heat and let cool for two minutes.

One at a time, dip the apples and pears in the caramel, twirling and swirling them to coat completely. Dip the tops in the granola to coat them, then transfer to the cooling rack or parchment paper to cool. As the apples and pears cool, the caramel will set. Store the caramel apples and pears, wrapped in cellophane if desired, in a cool, dry place until ready to serve or up to two days.

Makes 12.

Source: *Halloween Treats* © 1998 by Donata Maggipinto, photographs by Richard Jung. Used with permission of Chronicle Books LLC, San Francisco. Visit [www.chroniclebooks.com](http://www.chroniclebooks.com).

## Crunchy Apple Salsa With Grilled Chicken

### **Ingredients:**

*Salsa:*

2 cups apples, halved, cored, and chopped  
3/4 cup (1 large) Anaheim chili pepper, seeded and chopped  
1/2 cup chopped onion  
1/4 cup lime juice  
Salt and pepper to taste

***Marinade:***

1/4 cup dry white wine  
1/4 cup apple juice  
1/2 teaspoon grated lime peel  
1/2 teaspoon salt  
Dash pepper  
4 medium boneless, skinless chicken breasts

**Directions:**

1. Combine salsa ingredients and mix well; allow flavors to blend about <sup>1/2</sup> hour. Serve over or alongside grilled chicken. Makes 3 cups salsa.
2. For grilled chicken, combine marinade ingredients and pour over chicken breasts. Marinate for 20 to 30 minutes. Drain and grill over medium-hot coals, turning once, until chicken tests done.

Makes 4 servings.

Approximate Nutritional Analysis (per serving): calories, 214; protein, 41 g; carbohydrates, 20 g; dietary fiber, 2 g; fat, 4 g; cholesterol, 66 mg; sodium, 334 mg; 17% calories from fat.

## **Apple Pancakes**

**Ingredients:**

1 1/2 cups all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
3 tablespoons granulated sugar  
1/4 teaspoon nutmeg  
1/3 teaspoon baking soda  
1 egg  
3 tablespoons butter, melted  
1/4 teaspoon vanilla  
1 cup milk  
1 cup apples, peeled and grated

**Directions:**

1. Combine flour, baking powder, salt, sugar, and nutmeg in mixing bowl.
2. In a separate bowl, mix baking soda, egg, butter, vanilla, and milk.
3. Combine both mixtures stirring only until blended. Fold in grated apple.
4. Bake on hot, lightly greased griddle.
5. When batter is full of holes, turn to brown on other side. Turn pancakes only once while cooking.

Makes 7 eight-inch pancakes.

Approximate Nutritional Analysis (per serving): calories, 197; protein, 5 g; carbohydrates, 31 g; dietary fiber, 5 g; fat, 4 g; cholesterol, 38 mg; sodium, 189 mg; 18% calories from fat.

## Apple Cinnamon Cheesecake

Yield: One 10-inch cheesecake

1/2 cup plus 1 tablespoon margarine or butter, softened  
1/4 cup firmly packed light brown sugar  
1 cup un-sifted flour  
1/4 cup quick-cooking oats  
1/4 cup finely chopped walnuts  
1/2 teaspoon ground cinnamon  
2 (8-ounce) packages cream cheese, softened  
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)  
3 eggs  
1/2 cup frozen apple juice concentrate, thawed  
2 medium all-purpose apples, cored and sliced  
Cinnamon Apple Glaze



Preheat oven to 300 F. In small mixer bowl, beat 1/2 cup margarine and sugar until fluffy. Add flour, oats, nuts and cinnamon; mix well. Press firmly on bottom and halfway up side of [10-inch cheesecake pan](#). Bake 10 minutes.

Meanwhile, in large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Add eggs and juice concentrate; mix well. Pour into prepared pan.

Bake 45 minutes or until center springs back when lightly touched. Cool.

In large skillet, cook apples in remaining 1 tablespoon margarine until tender-crisp. Arrange on top of cheesecake; drizzle with Cinnamon Apple Glaze. Chill. Refrigerate leftovers.

Cinnamon Apple Glaze:

In small saucepan, combine 1/4 cup frozen apple juice concentrate, thawed, 1 teaspoon cornstarch and 1/4 teaspoon ground cinnamon; mix well. Over low heat, cook and stir until thickened. (Makes about 1/4 cup.)

Try an apple craft or two:

**Make this cute apple using a terra cotta clay pot.**

### Materials Needed:

- 3 inch Terra Cotta Clay Pot
- 3 inch Terra Cotta Clay Saucer
- Small Wooden Spool



- Fun Foam
- Paint
- Clear Acrylic Sealer Spray
- Glue (hot glue gun preferred)

### Instructions:

Wipe down your terra cotta pot and saucer with a damp cloth and let dry completely.

Paint the clay pot and saucer red (figure 1) - let dry. Paint a face on pot (figure 2). Paint the wooden spool green. Once all your paint is dry, spray it with the clear acrylic sealer.



Flip the saucer upside down and place it as a lid on top of the clay pot. Glue the wooden spool on to the bottom of the saucer (figure 3). Cut a small leaf shape out of fun foam and glue it to the wooden spool. Your apple is now done! A great place to keep treasures, candy, or other small items.



## Apple Pencil Topper

An easy craft project for one child or a group of children. You could also use paint pens to color the apple. Make one for your teacher!

Parental supervision recommended with use of wire cutters.

**This project is rated EASY to do.**

### What You Need

- Medium Woodsies Apple
- 2 Chenille stems, any color
- Red craft paint
- Green craft paint
- Paintbrush
- Tacky glue
- Wire cutters



### How To Make It

1. Cut chenille stems in half. Set aside extra pieces for another project.
2. Twist the two chenille stems together.
3. Paint the apple with the red and green paint.
4. Allow the apple to dry.
5. Twist the chenille stems around the top of your pencil.
6. Glue the apple to the chenille stem.

## Tips

You can also use colored construction paper cut into the shapes listed above in place of the Woodsies. It might work best if you glue onto cardstock to give it strength.

This project is for older teens:

## PROJECTS

### Rag Ball Apple Wreath

Designed By: Annabelle Keller

Typical Project Completion Time: **2-4 hours**

(does not include drying time)

Add a taste of country to your kitchen with this easy-to-make wreath made with STYROFOAM® Brand Products. Balls of foam wrapped in gingham and print fabrics will appeal to your decorating senses. For easier assembly, read our tips first and then follow the step-by-step instructions.

## CRAFTING TIPS

**Cutting.** STYROFOAM Brand Products cuts easily with a serrated knife, hacksaw, floral knife or X-acto® knife. Wax the knife blade with an old candle for easier, smoother cuts.

**Gluing.** For a fast, sure bond, use a low-temperature glue gun. Hot glue guns can be used but might melt a small portion of the foam. (Please follow manufacturer's safety instructions when operating a glue gun.) White craft glue is a tried and true favorite for STYROFOAM Brand Products; use florists' picks or toothpicks to hold pieces together while drying.

## MATERIALS NEEDED:

### STYROFOAM® Brand Products:

9- 3" balls

1- 12" x 1-1/4 x 3/4 wreath ring

### Other Materials:

44/45" wide cotton fabric:

1- 1/4 yd. dark red

3- 1/8 yd. coordinating red prints

1- 1/8 yd. green

1- 2-1/2 yds. #9 coordinating ribbon

2- 18" lengths floral wire

9- 1-1/2" cinnamon sticks

### General Tools and Supplies:

Serrated knife

Yardstick

Scissors

