

OCTOBER 2003 FROM THE MOUNTAINS TO THE SEA



October is....

October is Adopt A Pet Month
Computer Learning Month
Cookbook Month
Crime Prevention Month
Fire Prevention Month
Gourmet Adventures Month
National AIDS Awareness Month
National Pasta Month
Spina Bifida Month

Breast Cancer Awareness Month
Consumer Information Month
Country Music Month
Family History Month
Hunger Awareness Month
Museum Month
National Dental Hygiene Month
National Pretzel Month

Yom Kippur (10/6)
Columbus Day (10/13)
Thanksgiving Day Canada (10/13)
Boss's Day (10/16)
Sweetest Day (10/18)
United Nations Day (10/24)
Daylight Savings Time Ends (10/26)
Mother In Law's Day (10/26)
Halloween (10/31)



IT IS PUMPKIN TIME AGAIN!

DID YOU KNOW?

Pumpkins are not vegetables –they are fruits! Pumpkins, gourds, and other varieties of squash are all members of the family Cucurbitaceae, which also includes cucumbers, gherkins, and melons. Pumpkins have been grown in America for over 5,000 years. They are indigenous to the western hemisphere and were completely unknown in Europe before the time of Columbus.

In 1584, the French explorer Jacques Cartier reported from the St. Lawrence region that he had found "gros melons", which was translated into English as "ponpions," or pumpkins. References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion." Shakespeare referred to the "pumpion" in his *Merry Wives of Windsor*. American colonists changed "pumpion" into "pumpkin." The "pumpkin" is referred to in *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater* and *Cinderella*.

Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.

Source: <http://www.urbanext.uiuc.edu/pumpkins/>

For autumn cooking with a Mexican flair, try one of these recipes:

Pumpkin Chili Mexicana

1 pound ground beef or turkey
¾ cup chopped onion
½ cup diced, each: red and green bell peppers
1 garlic clove, minced
2 (14.5-ounce) cans diced tomatoes, including liquid
1 (15-ounce) can each: pumpkin, tomato sauce and kidney beans, drained

1 (4-ounce) can diced green chilies ½ cup frozen or fresh corn kernels
1 tablespoon chili powder 1 teaspoon each: ground cumin and salt ½ teaspoon
freshly ground black pepper

Crumble ground beef in a dishwasher-safe hard-plastic colander suspended over a 3- to 4-quart casserole. Sprinkle onion, red and green bell peppers and garlic over meat. Stirring midway through cooking, microwave on high 7 minutes. Discard grease and place meat mixture in same casserole.

Add tomatoes, pumpkin, tomato sauce, kidney beans, chilies, corn, chili powder, cumin, salt and pepper; stir to blend. Cover with lid or vented plastic wrap and microwave on high 8 minutes. Stir, cover and microwave on medium (50 percent) 12 minutes. Makes 10 servings, each: 216 calories.

Serving Suggestion: Accompany with grated Cheddar cheese, diced green onion and sour cream.

Curried Pumpkin Soup

1 cup chopped onion **1 garlic clove, minced**
1 tablespoon margarine **1½ teaspoons curry powder**
½ teaspoon salt **¼ teaspoon ground white pepper**
3 cups chicken broth **1 (15-ounce) can pumpkin**

1 (12-ounce) can skim evaporated milk

Place onion, garlic and margarine in a 2-quart glass measure or casserole. Cover with vented plastic wrap or lid; microwave on high 3 minutes. Stir in curry powder, salt and pepper; microwave on high 1 minute.

Blend in broth and pumpkin; cover and microwave on high 10 minutes. Stir in milk. Pour half of soup into a blender and purée until smooth. Repeat with remaining soup. Makes 8 (scant 1 cup) servings, each: 83 calories.

Sites To See



Apple Country in North Carolina Mountains

http://www.griztrax.net/Appalachians/apple_country_tn.html

Fall Leaf report <http://www.exploreasheville.com/leafreports.htm>

Check out 31 different recipes using pumpkin at:

<http://www.pasterywiz.com/archive/category/pumpkin.htm>

Visit North Carolina (Mountains, Piedmont and Coastal Plain)

http://www.visitnc.com/index_home.asp

The United States Senate designated October as Family History Month. More than 80 million Americans are believed to be actively searching for more information about their ancestors.

<http://www.cr.nps.gov/nr/feature/family/>

During 2003 an estimated 211,300 new cases of breast cancer are expected to occur among women in the United States. NBCAM encourages all women to recognize the importance of early detection by participating in National Mammography Day on October 17, 2003.

<http://www.nbcam.org/>

Lack of access to oral health care is a crisis affecting millions of Americans. Federal government statistics reveal the gravity of this public health issue. In 2000, more than 97 million people in the U.S. went without a dental visit. In the same year, more than 150 million Americans, 55 percent of the population, had no dental insurance. Finally, in a government report from 2001, more than 31 million people lived in areas where there was less than one full-time dentist for a population of 4,000 to 5,000 people. <http://www.adha.org/ndhm/>

LET'S READ ABOUT
PUMPKINS, SEEDS & AUTUMN LEAVES



Autumn Leaves by Ken Robbins

This book has bright, crisp photos presenting a close-up look at 13 types of trees full of color. Suitable for children 3-8 years old.

Red Leaf, Yellow Leaf by Lois Ehlert

The story of a child who plants a sugar maple tree and watches it through the seasons. Illustration techniques used include: watercolor collage, leaf-shaped die cuts and pieces of actual seeds, fabric, wire, and roots.

Suitable for children 3-8 years old.

Autumn ~ Gail Saunders by Smith

Easy-to-read text and photographs show the weather, plants, animals, and activities of autumn.

Suitable for children 4-7 years old.

The Apple Pie Tree by Hall/Halpern

Two sisters watch as their apple tree changes. When autumn comes, the small green apples have grown big enough for picking and for pie! Suitable for children 4-7 years old.

Why Do Leaves Change Color? (A Let's Read & Find Out Science Book) by *Maestro/Krapinski*

This book explains the concepts of photosynthesis, pigments, and chlorophyll in a simple manner. Activities suggestions included.

Suitable for children 4-10 years old.

More Autumn Books



Clifford's First Autumn, Norman Bridwell

Leap into autumn with Clifford the Small Red Puppy as he sniffs the falling leaves and watches the seasons change for the very first time. The perfect companion book to Clifford's Halloween and Clifford's First Halloween. Full color. 32 pp. Ages 4-8.

Apples and Pumpkins, Anne Rockwell

Time for pumpkin picking, apple cider, and Halloween. With great enjoyment of the autumn season, a small girl tells of her family's journey to a farm to pick apples and pumpkins. In simple language she gives the details of happiness from the point of view of a small child.

Nuts to You! Lois Ehlert

It's summer in the city, and a rascally squirrel is up to all sorts of tricks. He digs and eats and zips and hides, but when he sneaks inside an apartment window, it's time for a nutty solution to get him out. Labels identify plants, birds, and insects on each page, and a glossary at the back of the book offers factual details about squirrels.

The Pumpkin Patch, Elizabeth King

The photos are clear and colorful. The process involved in growing, harvesting and selling pumpkins is displayed in every picture. There is a witch, a scarecrow, even a giant papier-mâché pumpkin to admire.

Fall Colors, Rita Walsh

The autumn wind is fast and cold, blowing leaves of red and gold. They spin and swoop all through the air. Then they get tangled in your hair. Autumn leaves are everywhere! Ages 4-8

Autumn Leaves, Ken Robbins

This book catalogs more than 12 leaves and makes a great take along for a nature walk. Examines the characteristics of different types of leaves and explains how and why they change colors in the autumn. Ages 3-8

IN THE NEWS



Use "Extra Hour For Extra Action" to Get "Tweens" Active: Oct. 27 - Nov. 21, 2003

When daylight savings time ends on October 26, 2003, and clocks are set back one hour, community based organizations can help to move Tweens forward in getting active by taking part in VERB's Extra Hour For Extra Action (EHEA) promotional program. EHEA is a simple program that will occur over four weeks to increase the number of hours "Tweens" (children ages 9-13 years) participate in physical activity.

VERB provides the creative ideas and ready-to-use materials for your organization to get involved. Plus there is an opportunity to win a grant to support your organization's physical activity program! To order a EHEA promotion kit, or to find out more information, visit <http://www.cdc.gov/verb> (and see box on Home Page).

To ensure school participation in EHEA, the VERB Campaign is working with a marketing company to promote the program directly to more than 7,400 middle schools throughout the United States. All major markets and 1.5 million Tweens will be reached through this effort.

Music Lessons Boost Verbal Memory

Kids With Music Training Have Better Verbal Memory Skills

By Jennifer Warner from *WebMD Medical News*

July 28, 2003 -- The benefits of music lessons may turn up in more areas than just the recital hall. A new study shows children who take music lessons have better verbal memory skills than others and may find it easier to learn in school.

Researchers say the findings suggest that experiences that activate and alter a region of the brain may improve performance in other tasks supported by that area, much in the same way cross training boosts athletic performance.

Emily M. Castleberry
Literacy Coordinator

More Music, More Memory?

In the study, psychologists in Hong Kong studied 90 boys between the ages of 6 and 15. Half of the boys had received music training as members of their school's string orchestra, plus music lessons on Western instruments, for up to five years. The others had no musical training.

Researchers gave the children verbal memory tests to see how many words they could learn and recall from a list and a similar test to measure their visual memory skills.

The study showed that the students with music training learned, recalled, and retained more words than the other boys. And verbal memory skills rose in proportion to how long they had taken music lessons. No such differences were found for visual memory skills.

"The more music training during childhood, the better the verbal memory," says researcher Agnes S. Chan, PhD, a psychologist at the Chinese University of Hong Kong, and colleagues. "This strongly implies that the better verbal memory in children with music training is not simply a matter of differences in age, education level, or their family's socioeconomic characteristics."

Lasting Benefits of Music Lessons

In a second experiment, researchers followed up a year later with the 45 orchestra students. Nine had dropped out less than three months after the initial study, and 17 new students had begun music training.

This beginner's group had originally shown lower verbal memory skills than the musically trained students, but one year later these new students showed significant improvement in verbal skills.

Although the verbal memory skills of the nine children that stopped taking music lessons did not continue to improve after the training ended, their memory skills remained stable and they did not lose the advantage they had gained previously.

Researchers say this group of children had already had almost three years of musical training before they discontinued their music lessons, which means their training may have had a long-lasting effect.

But as shown by the new music students, as little as a year of music lessons was enough to provide noticeable benefits in verbal memory skills.

Researchers say more studies are needed, but learning more about how musical training boosts memory performance may one day help in rehabilitating people with memory loss.

Featured Program

Teletubbies



TELETUBBIES is the first program designed specifically for children ages one to four. The series was born from the observation that most children in today's world grow up with technological devices that speak to them. The program's unique format and characters are designed to:

- Nourish thinking skills
- Teach children to listen
- Help build their curiosity
- Expand their imagination
- Increase confidence

Series goals and themes:

- Use comedy to stimulate thinking
- Encourage speech
- Encourage listening
- Teaches through repetition
- Promotes affection
- Increases confidence
- Builds self-esteem
- Encourages movement
- Celebrates individuality

Workshops for parents, caregivers and teachers include the use of program segments, hands-on activities, series activity handouts and TELETUBBIES site.

Tune in for five **NEW** episodes the week of October 27. There is a special treat on **HALLOWEEN!**

#526 “GETTING DRESSED”

The Teletubbies Everywhere segment features the number 2 with Tinky Winky, Dipsy’s hat crosses the frame, the color blue with Po and Dipsy wearing his hat and the film from Korea features some children getting dressed in their national costume.

In Teletubbyland, Laa-Laa falls off the slide, and the film shows 2 girls hanging out the washing. They show us their wet clothes and put them on the clothesline. They put the pegs on to stop their clothes blowing in the wind. The children look at the clothes dripping with water. The Teletubbies dance a rocking dance.

#527 “NUMBERS ‘4’”

The Teletubbies Everywhere segment features Laa-Laa & Po making a rectangle. Po plays on her scooter and the film from India features children exploring the number 4.

In Teletubbyland, Tinky Winky saw a big cloud, Po saw a small cloud and Dipsy and Laa-Laa see two medium size clouds. They all agree they are lovely clouds. The Teletubbies dance a happy dance before they sit down to watch the magical animals pass through Teletubbyland.

#528 “MARBLE TRACK”

The Teletubbies Everywhere segment features counting 3 balls with Laa-Laa, up and down with Dipsy, Laa-Laa chasing her ball and the film from Germany show three children building a large sandcastle – they run marbles down a track from the top to the bottom.

In Teletubbyland, the Teletubbies are running around the house, but stop to see a group of children visit a station. They wait at the crossing gate for the train and wave as it goes past. Then the stationmaster opens the gate and lets them cross the track. The Teletubbies dance a twisty dance.

#529 “SHAKING & BEATING”

The Teletubbies Everywhere segment features the number 4 with Dipsy, colors blue with Po. Tinky Winky makes a triangle and Laa-Laa march. The film from Taiwan shows two children making lots of different sounds.

In Teletubbyland, Po is walking in Teletubbyland when a bluebell appears. Po shows Laa-Laa the bluebell and then one by one more bluebells appear. Po & Laa-Laa show Tinky Winky and Dipsy and more bluebells appear until they are everywhere. The Teletubbies dance the run away dance.

#530 “FLOWER PLANTING”

The Teletubbies Everywhere segment features Dipsy making a star shape, the color silver with Tinky Winky, and Tinky Winky, Laa-Laa and Po run under a rainy cloud. The film from Chile shows children planting some flowers.

In Teletubbyland, the Teletubbies are coming and going. They watch Lewis who is going for a walk with his nanny. He puts on his boots and off they go. They walk through lots of leaves and come to some mud. Lewis jumps in the mud and makes some lovely squiggling noises. Then he finds a huge puddle to splash in. His boots keep his feet dry. The Teletubbies dance a dizzy dance.

#531 “FLOWER FESTIVAL”

The Teletubbies Everywhere segment features Po counting to 5, and Laa-Laa makes a star. The international film shows children in Spain making a picture with flowers.

The Teletubbies dance around the hills until it's time to watch some children making mosaics. They use different color paper cut into wiggly shapes, squares, triangles and other shapes. The children stick them onto paper to make a mosaic picture. The Teletubbies get together to watch the magical tree grow and dance a twisty dance.

#532 “NUMBERS ‘1’”

In the Teletubbies Everywhere segment there are 4 Teletubbies, Tiny Winky makes an oval shape and the Teletubbies have their favorite things. The international film from India shows children exploring the number one.

In Teletubbyland, the Teletubbies giggle as they try doing everything at the same time and get into a jam. So, they do things one at a time. Then they dance the tip toe dance.

#533 “LANTERNS”

The Teletubbies Everywhere segment shows Laa-Laa counting to eight, and Dipsy makes a rectangle. The Film from Taiwan shows children making some lanterns.

In Teletubbyland, Laa-Laa is coming and going. The Teletubbies get together to watch Zonti and Isobelle playing with flashlights. Isobelle's light is red. They shine the flashlights up the wall and on to the ceiling. The children play chase with the lights on the ceiling. The Teletubbies watch the Teddy Bear dance on the carousel and dance a big dance.

#534 “DUNE SLEDDING”

The Teletubbies Everywhere segment features Dipsy and Laa-Laa making a triangle, and Po goes up and down. The international film shows children in Namibia sledding down a sand dune.

In Teletubbyland, Dipsy climbs a steep hill. The Teletubbies get together to watch the animals march through Teletubbyland two by two and dance a bouncy dance.

#535 “PUMPKIN FACE”
(No Teletubbies Everywhere)

The Teletubbies leave their favorite things to watch Alex make a pumpkin head. She uses glue to stick big leaves on a pumpkin as ears, and a triangle shaped piece of paper for the nose. Alex puts marshmallows on the pumpkin for eyes and raisins and sultanas on a smiley bit of material for teeth. Finally she adds straw for the pumpkin’s hair and finds a hat for it to wear. A pumpkin appears in Teletubbyland. It has two ears, a nose, two eyes and big smile. Laa-Laa and Dipsy are very impressed with the pumpkin until it wears Dipsy’s hat. The Teletubbies dance the round and round dance.

IN THE COMMUNITY



Ed Tech 2003

“You practiced what you preached—an excellent interactive session hitting all senses.”

“I liked the activity of going online. “

“I think the information was accurate and useful for instructors and students as well.”