



Building Bridges Mentoring Program- Washington County Youth Bureau

May 2009

Newsletter

We're deluged with advice to drink eight glasses of water a day to keep ourselves hydrated. And a dim view is traditionally taken of reading in bad light, with dire warnings that it will damage our eyesight. However, there's only one thing wrong with these and other readily-accepted health homilies... they're either untrue or unproven. They are among a medicine cabinetful of myths that have been debunked.

A light-hearted study entitled 'Medical Myths Even Doctors Believe', published in the British Medical Journal, was carried out into health beliefs espoused by physicians, fitness gurus and the public.

Myth: We use only 10 per cent of our brains

Fact: This belief is erroneously credited to Albert Einstein. But MRI scans and other imaging studies show no dormant areas of the brain, and even viewing individual neurons or cells reveals no inactive areas. Metabolic studies of how brain cells process chemicals show no non-functioning areas. The myth probably originated with self-improvement peddlers in the early 1900s who wanted to convince people that they had yet not reached their full potential.

Myth: You should drink at least eight glasses of water a day

Fact: "There is no medical evidence to suggest that you need that much water," says Dr Rachel Vreeman, co-author of the journal article. She thinks this myth can be traced back to a 1945 recommendation from the Nutrition Council that a person consume the equivalent of 8 glasses of fluid a day. Over the years, "fluid" turned to "water". But fruits and vegetables and other liquids, count.

Myth: Fingernails and hair grow after death

Fact: "As the body's skin is drying out, soft tissue, especially skin, is retracting," Vreeman says. "The nails appear much more prominent as the skin dries out. The same is true, but less obvious, with hair. As the skin is shrinking back, hair looks more prominent or sticks up a bit."

Myth: Shaved hair grows back faster, coarser and darker

Fact: When hair first grows back after being shaved, it grows with a blunt edge on top. Over time, the blunt edge gets worn so it may seem thicker than it actually is. Hair that's just emerging can be darker too, because it hasn't been bleached by the sun.

Myth: Reading in dim light ruins your eyesight

Fact: Researchers found no evidence that reading in dim light causes permanent eye damage. It can cause eye strain and temporarily decreased acuity, which subsides after rest.

Myth: Eating turkey makes you drowsy

Fact: A chemical in turkey called tryptophan is known to cause drowsiness. But turkey doesn't contain any more of it than chicken or beef. This myth is fuelled by the fact that turkey is often eaten with a heavy holiday meal, often accompanied by alcohol — things that will make you sleepy.

Myth: Mobile phones are dangerous in hospitals

Fact: There are no known cases of death related to this one. Cases of less-serious interference with hospital devices seem to be largely anecdotal, the researchers found. In one study, mobile phones were found to interfere with 4 per cent of devices, but only when within 3 feet of the device. Another study found no interference in 300 tests in 75 treatment rooms. "Whenever we talk about this work, doctors at first express disbelief that these things are not true," says Vreeman. "But after we carefully lay out medical evidence, they are very willing to accept that these beliefs are actually false."



Summertime

A poem written by Miriah Anthony (mentee)

Why Summertime is so cool,

Is because there is no school!

We don't have to make a speech,

Just have to lay around on a beach

What Kids Need to Succeed

Asset # 1 Family Support

Here are ways to provide Family Support:

* Set aside at least one evening per week for family activities. Brainstorm as a family things you might like to do, then agree on which ones to try.



Quote:

I have only one superstition. I touch all the bases when I hit a home run.

Babe Ruth



Special points of interest:

* Youth Theatre Auditions on May 4th. At the Lake George H.S. at 7pm. Student ages 11-highschool seniors go and try out for the summer theatre program which runs July 6-31.

<http://www.co.washington.ny.us>

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the website!!**

Things to Do!

May 2nd: Free evening at Explore!

Warren St., Glens Falls 5-8pm

May 2nd: Student Talent Show

At Little Theatre on the Farm, Fort Edward
\$3, 7pm

May 2-3: Hudson River Whit water Derby

North river & North creek, spectators welcome: 251-2612

May 5-31: Regional High School Art Exhibit

at the Hyde in Glens Falls

May 6-10: Ringling Bros. & Barnum &

Bailey Circus:

Times Union Center, Albany \$12-\$75

May 16: Barney Barnhart Fishing Derby

Mill pond, Brant Lake 494-2722

May 20: Upstate Model Railroaders Open

House: At Aimie's Dinner & A movie basement, downtown Glens Falls Free. 7-9pm.

May 26: See movie *Gran Torino*

at the Crandall Public Library, Glens Falls. Free. 6:30pm

May 30th: Remembering Folk Art of the

Old Country: At Slate Valley Museum, Granville. \$5

May 30-31: Adirondack Mountain Art &

Craft show: At Washington County Fair Grounds, Greenwich. Free 12 & under, \$2 youth & \$8 adult.

Memorial Day Parades:

Kingsbury: 9am, starts at Glens Falls National and past Hartford.

Hudson Falls: 11am. Starts at Court House towards Union Cemetery.

Fort Edward: 2pm. Starts at Agway and continues into downtown.

Glens Falls: 10am

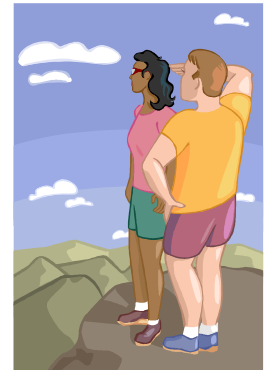
Monthly Activity for May

Hiking on Hadley Mountain...May 30th

We will meet at the County Building; leaving at 9am. (I will have at least one van that will hold 6 to assist with transportation). The hike will start about 10am and take 3-4hrs (depending on how long we rest at the top for lunch/snack).

Water and some snack food will be provided

Please dress appropriately: Hike shoes or good soled sneakers. Layer your clothing. Could still be a bit wet in spots. It is a moderate hike with a few steep spots—expect to sweat. Could bring a change of shoes for after the hike. Bug/tick repellent and sunscreen is advised. Call (message) to confirm attendance 746-2317



Teenmag.com :Top 10 TV shows for 2008-2009 season! Do you agree?

1. Gossip Girl (Mondays, 8pm on CW)
2. Smallville (Thursdays, 8pm on CW)
3. The Real World/Road Rules Challenge (Wednesday, 10pm on MTV)
4. One Tree Hill (Mondays, 9pm on CW)
5. 90210 (Tuesdays, 8pm on CW)



6. Privileged (Tuesdays, 9pm on CW)
7. Chuck (Mondays, 8pm on NBC)
8. Lincoln Heights (Tuesdays, 8pm on ABC family)
9. Greek (Tuesday, 9pm on ABC Family)
10. Fringe (Tuesdays, 9pm on FOX)