

YOUTH BUREAU

Building Bridges Mentoring Program

FUN AND FRIENDSHIP



OCTOBER
2008

SPECIAL
POINTS
OF INTER-
EST:



- Submit an article or article idea !!!
- **Joke:**
- Why did the vampire go to the orthodontist?
- he wanted to improve his bite-

Fact:

The largest pumpkin weighted 1689 lbs.

Tongue

Twister:

I wish to wish the wish you wish to wish, but if the wish the witch wishes, I won't wish the wish you wish to wish.

"Friendship is what gets you through the bad times and helps you enjoy the good times"

*For last month's group activity we all went to the **Adirondack Museum** in Blue mountain Lake. What was suppose to be a 2 hour trip turned into a 3 hour trip after Tammy got talking to everyone and missed the exit.*

At the museum all of us shared colored popcorn and enjoyed jumping in the massive water puddles while looking around at all of the attractions. On the way home we stopped at a Stewarts for some ice cream that one of our mentors, Wayne ,bought for all of us. Thank you Wayne!!!

Next activity will be carving pumpkins and Schenectady Museum..



Have a wonderful and safe Halloween!

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**Things
to do in
October:**

*27th Annual Adirondack Arts and Crafts Fair Oct 17, 2008 - Oct 19, 2008 | 10:00 AM at: Washington County Fairgrounds, Greenwich NY (13 mls east of Saratoga Springs)

*Oct 3- Adirondack Star Gazing Party at Betar Memorial Park in South Glens Falls. Starts at 11:30 pm- Free

*Oct 18- Halloween Traditions at the Chapman Historical Museum, GF

*Oct 25- Goblin Gallop and Halloween Hop at Abraham Wing School in Glens Falls. Road Race and children's run- Customs encouraged! Race starts at 9 am

*Oct 31- Literary Halloween Party at Red Fox Books in Glens Falls. Come dressed as your favorite author or theme. From 6-8pm

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

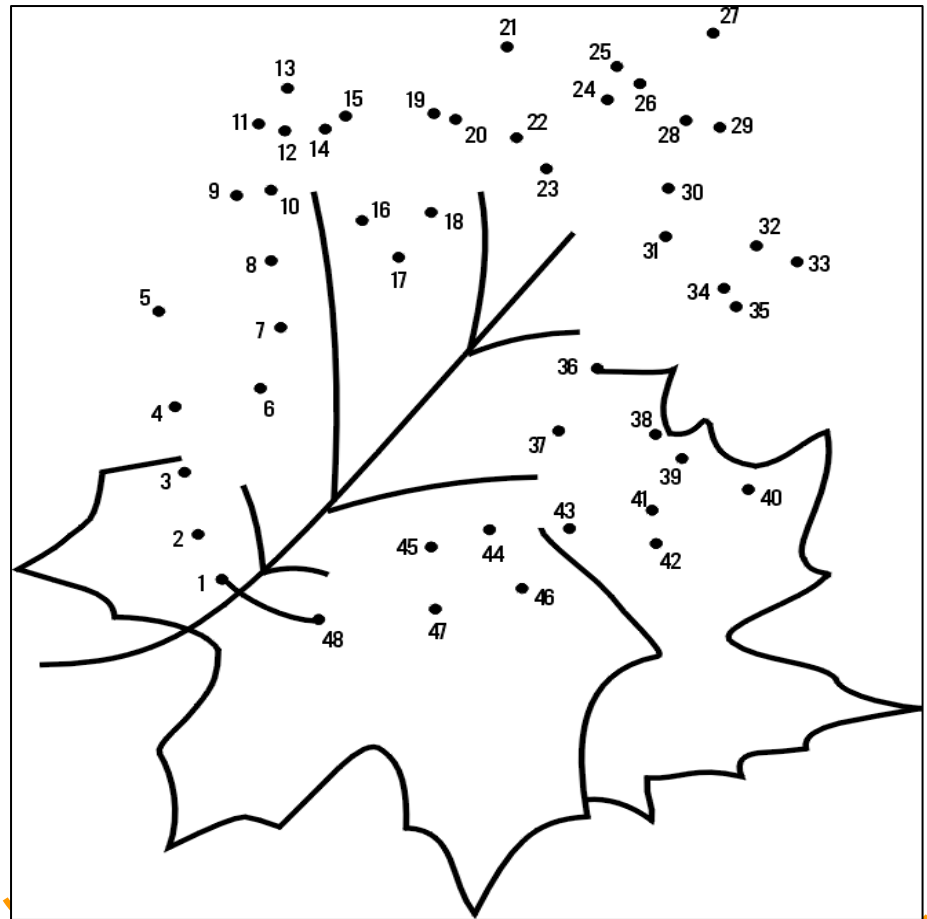
After School SNACK Ideas: Your body counts on you to stay active and choose healthy foods

Halloween Cupcakes:

Preheat oven to 350 degrees. Beat together 1 (8 ounce) package cream cheese, 1 egg, 1/3 cup sugar, and 1/8 teaspoon salt. Add 1 (6 ounce) package chocolate chips. Add 12 drops of yellow food coloring and 8 drops of red. Blend well; set aside. Sift 1 1/2 cups flour, 1 cup sugar, 1/4 cup cocoa, 1 teaspoon salt. Stir in 1 cup water, 1/3 oil, and 1 teaspoon vanilla. Fill 15 cupcake liners 1/3 full with chocolate batter, drop 1 heaping teaspoon of cream cheese mix on top. Bake 30 minutes.



Connect the dots



Eating breakfast may beat teen obesity

A new study shows that teenagers who eat breakfast regularly eat a healthier diet and are more physically active throughout their adolescence than those who skip breakfast. Years later, they also gained less weight and had a lower body mass index (BMI), a measure of weight in relation to height used to measure obesity.

"Adolescents may think that skipping breakfast is a good way to save on calories. Eating a healthy breakfast may help adolescents avoid overeating later in the day and disrupt unhealthy eating patterns," says a researcher from the University of Minnesota.

In a study, researchers analyzed the dietary and weight patterns of a group of 2,216 adolescents over a five-year period.

Teens who ate breakfast regularly had a lower percentage of total calories from saturated fat and ate more fiber and carbohydrates than those who skipped breakfast

In addition, regular breakfast eaters seemed more physically active than breakfast skippers. Over time, teens who regularly ate breakfast tended to gain less weight and had a lower body mass index than breakfast skippers.

Meanwhile, a related study found that reducing television and computer time by 50% in children led to less sedentary behavior and a lower BMI compared with children with unrestricted TV and computer time.

