Why Do Leaves Change Color in the Fall?

Thinking of the fall season in Western New York conjures up images of the changing colors of autumn leaves. We all enjoy the beautiful colors that fall has to offer as we drive or walk down a tree-lined street. But have you ever wondered why the leaves change color as summer turns into fall? To answer that question, we must first understand how trees get nutrients.

Trees get water through their roots in the ground and they take a gas called carbon dioxide from the air. Trees use sunlight to turn water and carbon dioxide into oxygen and sugar through a process called photosynthesis. Glucose is a kind of sugar that plants use as food for energy to grow. A chemical called chlorophyll helps make the process of photosynthesis happen and is what gives plants their green color.

We already know that the days get shorter as summer becomes fall. But the fact that the days get shorter is how the trees know to begin getting ready for winter. There is not enough light or water for photosynthesis to occur during winter. So the trees prepare to rest and live off of the food they stored during the summer. They will begin to shut down, which means that the green chlorophyll will start to disappear from the leaves. As the green color fades, yellow and orange colors begin to appear.

(Continued on page 2)

History of Fall Sports: Field Hockey and Football

As fall gets into full swing, many people begin their ritual preparations for the upcoming sports season. Football and field hockey are both popular fall sports. While in the United States football may outrank field hockey in popularity, many would be surprised to learn that field hockey is one of the oldest and most popular competitive sports around the globe.

Field Hockey

The game of field hockey dates back well before the Ancient Olympic Games. The exact origin of the game remains unknown however; 4,000 year old drawings found in ancient Egyptian tombs depicts men playing the sport. Throughout the following centuries, variations of the game were played by a spectrum of cultures ranging from the Greeks and Romans to the Ethiopians and Aztecs.

The modern game of field hockey evolved in England in the mid 19th century. The first men’s hockey club was formed in 1850 and led to the establishment of the Hockey Association of London in 1886. The game of “hockey” quickly spread throughout the British colonies and eventually became inducted into the Olympic program in 1908. Originally the sport was considered far too dangerous for female participation. However, in 1887 the first women’s hockey club appeared in England and swiftly became a popular sport among female athletes. In 1901 Constance Applebee crossed the Atlantic and introduced the game to the United States while attending a seminar at Harvard. Throughout the century the game has evolved and adapted to the ever changing society. Today, field hockey is widely popular among high schools and colleges throughout the country!

Football

Football historians place the game’s (Continued on page 2)
emerge. Small amounts of these colors may have always been part of the leaves, they were just covered up by the green chlorophyll during the summer. But how do we get so many different colors? Brilliant reds and purples are made mostly during fall. The red color occurs in trees like maples because glucose gets trapped in the leaves after photosynthesis stops. Sunlight and cooler nights cause the leaves to turn this glucose into a red color. The brown colors are made from waste left in the leaves. It is the combination of all of these colors that make fall a beautiful season to experience.

For the best times and places to view the changing leaves, please see “Peak Seasons for Western New York” on page 6.

http://www.sciencemadesimple.com/leaves.html

Haiku: Poetry Inspired by the Seasons

The change of seasons can mean different things for different people. Maybe you are going to a new school, trying a new sport, or hanging out with new friends—all of these experiences can lead a person to grow, learn, and have stories to tell. Some popular forms of story-telling are novels, short stories, and poems.

Haiku is a specific type of poetry that should “paint a picture” in the reader’s mind. It is a traditional Japanese form of poetry that has been adapted by English writers for centuries. “Haiku” is the singular and plural spelling, there is no ‘haikus’. Most contemporary haiku follow guidelines that reflect early Japanese tradition:

* Consist of a total of 17 syllables.
* Written in the present tense.
* Include one or more senses such as sound, smell, taste or touch, and not just what we can see.  
* Include a seasonal reference called “kigo” in Japanese.

Conventionally, contemporary haiku consist of 3 lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the last line. Common themes include nature, feelings, and experiences.

Autumn can be the perfect season to help you use images in your poetry. You can use ideas from school or your after school activities.

And leaves are turning.
1 1 1 2 = 5
Of brown, gold, green, and yellow.
1 1 1 1 1 2 = 7
Days are getting cold.
1 1 2 1 = 5

As you can see there are a series of one syllable words (like ‘leaves’ or ‘gold’) and two syllable words (like ‘yellow’ or ‘getting’) to make up the poem. Also, you might notice that the poem does NOT rhyme. While, of us are used to poems rhyming, they don’t have to, especially in haikus.

This style of writing is a lot of fun and a great way to get your thoughts on paper in a very short period of time. Some writers will put a string of haikus together to make a longer poem but this is not a rule so have fun however you want!

School is open now
There are many things to do
Happiness in this.

For more information: http://www.wikihow.com/Write-a-Haiku-Poem

From there on, the development of American football has been attributed to Walter Camp, a former player and coach at Yale University, as well as one of the original members of the Intercollegiate Football Association that began formulating rules for the game. Some of the changes Camp made from rugby and soccer to American football were the creation of the quarterback and center positions and the creation of the line of scrimmage. He also changed the team size from 15 to 11 and standardized the scoring system. Camp edited every American football rulebook until his death in 1925.

In 1920, the American Professional Football Association was formed, later renamed in 1922 as the National Football League. The game of football has become a multi-billion dollar business in its professional form. The Super Bowl is considered to be the most watched sporting event of all time, with a viewing audience from around the globe!

The game picked up in popularity around 1860, with freshman and sophomore classes at Harvard competing on the first Monday of each school year; this event came to be known as ‘Bloody Monday’ because of the roughness of the game. Colleges soon began organizing football games, with Princeton leading the way in 1867 by establishing some rudimentary rules of the game, followed by Rutgers College. These two schools met on Nov. 6, 1869 for the very first intercollegiate football game, with Rutgers winning with a score of 6 goals to 4.
October is a symphony of permanence and change.
~Bonaro W. Overstreet

Enjoy Everything Fall Has To Offer!

Western NY is a beautiful place to appreciate the change of seasons. Check out some of these great family activities to enjoy on the weekends while taking in the change of season!

Darien Lake Fright-Fest!
9993 Allegheny Road
Darien Center, NY 14040
(585) 599-4641
Sept. 24th-Oct. 17th; Fri. 6–10pm., Sat. 12–10pm & Sun. 12–8pm.
There is plenty of family fun in Adventure Isle that is transformed into Booville. Kids can experience pumpkin painting, Trick-or-Treat Trails and more! Test out the NEW Corn Cannons and compete with your friends to see who can shoot the farthest!

Becker Farms Annual Pumpkin Fiesta!
3760 Quaker Road
Gasport NY 14067
(716) 772-2211
Oct. 9, 10, 11, 16, 17, 23, 24
This is a terrific way to celebrate the harvest season! The great Pumpkin Fiesta is a fun family activity that kids will remember and want to return to year after year. You can run through their time honored traditional corn maze! The Fiesta is every Saturday and Sunday from mid-September to the end of October. Free Live music from 1pm-4pm. Cost: Children and adults are $7.

Blackman Homestead Farm
4472 Thrall Rd
Lockport, NY 14094
Niagara County
(716) 434-7116
Fri. Sept. 10th– Sun. Oct. 31st
During the fall harvest season, you can experience this modern day working farm and enjoy apple picking in their beautiful orchards on the rolling hills of the escarpment.

Spotlight On Youth Open Mic Night
Shea’s Smith Theatre
658 Main Street
Buffalo, NY 14202
(716) 832-5400
Wednesday, November 17th 6:30pm-8:30pm
Spotlight on Youth, which is sponsored by the Just Buffalo Literacy Center, is a local organization that is trying to promote young artists through their “2010 Open Mic Series”. This is exclusively for young adults between the ages of 12 and 21 who would like to perform or watch others perform.

Beaver Meadow Observatory @ Buffalo Audubon Society
1610 Welch Road
North Java, NY 14113
(585) 457-3228
When: Oct. 16; 9pm
Take a guided tour of the night sky at the Audubon Society, using varied instruments owned by the association. Or bring your own telescope and receive proper instruction on its use.

115th Annual YMCA Turkey Trot
Delaware Ave. & Shoreham
Buffalo, NY
(716) 875-1283
When: Nov. 26th, 2010, at 9am sharp!
The oldest footrace in America, the Trot includes festivities with a lively post-race party. The YMCA Turkey Trot is an 8k (4.97mi) footrace which begins at Delaware Ave. & Shoreham, following Delaware Ave. into downtown Buffalo. Entry fees help to provide assistance to needy families who participate in YMCA services.

Exhibits at the Albright-Knox Art Gallery
1285 Elmwood Avenue
Buffalo, NY 14222
716.882.8700
Forty: The Sabres in the NHL
Nov. 7-Jan.9
Come celebrate 40 years of the Buffalo Sabres in the NHL, featuring a pictorial survey of more than 200 images taken from 1970-2010. Also see an experiential film designed by the Buffalo Sabres.

Welcome to Beyond in Western New York
Sept. 23-Jan. 16.
This international contemporary art exhibition is the product of a unique curatorial collaboration between 12 of WNYs museums and galleries, showcasing the work of over 100 artists from the region and beyond.

To find specific events & locations visit http://beyondinwny.org/ or the Exhibitions section at www.albrightknox.org.

Hours: Tue.-Sun. 12:00am-5:00pm
Cost: Adults $12, Students (ages 13 & up) and Seniors $8; Fridays–Free Admission!
**Almost Astronauts: 13 Women Who Dared to Dream**
By Tanya Lee Stone & Margaret A. Weitekamp

Here is the true tale of 13 women who proved not only that they were incredibly tough, but also that they were determined and brave enough to challenge society’s view about women in the workplace. Their passage to space was blocked by narrow-mindedness and jealousy; but in the end, their inspiring example empowered young women to take their rightful place in the sky, piloting jets and commanding space capsules.


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### Teen's Corner

**Where the Mountain Meets the Moon**
By Grace Lin

A young girl named Minli lives in a hut with her parents. Where she spends her evenings, listening to her father tell old folktales of the Jade Dragon and the Old Man on the Moon, who knows the answers to all of life’s questions. Inspired by these stories, Minli sets off on an extraordinary journey to find the Old Man on the Moon to ask him how she can change her family’s fortune. She encounters an assorted cast of characters and magical creatures along the way, including a dragon who accompanies her on her quest for the ultimate answer.

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**Marcelo in the Real World**
By Francisco X. Stork

Marcelo Sandoval hears music no one else can hear. It is part of the autism-like impairment no doctor has been able to identify. He's always attended a special school where his differences have been protected. But the summer after his junior year, his father demands that Marcelo work in his law firm's mailroom in order to experience "the real world." There Marcelo meets Jasmine, his beautiful and surprising coworker, and Wendell, the son of another partner in the firm. He learns about competition and jealousy, anger and desire. But it's a picture he finds in a file, a picture of a girl with half a face, that truly connects him with the real world: its suffering, its injustice, and what he can do to fight.

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### Harry Potter and the Deathly Hallows: Part 1, It All Ends Here

The final chapter of the Harry Potter film series begins as Harry, Ron and Hermione leave Hogwarts behind and set out to find and destroy the Horcruxes—the secret to Voldemort's power and immortality. Rated: PG

**Due in Theatres: Nov. 19, 2010**

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**Secretariat**
Based on the remarkable true story chronicling the spectacular journey of the 1973 Triple Crown winner. Against all odds, Penny Chenery agrees to take over her ailing father's horse-racing stable and manages to navigate the male-dominated business, ultimately fostering the first Triple Crown winner in 25 years and what may be the greatest racehorse of all time. Rated: PG

**Due in Theatres: Oct. 8, 2010**

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### Movies and DVDs

**Diary of a Wimpy Kid (DVD)**
Greg Heffley is about to enter middle school and he’s really dreading it. As one of the kids who haven't gotten his teenage growth spurt yet, Greg seems wimpy next to the “gorillas” walking the school halls. He also desperately wants to be popular and get a superlative in the yearbook, and he'll try any scheme possible to realize these distant goals. Fortunately, Greg has his best friend Rowley, who despite being babyish and awkward always sticks by Greg even when they’re faced with bullies, bossy girls, wrestling practice, safety patrol club and the threat of eating a piece of moldy cheese. Rated: PG

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**Percy Jackson and the Olympians: The Lightning Thief (DVD)**
Percy Jackson had always thought he was just another ordinary New York City teenager, but after a bizarre series of run-ins with mythical creatures, he learns he's actual the son of Greek god Poseidon. Percy soon discovers he has special powers and joins a group a secret camp in the woods where he and other demigods are trained to use these skills. Together with his friends Grover, who is a satyr (part goat, part teen), and Annabeth, the daughter of Athena, Percy sets off on a quest to save his mother from the underworld and discover who stole Zeus's lightning bolt. Rated: PG

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**G.O.R.P.**

Before you leave for a brisk nature walk or longer hike on the nature trials at your local park, make sure to pack some food to refuel. Here is a very easy way to take along a yummy treat.

G.O.R.P. stands for **Granola** Oats **Raisins** and **Peanuts**, but you can be as creative as you want with the mix.

* 1/4 cup granola
* 1/4 cup raisins (or any dried fruits or berries—dried cherries and dried bananas are great!)
* 1/4 cup Oats (or Cheerios/cereal; pretzels)
* 1/4 cup peanuts (or almonds, sunflower seeds)

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**Best Easy Day Hikes Buffalo**

By Randi Minetor

One of the greatest ways to enjoy the fall season is by hiking the local trails of western New York’s public parks. *Best Easy Day Hikes Buffalo* includes concise descriptions of the best short hikes in the area, with detailed maps of the routes. The 20 hikes in this guide are generally short, easy to follow, and guaranteed to please.

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**Hiking Cookies**

For an easy way to make delicious cookies that you can bring along on walks, use this trick:

Purchase one pouch of Betty Crocker cookie mix (about $2 at most supermarkets). We suggest chocolate chip or oatmeal.

Find any of the following at the store or in your cupboard: raisins, Craisins, M&Ms, almonds, walnuts, or other small dried fruits.

When mixing the cookie mix (following directions carefully), add in those extra ingredients from the list above.

**Ask your mom or dad to help, especially for using the oven and mixing!**

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**SUDOKU PUZZLE**

Fill in rows with 1-9 but make sure not to repeat any of the numbers!

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<table>
<thead>
<tr>
<th>6</th>
<th>5</th>
<th>7</th>
<th>2</th>
</tr>
</thead>
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<td>4</td>
<td>9</td>
<td>6</td>
<td>1</td>
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<tr>
<td>8</td>
<td>7</td>
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<tr>
<td>7</td>
<td>6</td>
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<td>2</td>
</tr>
</tbody>
</table>
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**Harvest Word Search**

Find the words below hidden within the puzzle!

```
DTMPRAUJVPVMFRKQ
OCAYRECOSAVXBJ
ZMGRCIDERTRAILS
EOUTDOORSZILYLH
EHEGBXSAHQQWGBG
FINOQENWPZNTAN
VKIPOGJIZTLBDI
CIRPLGAFRLKFJSD
INEJWBSOOZLEEA
SGVKSCODCLVPE
UCOFXSHTSUAPFKR
MFCGTGCABXESOXNE
UNSYSJNALCPQGET
OVLFUGLRRMRCFTP
HNDIRXELJTXNINH
```

Art, Change, Cider, Discovering, Exploring, Football, Hiking, Leaves, Music, Outdoors, Poetry, Reading, School, Soccer, Trails

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Answers on page 6
Good luck throughout the new school year.
Excelsior!
~From the UB Adolescent and Family Development Project team

**PEAK SEASONS for WESTERN NEW YORK**

For Niagara and Erie Counties, the best times to view the changing leaves are second and third weeks in October.

For Chautauqua, Cattaraugus, and Allegany counties, the best time would be the first week in October.

Great parks where you can watch the leaves change:
1) Delaware Park
2) Tifft Nature Park
3) Cazenovia Park
4) Steiglmeier Park

**SUDOKU SOLUTION**

```
3 6 9 1 8 5 7 4 2
2 5 4 7 9 6 8 1 3
8 7 1 3 4 2 9 5 6
5 4 2 6 7 1 3 9 8
6 3 8 9 5 4 2 7 1
1 9 7 8 2 3 4 6 5
4 2 3 5 1 9 6 8 7
9 8 5 2 6 7 1 3 4
7 1 6 4 3 8 5 2 9
```

**HARVEST WORD SEARCH SOLUTION**

```
D T M P R A U J P V M F R K Q
O C A Y R E C C O S A V X B Z
Z M G R C I D E R T R A I L S
E O U T D O O R S Z I L Y L H
E H G E B G X S A H Q W G B G
F I N Q E N W P Z N T R A N
V K I P O G J I Z T L B Q D I
C I R P L G A F R L K F J S D
I N E J W B S O O O Z L E E A
S G V F K S C O D C L V I P E
U C O F X S H T S U A P F K R
M F C T G C A B X E S O X N E
U N S Y S J N A L C P Q G E T
O V I L F U G L R M R C F T P
H N D I R X E L J T X N I N H
```

**Logic Puzzle**

Four good friends have four different favorite sports. Read the clues to find out who prefers which sport.

1. Adrienne likes neither soccer nor football.
2. Darren used to like football and kickball best, but he changed his mind.
3. Neither of the boys here likes soccer best.

<table>
<thead>
<tr>
<th>Kickball</th>
<th>Tennis</th>
<th>Football</th>
<th>Soccer</th>
</tr>
</thead>
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<tr>
<td>Raoul</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adrienne</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Darren</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jessica</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Logic Puzzle Solution:**

Raoul likes football, Adrienne likes kickball, Jessica likes tennis, and Darren likes soccer.