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The ABC's of Back-to-School

The lazy days of summer are over and the back-to-school race is here.

Running to school in the morning or from school in the afternoon, children run the risk of injury.

"Head injury is among the most dangerous of injuries, especially for children," according to Dr. James Wasco, medical director for the New Medico Head Injury System. "Any injury to the brain can significantly impair a child's ability to learn, concentrate or remember information and this can have a damaging effect on a child's development.

Before you send your children back to school, outfit them with a few safety reminders.

Walking to School

Most pedestrian accidents are the fault of the walker, not the driver, according to the National Safety Council, so:

- · Be sure to allow enough time for your child to get to school without rushing
- · Plan your child's walking route to minimize the number of street crossings
- Teach your child always to use sidewalks and to cross at crosswalks. Where there are no sidewalks, have your child walk

facing traffic, so the child can see oncoming cars.

Riding the School Bus

Although school buses are much safer than family cars, statistics indicate that 40 students die and 7,000 are injured each year in school bus accidents. The majority of these accidents occur outside the bus, when students are boarding or exiting.

- · Have your child wait for the bus to stop completely, then board carefully, using the
- · Tell your children to take their seat quickly and stay in that seat for the entire ride - never putting head, arms or hands out the window.
- · Teach your children to cross at least 10 feet in front of the bus so the driver can see them.

If you need more information about head injury and rehabilitation, call the New Medico Head Injury System at 1-800-CARE

TBI, ext. 3070. "Going to school without parents is a sign of a child's independence," said Dr. Wasco, "but children must learn that practicing safety is a prerequisite for independence.



LLOYD CENTER TO DEDICATE ROSE GARDEN

Representatives from Lloyd Center, the Lloyd Center Nordstrom and the Portland Rose Society will plant the first 100 Lloyd Center Supreme rose bushes in front of the new Nordstrom store at NE 9th and Multnomah at 10 a.m. Friday, Aug.17.

The roses are part of an overall \$200 million renaissance at Lloyd Center that

will give the mall 1.5 million square feet of retail space, making it the largest shopping center in the Pacific North-

There will be 10,000 Lloyd Center Supreme rose bushes planted at Lloyd Center and throughout the city by Au-

FREE CLOTHES, SCHOOL SUPPLIES AVAILABLE FOR AREA CHILDREN AT BACK-TO-SCHOOL TIME

Thousands of articles of clothing, shoes, and coats, as well as pencils, paper and other school supplies, will be available this Saturday (8/25) to low-income families in the Portland-Vancouver area free of charge.

The back-to-school items were collected during the annual "Children Helping Children" campaign, which has been underway beginning in July and continuing through August.

The clothing will be available from 10 a.m. until 3:00 p.m. at the Penninsula Park Community Center, 6400 N. Albina, on Saturday. Volunteers will be on hand to assist.

After Saturday, the clothing may be picked up during business hours at Low Income Families Emergency (LIFE), a United Way multi-service agency serving greater Portland.

Middle school and older children should bring their school i.d., according to Charles Carter, executive director of LIFE. The parents of children who don't have school i.d. are asked to bring a birth certificate or other identification for each child. "We need to ask for this cooperation to ensure that there's enough clothing to go around to all children who need it," Carter said.

For further information, call LIFE at (503) 284-6878. "Children Helping Children" is sponsored by Children's World Learning Centers, KGW TV8, KINK FM 102, and LIFE Center. Collection containers have been placed in each of the sponsor's locations and children and parents in the community have been dropping off outgrown but clean and wearable

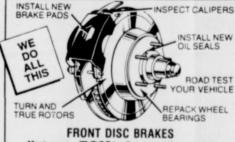
children's clothing. Donations are welcome through the month of August. School supplies are being donated by Seattle First National Bank. Used

coats have been collected by Lamont's.





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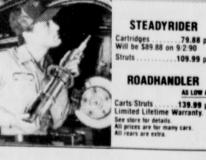
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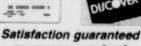
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