

## Back To School Tips For Teens

What's one of the best things to start your school year off right? A healthy and attractive smile. Bad breath, stained teeth, or tartar build-up do little to win friends. Here are some tips for making your school year successful, dentally speaking:

- Keep a toothbrush and toothpaste handy in your school locker, gym bag or purse. Brush, or at least rinse your teeth after every meal.
- When you snack, choose foods that are good for your teeth such as nuts, popcorn, cheese, lean meats, raw vegetables, plain yogurt and sugarless gum or candy.
- Wear a custom-fitted mouth guard in any sport that has the potential to seriously harm the face or head. In high school and college football alone, about 200,000 injuries a year are prevented by their use.
- Don't use smokeless tobacco. Athletes are now swearing off its use. Users of "chew" have a four times higher risk of oral cancer, and the bad breath and brown spittle of "chew" is a major turn-off.
- Be on the alert for gum disease. During puberty, gums can be more sensitive to the toxins in plaque and are more likely to become inflamed during this period.

## Stuttering Causes Back-To-School Woes

When teachers hear a child begin to stutter, the immediate reaction is one of concern mixed with a host of urgent questions.

Should they call on him in class or will that only make the stuttering worse? How should they handle teasing by other children? What should they do about reading aloud?

The non-profit Stuttering foundation of America answers these and many other questions in its new color brochure, "The Child Who Stutters as School: Notes to the Teacher." The brochure was written by Dr. Dean E. Williams of the University of Iowa, a leading speech-language pathologist who specializes in stuttering.

"Young children are busily learning to talk," explains Dr. Williams, "and, as such, they may make speech 'mistakes', such as effortless repetitions and prolonging of sounds. In most instances," he adds, "this is very normal. If parents and teachers listen to and answer these young children in a patient, calm, unemotional way, the child's speech will probably return to normal."

"Some children, however, will go beyond the normal and begin to repeat and prolong sounds markedly," explains Dr. Williams. "They may

## Woodlawn Art '93

Woodlawn Art '93, an art exhibit featuring four North and Northeast Portland artists and art of neighborhood children will be held August 13, 14 and 15 at Woodlawn United Methodist Church, 1425 NE Dekum Street.

Featured artists are Al Goldsby (sculpture), Richard Brown (photography), Marian Kernan (watercolor) and Lynn-Marie Kara (mixed media).

A function of the Woodlawn Multicultural Fair, the art exhibit will be open Friday, 6-8 pm, Saturday 11 am - 6 pm, and Sunday, 12:30 - 4 pm.

Refreshments will be available Friday evening, with contributions used to benefit Woodlawn Children of Promise, a program for children in the Woodlawn neighborhood.

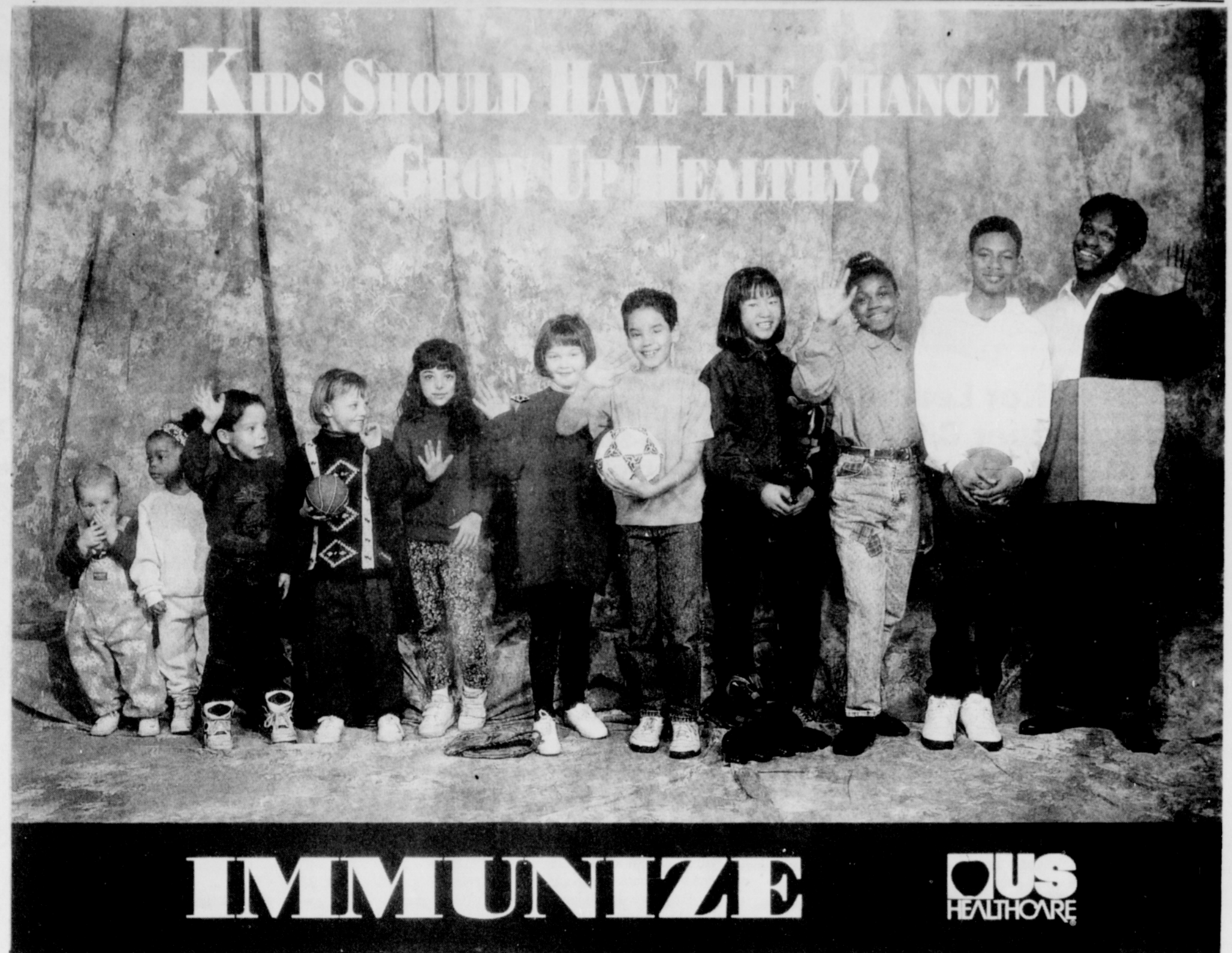
## It's Fun For All And One For Free

Bank of America Slam 'N Jam '93 is just around the corner and the Trail Blazers are offering fans a free general admission ticket with the purchase of three.

Fans just need to stop by any of the following presenting sponsor locations and pick-up a coupon good for one free general admission ticket with the purchase of three at the regular price: Bank of America, Food 4 Less, GI Joes, Toyota Dealership, or anywhere Gatorade is sold.

The summer basketball and music festival, which will benefit Oregon High School athletics, is set for Saturday, August 21 at Portland's Civic Stadium.

Gates open at 3:00 p.m. and basketball events will get underway at



## RECOMMENDED SCHEDULE FOR IMMUNIZATION OF HEALTHY INFANTS AND CHILDREN

AGE	RECOMMENDED IMMUNIZATIONS	AGE	RECOMMENDED IMMUNIZATIONS
Birth	Hepatitis #1 (given 0-2 days after birth) Sickle Cell Screening (if appropriate)	12 months	Tuberculin Test (TB) Sickle Cell Screening (if appropriate and not screened) Hib Conjugate #3 (if Pedvax Hib <sup>TM</sup> used)
1 month	Hepatitis #2 (or may be given with 2-month vaccines)	15-18 months	Diphtheria Tetanus Pertussis (DTP) or (DTaP) Oral Polio (OPV) Hib Conjugate #4 Measles, Mumps, and Rubella (MMR)
2 months	Diphtheria Tetanus Pertussis (DTP) Oral Polio (OPV) Hib Conjugate #1	4-6 years	Diphtheria Tetanus Pertussis (DTP) or (DTaP) Oral Polio (OPV) Lead Screening (if necessary) Hemoglobin/Hematocrit (H&H) Measles, Mumps, and Rubella (MMR) (or at 10-12 yrs.) Tuberculin Test (TB)
4 months	Diphtheria Tetanus Pertussis (DTP) Oral Polio (OPV) Hib Conjugate #2 Sickle Cell Screening (if appropriate and not screened)	10-12 years	Measles, Mumps, and Rubella (MMR) (if 2nd dose not given earlier)
6 months	Diphtheria Tetanus Pertussis (DTP) Hib Conjugate #3 (if necessary) Lead Screening (6-12 months — if appropriate)	14-16 years	Adult Diphtheria/Tetanus booster (Td) Tuberculin Test (TB)
6-18 months	Hepatitis #3 (given between 6 and 18 months) Hemoglobin/Hematocrit (H&H)	11-19 years	Hepatitis B (0.5cc x 3 doses—for "at risk")



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This publication made possible through a grant from U.S. Healthcare<sup>®</sup> in cooperation with Parkstone Medical Associates.

## Fun And Informative Programs Slated For New Kids Club Season

A new season of fun, education and excitement begins at Power Place Kids Club starting August 22. Seven innovative, free programs combine learning and fun to create a season offering a broad range of entertainment for children and their families. Following is the program for the 1993-94 season of Kids Club

• **August 22**  
Journey to Japan. The magic and mystery of the Japanese culture come to life with a Kendo (bamboo sword fighting) demonstration by the Ubukan Kendo Club, and an Origami workshop by Japan America Society of Oregon. Kids learn the basic techniques of Kendo and have the opportunity to make Origami creations to take home

• **September 19**  
School is Cool! Ventriloquist/comedian, Steve Taylor, of Preventive Education Programs uses comedy and motivational tactics to encourage kids to stay in school. This upbeat presentation is guaranteed to delight and inspire children while also conveying an important message.

• **October 24**  
It's Spooky and Creepy! Storyteller, Dave Rayburn, sets the mood for Halloween with his highly creative stories and games which both entertain and emphasize the importance of trick-or-treat safety.

• **November 14**  
Can Hunger Food Drive. Kids Club teams up with Oregon Food Bank to fight hunger and educated children about the need to help out those less fortunate than themselves. Asked to bring three cans of food to the Kids Club program, children will make Thanksgiving cares and centerpieces that will be delivered with food boxes by Oregon Food Bank.