

Family Living



Kid's Health Briefs

Young athletes: eat right to win

Packing good nutrition into their busy days can help young athletes improve their performance. A high-carbohydrate, high-calorie diet will provide the energy young athletes need," said Dr. Debby Demory-Luce, nutritionist with the Children's Nutrition Research Center at Baylor College of Medicine in Houston. Carbohydrates stored in the body provide the energy muscles need to get to a quick start.

Iron and calcium are of particular importance for young female athletes to prevent anemia and to build strong bones. Also, don't forget the water. Four ounces of water every 15-20 minutes during practice will head off dehydration that can hamper performance.

"A good diet is critical for young athletes," said Demory-Luce. "It affects the strength and endurance of young athletes, as well as their growth and development."

Students with injuries find school a challenge

It's not easy for children with serious injuries to return to the school environment. Simple things like going to the bathroom, carrying books, or participating in sports can be a challenge for children with injuries.

"Due to missed school days, mental or emotional trauma, or discomfort from the physical injury, their performance may drop. Students that normally may earn A's suddenly are getting D's," said Anne Gill, an instructor of pediatrics at Baylor College of Medicine, who sees patients at Baylor's Pediatric Injury Center. The Pediatric Injury Center brings specialists from many fields together for assessment, treatment and follow-up care.

Gill suggests that parents and their family physicians work with school nurses to ensure their children do not "fall between the cracks" when they return to school.

"School nurses can help provide a smoother transition back into the classroom," she said.

TV can be a reward for completing homework

TV or not TV? That is the question. The answer, says Dr. Julie Jones at Baylor College of Medicine, can influence whether your child starts the school year with appropriate study habits.

"Parents can increase their child's potential study time by limiting the amount of TV he or she watches," said Jones, assistant professor of family and community medicine. "Make a rule that your child must finish homework before watching television. If a favorite program is on before the work can be done, videotape the show for later viewing as a reward."

Jones recommends limiting TV time to one hour a night. "More than this interferes with study, reading and thinking time," she said. "If your kids stay up too late watching TV, they won't be alert enough to learn well the next day."

Wyden Gets Top Marks From Taxpayer and Consumer Advocates-Oregon Senator In Top Three On Key Ratings

U.S. Senator Ron Wyden (D-Ore.) won national recognition this week for his efforts to protect consumers and cut wasteful government spending during the first session of the 105th Congress. He received the third-highest rating out of 100 members of the Senate from Taxpayer for Common Sense, which rated Senators on their votes on wasteful government spending, and the second highest from the Consumer Federation of America, which analyzed Senate voting records on issues affecting consumers' rights. The Consumer Federation also rated Wyden as hav-

ing the best lifetime voting record in the Senate.

"I came to the Senate to stand up for Oregonians-whether its fighting to make sure that their money isn't wasted by government bureaucrats or working to ensure that the products they buy are safe and effective," said Wyden. "It's very gratifying to know that I'm accomplishing what I set out to do."

Taxpayers for Common Sense credited Wyden for his votes to curtail corporate welfare subsidies for large companies and to roll back excessive military spending. The group gave him a 69% rating,

the third best in the Senate behind only Wisconsin Senators Russell Feingold and Herb Kohl.

The Consumer Federation of America cited votes to increase funding for food safety research, reform campaign finance laws, and repeal a special tax break for tobacco companies, among others. Wyden was tied with several other Senators for the second highest rating in the Senate, 86%. The Consumer Federation also recognized Wyden as having the highest lifetime pro-consumer voting record-90%-in the United States Senate.

Major Organizers and Leaders Endorse The Million Youth Movement in Atlanta, GA.

On Labor Day Weekend, September 4-7, 1998, a unified body of young committed, organized and dedicated youth throughout

America, Africa, the Caribbean and Europe, will converge in Atlanta, Georgia for the **Million Youth Movement!** The organizers agree that now is the time for us to prepare youth for the new millennium, youth are stepping up for youth and to address the issues and concerns that young people face

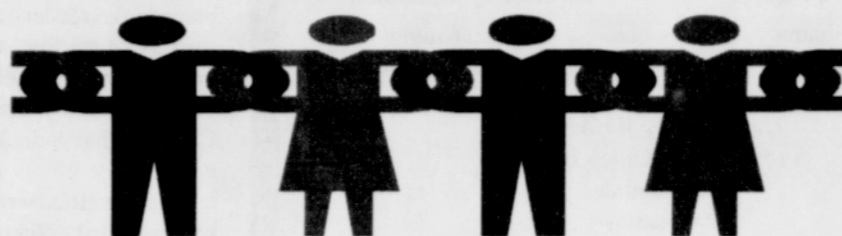
on a daily basis.

Organizations such as the AFL-CIO, Constituency for Africa, NAACP, National Council of Ne-

gro Women, Rainbow/Push coalition and the United Church of Christ and the Nation of Islam have already pledged their support to the

major march. For more information please call David Stokes at 404-527-4329 or Dennis Rogers at 202-659-4988.

The Million Youth Movement consists of four days of inspirational and motivational events such as town hall meetings, forums, workshops, hip-hop and gospel concerts. The Million Youth Movement will culminate in a



Clean and Sober Announces Their First Annual Fundraising Event

Secure Treatment For Recovering Alcoholics, Drug Addicts, and Their Families

Scott H. Shannon, Attorney at Law, LLM and Executive Director for Clean and Sober, a local non-profit organization whose main purpose is to promote and secure adequate and necessary treatment for alcoholics, drug addicts and their families; announced their first annual fundraising event, **An Opportunity to Soar**, to be held on October 4th, 1998 at the Portland Art Museum

Grand Ballroom. The afternoon will feature Jazz duo Carrie and Rick.

A silent auction will be held, from generous gifts donated by local hotels, restaurants, limousine services, spas and destination resorts. Appetizers and desserts will also be served.

Finally, the evening entertainment will kick into high gear with local favorites Rubberneck and Kerosene

Dream. "An Opportunity to Soar" will be one charity event you won't want to miss; people are already asking about tickets..." said Scott Shannon.

Tickets are available through FastTixx ticket office for \$40.

For more information or to find out about how you can volunteer, please contact Scott Shannon at 503-292-6543.



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It's a...Boy! Terence Doyle Preston Jr.

Terence Doyle Preston Jr. was born on **July 21, 1998** to the proud parents of Sylvia Logan (Tracey) and Terence Doyle Preston. Their new baby boy weighed 6 lbs and was 19" long on the day of his birth.

It's a...girl! Jocelyn Sten

Jocelyn Sten was born **May 28, 1998** to the proud parents of Matt and Andrea Sten. Jocelyn is their first child and weighed 7 lbs 6ozs and was 19" long at the time of her birth.

It's a...boy! Robert Earl White IV

Robert Earl White IV was born on **June 11, 1998** to Natasha Coleman and Robert White III. Little Robert is the proud parents first child and weighed in at 7lbs. 9 ozs. and was 19 1/2" long at the time of his birth.

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