



# Back-to-School



PHOTO BY RAYMOND RENDLEMAN/THE PORTLAND OBSERVER

## Next Step: Jefferson's Men's Academy

School administrator Willie Holmes and teacher Heather Stevens oversee the final days of summer camp at the Moore Street Salvation Army for students planning on attending the new John H. Johnson Leadership Academy for Young Men at Jefferson High School.

## Back-to-School Preparations

### Tips on Staying Healthy, Alert

Health experts from Providence offer the following back-to-school advice for children and parents:

#### Early to Bed, Early to Rise

Providence sleep experts recommend that most school-age children get at least nine hours of sleep per night. Creating a bedtime routine and encouraging quiet time and relaxing activities will allow for downtime and sufficient sleep time.

#### Easy on the Back

With the various books, supplies and, of course, lunch, backpacks can get awfully heavy. To avoid back pain, choose a backpack with wide, padded shoulder straps and a padded back. Have your child always use both straps as slinging a backpack over one shoulder can strain muscles and may also increase curvature of the spine.

#### Child Immunizations

Most immunizations are administered

before a child is two years old; however, between ages four and six, prior to entering kindergarten, children are due for two or three booster shots. Children between 12 and 15 years of age may be due for varicella (chickenpox) or booster shots, too.

#### First Day Jitters

Family medicine physicians suggest parents start daily routines early to add continuity and to build confidence. Try a practice school bus run or take a school tour to alleviate the stress of getting lost. Selecting an outfit the night before can start the day on a calm, predictable note as well as packing books, homework and lunch money the night before to avoid the morning rush.

#### Pack a Healthy Lunch

Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Don't forget a good breakfast, but also pack meals that are easy to prepare and fun to eat, as well as healthful, safe and nutritious. For example, sandwiches, raw veggies, crackers, string cheese, whole fruit and pudding are fun foods that still supply good nutrition.



## Free School Supplies

The second-annual Links Community School Supply Drive will distribute more than 15 bins of free school supplies this Saturday, starting at 10 a.m. in the Portland Observer parking lot located at 4747 N.E. Martin Luther King Jr. Blvd.

All are welcome to participate in the event which is targeting low-income children who have fallen through the cracks of other free back-to-school supply efforts. Links, Inc. is an African-American civic group that's celebrating its 50th anniversary this November.

"You can bring your school-supply list, and we'll make sure to check everything off, or you can just tell us what you need," says Links coordinator Barbara Leonard. "It will be for everyone, so you don't have to meet any qualifications."

Additional donations made this week at the Portland Observer newspaper offices will be appreciated. "Those school supplies do go fast," Leonard says.

#### Walk, Bike Safety Reminders

- Walk with a friend
- Pay attention to all traffic signals and crossing guards.
- Cross only at crosswalks and never run into the street from between parked cars.
- Look left, right and over your shoulder for traffic before crossing a street, and continue to check each direction.
- Make sure drivers see you by making eye contact with them.
- If riding a bicycle, scooter or skateboard to school, always wear a helmet and ride in the same direction as traffic. Walk your bike if crossing a street.

#### Tips for School Bus Riders

- Do not play in the street while waiting for the bus.
- Line up facing the bus, not along side it.
- After getting off the bus, move out of traffic.
- Wait for the bus driver to signal you to cross the street. Walk away from the front of the bus so the driver can see you.

#### Tips for Parents & Drivers

- Everyone should wear a seatbelt, and children should be in age and size-appropriate car seats.
- Stay focused on driving and don't be distracted by kids in the car or with other activities.
- Slow down in school zones. Driving just 5 MPH over the speed limit increases both the risk of hitting a child and the severity of any injuries.
- You never know if children crossing the street are paying attention, so remain stopped until the child has crossed not only your lane of traffic, but the adjacent lane as well.
- Never pass a vehicle that has stopped at a crosswalk, as they may be waiting for someone to cross.
- Do not pass a school bus when its red lights are flashing, even if it is on the other side of the street.
- Use extra care in areas where children may enter the road from between parked vehicles or other things that block drivers' view.

## 2007 fall service update

### Service changes effective September 2

Effective Sunday, September 2, 2007, there will be schedule adjustments and/or route changes on bus lines 6, 8, 9, 15, 19, 20, 22, 23, 25, 27, 28, 29, 31, 33, 35, 36, 37, 39, 43, 44, 45, 47, 51, 52, 57, 59, 60, 61, 64, 65, 66, 68, 70, 71, 72, 77, 80, 81, 82, 84, 88 and 99.

For more details and to see if your trips are affected, please visit [trimet.org](http://trimet.org) or call 503-238-RIDE (7433).

### Fares go up a nickel September 1

On Saturday, September 1, 2007, most TriMet cash/ticket fares will increase 5 cents to help cover the cost of inflation. Most Monthly Passes will increase \$2.



For more information, visit [trimet.org](http://trimet.org) or call 503-238-RIDE (7433).

Effective September 1, 2007	2-Hour Tickets*		7-Day Pass	Monthly Pass	Annual Pass
	1 Ticket	10 Tickets			
Adult • All Zones	\$2.05	\$20.50	\$20.00	\$76.00	\$836.00
Adult • 2 Zones	\$1.75	\$17.50	\$17.00	\$65.00	\$715.00
Adult • 1 Zone	—	\$17.00	—	—	—
Honored Citizen All Zones	\$0.85	\$ 8.50	—	\$23.00	\$253.00
Youth/Student All Zones	\$1.40	\$14.00	—	\$24.00	—
LIFT Paratransit All Zones	\$1.70	\$17.00	—	\$48.00	\$576.00
All-Day Ticket					
All Riders • All Zones			\$4.25		

TRIMET

## College Buys Killingsworth Bar

continued ▲ from Front

It's the second bar PCC has purchased in the neighborhood. Three years ago, the college bought the Jockey Club at 1001 N. Killingsworth and demolished the building.

Three other nearby properties

have gotten the same fate in recent years, including two homes and an African-American church, the second black church displaced by the ever-enlarging college footprint.

College officials say they need more parking to reduce complaints about students and staff

parking on neighborhood streets.

The PCC Board is scheduled to talk about plans for the campus and the district as a whole during an upcoming retreat. The future could include a new bond levy to pay for another expansion at PCC Cascade, according to Dana Haynes, a PCC spokesperson.

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