

HEALTH

Tamar Davis (from left), Anna Posteuca and Elizabeth Stewart are enrolled in Mt. Hood Community College's dental hygiene program.



Dental Hygiene Students Give Back

Students in Mt. Hood Community College's dental hygiene program are volunteering their time to teach local schoolchildren how to care for their teeth and gums.

The students this month are visiting Alder Elementary School to provide fun and entertaining education about proper nutrition and the importance of good dental habits.

Alder Elementary School, part of the Reynolds School District, is a "dreamer school" in the "I Have a Dream Foundation" to help low-

income students succeed in school, college and career. Thirty-six students are enrolled in MHCC's Dental Hygiene program. The program is six quarters in length and leads to an associate degree. Academic instruction in basic and dental sciences is inte-

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Keeping Children Safe

Watch out for open windows in warm weather

As warmer days arrive, it's tempting to open windows and let in the fresh air. Unfortunately, open windows can pose a risk to young children. More than 3,000 fall from windows in the United States each year.

While 70 percent of window falls occur from second or third stories, even falls from first-floor windows can pose safety risks. You can reduce the risk by using some simple safety measures. The Safe Kids Coalition of Clark County is recommending these safety tips:

Keep windows locked and

closed unless opened intentionally.

Keep furniture and other objects away from windows where children can climb.

Teach children about window safety. Have them play a safe distance away and use tape to mark off unsafe areas where possible.

Install a window stop to prevent windows from opening more than four inches. Be sure an adult can open the window in an emergency.

Install window guards that adults can remove in an emergency where windows are open more than four inches.

When buying new windows, ask for built-in safety hardware.

Share this information with grandparents, child care providers, friends, and neighbors.

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