

Does your snoring wake you up at night? Do you wake up tired in the morning? Do you wake up in the middle of the night? Do you have problems with attention and focusing? Does your significant other complain about any of the above? Are you choking and waking up abruptly, and did you know that stress from this can cause mini heart attacks? If you can answer yes to any of these questions...

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PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

New classrooms for Albina Head Start and Albina Early Head Start were dedicated at Portland Community College's Cascade Campus Friday. The facilities will bring needed child care for people going to school on the north Portland campus and enhance the abilities of children and their families to succeed in life.

Dream Makers

continued ▲ from front

rated to bring their two communities together, sharing the love and education and valuing the Portland community, officials said. The partnership has come full circle with the opening of the John and Dian Jackson Center.

PCC President Jeremy Brown was

joined by former Cascade Campus President Algie Gatewood, incoming campus president Karin Edwards, Head Start Director Ron Herndon, and several other community leaders, for the child center's opening ceremony. Richard Brown, a Portland activist and board chair for Albina Head Start served as Master of Ceremonies.

Head Start is a national program that promotes school readiness by enhancing the social and cognitive development of children with educational, health, nutritional, social and other services. Early Head Start promotes healthy prenatal outcomes, enhances the development of infants and toddlers, and promotes healthy family functioning.

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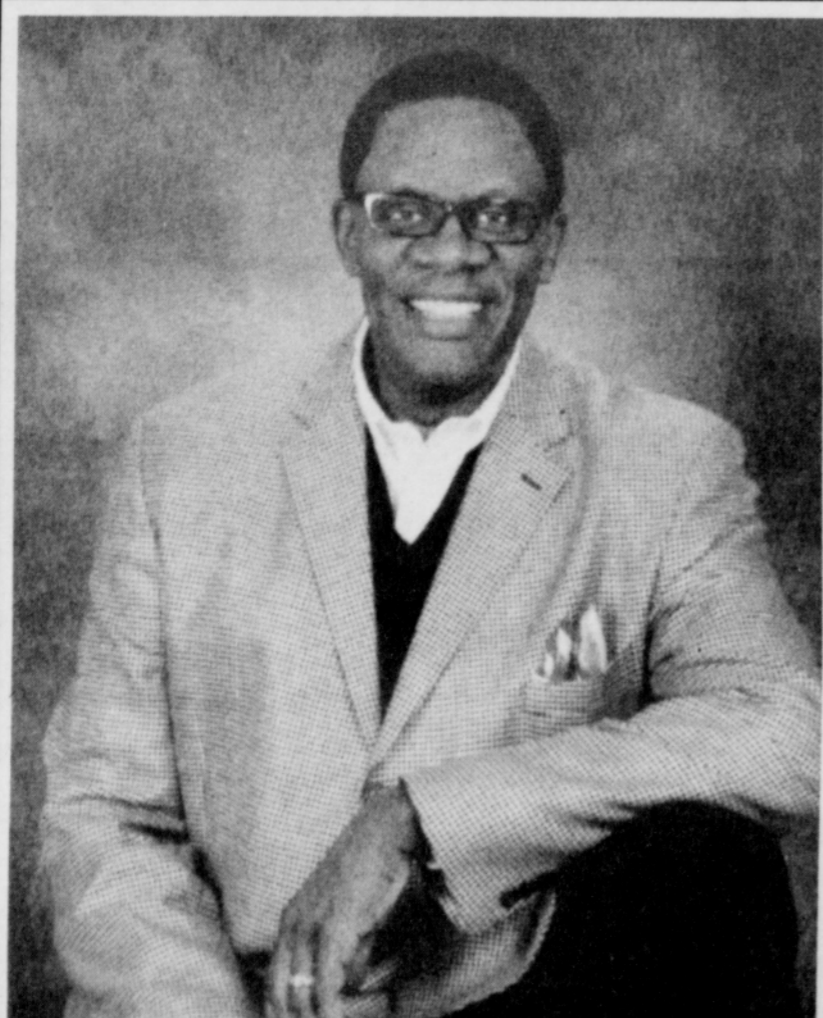
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Part 14. Scoliosis Exam: The most important test your kids will take all year.

Q: My kids already get back-to-school check-ups. Why should I bother with yet another one?

A: Scoliosis, a lateral curvature of the spine, is one test probably not included in your children's back-to-school physical checkups. And yet, it is disturbingly common among teenage girls. If left untreated, scoliosis often leads to painful arthritis of the spine. But if the disorder is detected by age eight, before the adolescent growth spurt, there

is better than 50% chance for complete recovery.

Q: How can I tell if my daughter might have scoliosis?

A: The most common visible symptom is very prominent shoulder blade higher than the other. However, the best check for scoliosis is an annual pre-school checkup with a Chiro-

practor. The one professional best trained to detect and correct spinal disorders. It's a simple, painless, inexpensive procedure that can save your children years of discomfort and disfigurement later in life. For a scoliosis checkup, or for answers to any questions you might have about your own health, call us at the number below.

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