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people who wear
one button suits

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succeed
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Be a knowbody
**SMOKE
CHOKE
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THE WESTMOUNT
Examiner

WEEKLY
WEEKLY
TOWN OF MOUNT ROYAL

September 2, 1982

**HIGH SCHOOL
causes Brain
damage**

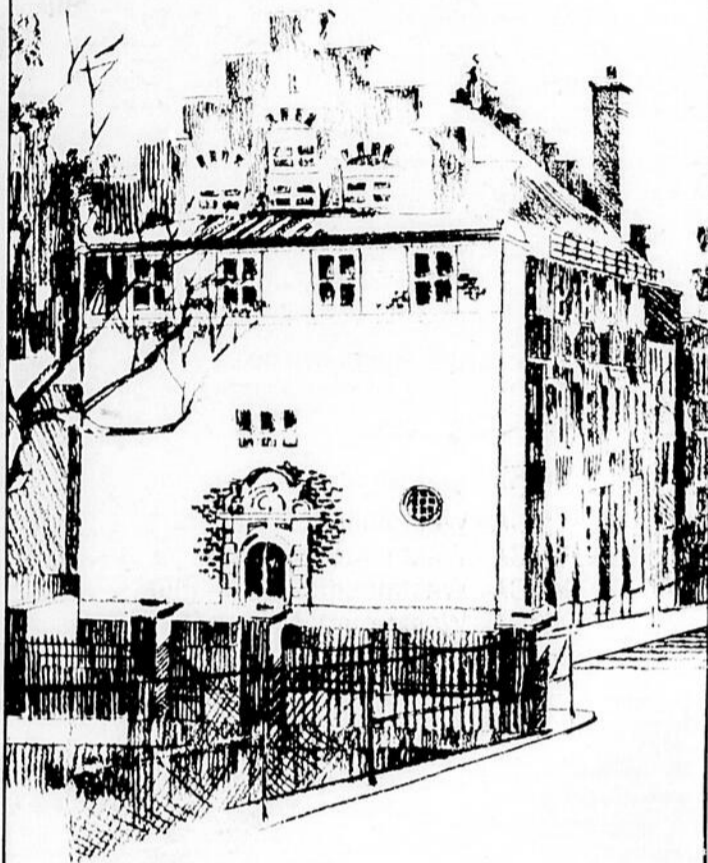
**Air Pollution
is a mist
demeanor**



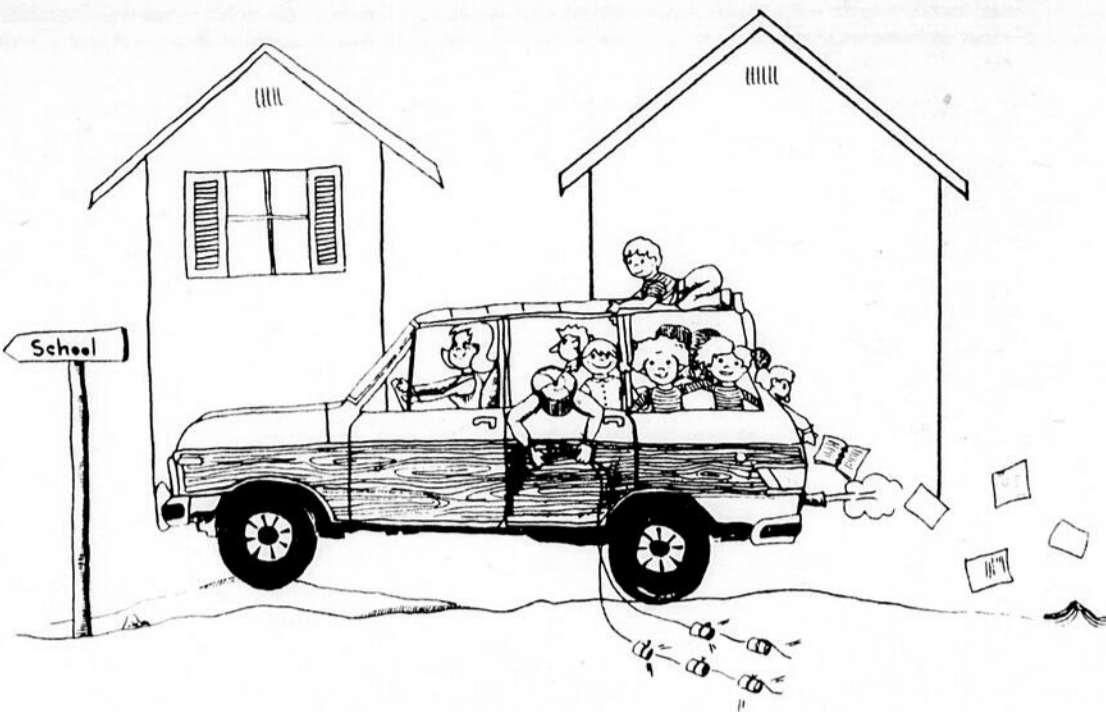
H O P E

**Trafalgar School
reopens
Wednesday, September 8
at 8:30 a.m.**

Mrs. J.H. Doupe M.Ed., *Principal*
3495 Simpson Street,
Montreal, Quebec H3G 2J7



**Trafalgar
School
for Girls**



Peace declared till next June

With alarms ringing, whistles blowing, bells clanging and nerves jangling, the board of education made an early-morning raid and rounded up all the neighborhood children of classroom size.

It was a little like a fire drill for a while, but then a strange and lovely kind of peace settled over the household.

The phone stopped ringing. The dog quit running in circles, chasing her tail.

Radios were silent. Stereos were quiet.

And the television gave me a dark, silent stare.

I stared right back. I don't care much for that machine except on Sunday afternoons when it has its mind on the 50-yard line instead of cartoons.

Unplugged

It was quiet and a little unreal. Our world had been suddenly unplugged.

Indian summer was over and all the Indians on the block had headed back to the reservations.

I sat down and smoked a peace pipe, peacefully.

Well, I know this is not a real peace. It is merely a cease-fire agreement. And I fully expect negotiations with the board of education to break down again every afternoon at 3 o'clock.

However, I imagine most parents of schoolchildren will accept any kind of respite and the chance to get off the front lines even if only for a few hours.

I had another cup of coffee and read the morning journals without having to search under the couch for a single section.

I walked out into the back yard and had a chat with a sleepy cat. (He was just getting in from a night on the town.)

Red rose

I snipped a red rose from the back wall with my Swiss army knife.

Then I walked into the house, presented the rose to my wife, and said: "You know, I think I'll start writing more at home for a while."

She said, "Till when? Next June?"

So now peace has settled on our house at the end of the road. (A better place to live than at the end of my rope.)

There is a good deal to be said for occasional long periods of silence. It is a state I think so highly of, I have written it up for the newspaper from time to time.

And my disposition is rosy. Of course, I have several cups of coffee and there is a red rose before me. And I am still in my bathrobe.

So long summer. The harvest moon is coming soon. And any day now I expect the frost will be on somebody's pumpkin.

**Engineers
needed**

Canada needs 50 percent more postgraduate engineers if it is to meet industry's demand for them by 1985, says G. M. McNabb, president of the Natural Sciences and Engineering Research Council of Canada.

He says 3,100 new engineers are needed yearly but only about 2,100 qualified persons are available.

**Typists
warm up**

To warm up, French student typists use this sentence containing all the letters in the alphabet, "Allez porter ce vieux whisky au juge blond qui fume un havane." (Take this old whiskey to the blond judge who's smoking a cigar.)

It doesn't make much more sense than, "The quick brown fox jumped over the lazy dog's back," does it?



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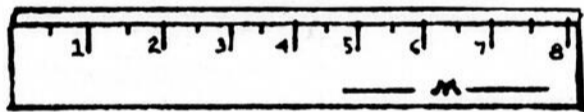
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BACK TO SCHOOL



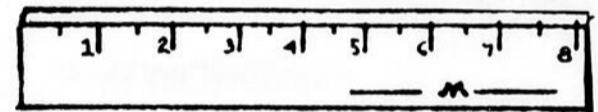
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Dyslexia is misunderstood

Jerry was struggling through a simple story in a primer.

"That's the book I learned to read from." Cindy Shoemaker Lovejoy said.

Jerry, 15, is struggling to overcome dyslexia, the neurological condition which affects reading ability.

Lovejoy is a learning disabilities specialist, and can understand his problem. She, too, was dyslexic.

When she was using the primer she was 22, had graduated from college, had done half of a graduate school program and was working as an editorial assistant.

She achieved the second-highest grades in her class at the University of Mississippi and was awarded a scholarship to graduate school.

Each day

But the price of achievement included grueling hours of struggle each day to do the necessary reading that would be easy for others, often getting up at 4 am to go over her work again and again, and agonizing in frustration over her slowness.

So as 17-year-old Steve, another of her students, struggles to identify a word formed from plastic block letters, she is patient, gentle and encouraging.

As he concentrates with great effort to say the word, she, too, remembers the effort of speaking.

Like Steve, her dyslexic condition included aphasia, a disability in processing language.

Although her condition was not as severe as his, it meant that understanding and expressing abstract words were very difficult for her.

"I was a very silent child. I hid in my thoughts and feelings and repressed my emotions. It was an overwhelming problem. I felt that nobody loved me. I thought, 'I'm so bad'."

As she talks of her childhood, some of the hurt still lingers behind the soft blue eyes, for it has taken her years of work — including therapy — to help her deal with her emotional bruising.

No field

"In those days (she is now 38) there was no field in special education, and no one knew what the problem was. I just felt stupid."

And so, like many girls with the same problem, she withdrew. Boys with the problem, she said, more often "act out," becoming the class clowns or the rowdies, as a defense against their disability.

Lovejoy drove herself through high school, through college and into graduate school where she chose English as her field.

"Somehow, I felt the more I made myself read, the better I would get."

Then suddenly, at the age of 21, halfway through her graduate year at the University of Missouri, she dropped out.

"I was finally saying, 'I have to work with where I am, not with

where I think — or others think — I should be'."

If it was the most difficult decision she ever made, she now knows it was the best decision she ever made.

"I went to Texas, where I got a job as an editorial assistant," she said. "As it happened, my boss' wife was in the field of learning disabilities, and he noticed typical dyslexic mistakes — reversal of letters, poor spacing — in my work."

Lovejoy met with the woman, who eventually began to totally retrain her to read.

"We learn to read two ways — by the sight approach and by phonics," she said. "Because the visual processing in my brain functioned well, I had 'stockpiled' many words — that's how I had read. But because of my aphasia, I had never generalized sounds. In all those years, I had never connected sounds with letters."

So, at 22, she began working with a primer, carefully saying the word "dog," learning the relationship between the letter and the sound.

Her retraining changed her life, for now she knew that she wanted to go into the field of learning disabilities.

She went to graduate school for speech and language pathology. Then, wanting still more training, she attended university on a two-year fellowship.

On her own, she studies occupational therapy, and has since

Continued on page fifteen



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Good vision key to success of youngster in school

Did you know that 80 percent of all learning is achieved through vision? Children's eyes are their windows to the world and, since back-to-school time is almost here, it is a good time for parents to remind themselves of the importance of good vision for success in school.

Remember too, that academic achievement is not an end in itself. The youngster who functions capably in the classroom usually feels good about him or herself. The resulting self-esteem is invaluable, both during childhood years and beyond.

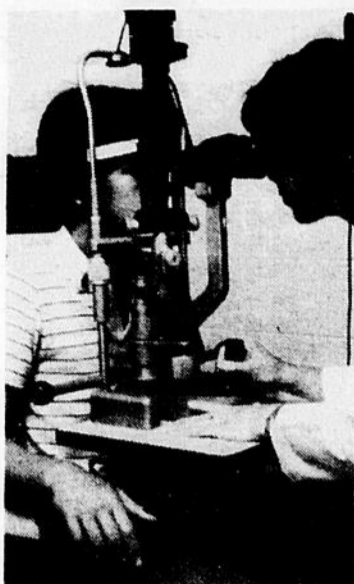
If chalkboards or the pages of a book appear blurry, children often assume that everyone sees it the same way. And they may assume, unfortunately, that they are "slow." After all, everyone else seems to be learning faster.

Parents should not assume that a child who has received a quick vision screening or successfully "passed" a school eye chart test has perfect vision. The school eye chart, an outmoded test that has been in use with few changes since 1862, measures only what the viewer can see clearly at 20 feet.

Therefore, passing this test does not mean that a child has perfect vision, since no check has been made of eye coordination, near vision and many other important skills.

Best way

The best way to be sure that your child has all the vision skills required is to have him or her



EYE OKAY: Annual checkups are recommended to make sure your children's eyes are healthy.

undergo a complete optometric examination. It is recommended as an annual procedure for all children beginning at age 3.

A child's comprehensive vision examination will take from 30 to 60 minutes for the first examination and should include a battery of tests that cover a review of the patient's and family's general health and eye health history, an examination of the eye's interior for signs of eye disease or general health problems and tests for a variety of vision skills.

Tests for depth perception and color vision and motor tests to check the child's eye-hand coordination should also be included.

Parents also should be on the lookout for early warning signs that may indicate that a child has a vision problem. Among these signals are: a tendency to sit very close to the television set; squinting when looking at distant objects; holding reading material very close to the nose; irritability after a period of sustained concentration or tilting the head and/or the entire body when looking at a book or other material.

Complaints about an inability to see the school chalkboard, headaches and aching or burning eyes should also be investigated and reported to the optometrist.

If your youngster needs a vision

correction, eyeglasses, or, in some cases, contact lenses, may be prescribed. Getting children to wear glasses can be something of a hassle, but the availability of attractive frame styles and lightweight plastic lenses with scratch-resistant coatings makes this job easier for parents.

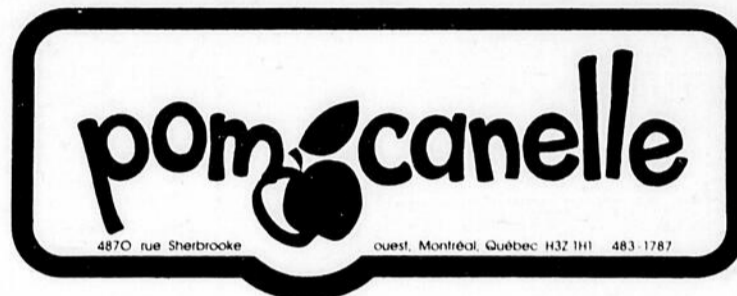
Be sympathetic if your youngster reports being teased by friends when glasses are first worn to school. However, be aware of the child's wearing schedule so that you won't be talked into letting him remove the glasses when they should be worn.

In addition to seeing that your

youngster receives regular professional vision care, there are some other things you can do to help him avoid undue eye stress and strain:

Provide good lighting, especially at your child's desk or other area selected for homework. Teach your youngster that taking an "eye break" after a long period of reading lessens fatigue. Consider establishing a family rule that does not permit reading in the car. If your child does read when on a drive, remind him to look out the window every few minutes.

Make regular vision examinations part of your family's health program.



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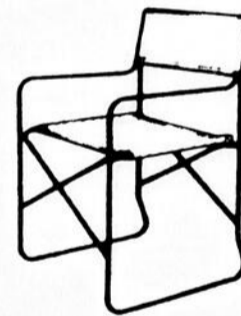
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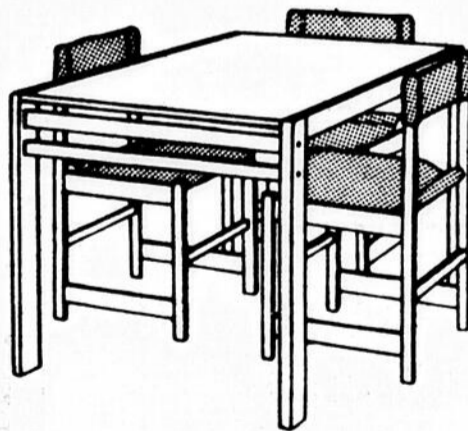


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Educators throughout the country are taking a fresh look at the phenomenon that may revolutionize classroom teaching: the micro-computer.

Today children from first grade through high school are finding the microcomputer an exciting and stimulating way to learn.

Computers began appearing in schools in the 1960s, when data processing and computer sciences were being taught. It was not until the development of the small, lower-priced personal micro-computer, however, that the possibilities of computers as teaching aids became possible.

Self-contained and requiring no outside terminals, micro-computers can cost as little as \$200, making them within reach of most schools.

Having the microcomputer, or "hardware" available, however, is only the first step. What is needed is "software," the programming that goes into the computers. Today there are a number of companies providing this software, which for schools is called "courseware." Among them is the Encyclopaedia Britannica Educational Corp.

"Computers will never replace the teacher," says George Litman, a former educator, and now director of a product development for Britannica's computer-



WHIZ KIDS: These eighth grade students are learning to use micro-computers with the help of their teacher.

based learning materials.

"Computers provide an added dimension to teaching, just as visual aids did years ago.

"What we have is a merging of the human and the technological, just as in our space program," Litman notes. "Teachers still bring their hearts and their heads into the classroom, while the computer simply provides them with another tool to work with.

"The computer is able to reach the student through different kinds of sensations — text, graphics, color, even sound," Litman said. "There can be a sameness to traditional teaching where the teacher lectures and the student takes notes. Here the student is stimulated by an almost infinite variety of sights and sounds. The student is also in control, and can develop programs to suit his or her own needs."

The computer also provides the student with immediate feedback: Was the answer right or wrong? Should I try a different approach? Am I close to the right answer or far away? Can I reprogram the lesson to make it clearer?

Microcomputers are now used to teach a variety of subjects, such as science, math, spelling and vocabulary. But rapid expansion into other subject areas is anticipated. Courseware, in fact, can be developed to provide an almost unlimited number and kind of teaching program.

Britannica's courseware, which is being developed for use in schools, covers such curriculum areas as biology, chemistry, grammar and writing and language. There are a number of producers of school courseware, and each year new instructional programs are being put on the market.

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Hey man, don't get uptight if your child's grammar is the pits

Parents shouldn't be too quick to criticize when their kids come home from school spouting a new word of slang. There may be some very scholarly types keeping close watch on use of the jargon.

Indeed, new words brought to the language through slang can be very effective, descriptive and valuable additions to English.

A leading lexicographer and editor-in-chief of Random House Dictionaries might be wary of such words and phrases as "humongous," "nerd," "the pits," "laid back" and "off the wall."

But he says they are "marvelous words with widespread use that convey meaning very effectively and have moved into the general vocabulary." Therefore, they are included in new editions of dictionaries.

Frowned upon

At one time, words like mob, eavesdropper and hoax were frowned upon and not desirable. Then they became accepted. "Hot line" is another one. When President Dwight Eisenhower installed a hot line in the White House, it was considered slangy. Now it's perfectly standard.

Researchers keep what are called citation files. They read newspapers and magazines, listen to radio and watch television to pick up new words and new

School city

Sendai, a Japanese city in the northeastern part of Honshu island, is an important educational center, with eight universities, the largest having an enrollment of 12,000 students, many of them from abroad.

1776 frat first

The oldest American college Greek-letter fraternity is Phi Beta Kappa, organized Dec. 5, 1776 at William and Mary College, Williamsburg, Va.

meanings of old words.

There are literally millions of these words. And as the file on a word gets thicker, it's a signal that perhaps it should be included.

Frequency of usage is not the only criterion, however. Lexicographers also note the geographic range of the word and the number of different people using it.

If we find 20 instances of one word, but it's the same person using it, we know that person just has a thing for that word and it's not likely to be included.

Science and technology account for many of the additions to the language. The computer industry could fill a dictionary of its very own.

New words also come out of politics. Who ever heard of an "ayatollah" or "boat people" five years ago?

And bureaucrats, in an effort to

sugar-coat the meaning of their messages, will use such words as "dehire" instead of "fire" or "negative growth" for "decline."

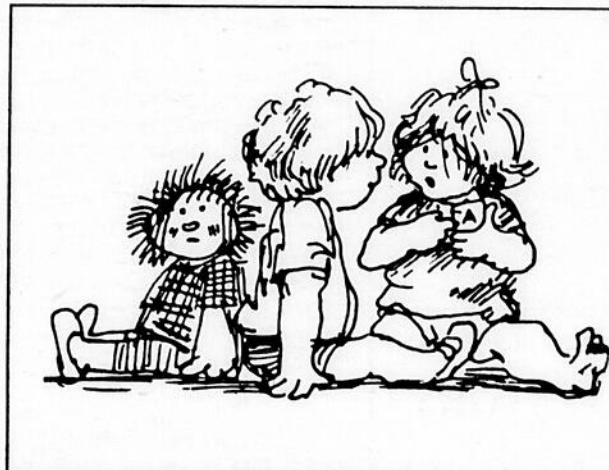
Faddish

While these words are consid-

ered faddish by lexicographers at present, they could show up in a dictionary if picked up by the general public.

Words are quickly added to the language, but they are much slower to become obsolete and disappear.

If you're reading an older piece from 1890 by an important author, you could very well come across a word you don't know and head for the dictionary to find the meaning. For that reason, we tend to add words much more readily than we delete them.



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Fall clothes are colorful and fashionable

Are you wondering how to coordinate your child's fall wardrobe with fashionable separates at affordable prices?

You want to buy quality clothes that will be long-lasting for the active life your child leads. The upcoming back-to-school season might be a good time to start shopping with these thoughts in mind.

According to Asimina Fergusson, Wrangler boys-wear designer, mothers are very much aware of the fashion trends but are more concerned with how the clothes look on their children and if they will keep on looking that way for seasons to come. Quality as well as easy-care properties are important things that mothers look for when buying clothes for their children.

What are kids wearing to school this fall? The newest trends for back-to-school range from basic jeans in denim or corduroy for boys to fashionable knickers and prairie skirts for little girls and preteens.

Jeans basic

Jeans are a basic for kids of any age, for any season, from toddler to teen. For young girls, 200 percent cotton jeans with assorted leg treatments — among them elastic leg bottoms, laced-up bottoms and knee quilt patches — continue to be popular.

In boys wear, the trend is to clean design, a change from the trendy, elaborate back-pocket embroidery of the last few seasons. In 12-ounce denim, Wrangler



ROUGH AND READY: Kids are ready for play and school in these outfits designed by Wrangler. The boy on the left sports a survival pants and vest. The girl is wearing a fleece quilted patchwork sweatshirt and matching jeans. The teenage boy at right models straight leg ribless corduroy jeans.

jeans are styled with leather and suede piece pockets that can be worn for school or play, coordinated with tops that range from authentic Western shirts to plaid cotton flannels and screen-printed T-shirts.

Preteen girls can choose the stylish reverse silhouette jean in 14-ounce denim, paired with a plaid shirt or knit top. For a dressier look for fall, girls can

change from their denim jeans into denim prairie skirts with lace-trimmed flounces, many with matching vests and coordinating tops.

In boys wear, the country, rugged look has had an impact with twill pants with cargo pockets and coordinating vests in earth tones of brick and brown.

Corduroy is selling more and more every season.

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Popularity of electronic teachers rises

The screen lights up and lively little monkeys swing through a jungle, hunting for missing letters or blasting vowels into the sky to make words out of clouds of consonants.

A math problem flashes onto the screen. If it's answered incorrectly, the machine says so in a human voice.

This is the world of electronic learning devices for children.

Children once practiced their lessons by participating in spelling bees and answering flash cards. Now they are also pushing the buttons of small portable learning aids to answer questions that reinforce the math and language skills they learn in school.

The learning aids range from Texas Instruments' Little Professor, a child-oriented hand calculator, to Mattel's Children's Discovery System, a programmable device with a small screen and keyboard that includes programs in math, language skills, creative and fine arts and social studies.

Since many of the devices look like toys or video games and combine fun and learning functions, some people say that children may be more inclined to use them than traditional learning aids.

Give excitement

"They give a child the excitement of one-on-one interaction with the computer," said Bill Polleys, manager of Texas Instruments' Educational Products Division which produces many electronic learning devices.

"Although a child is required to attend school and participate in classroom activities, he is not forced to use any of our products

at home. He does so by choice, because it is fun."

A reading adviser mentioned another of the devices' assets. "We use them as reinforcement, especially for kids who perform slowly because the machine doesn't know how they're doing. If they answer a question wrong, the machine just repeats it. It doesn't say 'You dummy, wrong again!'"

A coordinator of elementary teacher education says, "Computers are part of our everyday life now and these devices are another way to supplement the traditional methods of teaching children.

"They are excellent for purposes of drill and review and, while they can't do everything, what they do they do well."

But a director of curriculum development was somewhat less enthusiastic.

"Learning can't be relegated to automation," he said. "There are so many things we learn through human beings. A computerized device can give positive reinforcement (telling the child his answer was correct), but it's not nearly as effective as a parent or teacher saying, 'Johnny, you did that really well. I'm proud of you.'"

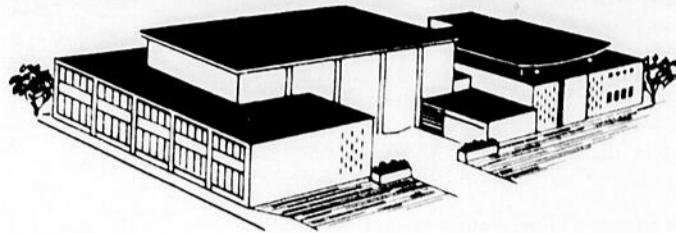
"A human being can also individualize instruction more than a (preprogrammed) computer."

Can substitute

But a learning device can substitute to some degree for a parent's helping if the parent is too busy, uninterested or uneducated, some educators said. Manufacturers insist, however, that the devices were not created to take the place of parents.

"It's just as important that parents sit with their children and work with the (learning aids) as it is for them to have the devices in the first place," said Theresa Cloer of Texas Instruments, coordinator of the team that developed the programs for TI's learning aids.

"We try to enhance interaction between parent and child rather than diminish it. Each of our products comes with a parent's guide and suggestions on how to work with the child. We stress that the parent is a big part of the child's education."



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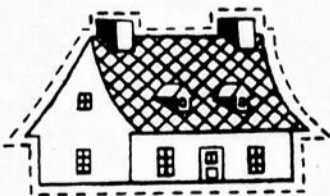
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Audio cassettes offer students chance to absorb

Returning to the college classroom in the fall once meant sharpening pencils and getting ready for the heavy round of note-taking that takes up a good portion of the day.

This fall enterprising students are discovering a more efficient and reliable means of note-taking: audio cassettes. By sitting back and taping a professor's lecture, students are free to actually listen and absorb its meaning and impact.

Manual note-taking needn't be

totally eliminated. Student still many wish to outline key points of a lesson for reference later when playing back the recording of the lecture. Tape enables students to review and re-review essential facts.

The use of tape is particularly important for language students; it can be used for continued practice and correction of pronunciation mistakes.

Since audio tape is still a relatively new classroom study aid, there is some confusion about



STUDENT'S PET: Small cassette recorders are becoming students' favorite way of taking notes.

pockets, ready to insert into their recorders at a moment's notice. However, since the microcassette is a comparatively newer development in tape, there are not as many microcassette recorders available in the market to choose from as there are standard cassette machines.

When choosing a compact cassette for school use, select an all-purpose, "low noise" tape. Sony's LNX, for example, is an economical, high quality, low-noise cassette.

If you're planning to erase and reuse your tape later to record music for your home hi-fi tape deck or personal stereo, any leading manufacturer offers a variety of tapes to meet any recording need.

Stay away

Stay away from non-branded cassette tapes. Often available at surprisingly low prices, the quali-

ty of the tape and transport mechanism is often very poor.

Different grades of microcassettes exist as well. In addition to the standard microcassette formulation there are also high-fidelity and metallic micros, designed to deliver better performance for recording music. Again, though, a standard micro such as Sony's MC-60N(60 minutes) or MC-90N(90 minutes) is fine for recording voice in the schoolroom.

Because many microcassette recorders offer two recording speeds, normal and slow, most manufacturers offer micros only in 60- and 90-minute lengths. The normal speed will record 60 or 90 minutes, while the slower speed can record double the amount of time on the same length. In other words, the slower speed will record 120 minutes on a 60-minute cassette and 180 minutes on the longer 90-minute tape.

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what tape is best suited for this purpose.

There are two main types or formats of audio tape cassettes available that the Sony Corp. recommends for recording in the classroom, the compact cassette and the microcassette.

The compact cassette is about one-half the size of a small paperback novel. The advantage of this tape format is that it has been on the market for years, and there are literally dozens of different compact cassette recorders and players available. A lecture recorded on a compact cassette can even be used with a home stereo cassette deck.

The latest innovation in tape — the microcassette — is much smaller, about the size of a matchbook. Students can easily carry two or three cassettes in their



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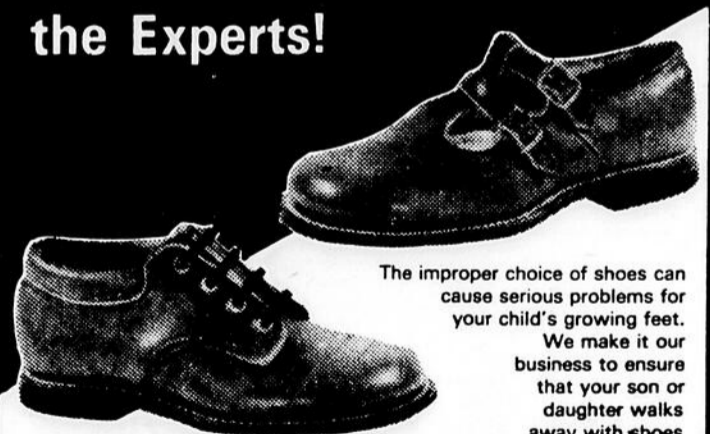
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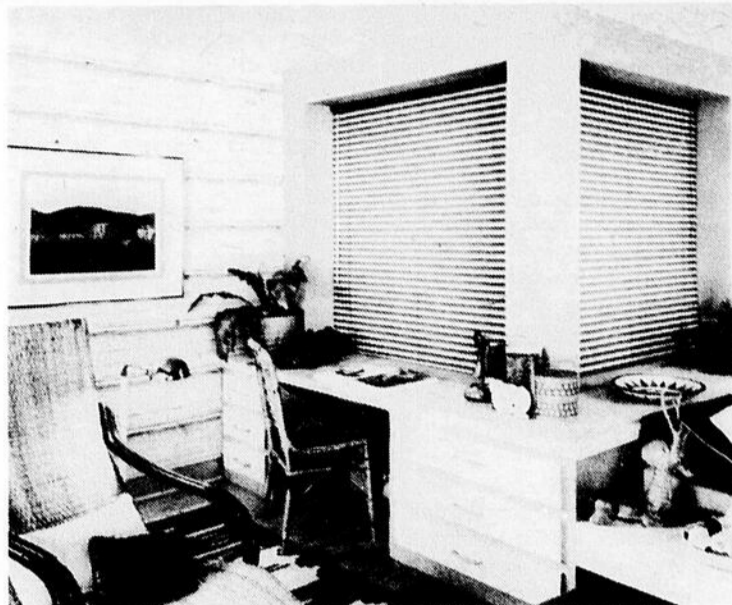
Proper environment needed to do your homework well

There are two schools of thought on the subject of homework. Some educators favor loading Johnny and Sue with heavy assignments to be completed at home. Other experts favor the academic work being completed during the school day, leaving after-school hours free.

There are valid arguments for both points of view.

Homework, in addition to reinforcing lessons learned during the day, teaches self-discipline, while after-school leisure gives youngsters time to indulge in extracurricular activities, athletics and helping at home, or even working at a part-time job.

If your children attend a school that assigns homework, you have certain responsibilities. First and foremost, you should set aside a specified area, creating an environment that is conducive to concentration.



NEAT THOUGHTS: Back to school means back to study and a neat, modern study corner, like this one wrapped around a window, can help the students get their work done.

Study area

The study area should be quiet, well lighted and away from the television if the rest of the family watches programs during study time. If the dining room or kitchen table must be utilized for study space, schedule the evening meal early enough so the table can be cleared.

Adapting a bedroom corner for a homework hideaway is preferable of course. This allows study materials such as dictionaries, encyclopedias, notebooks and writing materials to be left out, and ensures quiet and privacy for the student.

An interior designer solved the problem of creating study space in a bedroom by wrapping a shelf around an architecturally awkward window corner.

She melded desk top, drawer space, night stands and headboard into one unit, providing plenty of space to spread out study materials.

She chose earth tones to instill an atmosphere of calm and quiet — pumpkin-toned paint on three walls and around natural wood drawer fronts, striped fabric applied to the fourth wall and Flexaluminum blinds in alternating slat col-

ors of sweet chocolate and fawn. The mini-blinds can be adjusted to admit light, closed to control privacy.

After the study area has been set, the next problem to consider is study hours. Plenty of time should be allowed for completion of assigned work before bedtime — last minute cramming late at night is a bad habit to develop.

However be a little lenient about setting up study times. If children are allowed to watch a favorite television show or attend a special event, they are more apt to approach homework with a proper attitude.

Don't let them con you into doing their homework for them, but offer needed assistance and guidance. Discuss problems with them and ask to see the finished assignment.

Homework needn't be a bad word. It can be a shared experience that will benefit both parents and children.

Ink from squid

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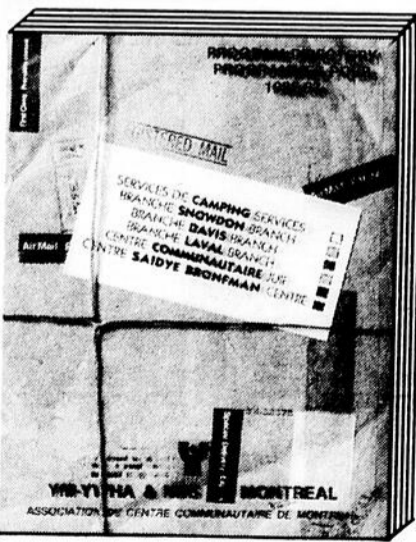
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Teaching children to listen is vital

A teacher says she has found the secret of getting children to keep quiet and listen.

The elementary school teacher said she has not discovered anything new, just a basic, simple method that many people forget.

Her system:

If you want to motivate your child or student to listen, show a little respect. Remember, they are people, and they are important.

You don't have to have formal training. It's a matter of how you treat children. She has found there's no way you're going to teach a child anything if he doesn't think he can learn.

That means parents and teachers should help the child feel secure.

Treat what the child is doing as important. For example, a parent may expect a child to be a great baseball player, but he may not be into that. He may be into digging worms and, if that's his thing, then you should treat him as if he's the star of the baseball team.

Remove stress

She recommended removal of stress from learning.

Make sure your children feel comfortable in making mistakes. Offer to correct the mistakes, but don't come down so hard that they are afraid to try.

The key to motivating children to listen is building a sense of accomplishment.

There's a spirit that's developed among the children, and they will comment when someone does a good job.

A teacher for 12 years said she has gained expertise from on-the-job training and observation of other teachers.

Besides respect, this teacher encourages parents and teachers to praise children's work.

It's the positive approach that will bring the child around. It's like building a foundation: The more you praise them for good behavior, the more you can

expect.

Sometimes children will be defiant and need punishment, but she cautions that it should not be dealt out with anger.

Even though you may have gone over something 50 times, make sure there is no sign of anger, frustration or emotion in your voice. If you show frustration with the student, then he will be frustrated with himself.

Children will be good listeners if they are listened to.

That's probably the most important thing: to encourage children to respond and to listen. It's very difficult sometimes not to look away from child when he or she is talking, but to be effective we should stop what we're doing and look them right in the eye.

Not many people will take the time to really listen like that.

Protect children by talking about street dangers

You've survived another summer vacation and your children are headed back to school. It's exciting to watch them grow as they face the world on their own. But every day you hear reports of children being kidnapped, molested, even murdered on their way to school. How can you make your child wary of strangers without transforming every man on the street into a monster?

It takes some work, but children and parents can learn to strike a balance between street-wise and terror-stricken.

Basically, children need to be taught that some people hurt other people. Parents are cautious about preparing their children not to get into a car, not to accept food, money or gifts and leave it at that. But this raises a little bit of fear in the children along with questions that need answers. They need to know why.

A child counselor suggests that parents talk about what has happened to other children, which makes the circumstances seem more real. When a child has heard news reports about other children, it provides a good opportunity to talk with the child and see just how much of the training provided at home has taken hold.

Watch for hesitations and indecisiveness.

Your conversation might begin something like this: "It must have been really scary for Julie when that man locked her in his car. That's why I told you never to get into a stranger's car. What do you

think you would have done if a man asked you to help him find his lost dog?"

Children often give the right answers to all the "what ifs" at home. But when in an unfamiliar situation, confronted by a stranger, their thinking becomes confused. And so the rules must be talked about on your child's level and constantly reinforced. Children usually react in the manner parents have instructed again and again.

It's important for children to understand that not all strangers are out to get them. They also need to know that rules concerning their safety are made by parents. They need a firm set of rules to fall back on.

Let them know that you don't expect them to be able to tell the difference between a friendly stranger and a stranger who may harm them. That's your role as a parent.

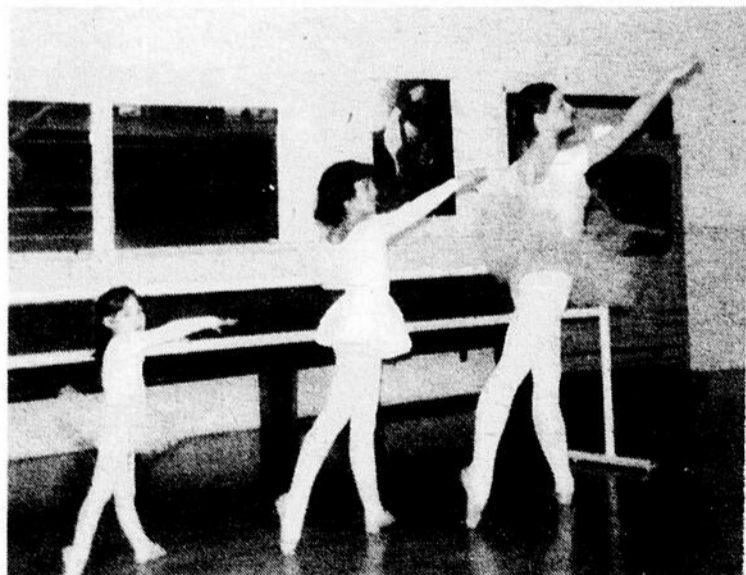
In most cases, if children are alert to the potential dangers around them, tragedy can be avoided. Here are some suggestions for "street-proofing" your children:

- Make sure that they walk to school with friends.
- Make sure that they notify you when they're going out of the house to play.
- Have them check in when changing locations from one friend's house to another.
- Make sure they're coming home at a designated time.
- Be consistent in enforcing rules.

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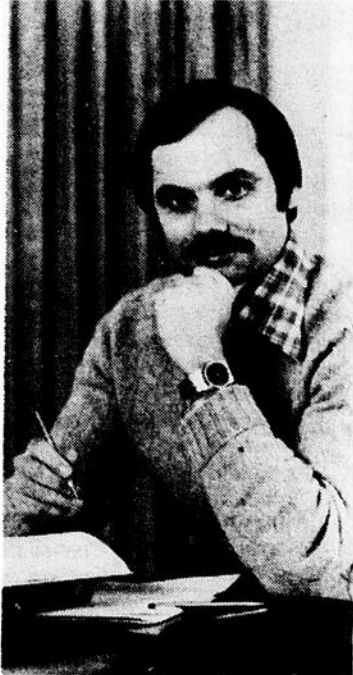
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ON TIME: When you're cramming for exams, a trusty watch and a good-working pen and pencil can be your best friends.

the school-bound student will receive, and more than likely, it will be the first truly good watch he or she has ever owned, surveys show.

Today's new quartz watches are ideal gifts for both night school and college students. Quartz watches are accurate to the nth degree, and come in a choice of analog or digital faces.

The analog or traditional watch face is usually favored by women students on campus, while their male counterparts opt for digitals which electronically display the time in hours and minutes. Since some of the new quartz watches run up to five years on a single battery, today's student might well be working in his or her first career job before needing to replace the watch battery!

Handsome pen and pencil sets are always student favorites — particularly those that come engraved with the owner's name. The new slim models come in gold or black matte, and the pen takes different size felt tips for fine to broad script in black, blue, green or red.

Will enjoy

Whether it's a watch or a new pen and pencil set, it's sure to be a

Girls to envy

Many girls would no doubt envy Simone Adele du Troit, who attends Drostly Technical High School in Worcester, South Africa. She's a whiz at electronics and is the only girl in the school, where there are 700 boys.

Universal

More than 7,500 books have been published in Esperanto, the universal language.

gift the student will enjoy all through the school years.

Some additional gift suggestions appropriate for the student going away to school for the first time include radio, alarm clock (electric and-or wind-up — for backup in power outages or just to ensure that youngster who's had Mom to wake him up makes it to early class), electric coffee pot, cassette recorder, stereo system, hair dryer, electric curlers or curling iron, electric iron, hot plate. Of

course, it is best to check whether the student's away-from home quarters allow use of some of these appliances.

For the youngster just starting school, an identification bracelet makes a thoughtful gift. The child will feel safer, knowing that if home address and phone number are forgotten, the information is right at hand. And you will feel relieved, knowing that instant identification is possible in case of an emergency.

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How to fight homesick blues

Going away to school for the first time can be an adventure or it can scare you silly. How you face this monumental event makes all the difference.

Of course, you can expect a few butterflies to start fluttering. After all, this is a big step forward in your journey to independence from the parental unit. And you'll probably have some bouts of homesickness. Remember the first time you went away to summer camp and how you felt when the counselor called for "lights out"?

There are a few precautions you can take, even before you leave home, to ensure you can cope with your new status.

Pack some of your favorite items from home — that dog-eared book of poetry you read when you're feeling down, your stuffed animal collection (or at least a few favorites), a couple of comfy pillows, your pet fern.

Buy yourself (or drop a hint that you'd like someone to buy it for you) one of those multiple frames with plenty of cutout spaces for photos of family and friends. Take new photos of loved ones before you leave, or garner old favorites out of the family album, being sure to have reprints made to replace them.

Update your little black book with current addresses (don't forget the postal code) of the folks you're leaving behind. Letters from home will keep you in touch with what's going on in the old hometown and your letters will ease the gap in the family circle.

Arrange with Mom to send



"care packages" of your favorite cookies, fudge or brownies. Popcorn makes perfect package protection — and you can eat the popcorn after the goodies are gone. Mom will probably be glad to have something to keep her busy — she's going to be missing you too, you know.

When you do get to school and have settled down in your dormitory, frat or sorority house, check out the school activities available. Most campuses have clubs for people of varied interests. Find one that appeals to you and you're sure to find kindred spirits with whom to form friendships.

You could also check out such off-campus organizations as church groups, political groups, and even museums and libraries sometimes have clubs that follow

an interest in rock-hounding, poetry reading, etc.

Get involved

Getting involved in writing for the school newspaper and running for student government posts are other ways to meet people and ease the transition.

One word of warning — don't tie yourself down to too many obligations. Remember you are at school to study and learn.

If all these manoeuvres don't completely ease the pangs of homesickness, you can always "reach out, reach out and touch someone" as Ma Bell keeps reminding you. But do Dad's check-book a favor and call when rates are lowest.

Above all, keep the thought that someday you'll look back on these as the best days of your life.

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Trusts aid in paying rising costs

There is a definite swing in applicants from private to public colleges and it is growing. More students this year than even before are planning not to attend prestige private colleges and instead are registering at regular colleges.

Because of federal cut-backs in student aid and deepening economic uncertainty, more high school seniors in many middle-income communities are concluding that it will be financially impossible to attend select private colleges.

Many students are advised by their college advisers to go out and get a loan. But students are not eager to take out a loan at 18 percent interest. However, students can get the additional money they need to meet college expenses in another way — primarily from private funding sources.

Substantial amounts of money are hidden behind strange eligibility requirements, little-known trust funds, or other opportunities for student aid that have not been really publicized.

Since you must apply to be considered, the trick is to find out about these private funds. Matching scholarship sources to qualified individuals isn't a job for amateurs, as a computer is required.

Applicants can often qualify for private-sector scholarship funds because certain eligibility factors

are considered important by private donors such as religion, ethnic background, career interests, college majors, extra-curricular school or civic activities, parents' unions, military service and the like, regardless of family income or academic proficiency.

Research by computer matches a student's individual eligibility factors to sources of funds for college which they are qualified to receive. The student's background is matched to the scholarship requirements which are supplied by the donors of funds. The computer research fee guarantees to identify specific financial aid sources of "potential" funds for the subscribing student.

DYSLEXIA . . .

Continued from page four

studied nutrition, holistic healing and homeopathic medicine.

The variety of the disciplines she has studied indicates the complexity of dyslexia.

"For the first 10 years of work in the field," she said, "programs were developed to deal with the symptoms of dyslexia — obvious problems such as reversal of letters, writing difficulties, observations of children bumping into playground equipment. In the last 10 years, those in the field have seen these problems as symptoms of the basic underlying problem — the inability of the nervous

system to process and integrate sensory input."

As a child

As a child, Lovejoy could hear perfectly well, but was unable to sort it out into some kind of sense.

"It seemed that words were whirling around me, but I needed time to think to respond."

Sketching quickly, she explains how the different nervous systems in the body must transmit messages to the lower brain, where they are integrated into a system, then routed to the appropriate area of the upper brain for a response.

When nerves, for some reason, are blocked, the integration in the lower brain is inadequate.

Lovejoy said there are several approaches to the problem.

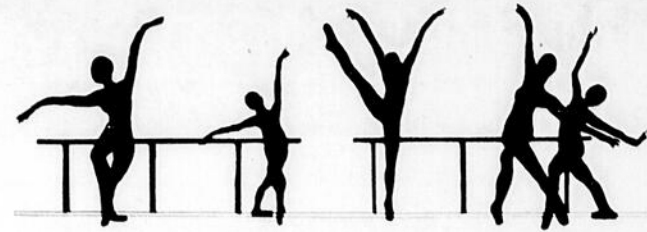
"When messages are transmitted from one nerve to another, there is a gap between the nerve ends bridged by a chemical," she said. "If there is a nutritional deficiency, it can create a biochemical deficiency affecting this transmission."

"Stress factors in our environment — emotional stress and even stresses of pollution — can cause a blockage."

"It may be that the dendrite growth at the end of the nerves is insufficient and needs stimulation."

Lovejoy said that children do a lot of their learning passively, watching television which affords little stimulation to the senses, all the while eating sugary snacks and drinking soft drinks — all factors which can exacerbate the condition.

Thus, she said, present-day treatment is directed to strengthening the various systems' ability to transfer messages.



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Good note-taking makes your studying much easier

A new college student leaving home to enter the "halls of ivy" for the first time, you're doing more than just "going" to school, you're plunging into a totally new environment.

In that new environment, effective written communication will be more important than ever before. And taking notes, one key element of communication, can have a marked effect on your academic success.

Studies indicate that there is a strong correlation between effective note-taking and information recall.

Some colleges and universities believe so strongly in the importance of note-taking that they offer courses in it for freshmen and students who've been out of school awhile.

These studies also show that students who took "good" notes recalled about 50 percent more than students with no notes, poorly organized or inaccurate notes.

So the ability to take good notes can make a difference. And, there is a wide variety of sources for those notes.

You may have to take your own during a lecture or class demonstration. Some instructors provide preprinted outlines or notes. And because reading assignments in college are generally heavy, it's helpful to underline or do some form of note-taking in your textbooks, as well.

Don't agree

Experts don't always agree on when or why to take notes. They don't even agree as to whether phrases, whole quotes or "trigger-memory" words are more important. But, most researchers mention the following elements as critical to effective note-taking.

1. Be neat.
2. Be organized.
3. Be readable. Remember, you'll need to be able to read them come mid-terms and final exams!
4. Be brief. Key words and phrases are more essential than whole sentences.
5. Utilize abbreviations. Whether this is shorthand or your own, you'll need to write quickly during lectures.
6. Highlight unfamiliar materials or important facts.
7. Summarize critical information.
8. Be accurate. Notes won't do you much good if they provide the wrong information or inconsequential details.

Buy guides

Many students buy study guides to help them develop good note-taking techniques. Most of those guides agree with experts who say that reorganizing and reviewing notes is often just as important as taking them in the first place.

Because the information you must recall comes from a wide variety of sources including textbooks, the library, classroom lectures and outline material, it's easier to remember the relationships of the information if you consolidate it for review.

Take key notes and put them into outline form. Rephrase main ideas or outline headings as questions. Then, check to make cer-

tain that you understand every answer or point you use to supply the answer to that question.

There are a lot of ways to take effective notes. The method you use depends on personal preference and where you need to do the note-taking. Here are just a few tips:

1. Use a notebook or notebook section.
2. Underline material in notes or books with bright, opaque markers.
3. Write in the margins of textbooks or highlight key areas.
4. Use adhesive-backed yellow note pads to make notes in books or on lecture notes. These notes can be easily removed with a gentle pull and repositioned repeatedly. They come in three sizes: small 1½ x 2 inches for

short messages and larger 3 x 3 and 3 x 5 inches.

Take tools

When you must copy pages from the library or other reference sources, take along a few tools to make the job easier.

1. Make certain you have change for the copy machines.
2. Take along paper clips and notepaper to mark spots you want to copy.
3. Find all the information first and write key information on notes to copy all at once for best efficiency.

As you're packing "essentials" for your first year at college, don't forget note-taking materials. They could be the key to your success!

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Putting on a happy face means taking care of skin

Going back to school means seeing old friends and making new ones. Both boys and girls are eager to look their best, with clear, smooth skin and a bright complexion. Yet, many teen-agers have some kind of skin trouble.

It's very common for most young people to have skin problems. At this age their glands become very active and their skin secretes more oils than ever before. All this excess oil can cause annoying problems, and that's why it's so important for teens to develop a good skin-care program.

Generally, an oily skin requires more cleansing than a dry skin because the sebaceous (oil) glands secrete more oil than the pore can eliminate. The pore then gets backed up and clogged with oil and other waste matter and expands.

If the opening to this clogged pore is covered with skin it becomes a whitehead; if it is not covered it is a blackhead. In either case, the pore looks enlarged because it is stretched with oil and cellular debris. If something isn't done it erupts and become a pimple or worse.

It is recommended that people with oily skin deep-cleanse their

skin to lift impurities from the pores and help the pore return to a normal size. This also helps remove dead skin cells on the surface that give a dull look to the complexion.

Deep cleanser

Boys, too, should use a deep cleanser, especially if they work around cars, where dirt and grease can get into their skin.

Water-based products are best for oily skin. We always recommend a water-based cleanser which contains some oils, over soap and water because the oil in the cleanser helps dissolve the oil, dirt and makeup on the skin, and gives a more thorough surface cleansing.

After cleansing, follow up with a skin freshener or astringent to remove excess traces of cleanser and flaky skin. Astringents are especially good for those who like the "squeaky clean" feeling provided by soap and water.

The final step is a very light water-based moisturizer. While many people with oily skin tend to shy away from these products, beauty advisers always point out the difference between moisture and oil. The natural oil in the skin

will keep it soft, and help hold moisture, but the additional moisture plumps it out so the skin tone is good and the skin looks smooth.

For young women who prefer not to wear makeup, use at least a moisturizer to protect the skin from pollutants. It would be better to use a water-based foundation containing a sunscreen, such as PABA, to protect the skin from sun exposure that could lead to marked deterioration 15 to 20 years later. Foundation acts as a shield against pollutants and helps protect the skin. A lot of people think makeup clogs the pores, but pores get clogged from the inside not the outside.

Cheek color

For cheek color, use a powder, rather than a cream blusher, applied after a light dusting of translucent powder which will keep the blusher from "grabbing" on an oily skin. Oil-blotting gels are also available to absorb excess oil as the day goes on.

Nichols offers some additional tips:

— Don't squeeze pimples. They can burst under the skin and cause infections. For the same reason, don't pierce or puncture pimples, either.

— Don't use a friend's makeup. Use your own applicators, keep

them clean, and don't lend them to anyone else.

— Keep your hands as clean as possible and try not to touch your face too much.

— Keep your hair clean. Oily hair and scalp can affect your skin.

— If you have chronic skin problems, see a dermatologist for medical advice.

— Each skin is individual. Seek out expert professional advice to determine the best skin care routine for your skin.

Remember that your skin won't clear up overnight. It took awhile to get to where it is, and it takes time to make it clear again.

Roll call

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It makes cents to take care of school wardrobes

As back-to-school time approaches once again, thoughts of fun in the sun must be replaced with thoughts of school supplies

and a decent fall wardrobe. These days such necessities can run into quite a bit of money but there is a viable way to save on

your clothing collection.

Take a good look at what's already in your closet. There are many fashion basics that never really change, and skirts, blazers, blouses and tailored shirts are standard "mix and match" classics that can be updated.

The trick is to assemble new combinations from accessories and outfits already on hand, mixed with new additions. What color blazer, belt or pair of shoes will go well with each other and with most of your old outfits? What colors and styles of blouses can pep up your last season's skirts?

never be washed in extremely hot water.)

— Whenever you put a load of clothes in the washing machine, use the proper measure of your favorite detergent. Too much or too little cleaning agent in the wash can make clothes appear gray, dingy and unclean.

— For all machine washables, fabric softeners can be an extremely helpful laundry aid. Softeners minimize wrinkling, reduce static electricity buildup and help cut back on the need to iron garments that are not permanent press.

care by jamming your garments into a crowded, musty closet. Make sure clothing is spaced and hung properly to avoid wrinkling, and spray air freshener throughout your closets and drawers to keep things sweet-smelling.

By following these basic tips, you can be an outstanding example of what the well-dressed, well-informed and economy-minded student is wearing this year.

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Looking new

After you've assembled your back-to-school wardrobe, you'll want to keep your new clothing looking new and your recycled clothing from looking obviously tired. The trick that will accomplish this is proper laundering.

The right fabric softeners, pre-laundry sprays, soil and stain removers, spray starches and anti-static sprays can often make the difference between "faded" and fabulous. (As with all aerosol products, remember to read directions carefully before using.)

This means a step-by-step cleaning process designed to make whatever clothing you own look its absolute best.

— Always read the instructions on each garment label carefully. Some fabrics (such as polyester blends) are machine washable, and others (like silks and wools) are dry cleanable only. Following label care directions helps tremendously to ensure the life of your garment.


— If you come back from a party with evidence of what you ate and drank on your clothing, all is not lost. Pre-laundry sprays, especially applied while the stain is fresh (or as soon as possible), can help get out spots that used to be conquered only by dry cleaning. First make sure the fabric is machine washable. Hold the can about 10 inches away from the garment and spray. After waiting about one minute for the spray to penetrate the stain and fabric, wash the garment in the hottest water permissible, according to label directions. (Remember, dark clothes and certain fabrics should

Check label

— Any garment you intend to machine-dry (and, again, check the label for suitability) runs the risk of absorbing static electricity, some fabrics more so than others. Softeners for the dryer can help eliminate this to some degree. Aerosol anti-static sprays can be used after machine drying.

— A good tip for revitalizing clothing that needs ironing is to use spray starch or fabric finish for a clean, crisp, neat look. Starch also gives shirt sleeves, cuffs, slack legs and jeans a smart crease that lasts long. Always remember to concentrate the spray on the areas requiring the most finish.

When all is said and done about proper laundering, don't destroy all your hard work and excellent




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Students at Woodrow Wilson and Camden high schools in New Jersey are participating in a project to place an ant colony in space.

The student-designed experiment will train video and movie cameras on a colony of carpenter ants to see whether prolonged weightlessness affects the colony's social structure.

RCA is paying the \$10,000 NASA fee to get the experiment, named "Orbit '81," aboard the space shuttle, probably in late 1982 or early 1983.

Word altered

The word "varsity," meaning a school's main team, is an altered contraction of the word "university."

Tools for writing success help students' confidence

Today's educators agree that a positive attitude, practical preparation and parental interest are crucial factors in a child's academic achievement. The trend has evolved to such an extent that parents are urged to become involved in their children's educations.

By adopting some suggestions, concerned parents can bolster young students' confidence and help them achieve the skills necessary to advance educationally and emotionally.

One step that should be treated carefully is getting a child mentally set for school. Encourage the young student to develop a positive attitude. Stress that school is an opportunity to learn and socialize with friends. It is the discipline that enables the child to get out of the house with something definite to do. Engaging the youngster in conversations about joining clubs or participating in various activities also inspires enthusiasm.

It is counterproductive to "threaten children" about possible strictness in the classroom even in jest. Teasing them about the "strict" teacher or about the "loads" of homework in the offing adds unnecessary anxiety to those first sensitive weeks of school.

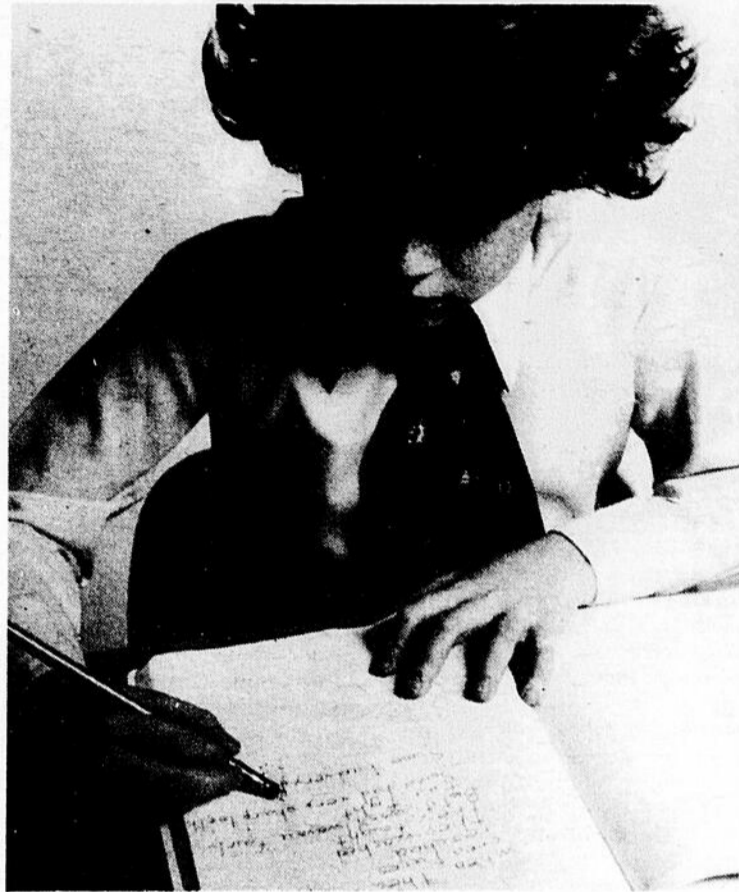
Adequate supply

Make certain there is an adequate supply of back-to-school essentials. A child needs the right tools to work successfully in class. Teachers are often surprised at how many children come to school without pens, pencils, paper or notebooks. Some school districts supply paper and some teachers keep used pencils on hand, but it's not good for a child to feel he can forget things and depend on a teacher or classmates to supply them.

Getting ready for school tells your child that you value what he or she is doing. Providing the appropriate pens, pencils and notebooks, rather than gathering odd accessories from around the house, can keep their interest at a high level.

A notebook with divisions for each subject and pockets for loose papers can help the youngster organize schoolwork and eliminate the worry that important papers will be lost.

The old inkwell and scratchy pen have been replaced by ball-point pens that require less dexterity to control. However, even a modern ball-point may cripple a child's flow of original ideas and inhibit creativity just when he is beginning to use writing as a means of expression.



TOOLS FOR WRITING SUCCESS: A young student can be encouraged to feel more confident about expressing creative thoughts on paper when using the most modern writing tools such as an erasable ballpoint pen that allows for easy corrections and continuity of ideas.

For instance, young students sometimes do not put forth their best effort and often limit what they write to a bare minimum when they have to turn in an assignment written in ink. When a better idea comes to mind, or a mistake is made, changes can only be made in one of two ways: a sloppy cross-out or the entire page must be rewritten. Cross-outs mar the appearance of what might actually be a well-written piece; and, if given a choice, most students would rather not rewrite an entire page for the sake of neatness.

Inexpensive

Thanks to modern technology, Scripto, the writing instrument company, reports this does not have to be the case. Inexpensive and reliable erasable ball-point pens can ease the pressure of the mechanical act of writing and simplify corrections. Fledgling writers can then put greater effort into the content without fear of messing up and having to recopy their work.

Learning to write involves more than drawing letters. Children must learn to shape ideas with words and sentences as well. Talking an idea through first can help organize thoughts.

Writing for non-school purposes should be encouraged. A box of notepaper and an erasable pen will inspire personal notes or letters. A private diary invites the free flow of ink. Recipes, a log near the bird feeder, a journal of the family trip, an address book, a wish list . . . all these things give purpose to a child's personal writing and provide a feeling of ease with pen and paper.

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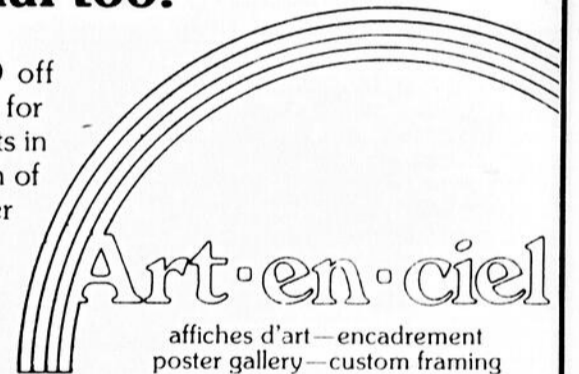
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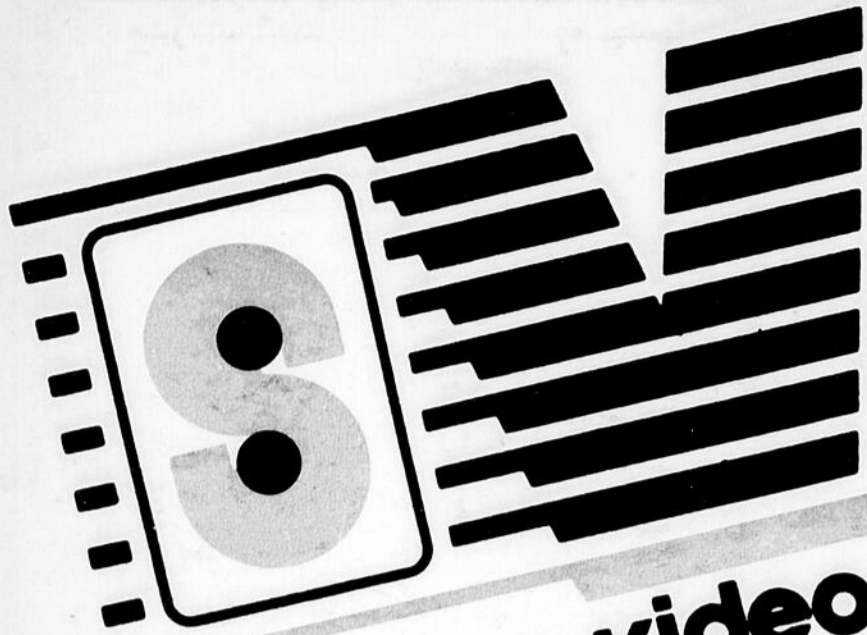
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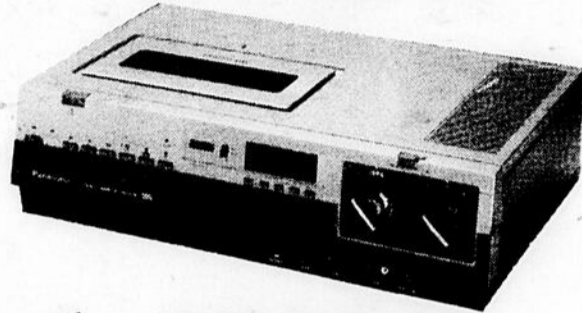
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