

KENT, OHIO — Ohio Gov. Richard Celeste and his wife Dagmar (left) pay their respects at the plaque ocaring the names of the four students killed and nine wounded on the Kent State University campus on May 4, 1970. The university formally dedicated its May 4th Memorial. (UPI Photo)

YOU & YOUR CHILD by Eileen Adams

Info for Today's Parents * Once upon a time in America nearly all driveways had the great station wagon parked in them. Today, however, the minivan is transforming family transportation once, and seemingly, for all. Who can resist? The minivan has



Although we may think that medicines have just one specific use, many medicines have multiple uses. Aspirin, for example, is one of our most versatile medicines. Some health experts refer to it as the "miracle drug," Common aspirin is useful as a pain reliever, fever reducer, and inflammation fighter. Aspirin may also help prevent the occurrence of heart attacks because of its ability to prevent the formation of small clots in the blood stream. room for the family, the strollers, the playpens, the toys and a few friends, too. If you're looking to replace your family car, check Consumer Reports for the latest grade report on all the makers' models. A vehicle which is fun to drive and the utmost in practicality, the minivan might be for you. * Recently a study released by Michigan State University showed that women who have jobs outside the home get 5 percent less sleep than their male counterparts. The subsequent irritability this produces isn't surprising, but what is surprising is how easily this is remedied. Take a nap, mom! If that isn't practicable, try indulging yourself with some telephone chitchat with a friend, or simply pamper yourself with a pedicure. The point is to engage yourself in a non-stressful, pleasant activity.

You deserve it. * If the kids are jittery after supper, it may be because the meal didn't contain enough carbohydrates; carbohydrates induce drowsiness. Foods high in carbo-, hydrates cause the brain to produce sorotonin, which produces the drowsy sensation. Try serving foods like pasta and lots of good bread if you think the kids are wound up and will have a hard time getting to sleep.

ON SALE TODAY By Carol Sherm



Of course it doesn't look so good, lady. It's dead."

Better Hearing And Speech Month Focuses On Helping Americans With Communication Disorders

ROCKVILLE, Md. — One in 10 Americans has a speech, language or hearing disorder that affects their ability to communicate. Advances in treatments, technology and understanding of communication disorders offer new hope to many of these 24 million adults and children, according to the American Speech-Language-Hearing Association (ASHA).

May has been designated Better Hearing and Speech Month to raise public awareness about communication disorders and the professional help available to treat them.

"An educated public is our best ally in the struggle to prevent and treat communication disorders," Roy A. Koenigsknecht, Ph.D., President of ASHA, said as the month-long event began.

The May campaign is observed by speech-language pathologists and audiologists nationally with free speech, language and hearing screenings, open houses at clinics and other facilities, and a variety of other events to inform the public about communication disorders and treatments.

More than 21 million Americans have a hearing disorder. Speech or language disorders such as aphasia, stuttering, articulation problems, expressive/receptive language delay and voice problems affect more than 3 million children and adults, in many cases limiting their ability to succeed in school or the workplace.

Head injury and stroke are leading causes of speech/language disorders. Environmental noise can have a damaging effect on hearing. Noise pollution affects more than 20 million Americans on a daily basis

basis. New and improved treatments and technology for communication disorders include more advanced hearing aids, computer technology for stuttering treatment, and augmentative communication systems for people who are nonverbal. Research advances include work at the University of Texas at Dallas Callier Center for Communication Disorders that indicates there may be a physiological basis for stuttering. Other research on low level signals generated in the ear (called otoacoustic emissions) has the potential to increase understanding of the ear and hearing loss.

ASHA's toll free HELPLINE offers free informational brochures on communication disorders and referrals to speech-language pathologists and audiologists in the caller's area. The number is 800-638-8255 (TALK), and the hours are 8:30 a.m. to 4:30 p.m. Eastern Time. Brochures are also available by writing ASHA, 10801 Rockville Pike, Rockville, MD 20852. The American Speech Language

The American Speech Language Hearing Association (ASHA) is the national professional, scientific and accrediting organization for more than 60,000 speech language pathologists and audiologists. Speech language pathologists diagnose and treat speech/language/voice disorders.

Audiologists test and evaluate hearing and provide aud rchabilitation, which may include dispensing amplification device such as hearing aids.

Free educational brochures on the following topics are available from the American Speech-Language Hearing Association (ASHA), by calling the Helpline at 800-60 8255 (TALK) or writing ASHA 10801 Rockville Pike, Rockvill MD 20852.

Recognizing Communication Disorders Communication Disorders

and Aging How Does Your Child Hear and Talk? (in English and Spanish) Stuttering Articulation Problems

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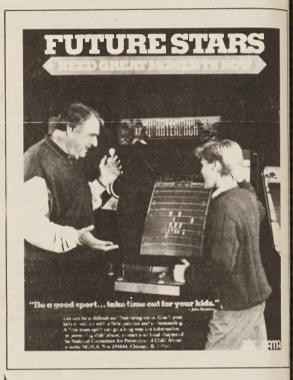
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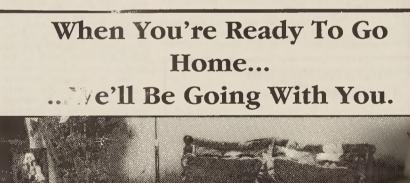
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 Language Development

 logists
 Noise and Hearing Loss

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 Tinnitus

How to Buy a Hearing Aid





* How can a parent keep his stress away from his daughter's life? By not demanding of his daughter what he demands of himself. A father who won't stop pitching softballs until five more balls are hit well is setting limits for his daughter like he would set for himself. If you find yourself doing this, stop and think. Letting your children set their own limits encourages decision-making and promotes self-esteem. Just let it happen. 9 1990. Tribune Media Services

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Antihistamines such as diphenhydramine and chlorpheniramine can be used for relief of a variety of health problems. The histamine-blocking action of these medicines makes them valuable in preventing or relieving allergic reactions to pollens, dust, insect bites, poisonous plants, and bee stings. The drying-effect of antihistamines provides relief of runny nose and congestion associated with the common cold. Also, the drowsiness associated with most antihista mines makes them ideal ingredients in nonprescription sleep aid tablets and capsules.

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