

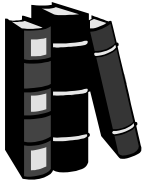
COMING SOON to your LCNFC...

- Lincoln School Carnival (10-1)
- Ethnic Expo (10-7 & 8)
- Thanksgiving Day Dinner (11-24)

What's Up in Sept.?



KICK UP YOUR "WHEELS!"
 Tuesday, September 6, 6 p.m., Columbus Skateland. Roll on over for a great family night – FREE – at Columbus Skateland. Space is limited. Bring your own roller-skates or bring \$ to rent some.



BINGO FOR BOOKS AT PTO!
 Thursday, September 22, 6 p.m., Lincoln Elementary. A short PTO meeting (first of the year!) followed by fun winning books through bingo! FREE and open to all Lincoln Elementary families! Parents – please plan to attend and take part in your child's education!



Saturday, September 10
Open Jam from 4-5 p.m.
 (Bring your acoustic instrument)
Show from 5-9 p.m.
The Commons

FREE! Featuring five area bluegrass bands. For more information, call Jack at 376-0714 or Joe at 379-2408.



kidscommons connection...

Happenings at our children's museum downtown...

Explore! Create! Collaborate!

GRAND OPENING—OCTOBER 1!!!

In our new location at 309 Washington Street!
 Admission is \$6 per person for ages 1-99

Kidscommons will be opening September 6 with temporary hours on Tuesday and Friday, 10 a.m. to 1 p.m. and Saturday from 10 a.m. to 5 p.m.

Watch www.kidscommons.org as we expand to our full schedule in October. Inquire about our KC Pass and KidsClub membership for discounts on admissions, birthday parties and programs.

Call for more info at 378-3046 or

www.kidscommons.org

Taking Charge of Your Health

A simple walk through the woods shouldn't make you miserable. If you touch poison ivy, however, you may get an allergic reaction to these plants.

Poison ivy grows in this area of the United States as a vine or shrub. Its leaves are in clusters of three, and it has yellowish-white berries. It grows very easily and is widespread both inside and outside "city limits."

Self-Care Tips

- Wear rubber gloves if you're allergic and have to work near infested areas.
- Wash suspected areas of contact with soap and water as quickly as you can.
- If water isn't available, wipe affected areas with rubbing alcohol.
- Use water to rinse off pets, clothes, shoes and camping or gardening gear if you or your pets have been in affected areas.
- Calamine lotion may relieve initial itching and help dry the rash.
- A soak in lukewarm water mixed with oatmeal or baking powder may soothe skin and dry blisters.

If you have additional questions about poison ivy, you can also contact your doctor or Columbus Regional Hospital's Ask-A-Nurse at 379-1210 or 1-800-365-0202.