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# Medicine bottle goes to school

**United Press International**  
NEW YORK — Schools now must deal with the RX — the latest R in the education mix of readin', 'ritin', and 'rithmetic.

It's doctor's orders that some youngsters tote prescription medicine back to school.

A report in the "American School Board Journal" says the medicine-dependent boys and girls, as a routine, keep their drugs with the school nurse who dispenses the medicines that control or fix student's condition.

Some prescription medicine brought from home wards off seizures, others fight a current infection and some fight cancer, allergies or diabetes.

Mood and behavioral control medicine — psychoactive drugs — also are among the doctor-prescribed chemicals in the schoolhouse drug store.

"It's becoming current practice in some schools to administer psychoactive drugs to children to control behavioral disorders," said James C. Ross, author of the report "Protect teachers and students with policies governing medical matters," and assistant director for the Center for School Personnel Relations, Kent State University.

Ross said, "And no matter who actually administers the medicine — school nurse, teacher, or parent — a crucial role for teachers is to monitor the effects of the drug."

"If a child shows no effect, for example, the teacher must take note of it and notify parents and physician so the dosage — or the medication — can be changed."

Ross said when school nurses are not available, teachers and administrators give the medicine. But he says to protect school personnel from liability, school boards need to develop policies and procedures to cover such situations.

Ross also said there is a possibility school personnel who administer medicines are open to civil liability suits.

It could happen, he said, when a

child suffers an adverse reaction because a staff member improperly administered a prescribed medicine or when a staff member endangered a child's health by voluntarily giving such common drugs as aspirin or even cough drops.

Ross said school boards also need policies governing proper handling and storing of medicines.

"Make sure each school has a storage cabinet, with a lock, to keep medicines cool, dry and dark," he said, echoing "medicine at school" guidelines from the American Academy of Pediatrics.

Ross recommended that schools set a limit on the supply of drug a child may keep at school. He gave this example of regulations in force at the Glenwood, Ill. schools:

Children on daily medication may keep a maximum of one week's supply; those on short-term medication may bring only enough for each day's use.

"In either case a medication form must be completed by a physician and kept in the school health office for reference," Ross said.

"No medication may be administered without written authorization from both physician and parent."

Food and Drug Administration guidelines on dispensing medicine at school include these:

- Remember that all medicines carry risk. Along with benefits, they have a potential for harm. Undesirable side effects can occur and might include sleepiness, swelling, nausea.
- Inform doctor of any allergic reactions to drugs or foods, such as rashes, headaches, dizziness.
- Be aware that over-the-counter drugs might interact with prescribed medicines and cause unwanted side effects.
- Avoid serving certain foods to students taking some medicine that won't work if child drinks milk or eats dairy products.
- Insist instructions on administering medicine be specific. For example, does "three times a day" mean morning, noon, and night? Should the medicine be administered before meals, with meals, after meals?

# Skiers trimming-down fashion wear

**United Press International**  
NEW YORK — Go down the ski slopes in a trimmed-down look for the coming season.

Ski wear designers are resorting to every wile to give a sleek look for both men and women, reported the trade association Ski Industries America.

The ever-increasing number of skiers (trade sources estimate there are 20 million in the United States) will achieve the slimmer look in a variety of ways.

Drawstrings make jackets more form-fitting without being restrictive. Insulations carry less bulk, but are just as effective in keeping the wearer warm and dry. One piece suits with exaggerated shoulders, high collars, narrow waists and tapered pants legs create the illusion of less bulk.

Color also plays the slimming game. Designers use color blocks, triangles and stripes to fool the eye.

Even boots are slimmer, said David Ingemie, president of the ski industries group. "Just go into a ski shop and try them on," he said. "You'll find they're lighter than in previous seasons, warmer, and much more comfortable."

Ingemie said the two major developments other than the sleek look

are the riot of colors and the resurgence of down as an insulator.

"Some of the colors are really wild," he said in a telephone interview from the industry's offices in McLean, Va. "And the idea is to mingle them. At the industry's trade show in Las Vegas, I saw eggplant, purple, turquoise, pink..."

The vivid colors often are teamed with neutrals or muted tones — mustard yellow, gray, black, khaki, navy, olive, off-white and beige. White on white is popular for the snow scene, particularly when accessories are the brights. Especially for women are the pastels — pale pink, blue, yellow, sea foam green and lavender.

Sleeves are striped and often in a bright shade to contrast with the rest of the outfit. Even zippers and drawstrings come in contrasting colors.

Ingemie said the Winter Olympics in Sarajevo, Yugoslavia, had some influence on color. For those competitions, athletes wore candy stripes on downhill suits, and there were plenty of plums, pinks, plus white combined with bold colors.

"But all of this does not preclude the fact that navies and blacks still are very strong," he said.

There's a big emphasis on zippers in the new wear. Sleeves unzip from

a jacket to make a vest, a back-pack can be zipped to make a jacket, and hoods snap or zipper on and off.

Last year, he said, the use of goose down was down. This year, down for insulation is up. The synthetics also continue. Down is warm, lightweight and "breathes," he said. And to the skier, down typifies quality and the economy is such that there is more demand for quality.

For those who ski cross-country (called Nordic), apparel has changed as the numbers in this sport have increased. Ingemie said Nordic is the fastest growing segment of the sport.

Gone are the days of the baggy knickers and bulky, shapeless sweaters, said Barbara Alley, of Skiing Magazine.

"There are new, sleeker silhouettes, bright colors, pullover shells that are wind and water-proof," she said. "The key to cross-country skiing is layering. You need to have lots of clothes you layer over your long underwear and remove as the body heats."

Layering under and over a sweater is the key to warmth, Ski Industries said. Sweaters reflect the color and pattern trends of outerwear. Some sweaters are in bright jewel colors to complement the parkas, stretch or pull-on pants or one-piece suits. Others provide contrast-

ing neutrals such as pewter and charcoal gray, mustard yellow, black, navy or olive green.

Hats are either knit wool or of the same synthetic fabric blend and insulation as the jacket or suit. Look for hunter style hats with ear flaps, cloche or flapper style hats, helmets, and the traditional ski toque. Ear muffs also are becoming popular.

And what about new styles for the snow bunnies?

Said Ingemie: "Oh, they can get by with anything they want to wear."

Approximately 20 million persons ski at least once a year and 3.6 million ski 12 or more days a year, Ingemie said. Ingemie said his estimates come from A.C. Nielsen, which does a triennial study. The most recent figures are for 1981.

The increase in the number of skiers, changes in the economy and technological advances in equipment pushed retail spending to \$1.76 billion in 1983, compared to the previous year's volume of \$812 million. Last year was the first billion dollar sales year.

The Nielsen study showed cross-country the faster growing sport, with 3.5 million skiers in 1981. Two million did both downhill and cross-country.

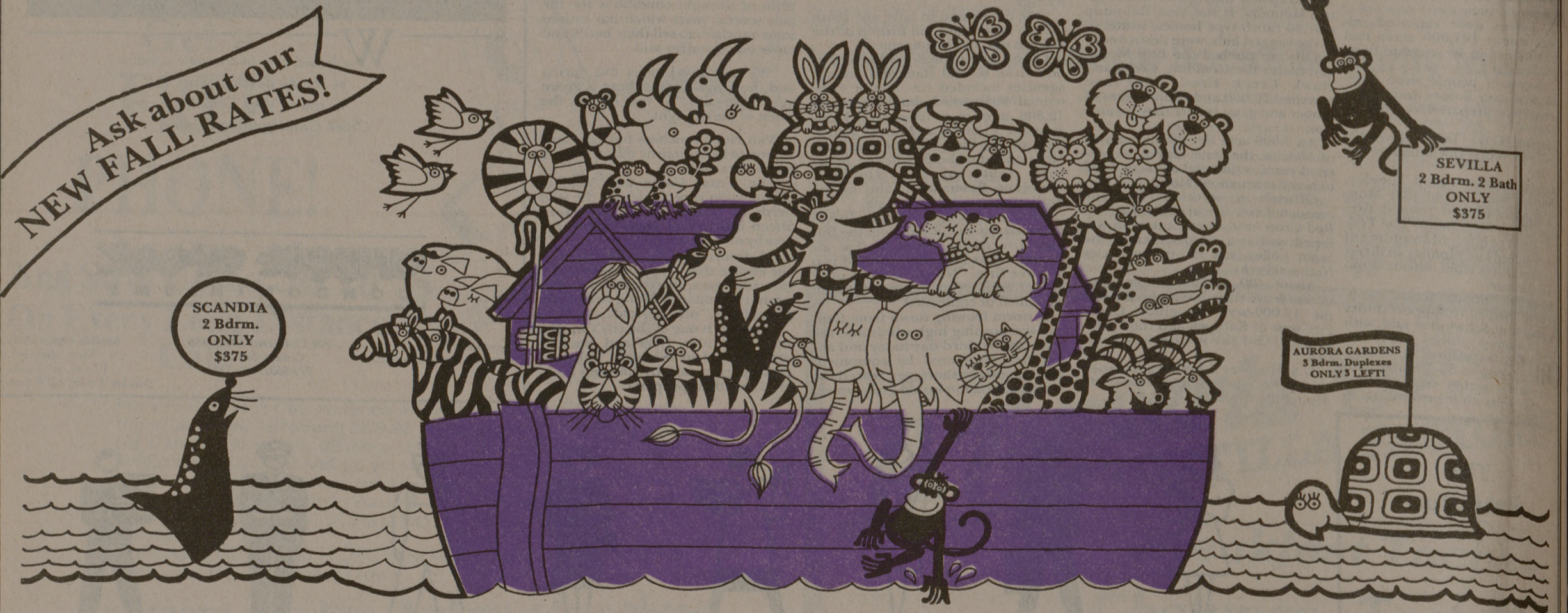
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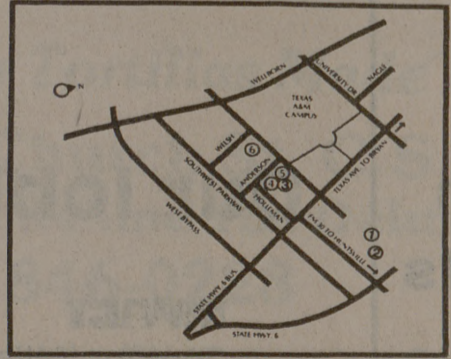
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