



SUMMER 2009

# STORIES

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## SAFETY BEFORE STYLE BY SAM, AGE 12

Plenty of kids are good at skateboarding, but they don't wear safety gear because it doesn't seem cool.

Well you won't look cool when you:

- ▶ Fall off a ramp and plant face on the blacktop;
- ▶ Crack your head open and need to have your hair shaved off for stitches.

No one is good enough at sports to not wear protective gear.



**Your helmet is probably the most important piece of your gear.**

Your helmet is probably the most important piece of your gear. The last place you want to be wounded is in your head.

If you're still worried about looking cool, then make your helmet gear cool. You can dazzle it up all you want—

as long as you still wear it!

Wearing safety gear can be the difference between watching your friends have fun, and actually doing what you want to do.

## SO, WHAT DO U THINK?

"Great story! I am a pretty good BMX racer and freestyler myself and I hear you. When i ride around town and see other people riding without helmets or even without BRAKES I always think of how they're going to hurt themselves. I always wear a helmet and pads. Great article, hope kids take this advice to heart."

tanereham, AZ, Age 14



## ADOPT A CREEK

Have you walked your local creeks lately? Chances are they're littered with discarded cans and bottles, plastic bags and other trash. Adopting a section is a good school or club project.

You'll need work gloves, heavy plastic trash bags, and possibly waders if you have to step in the water. Use several bags to separate recyclables.

Photograph all the trash you collect and ask your school or local library to display your exhibit, "A Year in the Life of a Creek."

Visiting your creek once a week will give you a fresh appreciation of nature. Once you clear out the litter, you may begin to notice life in the creek: frogs, tiny fish, and insects. Add their photographs to your display to illustrate "Before" and "After."

