Sports Injuries Affecting More Children’s Feet

(NAPSA)—Many children dream of growing up to be a professional athlete. But some might not make it to the same level of play due to the rate today’s kids are competing.

Foot and ankle surgeons say they’re seeing more injuries in children who play high-level sports. For example, tennis, soccer and volleyball.

“I’m treating chronic heel injuries in preteen athletes, who a few years ago we saw these cases only among those 17 years or older,” says Robert J. Duggan, DPM, FACFA. A foot and ankle surgeon from Orlando, Fla.

Duggan says injuries in these preteens include high-level sprains, ankle bone bruises, fractures to bones in the ball of the foot, painful cysts and irritated nerves and heel injuries.

The American College of Foot and Ankle Surgeons (ACFAS) recommends parents, players and coaches follow two steps:

• Expansion: With expandable phone systems, multiple handsets can be connected to one phone jack needed for the base unit, making it easy to set up phones throughout the house.

• Frequency: Choose a phone running on the latest DECT (Digital Enhanced Cordless Telecommunications) technology for interference-free conversations, clarity and range, and enhanced security against eavesdropping.

The school is the last expendi-

tion upon which America should be willing to economize. —Franklin D. Roosevelt

How’s Your Freshman’s Financial Literacy?

(NAPSA)—When the temperatures are high, your car’s needs oil that provides extra protection.

A fully synthetic oil such as Mobil 1 is designed to protect your engine under harsh conditions and provides excellent fuel economy.

For more information, go to www.mobil1.com.

The U.S. Food and Drug Administration has approved Neupro® (Rotigotine Transdermal System), the first once-daily, transdermal dopamine agonist patch for the treatment of idiopathic Parkinson’s disease. For more information, visit www.neupro.com.

To help parents decide whether they need wedding insurance, Travelers insurance company offers a Risk Quiz. For more information on how to protect a wedding, contact a Travelers independent insurance agent or visit www.Pro-

ectMyWedding.com.

S’mores are a popular camping treat, but you can make them](http://www.chase.com/allabout) at home with Little Debbie Marshmallow Puffs. For recipes and information, visit www.ldep.com.

You can learn what makes a great place to live online at the KaBOOM! Web site, kaboom.org. It’s a great resource for neighborhood planners, NAPSA—The transition from high school to college is one of the most important times in any young person’s life. As you or your daughter will make in becoming an adult. College is a time of new friends, new classes and new responsibilities. Often, the college years are the first time young adults are required to manage their own money and live on a budget—but they don’t have to go it alone. You can arm your student with the financial management tools to help him or her plan every detail of campus life—from dorm decorations to textbooks and beyond.

Reaching your student about ways to handle new financial responsibilities will help set him or her on the path to success. The hardest part can be figuring out where to begin. Fortunately, there are resources available to help guide these important conversations from companies such as Chase Card Services.

These tips from Chase can help your college-bound student navigate new financial responsibilities with ease:

1. Create a budget for the school year and stick to it. Track your budget and make sure you are within your spending limits.

2. Learn how to stay within your financial means. For example, if you are used to textbooks, use a used bookstore or check them out at the library, if possible.

3. Use important resources, such as credit cards, responsibly by planning and keeping track of all purchases.

4. In order to avoid late fees and build a solid credit history, always pay bills on time.

5. Request and learn how to read your credit report and rating. For more information, visit www.annualcreditreport.com.

Learning to manage finances responsibly is one of life’s most important lessons for young adults—and you can help by starting the lesson off on the right foot.

Additional information is available at www.chase.com/allabout credit.

At Honda’s storefront, visitors can find more than 65 different power equipment products across six different product lines, including generators, lawn mowers, trimmers, snow blowers and water pumps. For more information, visit www.axaonline.com.

By age 30, more than 85 per cent of U.S. workers have started saving for retirement, according to a survey by Axa Equitable. For more information on the survey or on retirement, visit the Web site www.axanet.com.

Clinical studies are now in progress to evaluate the safety and effectiveness of an investiga-
tional drug for the treatment of active rheumatoid arthritis. To find out more, call (877) 7 STUDY47 (788-3817) or visit www.researchra.com.

For more information, visit www.annualcreditreport.com.