



September is Lice Prevention Month

It's not a problem most like to discuss, but head lice are an unfortunate part of back to school. Each year between six and 12 million people worldwide get head lice, and children are the main carriers.

What exactly are head lice? They are small, wingless insects that live on the human scalp. Lice are more common in girls than in boys and are most prevalent in ages three to 12. There is a misconception that those with lice are dirty or poor; but lice actually prefer clean hair and do not discriminate.

To avoid the spread of lice, encourage your child to avoid sharing hats, hairbrushes and other personal items. But if lice does affect your family, here are a few tips to deal with it:

- Vacuum carpets and upholstery in the house and car. Discard combs, brushes and barrettes or wash them in hot water for 20 minutes and soak in rubbing alcohol for one hour.
- Machine-wash linens, bedding and clothing in hot water. Place in hot dryer for 30 minutes. Dry-clean stuffed animals or place in an airtight plastic bag for three weeks.
- Home treat with oil. Coat the entire scalp and hair with olive oil or mayonnaise after combing out nits. Cover with a shower cap or towel and leave for two hours (minimum). Examine the scalp and remove any existing nits. Repeat every four days as needed for three weeks.

Courtesy of Dr. Lauren Feder, author of Natural Baby and Childcare and The Parent's Concise Guide to Childhood Vaccinations.

Choctaw Oktoberfest

Celebrate German heritage in Choctaw at the 20th annual Oktoberfest festival, held **September 8-11** at the Festival Pavilion in Choctaw Creek Park (located on Harper Street, just south of NE 23rd Street in Choctaw).

The family-friendly festival includes children's activities in the *Kinder Zelt*, featuring face painting, crafts, and a variety of games and activities including inflatables.



The festival will be open Wednesday from 5:00pm-midnight

and Thursday-Saturday from noon-midnight. The BMW, Mercedes, Porsche, Audi and VW Clubs Car Show is held Saturday at 2:00pm. General admission is \$5, and children under 12 are free. For more information, contact Old Germany restaurant (405-390-8647, oldgermany.com) or the Choctaw Chamber of Commerce (405-390-3303, choctawfestival.org).



Museum of Osteology

Where in Oklahoma can you see the fully-articulated skeleton of a 40-foot humpback whale? This nearly 2,500-pound skeleton (which was featured on the Discovery Channel's program "Dirty Jobs") can only be found at the new Skulls Unlimited Museum of Osteology (which means the study of bones, skulls and skeletons).

"This is the only museum that focuses just on the skeletal system," said Skulls Unlimited Director of Education Joey Williams. "Groups can come here and learn about the form and function and some of the adaptations of the skeletal system. We also focus a lot on classification, so we have the different taxonomic [the science of the naming and classifying of living things] groups of mammals, birds, reptiles, amphibians, a little bit of everything."

The museum's 300-plus skeletons on display (representing a small fraction of the skeletons in their collection) focus on the form, function and adaptation of animals from all corners of the world in a 7,000 square foot space that has been over seven years in the making. The museum will offer programs, hands-on activities and self-guided tours to groups and individuals.

The museum is scheduled to open to the public on October 1, 2010. Hours will be Monday-Friday, 9:00am-5:00pm, with weekend hours not yet determined. Admission will be \$5, with children under 3 admitted free (one child per adult); group rates will be available, applying to groups of 20 or more.

To learn more about the Museum, call 405-814-0006 or visit museumofosteology.org. To learn more about Skulls Unlimited, call 405-794-9300 or visit skullsunlimited.com.

Photograph of Museum of Osteology exhibits courtesy of Skulls Unlimited, Inc.