

majority of soccer injuries resulted from direct contact between players or from contact with hard surfaces, and not from repeatedly heading the ball.

manufacturer of protective headgear, has first-hand experience when it comes to soccer head injuries. His daughter, Lauren, was 15 when she endured the first of two head injuries about

Andrew Schutzer of the Albertson Arsenals was concussions. Coach Noel Cott began encouraging after his son suffered two concussions while play

Pick up a cool family hobby on DIY's 'Knitty Gritty'

When you get to be my age, namely over 40 or so, you figure there are certain things that are just not going to happen again. You know, like getting carded at a bar. Nope. For me, them days are long gone.

So I was a little surprised when my 15-year-old niece called me cool. I thanked her, of course, but blew it off to the aunt factor. I mean, even fuddy-duddy aunts can be cool.

But then I find out that one of my favorite hobbies is the hot new trend. Knitting, apparently, is cool. I don't know when the heck that happened, but given shows like DIY's "Knitty Gritty" (on at various times throughout the week), I can almost believe it.

Hosted by Vickie Howell, who wears T-shirts that say things like "Knitting Rocks," the show will teach you how to knit scarves, sweaters and all sorts of cool things, like guitar straps with a decidedly hip, this is fun, mentality. It's a rare DIY show that is not boring.

Keep in mind, I like any network that promotes getting off your tush and doing something. And DIY supports its programming with a very, very good Web site, www.diynetwork.com, that gives you all the instructions. Nor do I wish to imply that DIY doesn't put on any interesting programming. I rather like the talk show "Talking Dirty With the Queen of Clean." Queen Linda Cobb is a kick and can almost get me interested in housecleaning. Almost.

But I have to concede that a lot of DIY's programming is deadly dull. Even shows that feature things I'm interested in, such as sewing, are pretty snooze-worthy.

"Knitty Gritty," however, is not. Where else in the TV universe are you going to find punk-rocking women who knit?



ANNE LOUISE BANNON FAMILY VIEWING

Basically, each show features one or two projects or a single technique. More often than not, Howell has a guest designer on, along with three Knitsters, usually just ordinary folk who knit at the level of the project being featured. Most of the projects that I have seen are at the beginning level. The Knitsters have ranged in age, some kids, some older women, but most are young adult women who look reasonably hip. And then there were the rock Knitsters, including one dame with two-color hair, who conceded that most people are surprised to find that she knits. But then, she said, they always ask her to teach them.

Part of the attitude is the Knitty Cam. It's an overhead camera that takes a shot of Howell's or her guests' hands. Then in post production, they turn the shot around so that basically you're looking at what the hands are doing from the perspective of the knitter. The shot is interesting and very useful. But when was the last time you saw a craft show in which the camera was even mentioned, let alone given a media-conscious name like Knitty Cam.

Another fun thing about the show is the projects. These aren't your usual boring scarves and sweaters. The yarns are almost always textured and colorful. One show featured all kinds of edgings you can put on sweaters. The baby show featured a baby hat that looked like a sheep-lined hunting cap with flaps and booties that looked like sheepskin boots. Forget the pastels, baby.

One show featured a scarf that has an optical illusion knitted into it. Another show had a designer who makes yarn out of all sorts of household items, including plastic shopping bags.

This is a good show to be watching with your kids (and my one complaint is that there are no guys whatsoever - apparently, they can't find any who knit). Most people learned to knit from their moms. But I suspect most of us come from a generation where Mom just didn't do that sort of thing. So the show gives you and your kids a chance to learn things together. It's amazingly empowering for the kids, not to mention being a terrific example. If they see you trying something new, struggling to learn and all the difficulties that come with trying a new activity, then they won't be afraid to try new things.

And, as Howell mentions in one of her Knit Bits, some study recently showed that knitting can be as relaxing as Zen meditation. I buy that. I interviewed actor Tyne Daly, late of "Judging Amy," some years ago and Daly knits on the set. She told me that she'd be knitting and people would be stressing and she'd be calm and have half a scarf by the end of the day. I knit in classes and meetings because I can't sit still. It helps me focus on what's being said. So if you've got active kids, this could be a good thing. Knit and talk. It will help with the squirrelied and help them learn patience.

And besides, it is the new hot hobby. Who'd a thunk it? Me, at my age doing something cool. Maybe I could still get carded.

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Q: Our 26-month recently been in his sleep, awakes two or three times crying is not possible sort of annoyed crying up or not being that deep, comfort wife or I comfort within 5 or 10 minutes back to sleep. He has major change recently moved him from his with only two kids school with many no different during his teacher reports taken well to the school wondering if this is causing his sleep these night wakes N.S.E., Nottingham, M

A: You are absolutely right. This is probably point. When a child is with a major adjustment from within as he takes development or from in this case), he is likely back to earlier behavior to gather the necessary make the adjustment.

Waking every three hours may be one of the has regressed in order with the new environment the day. I would recommend you and your wife go to time. Comfort him but him out of his crib. Tease suck his thumb or hug to learn to get himself to sleep.

If you do much more remain part of his sleep for a long time. Since you seems more annoyed ticked, we doubt that he opened night terrors, which fairly common at this age

If his waking is indeed to this change, he should

'Girls Know How' series targets those troublesome middle-school years

From news services

Because girls in middle school often shift attention from

Each book in the fictional series features spirited characters presented with a challenge

potential, and they rally their families and classmates to combine effort

