



# The

A Newsletter for the  
Residents of Teravista

# VOICE

Volume 3, Issue 9

September 2013

## MOMS Club

# OPEN HOUSE

The MOMS Club Round Rock South chapter  
would like to invite you to their

**FALL OPEN HOUSE Bubble Day:**

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- **Balloons**
- **Snacks**
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*MOMS Club is a non-profit organization with chapters  
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Georgetown Police (Non Emergency).....	512-390-3510
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Round Rock Animal Control .....	512-218-5500
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Teravista Elementary School.....	512-704-0500
Hopewell Middle School.....	512-464-5200
Stony Point High School.....	512-428-7000
Georgetown ISD .....	512-943-5000
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Round Rock Parks and Recreation .....	512-218-5540
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## Teenage Job Seekers

NAME	AGE	BABY SIT	HOUSE SIT	PET SIT	YARD WORK	PHONE
Taylor Patton.....	15.....	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	940-1834

+ CPR TRAINING / FIRST AID TRAINING \* HAS REFERENCES

ATTENTION TEENAGERS: The Teenage Job Seekers listing service is offered free of charge to all Teravista teenagers seeking work. Submit your name and information to [teravista@peelinc.com](mailto:teravista@peelinc.com) by the 8th of the month!

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### Classified Ads

**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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# THE VOICE

## A FOCUS ON BACKPACK SAFETY TIPS

By: Concentra Urgent Care

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

### WEAR OVER STRONGEST MID-BACK MUSCLES

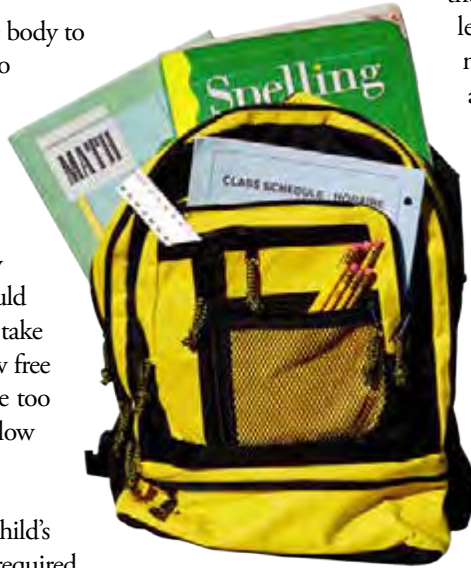
Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.

### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints. Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of



the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

### WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

### THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

### HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).



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[www.stuntranch.com](http://www.stuntranch.com)



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Admission: \$10 for Adults and \$5 for Kids. Free admission for kids under 3. Activity wristbands are \$5. Buy tickets online at [HOPE4JD.org](http://HOPE4JD.org) or at the gate. Signed waivers are mandatory for participation. They are available at [hope4jd.org](http://hope4jd.org) or at the event.

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## BACK-TO-SCHOOL STRESS CAN TRIGGER ACNE

For teens, getting rid of embarrassing may seem impossible, but Dr. Denise Metry, an assistant professor of dermatology and pediatrics at Baylor College of Medicine, says improving your skin isn't as difficult as you may think. "Stress can be a catalyst for acne breakouts because it stimulates hormones, which in turn causes some skin glands to pump out more oil," Metry said. She suggests that teens wash their face twice a day with a gentle cleanser, maintain a healthy diet and get adequate rest to help prevent future breakouts.

Other treatment options include topical creams such as Retin-A to help unclog oil ducts and antibacterial creams, lotions or gels with benzoyl peroxide, which can be used alone or in combination with topical or oral antibiotics. Some young women may be prescribed the birth control pill to help control acne, and Metry may recommend chemical peels for those with severe acne. "I think that parents downplay acne a lot of the time, but it can become a serious problem if it's not addressed early on," Metry said. "I encourage kids to talk to their physicians and in severe cases contact a dermatologist."



**Jennifer L. Kiening, D.D.S.**

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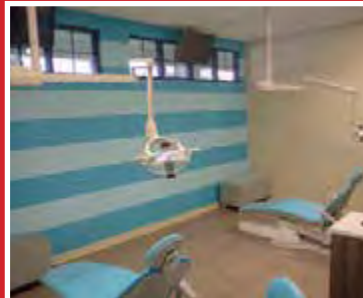
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# BE LICE-FREE FOR BACK-TO-SCHOOL

By Stacey Pomerantz

Back-to-school means lots of new things: new clothes, new backpacks and new supplies. It's a time to navigate a new class schedule and meet new teachers. Yet, it needn't be a time to worry about head lice. We often hear about lice during back-to-school season because kids return to a tighter environment after a summer of being outdoors. Lice are transmitted via direct head-to-head contact 95% of the time. The ideal scenario for lice transmission is when kids talk, hug or sit with heads touching. Keep in mind that lice don't jump or fly. They also die relatively quickly (24-36 hours) if they're not directly on your scalp. Lice are easier to avoid and get rid of than you might imagine. Since lice do not carry or spread disease, there is no formal exclusion policy in Texas schools. Head lice doesn't mean a child is dirty or should be shunned. Mostly, lice are inconvenient due to the time necessary to eliminate them. Here are some easy tips to stay lice-free this school year:

1. Each child should have his/her own set of brushes and combs. Store them in separate drawers or baskets at home. Label them accordingly and make sure each child knows whose is whose and keep your own separate.

2. Use lice deterrent spray every day. There are a few varieties of combination detangler/lice repellent sprays on the market. These sprays contain scents that lice find offensive, such as mint or tea tree oil. When used daily, these scents repel a louse and cause it to nest elsewhere (in another scalp). It can be most effective when applied every

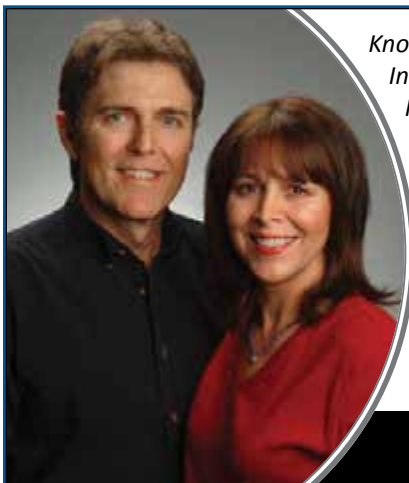
day, including before sleepovers, play dates and school.

3. This is a biggie: teach your kids to avoid direct head-to-head contact when playing with friends. Show your little ones a photo of children using the iPad or reading books in very close proximity. Help them learn how to play with other kids elbow-to-elbow, not head-to-head!

4. If school reports a lice outbreak – though they are not required to – or you suspect your child has lice, do not panic! Instead, make sure you have a good quality nit comb (normal combs do not trap lice or nits). Most parents say that it is hard to see evidence of lice. Use the comb as your eyes via daily comb-outs. Catching lice early can often prevent a household contraction. If you're not sure how to do a proper comb-out, look online where many 'how to' videos exist.

5. Finally remember the rule of "once a week, take a peek." While your kids are de-compressing after a long day of learning, run your nit comb through their hair at the base of their necks and behind their ears. Nits can be many colors from a cream color to amber. They glisten in dry hair and are the shape of a sesame seed that clings to one side of the hair shaft, often close to the scalp.

If you think you see lice and want to outsource removal, there are several options who will come to your home for treatment. At the end of the (school) day, you'll be happy to have these tips in your back pocket.



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NUMBER OF HOMES SOLD IN THE LAST 90 DAYS	<b>56</b>	↑
AVERAGE MARKETING TIME IN DAYS	<b>63</b>	↓
AVERAGE LISTING PRICE PER SQUARE FOOT	<b>\$ 110.35</b>	↑
AVERAGE SALES PRICE PER SQUARE FOOT	<b>\$ 101.35</b>	↑

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