



NEWS FOR THE RESIDENTS OF TARRYTOWN

SEPTEMBER 2013

VOLUME 1 ISSUE 1

## Welcome TO TARRYTOWN NEWS

The Tarrytown News is a monthly newsletter mailed to all Tarrytown residents. Each newsletter will be filled with information written by **you** about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com), or you can email to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

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### 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,

*Continued on Page 3*

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# ARTICLE INFO

The Tarrytown News is mailed monthly to all Tarrytown residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for The Tarrytown News please email it to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). The deadline is the 15th of the month prior to the issue.



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### A Focus on Backpack Safety Tips *(Continued from Cover Page)*

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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## 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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## Back To School


School started in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

### Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.


## Time To Slow Down!



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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."



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## KNOW YOUR NUMBERS!

*Controlling Cholesterol Essential in Fight Against Leading Cause of Death in America*

SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH

It seems like almost every day we hear news stories that talk about lowering our cholesterol. Or we see ads for products that claim to help keep our cholesterol in check. And sometimes, we become a little deaf to this constant chatter.

But knowing your cholesterol levels—and keeping them in control—matters. In fact, it can be a life saver. In the United States, two of the three leading causes of death are tied to cholesterol: heart disease and stroke.

“The fact is that high cholesterol is a risk factor for both heart disease and stroke,” says Tom Blevins, M.D., of Texas Diabetes and Endocrinology. “And high cholesterol is a risk factor we can modify. But you need to know your numbers.”

The Centers for Disease Control and Prevention (CDC) recommend a total cholesterol of less than 200. Total cholesterol is made up of two components—LDL cholesterol and HDL cholesterol. LDL is the “bad” cholesterol—the one that can block your arteries

and lead to heart disease and stroke. HDL is the “good” cholesterol, and helps prevent arteries from becoming clogged.

“Lowering your LDL has been shown to reduce the risk of cardiovascular disease and protect your arteries,” explains Dr. Blevins, who is board certified in cholesterol treatment. “You can help lower your LDL by reducing the fat in your diet, losing weight, and exercising. Some people may even need to take cholesterol-lowering medication. The bottom line is that reducing your LDL is one way to stop the inflammation and damage that LDL does to your arteries.”

So if you don’t know your total cholesterol, get checked. Approximately 100 million Americans have a cholesterol of over 200. If you find out you’re part of that group, then talk to your doctor about what you can do to take control of your health.

“The fact is that high cholesterol is something we can do something about,” says Dr. Blevins. And National Cholesterol Education Month might be a good time to take the first step.

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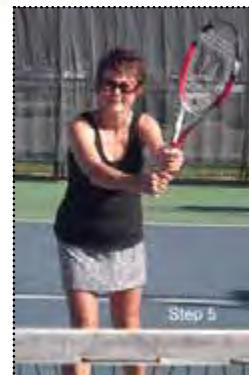
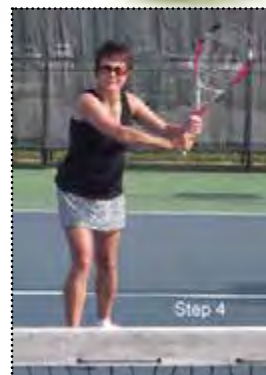
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# TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco



## How To Execute The Two-Handed High Backhand Volley Approach Shot

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, and the forehand high volley approach shot.

In this issue, I will offer you instructions on how to execute the two-handed backhand high approach shot. This shot is used when a player is caught in “no-person’s land” (around the service line area) and receives a high ball to volley. The important part of this shot is to be able to hit a deep volley to the feet of the opponents and/or to hit a deep volley close to the baseline, so the opponent is put in a defensive mode and hits a softer ball so the player can now move closer to the net for the “killer or placement volley”. In the illustrations, Linda Henson, a player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

**Step 1:** The Ready Position and Split Step: When Linda realizes that she is caught in “no-person’s land”, she takes the split step by bending the knees and staying on her toes. Her racket is in the volley position and her feet are angled toward the path of the incoming ball.

**Step 2:** The Back Swing: Once Linda realizes that the ball has been directed to her backhand, she will turn her upper body and will take the racket slightly back. Notice that the left hand next to the right

hand to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball. She will make a slight change toward the continental grip on both hands.

**Step 3:** The Point of Contact: Linda now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted toward the point of contact. Notice the right toe pointing to the ball meeting the racket. The face of the racket is open to allow her to hit behind the ball and allow maximum net height and allow her to hit the ball deep. The control of the ball will be made with the left hand, which is holding the racket tighter. The right hand is more relaxed and helps keep the face of the racket in a 45 degree angle at the point of contact.

**Step 4:** The Follow Through: Once Linda has made contact with the ball, she finishes the follow through with her wrist laid back. Her right arm is next to her body and her eyes have shifted toward her target.

**Step 5:** The Move for the Kill Volley: As the ball is headed toward her opponent and Linda realizes that her shot is deep, now she moves close to the net for the put away volley. If her shot was not deep, Linda will decide to stay close to the service line to protect the lob over her head. By the look in her eyes and her smile, she is ready to go for the “kill volley”.

*Look in the next Newsletter for: The One-Handed Backhand Volley Approach Shot*



## SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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## NUTRITION KNOW-HOW HELPS PREVENT 'FRESHMEN 15'

Brushing up on nutrition basics can help college-bound freshmen avoid extra pounds while pursuing their higher education.

College students are often under stress and respond by eating, said Dr. Karen Cullen, a behavioral nutrition researcher at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. What's more, a smorgasbord of foods is available almost around the clock.

To help freshmen get a healthy start on the academic year, Cullen offers these tips:

- Deal with stress in a positive manner, like playing or listening to music or exercising.
- Keep fat-calories in check by choosing low-fat cafeteria fare like

grilled or baked fish and fruits and vegetables. Limit high-fat and high-sugar treats to once a day.

- Choose beverages wisely. Good daily choices include fat-free milk, a glass or two of fruit juice and plenty of water.
- Keep dorm-room snacks healthy.
- Make time to be physically active every day.
- Don't skip meals, especially breakfast. Meal-skippers rarely reduce their actual caloric tally, and often shortchange themselves nutritionally.

If weight gain begins to exceed three to five pounds, consider starting a food diary and physical activity diary to help identify problems. Many campus health centers have nutrition professionals who can help students struggling with weight problems, Cullen noted.



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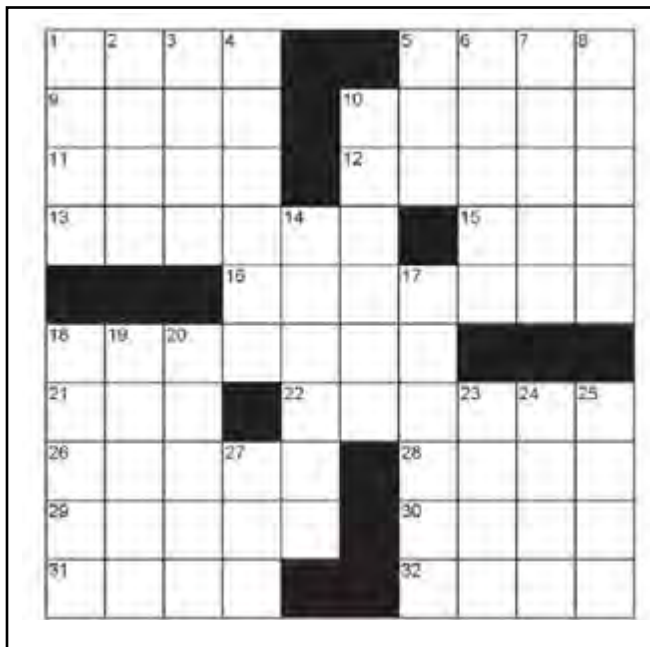
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28. Prophet who built the arc
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31. Eye infection
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2. Airy
3. "Ribbit" animal
4. Singing voices
5. Wing
6. Innocent
7. Meat curing ingredient
8. Gives off
10. Sharks
14. Man's wig
17. Less nice
18. Houses
19. Sluggish
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# HOPE4JD Family Fun Fest

## AND BATTLE OF THE YOUTH BANDS

Youth bands compete to raise the most money for HOPE4JD

**September 28 from 10am to 8pm  
at Stunt Ranch – 13317 Fitzhugh Rd.**

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



**Join friends and family at Stunt Ranch for  
great food, music, and family fun.**

**Activities include Silent Auction, Ziplining, Rock Climbing, Ropes Course,  
Bungee Trampoline, High Fall Air Bag, Inflatables, Face Painting, Snow  
Cones, Food Trailers, Craft Vendors, and much more...**

**Featuring** **Dysfunkshun Junkshun** **at 6pm**

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

**Sponsors and volunteers needed!**  
**Please visit [www.HOPE4JD.org](http://www.HOPE4JD.org) for more information**

SPONSORED BY:



HOPE4JD is a 501(c)(3) public charity organized to support families of children up to age 21 who suffer a hypoxic/anoxic brain injury due to a nonfatal drowning in Texas. EIN # 32-0351208



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