



# BEE CAVE *Messenger*

VOLUME 5, ISSUE 1

JANUARY 2014

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA



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## ADVERTISING INFO

Please support the advertisers that make the Bee Cave Messenger possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## ARTICLE INFO

The Bee Cave Messenger is mailed monthly to all Bee Cave area 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 Bee Cave Messenger please email it to [beecave@peelinc.com](mailto:beecave@peelinc.com). The deadline is the 15th of the month prior to the issue.

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Ambulance.....	911
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Travis County ESD No.6/Lake Travis Fire Rescue	
Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

### SCHOOLS

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Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
Lake Travis Elementary.....	512-533-6300
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Lake Pointe Elementary.....	512-533-6500
Lakeway Elementary .....	512-533-6350
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Bee Cave Elementary.....	512-533-6250

### UTILITIES

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Texas Gas Service	
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Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste .....	512-974-4343

### OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library .....	512-767-6620
Municipal Court .....	512-767-6630
Lake Travis Postal Office.....	512-263-2458
City of Bee Cave .....	<a href="http://www.beecavetexas.com">www.beecavetexas.com</a>

### NEWSLETTER PUBLISHER

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Advertising.....	<a href="mailto:advertising@peelinc.com">advertising@peelinc.com</a>



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The advertisement is divided into two main sections. The top section features a large photo of a young girl with long dark hair, wearing a white shirt and a headband, playing a violin. To the right of this photo is a blue vertical banner with a white tree logo at the top. The text on the banner reads: "The journey to excellence shouldn't end in the middle. Limited placements available for Nursery through Middle School". The bottom section of the ad is a collage of three smaller photos: a group of young children, a group of students in a classroom, and a landscape view of a school building. Below these photos is a green banner with the text "International School of Texas" and the website "www.internationalschooloftexas.com". To the right of the green banner is a red banner with the address "4105 Eck Lane Austin, Texas 78734" and the phone number "(512) 351-3403".

## COVER PHOTO

*Do you take great photos?*

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Bee Cave Messenger. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to [beecave@peelinc.com](mailto:beecave@peelinc.com). Portrait (vertical) photos work best.

This month's photo is of Mike and Karen Shultz in Sonoma at the St. Francis Winery.

To view other photos submitted please visit [www.PEELinc.com/BeeCave](http://www.PEELinc.com/BeeCave), and view any of the past newsletters.

By submitting your photo you agree to allow your photo to be published in future issues of the Bee Cave Messenger or other Peel, Inc. publications.

Call 512-263-9181 to find out how to have your business featured on the cover of the Bee Cave Messenger.

## Bee Cave/Lakeway Mamas

This a fun, supportive group of mamas who get together and meet at local parks, playdates, coffee, lunch, field trips, and more!

Membership is currently open to all those residing in the LTISD area. This group is open to moms with small children; infants/ waddlers/ toddlers/ and preschoolers.

Visit us at [www.meetup.com/Bee-Cave-Lakeway-mom-meetup](http://www.meetup.com/Bee-Cave-Lakeway-mom-meetup).



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# Around Bee Cave

## BE HEALTHY

Be Healthy Lake Travis is a fresh initiative, a non-profit with the mission is to serve, promote and support local healthy organizations and/or events for current and future generations. We help our community by providing volunteers, planning, promotion and execution (or what we call GSD – Get Stuff Done) for local events that align with our core values – Be Active. Eat Smart. Be Healthy Lake Travis!

Be Healthy Lake Travis started its journey in 2012 with a local entrepreneur forming a task force of superstars in our community with the intent to focus on physical, nutritional and emotional health. The initiative quickly picked up momentum, as our volunteer base grew, our opportunities to help others via community partnerships grew and the future is so bright in 2014 – we have to wear shades!

Dustin Ferrell, Vice President of Be Healthy, says; In 2014, Be Healthy Lake Travis is on the map. With six events on the calendar, we want to show the community we are “active” and promoting health and wellness. Be Healthy will assist LTISD with FitSmart this February, then assist Rexanna’s Run for a Purpose in March, plus we have many new community partnerships, a big signature sponsor and we will bring a cycling event to Lake Travis this summer, then finish the year with the 2nd Annual Be Healthy 5k & 1 Mile Fun Run.

Be Healthy Lake Travis is always looking for the “right fit” for our community. If you would like to get involved as a volunteer, an ally, a sponsor and/or a board member please visit our website [www.behealthylaketravis.com](http://www.behealthylaketravis.com) and go to the GET INVOLVED tab or contact Kristin Holt at [littlehold@austin.rr.com](mailto:littlehold@austin.rr.com).

Have an ACTIVE voice in the community with Be Healthy Lake Travis!



## LAKE TRAVIS



## LADIES OF CHARITY

Hands are reaching out across Lake Travis and across the Ocean.

Ladies of Charity Lake Travis (Lake Travis Thrift Shop) was approached recently by LTE Kardivas, a service group of 5th grade girls in LTISD. The girls wanted to collect children’s books and donate them toward the charity work of Ladies of Charity Lake Travis. Kardivas asked if LOC would get them to a community of children in need.

Ladies of Charity options are many but the one need that stood out was Connect Africa, a Charity intent on providing educational opportunity for orphaned children in Uganda. This organization is currently building a library. The specific needs of Connect Africa were brought to the attention of Ladies of Charity by Lakeway resident Jerry Heitpas this past Spring. The Kardivas have collected new and gently used books and presented them to Mr. Heitpas on December 12 at their meeting. Kardivas leaders hope the Kardivas girls will gain awareness of world situations and, hopefully, find gratitude and contentment with their own blessings.

The mission of Connect Africa, according to their web site, <http://connect-africa.org> is to strengthen families by providing educational sponsorship to orphans and business loans to the guardians of orphans. The donation of books collected by the Kardivas will help supply a library for these children.

Connect Africa Foundation is a 501c (3) non-profit, tax-deductible organization. They are also a registered non-governmental organization in Uganda with a Ugandan Board of Directors. One hundred percent of all donations support education and business opportunities for children and adults in Uganda.

Any one who wishes to may donate cash or books, donations can be made via the Connect Africa web site or by contacting Jerry Heitpas or Ladies of Charity Lake Travis.

# LTlov's Green Santa



*Thanks to the many businesses and residents who supported "Santa's Sack," LTlov donated 380 gifts and \$2,445.00 to Lake Travis Green Santa. Special thanks to the Lake Travis High School Volleyball teams who collected 45 gifts to help make Christmas merry for approximately 600 local children living at or below the poverty line.*

## St. Gabriel's is a place where...



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### OPEN HOUSE

Tuesday, January 14, 2014

8:30 a.m. - 10:30 a.m.



/SGSAustin

[www.sgs-austin.org](http://www.sgs-austin.org) | 512-327-7755

♥ WILL  
YOU  
*Marry*  
ME?

## In Store Proposal at Marshalls

The holidays came a little early for Wendy Lamb, store manager of the local Marshalls in Bee Cave, and I thought you might be interested for a feel-good consumer interest story. What started as a normal Saturday at work turned into the surprise of her life! Her boyfriend of two years, Ashton Brunner, pulled off an elaborate proposal at the store, as family, co-workers and local shoppers looked on (see image below).

A Lake Travis High School graduate, Wendy has been working at Marshalls since the Bee Cave store opening in 2006. Knowing how important Wendy's job is to her, Ashton thought it was only fitting to pop the question right in the store. Wendy currently resides in Sunrise Beach and is originally from Spicewood. A western-themed wedding is planned for May 2014 in Fredericksburg, TX.



*Ashton Brunner proposes to store manager Wendy Lamb at Marshalls in Bee Cave, TX.*



# Around Bee Cave

## Hill Country Galleria's *Wine Walk*

Join us for the Hill Country Galleria's Wine Walk, the 2nd Thursday of every month from 5-9pm. This is a unique wine and social gathering experience. Get to know the eclectic mix of businesses in the Galleria while discovering great wines from all over the world.

**HOW IT WORKS:** Start at Twin Liquors to pick up a map to guide you on the Wine Walk. Keep your map with you as your ticket for each wine walk stop. Hill Country Galleria Shopping Bags filled with exclusive offers will also be available to Wine Walk participants.

**WHO IS INVITED:** This event is open to everyone, so bring your friends, family, groups, or date for a fun way to spend a Thursday evening.



## The Right Foundation for Learning and Life. Just Ask a Mom or Dad.

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**Tiffany, Primrose Mom**

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\*Based on research from the National Institute for Literacy

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production of**

## The 25<sup>th</sup> Annual Putnam County **SPELLING BEE**

**Feb. 6, 7, 8 and 10**

**Opening night is Feb. 6 and there is much to do.**

The LTHS Theatre Arts Parent booster club (TAP) is also hard at work planning the Big Prize Drawing fundraiser and we need your help to make it a huge success! Please consider donating your time, money, unused gift cards, or other prizes for the drawing. Let us know today how you can help. Deadline to receive donations is Jan. 31, 2014.

**If you can donate please contact us today!**

Sarretta McCaslin  
512-422-8127  
smccaslin@austin.rr.com

Brenda Estay  
512-705-8166  
bestay@mac.com

Susan Taborn  
512-263-7949  
susan-stone-taborn@austin.rr.com

The LTHS Theatre Department relies solely on ticket sales and funds raised by TAP to produce all extracurricular plays. Please help us continue to make sure that the theater department is able to continue its run of professionally staged and produced plays & musicals year after year.

**Purchase prize drawing tickets today as stocking stuffers.**

**Go to [www.theaterarts.com](http://www.theaterarts.com) • Tickets are \$5 each or 6 for \$25**



# We need **YOUR** help!

Show tickets will be \$10 at the door/\$15 for reserved seating.  
The show starts at 7 pm at the LTHS Performing Arts Center.



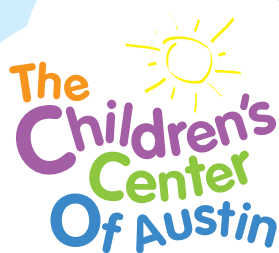
## SEND US YOUR

### *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 [beecave@peelinc.com](mailto:beecave@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).



# Happy New Year!

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# Sports



LTYA Registration is now open for spring soccer, baseball & softball. Boys and Girls age 4 – 14. Registration ends January 31st.

LTYA is offering an introduction to RUGBY this spring for 6th and 7th grade boys and girls. Go to [LTYA.org](http://LTYA.org) to learn more and to register. This is non-contact touch Rugby to introduce players to the game of Rugby. Registration now open!

GO **GREEN**  
GO **PAPERLESS**



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**@ Oak Hill**

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**@ South Austin**





LTYA is a privately funded, not-for-profit organization founded in 1978 to provide safe, fun, friendly and affordable recreational opportunities for the youth of Lake Travis. Today, we serve over 4,500 youth in our 9 sports programs and activities annually and we need your support.

Providing positive and safe sports for all children that teach basic values they can count on in their lives. We know how important the youth sports experience is for the children and that is the reason we teach the importance of teamwork, cooperation and hard work.

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Register online at [www.LTYA.net](http://www.LTYA.net)

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- Lakewood
- Legend Oaks II
- Long Canyon
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- Meadows of Bushy Creek
- Meridian
- Pemberton Heights
- Plum Creek
- Ranch at Brushy Creek
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- Round Rock Ranch
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Teravista
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- Villages of Western Oaks
- West Lake Hills
- Westside at Buttercup Creek
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**PEEL, INC.**  
 community newsletters



## A FOCUS ON RESOLUTIONS

By: *Concentra Urgent Care*

The New Year is a great time to make healthy lifestyle changes. According to the US Department of Health and Human Services, the most common resolutions focus on losing weight, getting fit, quitting smoking, and reducing stress. These are important themes that can reduce your risk of disease. Here are ways you can achieve your goals this year.

### LOSING WEIGHT

A weight loss of five to seven percent of your body weight can improve your health and quality of life. It can also help prevent weight-related health problems, like diabetes. Changing your eating habits and increasing your physical activity are keys to successful weight loss and help to maintain optimal weight for the rest of your life. Create a plan for healthy eating and increased physical activity, while taking in fewer calories than you use. Your healthy eating plan should include:

- Taking into account foods you like and dislike
- A focus on fresh fruits, vegetables, and whole grains
- Consuming fat-free or low-fat dairy products such as yogurt, cheese, and milk
- Protein sources such as lean meats, poultry, fish, beans, eggs, and nuts
- Avoiding saturated and trans fats such as animal fat, butter, and

hydrogenated oils

- Staying away from foods high in sodium and added sugars

### GETTING FIT

Regular physical activity for at least 30 minutes each day, or broken up into several shorter periods of 20, 15, or 10 minutes, can help you lose weight, keep it off, and stay fit. It can also improve your energy and mood and lower your risk for heart disease, diabetes, and some cancers. Try some of these physical activities:

- Walking (15-minute miles or 4 miles per hour)
- Biking
- Tennis
- Aerobic exercise classes (step aerobics, kickboxing, dancing)
- Yard work or house cleaning (gardening, raking, mopping, vacuuming)

Taking the first step can be the hardest part. Start slowly, at a level that is comfortable for you and add activity as you go along. Sometimes, it helps to have a friend or activity buddy when you start out. It is recommended that adults get at least two and a half hours of moderate physical activity each week. Strengthening activities, such as pushups, sit-ups, or lifting weights, at least two days per week are also encouraged.

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# THYROID CONDITIONS ON THE RISE IN THE U.S.

*Take this True/False Quiz to Learn More About the Thyroid*

## JANUARY IS THYROID AWARENESS MONTH

Tired? Sluggish? Unexplained weight gain or weight loss? It could be your children wearing you out, or the natural effects of aging--or it could be a treatable condition caused by the thyroid.

Approximately 27 million Americans suffer from thyroid diseases, and the vast majority of them are women.

"We're diagnosing more thyroid disease now than 20 years ago," says Dr. Tira Chaicha-Brom, an endocrinologist with Texas Diabetes and Endocrinology.

The thyroid is a small, butterfly-shaped gland at the base of the neck that regulates metabolism. When it's not working properly, the symptoms often mimic other conditions, and thyroid problems can go untreated.

Take this True/False quiz now to find out how much you know about the thyroid.

1. *The symptoms of the two main types of thyroid disease are the same. T/F?*

**FALSE:** The two major types of thyroid disease are an overactive thyroid, called hyperthyroidism, and underactive thyroid, called hypothyroidism.

"If you have an overactive thyroid, you have an increased metabolism," explains Dr. Chaicha-Brom. "You may have heart palpitations, excessive sweating, diarrhea, anxiety, insomnia, and even unexplained weight loss."

The other type of thyroid disease – an underactive thyroid or hypothyroid – causes symptoms including fatigue, dry skin, unexplained weight gain, constipation, and increased sensitivity to cold.

2. *Medication is the main treatment for thyroid disease. T/F?*

**TRUE:** The main treatment for hypothyroidism is thyroid medication. Levothyroxine, the medication used for hypothyroidism, is the third most commonly prescribed medication in the US. Hyperthyroidism can be treated with medication, surgery, or radioactive iodine.

3. *Thyroid cancer is on the rise in the United States. T/F?*

**TRUE:** Not only is thyroid disease being diagnosed more often, thyroid cancer is on the rise. The American Cancer Society estimates that 60,000 new thyroid cancer cases will be diagnosed in 2013.

The chance of being diagnosed with thyroid cancer is now more than twice what it was in 1990. Some of this is due to increased detection with thyroid ultrasound, which can detect small cancerous thyroid nodules that might not have been found before.

4. *Thyroid surgery is always necessary for thyroid nodules or lumps. T/F?*

**FALSE:** Thyroid nodules, (thyroid lumps or growths), are common and are often benign or non-cancerous and may not require removal. But nodules should be checked since thyroid nodules can sometimes be cancerous.

"Up to 40 percent of the population will have thyroid nodules at some time, and most are non-cancerous," says Dr. Chaicha-Brom. "The size of the nodule, how it looks on ultrasound, and the patient's risk factors for thyroid cancer all determine how physicians treat the nodule."

### HOW DID YOU SCORE?

Don't worry if you didn't know all the answers. Not that many people understand this unusual gland. But it's important to talk to your physician about any troubling symptoms. Not only do patients feel better after treatment, they also can prevent long-term damage to their bodies due to untreated thyroid disease. Obesity, eye problems, heart disease, high/elevated cholesterol levels, and an enlarged and painful thyroid called a goiter may occur without treatment.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Northwest Austin and Round Rock. For more information, visit [texasdiabetes.com](http://texasdiabetes.com) or call 512-458-8400.



# Business Section

## ROGER WILLIAMS

to speak at Lake Travis Republican Club



Roger Williams, US Representative for Texas's 25th Congressional District, will be the featured speaker at the monthly meeting of the Lake Travis Republican Club, to be held Tuesday, January 21, 2014 at the Hills Country Club, from 11:30 AM to 1:00 PM. His district stretches from Tarrant County in the north to Hays County in the south, and includes much of Austin and the Texas Hill Country.

Prior to his election in November 2012, Congressman Williams served his country in a number of ways and brings a unique background to Congress. He was raised in the Fort Worth area where he graduated from high school and later played baseball for Texas Christian University. After a brief stint in pro baseball, he began working in the family car business and has owned and operated the business for 40 years.

Along the way, he also became involved civically and politically. He served as Regional Finance Chairman for Governor Bush in 1994 and 1998 before he went on to later serve as the North Texas Finance Chairman and National Grassroots Fundraising Chairman for Bush/Chaney '04, Inc. Williams was appointed by President George W. Bush in 2001 as the Chairman of the Republican National Finance Committee's Eagles Program. He has also served as State Finance Chair for John Cornyn for U.S Senate Inc., in 2002 and as the National Director of the "Patriots" program for Senator Cornyn.

In 2005, Governor Rick Perry appointed Congressman Williams to serve as Texas Secretary of State. As Chief Election Officer for Texas, he worked to insure the uniform application and interpretation of election laws throughout the state. The Congressman worked tirelessly to promote economic development investment and job creation in Texas. He also served as the state's Chief Liaison for Texas Border and Mexican Affairs as well as Chair of the state's 2005 Base Realignment and Closure response Strike Force.

Congressman Williams was elected to his first term in Congress on November 6th, 2012 and was selected to serve on the House Committee on the Budget, along with the House Committee on Transportation and Infrastructure.

Tickets for the meeting are available for \$15.00 for members, and \$20.00 for guests. Reservations can be obtained by calling 512-261-0722, or by email at [wwarmuth@austin.rr.con](mailto:wwarmuth@austin.rr.con). A lunch Buffet will be served.

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# Seven Business Networking Groups in the Area

## ARE YOU LOOKING TO GROW YOUR BUSINESS IN 2014?

*If so, you might be interested in a few of the business networking groups in the area. These are a few to choose from:*

### STEINER RANCH REFERRALS BNI GROUP

Meetings are on Tuesday mornings from 8:00am to 9:30am at the Oasis. Visitors are welcome! If you are interested please contact Michael Bennett at [michael@bennett-tech.net](mailto:michael@bennett-tech.net) for more information or visit [www.BNIAustin.com](http://www.BNIAustin.com).

### FOUR POINTS CHAMBER OF COMMERCE

The Four Points Chamber of Commerce provides networking opportunities at social gatherings, luncheons with guest speakers and activities. The Chamber brings businesses together along highway 620 from Hudson Bend to Anderson Mill and Ranch Road 2222 from Jester to Volente. Four Points Chamber supports business growth in the community where we live, work and play. In less than 6 months Four Points Chamber of Commerce exceeded its first year membership goals and continues to grow! For information about participating in upcoming events or membership benefits visit [www.fourpointschamber.com](http://www.fourpointschamber.com) or call (512) 551-0390. Membership inquiries may also be sent directly to [membership@FourPointsChamber.com](mailto:membership@FourPointsChamber.com).

### NETWORKING NORTHWEST AUSTIN

Networking Northwest Austin is expanding its member base of businesses in our area. We believe in business by referrals and having a limited member base. We have a caring, positive, involved group of people who wish to build their businesses using the strength business referrals. No fees. Business education and speakers. Networking Northwest Austin meets on the second and fourth Mondays at 11:30 at Cheddars HWY 183 and Anderson Mill Rd. Visit <http://www.meetup.com/NetWorking-NorthWest-Austin/>

### STEINER RANCH MARKETERS MEETUP GROUP

Join other marketers who live in Steiner Ranch and work in online marketing, search engine optimization, affiliate marketing,

search engine marketing, social media optimization, social media marketing, pay-per-click advertising, email marketing, and other areas of Internet marketing. Informal get-togethers in the community to learn and share things, as well as make connections with others. The group is open to anybody who lives in Steiner Ranch and is interested in Internet marketing: entrepreneurs, freelancers, 9-to-5ers, business owners and aspiring marketers alike. More details at [SteinerRanchMarketers.com](http://SteinerRanchMarketers.com)

### YOUR LOCAL CITY

Steiner Ranch has a new business networking group. Your Local City is a positive, membership based, business networking organization with 17 groups meeting all over the Austin area. The Steiner Ranch group meets every Friday at 8:00 am at Lakeside Pizza and Grill located in the Shops at Steiner Ranch at Steiner Ranch Blvd. and Quinlan. Come join us to grow your business.

### LAKEWAY NETWORKING, INC.

We are a diverse group of business professionals in the Lake Travis area, helping our members grow their businesses through qualified referrals. We meet every Thursday at 8AM at Santa Catarina, 1310 RR 620 South, in Lakeway. Come visit us and see how your business can benefit by being a member of Lakeway Networking. For more information, please contact Kelly Connor at [kellyconnor@austin.rr.com](mailto:kellyconnor@austin.rr.com) or 512-736-2495.5.

### A+ REFERRALS BY THE LAKE BNI (LAKEWAY)

BNI is a professional business networking group that helps you build a team of partners to market your business. Come join us on Mondays from 11:30-1:00pm at Fore in Lakeway. Lunch is \$10 and visitors are welcome. Please feel free to contact Kimberly McLaughlin at [kimberly@LaHaPro.com](mailto:kimberly@LaHaPro.com) or visit [www.BNIAustin.com](http://www.BNIAustin.com) for more information.

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## The Story on Scars

Holly loved nothing more than riding her bike. But one day, she missed a curb and hit the pavement - splat! Now her knee was scraped and her elbow was cut. Her brother Darren helped Holly up and used his T-shirt to dab at the blood on her elbow. "Wow," he said, "You're probably going to have a huge scar."

### WHAT EXACTLY IS A SCAR?

A scar is the pale pink, brown, or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. A scar is your skin's way of repairing itself from injury. Look at your skin. You probably have one or two scars already. Most people do. Why? Because a lot of things leave behind scars - from falls, like the one Holly had, to surgeries.

Scars are part of life and they show what you've been through. For some people, scars are special. A kid in your class might have a scar on his chest because he had heart surgery as a baby. Or you might have a scar from the chicken pox. Centuries ago, warriors showed off their scars as symbols of their bravery and to impress their friends with the exciting tales about how each one happened. Do any of your scars have a story?

### HOW DO I GET A SCAR?

No matter what caused your scar, here's how your skin repaired the open wound. The skin sent a bunch of collagen (say: ka-leh-jen) - tough, white protein fibers that act like bridges - to reconnect the broken tissue. As the body did its healing work, a dry, temporary crust formed over the wound. This crust is called a scab.

The scab's job is to protect the wound as the damaged skin heals underneath. Eventually, a scab dries up and falls off on its own, leaving behind the repaired skin and, often, a scar.

A scar isn't always a sure thing, though. "It's not so much how deep or severe a wound is that determines whether a scar will form, but rather the location of the wound and that person's genetic [inherited] tendency to form scars," says Brian Flyer, a doctor from California.

In other words, certain people tend to get scars more easily, and scars are more likely to form after wounds on certain parts of the body.

### HOW DO I PREVENT A SCAR?

Of course, the best way to prevent scars is to prevent wounds! You can reduce your chances of getting hurt by wearing kneepads, helmets, and other protective gear when you play sports, ride your bike, or go in-line skating. But even with protective gear, a person can still get hurt once in a while. If this happens, you can take steps to prevent or reduce scarring. You can help your skin heal itself by treating it well during the healing process.

How do you do that? Keep the wound covered as it heals so you can keep out bacteria and germs. Avoid picking at the scab because it tears at the collagen and could introduce germs into the wound. Some doctors say vitamin C (found in oranges and other citrus fruits) helps by speeding up the creation of new skin cells and the shedding of old ones. Also, some people believe rubbing vitamin E on the wound after the scab begins forming can aid the healing process. Your parent can talk to your doctor about whether you should try this.

### SO LONG, SCARS!

Some scars fade over time. If yours doesn't and it bothers you, there are treatments that can make a scar less noticeable, such as skin-smoothing medicated creams, waterproof makeup, or even minor surgery. Talk to your parent and doctor to find out if any of these treatments would be right for you.

Sometimes the best medicine might just be to talk. Tell your parent or doctor what's bothering you about your scar and how you feel on the inside. Because when the inside feels good, the outside always seems to look better!

Updated and reviewed by: Patrice Hyde, MD • Date reviewed: January 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation





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