



## A Focus on Backpack Safety Tips for Your family

*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 THE BACKPACK OVER THE 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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## NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at [www.lakesoffairhavenHOA.org](http://www.lakesoffairhavenHOA.org) and register to get emails on HOA info and upcoming LOF announcements.

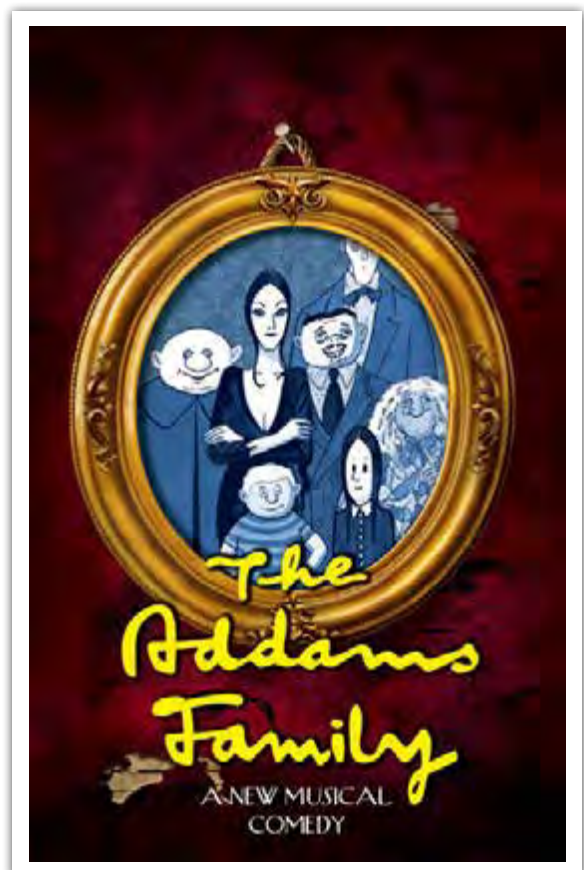


## The Cypress Ranch Theatre Presents:

*Submitted by Star Theatre Board*

The Cypress Ranch Theatre presents THE ADDAMS FAMILY a smash-hit musical comedy that brings the darkly delirious world of Gomez, Morticia, Uncle Fester, Grandma, Wednesday, Pugsley and, of course, Lurch to spooky and spectacular life. We are running 5 performances this year Oct 30th and Oct 31st @ 7PM; Nov 1st @ 2PM and 7PM; Nov 2nd at 2PM. Tickets are \$20 for Adults and \$15 for students and seniors (65+). Also, bring the children dressed in costume on October 31st and enjoy free, safe trick-or-treating! For more information or to purchase tickets, visit us online at [www.cyranchtheatre.org](http://www.cyranchtheatre.org).

The Addams Family the New Musical is presented through special arrangement with Theatrical Rights Worldwide. All authorized performance materials are also supplied by Theatrical Rights Worldwide. Theatrical Rights Worldwide - 570 Seventh Avenue, Suite 2100, New York, NY 10018 - Phone: (866) 378-9758 - [www.theatricalrights.com](http://www.theatricalrights.com)



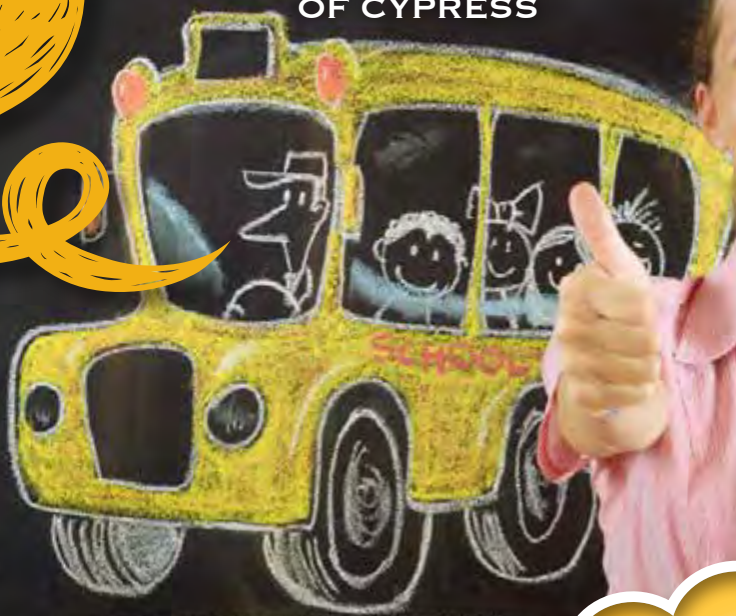


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## Rosehill Christian School Celebrates 25th Anniversary

### DETAILS

Rosehill Christian School, located at 19830 on FM 2920, Tomball, TX, will celebrate its 25th anniversary on Friday, September 26 from 4:30 – 7:00 p.m. The celebration will be in combination with a tailgate party before the 7:00 p.m. homecoming game. Special guests will be our alumni as well as current families, students, and community residents. Bring your children and come hungry as we have planned a festival atmosphere that will be complemented by face painting, a rock wall, inflatables and several food trucks to satisfy your evening hunger. The facilities will be open for tours as the evening is structured for the public to share in the fun.

### HISTORY

Twenty-five years ago a desire to provide excellence in Christ-centered education was birthed at Boys and Girls Country, in Hockley, Texas. Much to the delight of the founders, the first school year ministered to 63 students. The school needed more space due to the growing number of families desiring a Christian education in the northwest Houston area. The purchase of 15 acres of property just a mile from the Boys and Girls Country on FM 2920 allowed the school to expand both in their student body and facilities. The story of Rosehill Christian School is told by founding and past board chair, Dr. Linda Flower. “As I relate these facts, it occurs to me that this story is about people and how God uses them. Truly the Lord has blessed Rosehill Christian School with great families.”

### TODAY

Rosehill Christian School is a Pre-school – 12th grade interdenominational Christian school ministering to Christian families from over 65 different churches. The school recently graduated its 15th senior class. The student body of 420 students is vibrant and eager to face the challenges of a complex world.

One of the hallmarks of the school is the academic excellence found in the graduates as many receive dual credit from courses taken on campus. Close to 40% of the school's graduates profit from the luxury of gaining 30 or more college credits before they graduate. 98% of the school's alumni continue to study at colleges and universities. Of those, six were National Merit Scholarship Finalists.

In addition to our strong academic programs, we offer an extensive menu of elective courses, athletic programs, and community service opportunities to enable our students to fully develop their broad range of gifts and talents. In addition to fine arts and technology courses, we are the only private Christian school in the area to offer Agricultural Science as a course to complement our school-sponsored 4-H program.

The campus has grown with the purchase of 6 acres in 2007 and another 3 acres in 2011. An aggressive capital campaign in 2007 paved the way for the construction of a first class eight lane rubber track, football stadium, baseball field, and athletic training center.

Each year a highlight for the high school students is a week-long retreat at Carolina Creek Christian Camp with their fellow students. This is a concentrated time for them to be challenged spiritually as they enter into another school year. Leadership skills are reinforced as the student body is led in groups by the senior class students.

Rosehill Christian School is a member of the Association of Christian Schools International, as well as the Texas Association of Private and Parochial Schools and Houston Area Independent Schools. Our accreditations include the International Christian Accrediting Association and AdvancedED (formerly the Southern Association of Colleges and Schools.)

### TOMORROW

The future is bright for Rosehill Christian School. Preparations are being made for an additional capital campaign that will include the construction of two new buildings. Prayer is an integral part of the school. Thankfully, we have seen the miraculous hand of the Lord as He has guided and protected the school. Located in one of the nation's largest growth areas in the northwest corridor of Houston, it is just a mile away from a third perimeter thoroughfare, The Grand Parkway, which is scheduled to be completed in 2015. The Parkway will reduce travel time from the school to The Woodlands and Katy to just minutes. It is a privilege to announce our 25th Anniversary. With the Lord's help, we pray that many more years will come.







## AHFC Junior Hurricanes (JHSL) Registration Now Open

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit [www.albionhurricanes.org](http://www.albionhurricanes.org) or you can email us at [jhsl@albionhurricanes.org](mailto:jhsl@albionhurricanes.org) or call 713-939-7473.

Fall 2014 JHSL Highlights - 10 weeks September - November - Season will extend 1 week if both practice & game is rained out - Professionally trained - One practice during the week - Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details. - Cost per player is \$150 U5/U6 and \$160 U7-U12 - Nike uniform included

## Think Pink Fashion Show

Business women in Northwest Houston seeking to network with other professional women are invited join the Northwest Houston Business & Professional Women (BPW). We are HIP – Healthy. Inspiring. Powerful. Join us on Sept. 15 at Northgate Country Club, 17110 Northgate Forest Dr, Houston, Tx 77068 for the Think Pink Fashion Show and Silent Auction benefiting Breast Cancer. Register by Sept 15 at <http://nwhoustonbpw.com/>. Hope to see you. Contact Goldie Roberts, Publicity Chair with any questions. 832-722-5064.



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## INJURY PREVENTION IN YOUNG ATHLETES

*By Brett Neilson and Mike McTague  
Doctors of Physical Therapy, Orthopedic Certified Specialists*

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term “cultural deconditioning” has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So when

the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the “10% rule” has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as “growing pains” and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.



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## Network Texas Ready to Party With a Purpose

### Family Fun Event to Benefit Shield Bearer Counseling Centers

If you are looking for a great night out as a family with live music, fun family games and a chance to win prizes, check out this year's Party With Purpose event. "We are planning to have a great time raising money for a great cause", says David Bamberg, Network Texas Co-Founder.

The 2014 Party With Purpose event is scheduled September 4th from 6:00 PM - 9:30 PM at historic Tin Hall (14800 Tin Hall Rd., Cypress, TX 77410). Tickets are on sale for \$20 each online at [www.ShieldBearer.org/Party](http://www.ShieldBearer.org/Party) and include heavy hors d'oeuvres, live entertainment provided by Cool Freddie E & The Crew, door prizes, raffle and live auctions, family photo booth and lots of games for cowboys and cowgirls of all ages. A cash bar will be provided by Tin Hall.

The purpose of the event is to support the services to women rescued from human trafficking, victims of horrendous crimes, military personnel/veterans and their families and those who are turned away from other providers. "We rely heavily on the

donations of individuals, businesses and churches in order to continue to provide quality counseling services," said Paula Burns, Event Chair. "I'm looking forward to everyone having fun while making a difference for their neighbors and community."

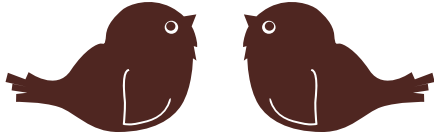
Paula Burns shared that the event is only possible with the support of key sponsors, including, "Halford Busby Construction Consultants as our Trail Boss Sponsor, Insurance One of The Woodlands as our Chuck Wagon Sponsor, and Burke Carpet Cleaning Services as our Watering Hole Sponsor." There is still time to join in the western themed fun and become a sponsor or provide an auction item or door prize. Interested parties can find all the details at [www.ShieldBearer.org/Party](http://www.ShieldBearer.org/Party).

Shield Bearer, a Cy Fair born 501c3 charitable nonprofit since 2005, served over 12,800 people last year with professional counseling services in their four Northwest and West Houston offices. Learn more about Shield Bearer at [www.ShieldBearer.org](http://www.ShieldBearer.org) or call 281-894-7222.



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St. Elizabeth Ann Seton Catholic Church Ladies Auxiliary is hosting their annual holiday market on October 25, 2014. It will be held from 9 A. M. to 4 P. M. at 6646 Addicks Satsuma Road, near Highway 6 and FM 529. The admission is free! Shop our selection of seasonal decor, homemade crafts, beautiful art, gourmet food and many other unique offerings. Have lunch at our huge concession stand with BBQ sandwiches, spuds, chicken salad, hot dogs, homemade baked goods, etc.! All proceeds go to various charities and scholarships. For more information, visit [seascatholic.org](http://seascatholic.org) and email [mon.delgado@sbcglobal.com](mailto:mon.delgado@sbcglobal.com). See you there!

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\$500,000 and above	4	2	3	2	2	3	3	2	5	3
\$451,000--\$499,999	0	0	0	0	0	0	0	0	0	0
\$351,000--\$450,999	0	1	0	0	0	0	0	0	0	0
\$276,000--\$350,999	0	0	0	0	0	0	0	0	0	0
\$231,000--\$275,999	0	0	0	0	0	0	0	0	0	0
\$201,000--\$230,999	0	0	0	0	0	0	0	0	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>5</b>	<b>3</b>
<b>Highest \$/sq ft</b>	<b>\$132.74</b>	<b>\$114.82</b>	<b>\$147.02</b>	<b>\$125.97</b>	<b>\$126.44</b>	<b>\$138.38</b>	<b>\$144.23</b>	<b>\$122.09</b>	<b>\$140.55</b>	<b>\$138.24</b>

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