



A NEWSLETTER FOR TOWNE LAKE RESIDENTS

SEPTEMBER 2014

VOLUME 3, ISSUE 9

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

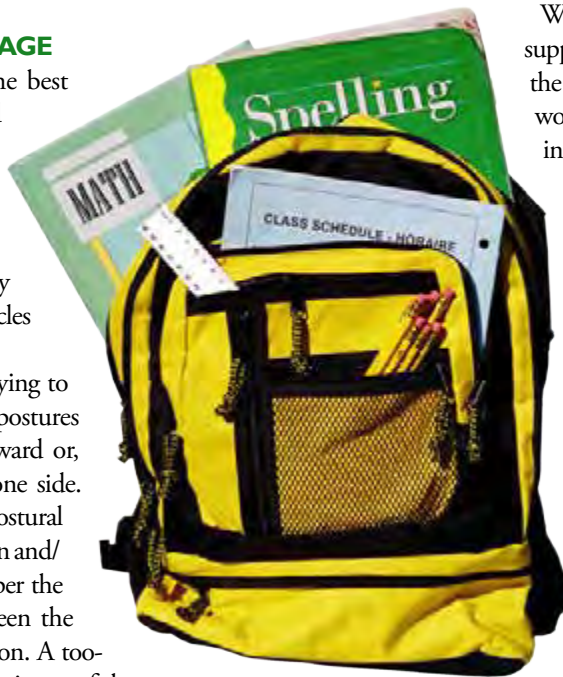
THE RESULTS

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.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence.....	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-222-1221
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Rennell Elementary.....	281-213-1550
Smith Junior High School.....	281-213-1010
Cy-Ranch High School	281-373-2300

UTILITIES

CenterPoint Energy.....	713-659-2111
Reliant Energy.....	713-207-2222
Water - Severn Trent.....	281-646-2383
Waste Management - Trash	713-686-6666

OTHER NUMBERS

Animal Control.....	281-999-3191
Cypress Fairbanks Medical Center.....	281-890-4285
Harris County Health Department	713-439-6260
Post Office.....	281-859-9021
Harris County Public Library.....	281-290-3210
Cy-Fair Hospital.....	281-890-4285
North Cypress Medical Center.....	832-912-3500

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ARTICLE INFO

The *Tribune* is mailed monthly to all Towne Lake residents. Residents, community groups, churches, etc. are welcome to submit 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 consideration please email it to townelake@peelinc.com. The deadline is the 9th of the month prior to the issue.



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5th Annual Running for Greater Things



Saturday November 8, 2014

*Start and Finish at Fairfield Baptist Church 27240 U.S.
290 Cypress, TX 77433*

*8:10am – START 1K Run/Walk 8:30am – START 10K
Run 8:45am – START 5K Run/Walk*

Registration opens August 9th!



Our Goal

The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity to go to school, receive medical care, and have basic needs met. Property has already been purchased and work has begun to build a girls' home and boys' home to give these children a safe place to live and learn. This project will be completed in three phases and this year we are supporting Phase 1.

One Community, One Purpose



We invite area churches and orphan/adoption ministries to join with us as we share with our community opportunities to get involved with caring for the orphan. Join us race day as a runner, volunteer, and/or share your Orphan Care ministry booth on campus. For more info please visit: runningforgreaterthings.com

CHECK-IN ONLINE **SAVE TIME**

The Smarter Way to ER
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SEPT 2014 5:00—9:00 Tues/Thurs Sandlot Sports  Mum Work Day	Sept. 12, 2014 Homecoming Game 7:00 Berry Center 	Sept. 13, 2014 Homecoming Dance 	Sept. 29, 2014 General Meeting 7:00 pm Commons	SEPT/OCT 2014 Be on the look- out for Holiday Wreath Preor- ders! 	Sept. 30, 2014 Restaurant Night! 
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SPIRIT ITEMS Coffee Mug Sling bag Bandana Shirt Proud parent sign	OCT 2014 Kickball! TBD Open to ALL! 	Join us on Face- book for the most up to date infor- mation Cypress Ranch Mane Event 2015 	By turning in your parent information form, you can earn MANE Bucks! 	Oct. 27, 2014 General Meeting 7:00 pm Commons	Available Chairs Bowl A thon Mr. Mustang Crawfish Boil MANE Tamale Sales Garage Sale
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Prom May 8, 2015

The Corinthian Hotel
202 Fannin Street
thecorinthianhouston.com



After-Prom

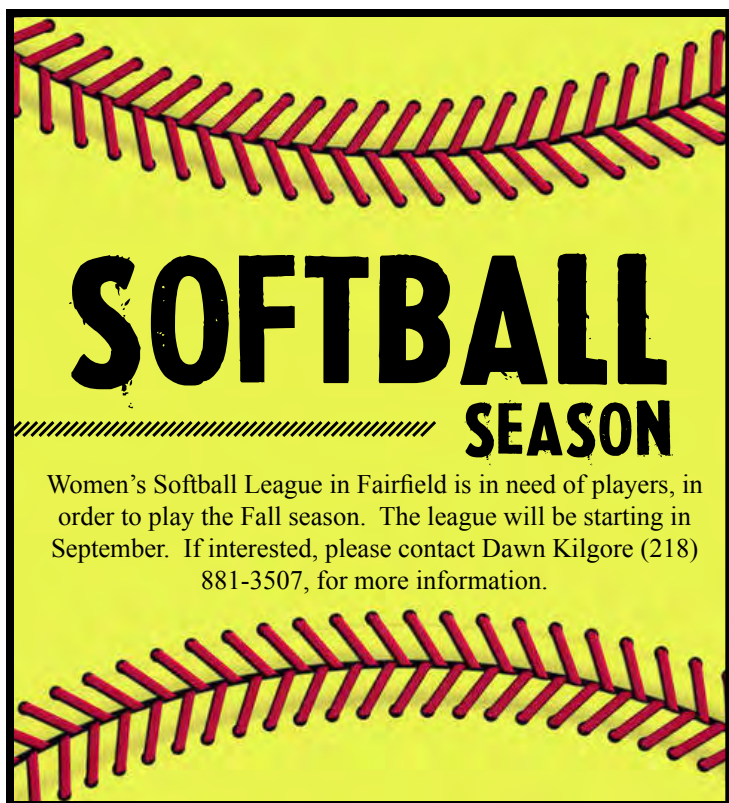
The Main Event
24401 Katy Freeway
Maineevent.com

Kids' Running Team's Cross Country Season Starts September 8th

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Monday, September 8, 2014, at 7:00 p.m. Registration will be held at Cypress Creek High School, 9815 Grant Rd., Houston, TX. The first practice will be held at the Cypress Creek YMCA on Thursday, September 11.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is in its 27th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

Contact Coach Donnell Carter at dcarter.nwflyers@yahoo.com or 281-467-4727, for more information. Email Coach Carter to get on the email list and you will receive a free running training video. Visit www.northwestflyers.org to get updates and learn more about the team.



SOFTBALL SEASON

Women's Softball League in Fairfield is in need of players, in order to play the Fall season. The league will be starting in September. If interested, please contact Dawn Kilgore (218) 881-3507, for more information.



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Submitted by Star Theatre Board

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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.

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