



Homemaker News

School Backpack Tips

Backpacks are a convenient way to transport a load of books and school supplies between the classroom and home. However, a backpack that is too heavy, or worn improperly, can put children at risk for neck, back and shoulder pain and posture problems as well as muscle and joint injuries.

"The average student carries a backpack that is too heavy for them, weighing approximately 25 percent of their weight," says Dr. Margaret Harris, Extension health specialist with the University of Arkansas Division of Agriculture. "A third of students carry backpacks that are more than 33 percent of their weight."

According to the American Physical Therapy Association, postural changes among students are magnified when the backpack is more than 10 percent to 15 percent of the students' body weight. Injuries occur when a student uses flawed postures to adapt to a heavy load. Postures such as arching the back, bending forward, twisting or leaning to one side may cause improper spine alignment and interfere with the functioning of disks that provide shock absorption.

"Backpacks that are too heavy can cause chronic back pain," Harris said. "In one study, six out of 10 students reported chronic back pain related to heavy backpacks."

There are a few guidelines for safe backpack use, suggested by the American Academy of Pediatrics (AAP):

- Wear both shoulder straps to distribute the weight evenly.
- Pack lightly. The backpack should never weigh more than 10 percent to 15 percent of the student's body weight.
- Organize the backpack so the heaviest items are closest to the back.
- Wear backpacks close to the body, over the strongest back muscles. The straps should be tightened so the backpack rests two inches above the waist.

August and September
2008

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All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status or any other status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

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Cleveland County Fair

September 24 – September 27

Have you ever served as a fair volunteer? Our county volunteers make our fair possible. If you wish to volunteer as a fair superintendent or Exhibit Hall host/hostess, contact the Extension office at 325-6321 and speak with Diane about your assignment. There are a limited number of spaces available.

Fair Superintendent Workshop
September 4

Fair Board Appreciation Dinner
September 6



Southeast Ark District Fair
September 28 – October 4

Calling All Fair Judging School Graduates!

We are signing up qualified fair judges for the following county fairs:

Lincoln County **Sept 9**

Bradley County **Sept 11**
(needs only a limited number to judge)

Grant County **Sept 16**

If you are available to judge at any of these fairs, please contact the Extension office at 325-6321 as soon as possible.

Sign Up for Fall Walk Across Arkansas

Teams are being formed now for the *2008 Fall Walk Across Arkansas* program. If you are interested in being on a walking team for this nine-week walking program, contact the Extension office at 325-6321 by September 12. The competition begins on Sunday, September 21, and goes through Saturday, November 22 (the Saturday before Thanksgiving holiday).

You may want to form your own team of friends, co-workers, neighbors and relatives. If you currently have a walking program or just want to begin one, *Walk Across Arkansas* will provide you with the opportunity to be accountable for your personal physical activity. Team members can walk together or alone and report their weekly miles to their team captain.

Be a part of this fun, free, life-changing program. If you have considered participating in the past, what better time to begin a walking program than this fall? The spring program was extremely successful in Cleveland County with three of our nine teams placing in the top five teams of the state.

Spring 08 Teams:

- Chapel Hill Couples
- Chapel Hill Steppers
- Chapel Hill Walking Ladies
- Country Walkers
- Country Road Walkers-CRW's (*Health Unit staff*)
- D's Amigos
- Hank's High Steppers
- Healthy Headstarters
- T.E.A.C.H (*Woodlawn teachers*)



Strong Women

**Strength Training Program
Returns to Cleveland County
in the fall**

**Watch the *Herald* for Registration
Information**



2008 Club Reorganization



Final deadlines to complete reorganization of your EH Club:

- *Achievement Scoresheet (green sheet) due August 25*
- *Secretary Books (for July 1, 2007 to June 30, 2008) due August 25*

Living Well with Diabetes Seminar 4

August 26 & 27
Star City Civic Center
Registration 8:30 a.m.
Program 9:00 a.m.

Tuesday, August 26

Special Guest: Dr. Margaret Harris
Health Specialist, U of A Division of
Agriculture Cooperative Extension Service
Metabolic Syndrome
Eye Health

Wednesday, August 27

Eating Out Without Piggging Out
Diabetes Jeopardy

Recipe Demonstrations and Tastings

Continental Breakfast Provided

*Pre-Registration is Required! Call the
Extension office at 325-6321.*

*A joint program of the Cleveland and Lincoln
County Cooperative Extension Services and
the South Central Center on Aging*

EHC Reminders



- We will have an **EHC Leader Training doubleheader** on August 14, 2008, at the Rison Church of Christ. The first session, at 9:30 a.m., will be leader training on the September lesson topic, *Tips for Buying a Car*. The Resource Management Leaders from each club should attend. The second session, at 10 a.m., will be on October lesson topic, *Surprising Home Uses for Baking Soda, Salt and Vinegar*. The Home Environment Leader from each club should attend.
- There will be an **EHC Board meeting** on August 14 at 10:30 a.m. at the Rison Church of Christ, immediately following the Leader Training sessions.
- The **EHC Nursing Home Birthday Party** will be August 22 at 10 a.m. This will be hosted by the county (all clubs).



Backpack Tips

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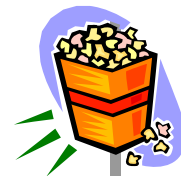
The AAP also suggests a few criteria when shopping for a new backpack. Look for backpacks that have:

- Wide, padded shoulder straps instead of narrow straps, which can hinder circulation.
- A padded back, to reduce pressure and enhance comfort.
- A waist strap, which can help distribute the weight of the backpack more evenly.

Parents should be aware of how heavy their child's backpack is and whether their child is at risk for injury. If the student experiences pain, tingling or numbness in the arms or changes posture while wearing the backpack, the backpack is too heavy.

"A good slogan to follow is 'pack it light, wear it right,'" Harris said.

Make-It-Through-the-Day Desk Drawer Stashes at the Office



- Instant oatmeal packets
- Vegetable, bean, split pea, or lentil soups in heat-and-serve cans or instant dry soup cups
- Small packs or cans of water-packed tuna
- A jar of peanut butter and crackers
- Light microwave popcorn
- Raisins, dried apricots and single-serve containers of peaches or pears packed in water or juice
- Single-serve containers of 100% fruit juice such as orange juice
- Trail mix
- Baked chips