

*Warning For Teens: Teeth And Jewelry Don't Mix*

“ScienceDaily  
(June 24, 2008) —

Skin piercings might be the rage among teens, but researchers from Tel Aviv University have found good reasons to think twice about piercing one's tongue or lip.

Dr. Liran Levin, a dentist from the Department of Oral Rehabilitation, School of Dental Medicine at Tel Aviv University has found that about 15 to 20 percent of teens with oral piercings are at high risk for both tooth fractures and gum disease. Resulting tooth fractures as well as periodontal problems, he says, can lead to anterior (front) tooth loss later in life.

High rates of fractures due to piercings are not found in other age groups, and cases of severe periodontal damage in teens without oral piercings are similarly rare, says Dr. Levin, who conducted the study with partners Dr. Yehuda Zadik and Dr. Tal Becker, both dentists in the Israeli Army.

Their initial study was done

on 400 young adults aged 18-19, and the results were published in the well-known peer-reviewed journal *Dental Traumatology* in 2005. A new review by Drs. Levin and Zadik published in the *American Dental Journal* in late 2007 is the first and largest of its kind to document the risks and complications of oral piercings, drawing on research from multiple centers in America and across the world.

Ten percent of all New York teenagers have some kind of oral piercings, compared to about 20 percent in Israel and 3.4 percent in Finland. Dr. Levin warns teens to think twice before getting an oral piercing, as it can lead to easily preventable health complications and, in some (rare) cases, even death.

#### **Premature Frontal Tooth Loss**

“There are short-term complications to piercings in low percentages of teens, and in rare cases a piercing to the oral cavity can cause death,” Dr. Levin says. “Swelling and inflammation of the area can cause edema, which disturbs the respiratory tract.” He warns that the most common concerns — tooth fracture and periodontal complications — are long-term.

“There is a repeated trauma to the area of the gum,” says Dr. Levin. “You can see these young men and women playing with

the piercing on their tongue or lip. This act prolongs the trauma to the mouth and in many cases is a precursor to anterior tooth loss.”

During the Israel-based study, the researchers surveyed teens both with piercings and without, asking them a number of questions about their oral health, their knowledge of the risk factors associated with piercings, and about their piercing history, before conducting the clinical oral exams.

Ironically, Dr. Levin notes, those youngsters who opted for oral piercing were very concerned about body image, but seemed to be unaware of the future risks such piercings can cause.

#### **The Doctor's Practical Advice to Teens and Parents**

Bottom line, the best advice for teens is to “try and avoid getting your mouth pierced,” says Dr. Zadik. If your teen is insistent, he says, then it's essential that piercing tools are disposable, and that all other equipment is cleaned in an on-site autoclave to help reduce infection.

After the procedure, the area should be rinsed regularly with a chloroxidine-based mouthwash for two weeks. Thereafter, avoid playing with the piercing and clean it on a regular basis. Calculus deposits on the piercing may form over time and should be removed by a dentist. Check-ups should be made regularly.”

#### **UPCOMING CLASSES:**

- September 20, 2008 from 11 to 2: Internet Safety
- October 18, 2008 from 11 to 2: Money Management
- November 15, 2008 from 11 to 2: Finding a Car and Driving



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## *What Sport is Right for You?*



### When Most Organized Sports Land on the School Calendar

#### Fall:

- Cheerleading
- Cross-Country
- Dance Team
- Field Hockey (Girls)
- Football (Guys)
- Soccer
- Volleyball
- Water Polo

#### Winter:

- Basketball
- Cheerleading
- Dance
- Gymnastics
- Ice Hockey
- Indoor Track & Field
- Swimming & Diving
- Wrestling

#### Spring:

- Badminton
- Baseball (Boys)
- Golf
- Lacrosse
- Rugby
- Softball (Girls)
- Tennis
- Track & Field



SPORTS ARE A GREAT THING TO GET INVOLVED IN!

### So Many Sports, Only 1 You

For some people, choosing which sports to pursue throughout high school is hard because they have never really played an organized sport before and aren't sure what they'll most enjoy. For others it's a tough decision because their friends don't like to play the same sports.

No matter what your sports dilemma is, you have to make the decision that is best for you. If you're great at soccer but would rather play football because you think it's more fun, then give the pigskin a go (just make sure it's cool with mom and dad)!

Sports are meant to be fun. If there is a sport you really enjoy but you aren't sure if you can make the team, try out anyway. What's the worst that can happen? If you get cut you can

always try another sport. And sports like cross-country and track don't typically cut participants from the team. You can still participate even if you're not on the meet squad.

### Every Now and Then There's an "I" in Team

Some sports, like lacrosse or field hockey, require every person on the field to be on the same page. Sure, certain people stand out more than others but superstars don't necessarily make a good team!

Sports like tennis, track and field, cross-country, swimming, gymnastics, and wrestling are all sports where individual performances are tallied into team scores. Of course there are exceptions, like relays in track and swimming, but for the most part it's possible to win a solo event in these sports and still have your team lose or vice-versa.

No one knows you better than you do. Maybe you enjoy the spotlight. Maybe you get annoyed by the way teammates act when they are über-competitive. Or maybe you just don't like competing with friends for a spot in the starting lineup. For whatever reason, team sports might not be your thing — and that's fine. Luckily, there are many individualized sports to choose from.

### If Your School Doesn't Have Your Sport

Some schools are limited in resources — a city school may not have a lot of fields, for example, while a rural school may not have enough students to make up a team for every sport.

A school's geographic region can also play a role. If you live in a climate where it snows from the fall to the spring, your school may not be able to participate in a lot of outdoor sports.

If your school doesn't have your sport, don't let it get you down. You can always try out for a different sport during the same season or look into whether your local town has a recreational league that you can join.

By: [teenshealth.org](http://teenshealth.org)

Reviewed by: [Amy Stanford, MSN, CNP](#)

Date reviewed: June 2007

## If Organized Sports Aren't Your Thing

Many people are attracted to the competition and popularity that can come with team sports. Others love the camaraderie and unity that are present in a team atmosphere. But for some people, teams are just frustrating and another form of cliques. If you're not the biggest fan of organized sports, where you have to follow someone else's schedule and rules, many other fun and exciting options are out there for you.

You might already have an exercise routine or activity you like to do in your free time, but if you're looking for something that will both keep you busy and allow you to blow off steam, try some of these activities:

**Climb to the top.** If you scaled trees and walls when you were younger, then the perfect activity for you is rock climbing. Rock climbing offers participants one of the best all-around workouts possible. As a rock climber, you work your hands, arms, shoulders, back, stomach, legs, and feet — ALL AT ONCE!

**Take a hike (yes, you can bring your bike)!** Ever wonder what kinds of cool things are waiting on those nature trails not too far from your house? Why not find out? While you're at it, you'll get a good workout. Hiking and trail biking are two great ways to learn about nature while still getting that heart rate up. Even if you are just going to a local trail, always bring at least one other person along in case something happens. If you're going for an intense multi-day hike, you should bring someone who is experienced and trained in hiking.

**Water world ... starring: YOU!** The water is the perfect place to give yourself new challenges. There are plenty of water activities for all levels of difficulty and energy. Besides swimming, try canoeing, kayaking, fishing, rowing, sailing, wakeboarding, water skiing, windsurfing, and, if you're feeling particularly daring, surfing.

**Find your inner self.** Many activities can strengthen you physically and mentally. Workouts like yoga, Pilates, and T'ai Chi can be relaxing and taxing all at once.

**Yoga** has tons of benefits. It can improve flexibility, strength, balance, and stamina. In addition to the physical benefits, many people who practice yoga say that it reduces anxiety and stress and improves mental clarity.

**Pilates** is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates also increases circulation and helps to sculpt the body and strengthen the body's "core" or powerhouse" (torso). People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. **T'ai chi** is an ancient Chinese martial art form that is great for improving flexibility and strengthening your legs, abdominal or core muscles, and arms.

**Make Sure to Take an Off-Season — But Not a Season Off!**

Whether you choose one sport or three, make sure you give

yourself a break from intense competition with some cross-training activities. Through cross-training you can take a rest from your sport or sports while still getting a workout and staying in shape.

Two examples of cross-training are swimming and cycling. They not only help build cardiovascular strength, but also help in muscle growth. Swimming can really help tone your upper body, while cycling strengthens your upper legs.

You can also try outdoor bike rides and runs on nice days, stopping periodically to do sit-ups and push-ups. These simple exercises can work and tone your core muscles.

That time between seasons is also the perfect opportunity to get into a strength-training routine. Before starting strength training, consult your doctor and school's strength and conditioning coach. Your doc will be able to give you health clearance to participate in the different types of physical activities, and your strength coach can come up with a workout to help you prepare for your specific sports.

Reviewed by: [Amy Stanford, MSN, CNP](#)

Date reviewed: June 2007



### Hiker's Gear List

The American Red Cross has a huge list of supplies for hiking. Here are some of the basics you should throw in your bag:


- cell phone
- extra clothing
- compass
- first-aid kit
- extra food
- flashlight
- bug spray
- maps
- any prescriptions
- radio with batteries
- sunscreen
- water
- whistle
- poncho or trash bag to make a poncho
- whistle

## FRANKLIN COUNTY DSS

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**Benefits of Strength Training**

- increases endurance and strength for sports and fitness activities
- improves focus and concentration, which may result in better grades
- reduces body fat and increases muscle mass
- helps burn more calories even when not exercising
- may reduce the risk of short-term injuries by protecting tendons, bones, and joints
- helps prevent long-term medical problems such as high cholesterol or osteoporosis (weakening of the bones) when you get older



**Franklin County DSS**

## Tortilla Soup ([www.channelone.com](http://www.channelone.com))

What you'll need: Peeled and quartered yellow onion (1 cup), quartered Roma tomato (2 cups), vegetable oil (1/4 cup), corn tortillas, cut in short strips (1 per serving), minced garlic cloves (2 per serving), stemmed, seeded, toasted and finely chopped Ancho chili (1/2 per serving), bay leaf (1/2 per serving), ground cumin (1 teaspoon), chicken stock (3 cups) tomato sauce (1/4 cup) to taste, salt and black pepper, cooked and julienned chicken meat (1/2 cup), shredded Cheddar or Jack cheese (1/2 cup), peeled, pitted and cubed avocado (1/4 cup), fried corn tortilla strips (1/2 cup)

- Rub the onions and tomatoes with 1 tablespoon of oil and grill on all sides until well charred, for about 15-20 minutes. (You may do this on a sheet pan under the broiler or in the oven.)
- Put the tomatoes and onions in a blender or processor and blend until smooth. Set aside.
- Heat the remaining oil. Add the tortilla, garlic, and ancho chili and sauté for 3-4 minutes.
- Add the bay leaf, cumin, and stock. Bring to a boil.
- Stir in the blended tomato mixture and the tomato sauce. Simmer for 30 minutes.
- Season and strain through a coarse strainer.
- Taste and adjust seasoning.
- Heat the soup and serve. Garnish with the chicken meat, cheese, avocado, and crisp tortillas.

## *Three License Exam Failures Result in Driver Training School*

RICHMOND - Beginning July 1, 2008 driver's license applicants who fail the behind-the-wheel or knowledge examinations three times will be required to successfully complete the in-vehicle or knowledge component of driver instruction at a driver training school before taking the test a fourth time.

"An applicant who is unsuccessful passing the test three times needs further instruction to operate a vehicle safely," said D. B. Smit, Department of Motor Vehicles Commissioner, the Governor's highway safety representative. "This new law also ensures our employees will not spend time administering repeated tests to applicants who have not properly prepared or studied for the test."

Motorcyclists already have a similar requirement. Drivers applying for a motorcycle classification who fail the road test two times must successfully complete a motorcycle rider safety training course

before obtaining their M classification, which is a requirement in Virginia to operate a motorcycle.

The legislature enacted several other driving-related laws that take effect July 1:

- If a law enforcement officer pursues a person who disregarded an officer's signal to stop his vehicle, and the officer is killed as a direct result of the pursuit, the person is guilty of a Class 4 felony. A Class 4 felony is punishable by imprisonment for two to 10 years and a fine of up to \$100,000. Also, the penalty for disregarding a signal from an officer to stop, or attempting to escape or elude a law enforcement officer, is now a Class 2 misdemeanor, which can mean up to six months in jail and/or a fine of up to \$1,000.
- The maximum speed limit on any highway desig-

nated a rural rustic road is 35 mph. A road may be eligible for the rural rustic road program if the traffic count is less than 1,500 vehicles per day, it is predominantly used for local traffic, and minimal future growth is expected.

- School bus operators are prohibited from using cell phones and other wireless telecommunications devices while driving, except in emergencies, or when the vehicle is parked. Two-way radio devices authorized by the school bus owner are still permitted.
- After verification of employment, the court may authorize the issuance of a restricted driver's license for up to six months to motorists whose license is suspended for unpaid fines and costs.

The courts may suspend the driving privileges, for 90 days, of motorists convicted of driving without a license.