

Three Strides Against Marfan In October

By Adam Coronado

The third time is the charm for Rachel Epperson and her annual race benefitting the parents and children affected by Marfan Syndrome. This year's race, fittingly named 3 Strides for Sarah, is happening Saturday October 22 at 8 a.m. at McAllister Park in Pavilion #2 and will offer much that previous races did not.

In addition to support by Next Generation Water (providing a hydration station) and Chick-Fil-A, Epperson is giving away moisture wicking t-shirts to the first 300 participants.

"The most significant change is that it will be chip-timed by IAAP [Iñiguez Athletic Advertising and Promotions]," Epperson said. "The race course is slightly modified and the walk will start first this year, with the 5K to follow."

Meanwhile, children five years and under can run free of charge and can purchase a cotton shirt.

Epperson's goal is to raise a net amount of \$10,000 to help parents attend the 2012

National Marfan Foundation Conference in Chicago, IL which will feature, among other services and seminars, top doctors in the Marfan field providing exams and consultations with affected persons.

"Some people depend on this clinic for their annual exams because required equipment or expertise may not be available in their home town or neighboring city," Epperson said. "As a mom, I could not imagine not having local access to good medical care and not being able to pay the money for travel, accommodations or the conference fee to attain that care."

Sarah Epperson, the race's inspiration will also participate, by walking with her father and grandparents and being greeted by her mother at the finish line. Sarah, who was diagnosed with Marfan Syndrome four years ago, will also assist in awarding medals and door prizes at the event. She just started kindergarten at Wilderness Oak Elementary.

The National Marfan Foundation estimates that 1 in 5,000 are afflicted with



Rachel Epperson with her daughter Sarah at the 2010 Run.



Sarah holds a balloon at the 2010 race. She enjoys singing in church choir and would like to learn to play the bass or cello.

Marfan Syndrome, a connective tissue disorder that often affects the heart, blood vessels, bones, joints and eyes. Any person or organization who would like more information about Strides for Sarah or who would like to donate to the cause can do so at www.stridesforsarah.com.

resin filling: durable as silver fillings and bonded directly to the tooth. Resin fillings are completed in one appointment.

Another popular choice is a porcelain onlay covering the biting surface of the tooth and also filling the portion damaged by the decay. The onlay is bonded tightly in place with an adhesive, providing even more strength to the tooth, and is crafted in a dental laboratory to requiring two appointments to complete.

When a large portion of a tooth is damaged by decay, a significant amount of the tooth must be removed. As a result, the tooth loses much of its natural structure, support and strength and can easily fracture and break away completely. In order to prevent this, a permanently cemented crown

can be placed on the tooth extending above the gum line. The crown also protects the tooth by adding strength and stability while restoring its function and appearance. It is best to place a crown on the tooth before it fractures. At times, a tooth can fracture in such a manner that it cannot be saved and will have to be extracted.

The Orsatti Dental Group is celebrating their 25th Anniversary this year. Turn to page 11 to read more about Dr. Orsatti and his practice.

The Orsatti Dental Group is located at 15303 Huebner Rd., Bldg. 14, San Antonio, TX 78248. For more information, call 210-479-8989 or visit www.orsattidental.com.



The Tooth Be Known

By Dr. Louis Orsatti
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What are your choices for treating a tooth damaged by cavities? You can either choose to postpone treatment or get a filling. The problem with postponing treatment is that a cavity will never go away on its own. If a cavity is allowed to get too big, it can easily infect the pulp chamber, which contains the

tooth's nerves and blood vessels. Once the infection gets started, you will need a root canal treatment to save the tooth. A filling stops a cavity from getting larger. The decayed portion of the tooth is removed and the tooth is sealed with a filling material. This restores the tooth's function, and keeps your mouth healthy.

In the past, silver amalgam fillings were the only choice, but today's filling materials are stronger and do not contain any mercury. A popular choice today is a tooth colored

places such as the bathroom or bedrooms. Just remember to measure the space and the height of the ceiling so appropriate head room is available.

DO use lighting for the exterior of your home...walkways, sidewalks, or the perimeter should be lit, along with the entry. Consider using motion activated flood lights at the exterior corners of your home to deter intruders.

Remember, lighting should enhance your space, making it feel cozy and inviting! If you have any questions on how to add lighting to your home or simply just want to change lampshades, give us a call at The Interior Edge. We are ready to brighten your future!

Celebrating Life Through Design,
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Lighting Do's And Don'ts

By Misty Skelly
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Lighting is one of the most important elements of a room...it can make or break the ambiance of any space! Here are just of few tips to make sure your room is lit appropriately for ambiance, aesthetics, or tasks.

DON'T be satisfied with just an overhead light. Even in small areas like an entry or powder room, sconces or small table lamps are a great addition!

DON'T ignore the importance of light bulbs. Avoid ones that are too fluorescent or too yellow. A crisp white light is more pleasing, and with the combination of a

dimmer, you can't go wrong!

DON'T ignore how important task lighting can be in work areas such as the kitchen, bathroom or home office. Especially in the bathroom area, the lighting at the mirror should be free from shadows and glaring light.

DO think about the night lighting in nurseries and kids' rooms. A dim wall sconce or table lamp can be used for rocking infants to sleep or changing diapers, but can also help parents avoid stubbing their toes in dark rooms.

DO use recessed or can lighting for high ceilings as they are subtle and directional. Also, if connected to dimmer switches, they can provide a terrific range of light!

DO use chandeliers in unexpected

"tweet," using 140 characters or less. Stay tuned for more details about "An October, Dark and Grimm" activities.

The Bradley Book Club also held its first meeting on Thursday, September 8. The book club's first book of the year is Cosmic by Frank Cottrell Boyce. Cosmic is the story of Liam, a 12-year-old boy who looks like he's 30. Find out what happens when Liam cons his way onto the first spaceship to take civilians into space by pretending to be an adult chaperone.

Please remember that the easiest way to access the Bradley library resources is to use the Parent Portal. You can easily access important information including your child's library account information, books checked out, or fines. You can also access a wealth of databases for research. If you haven't signed up for the parent portal and you need to access these resources from home, come on by the library for a bookmark with the passwords.

Bradley Bears Hit The Books

Submitted By Terry Ramirez, Bradley MS Librarian

Welcome to another wonderful year of reading and researching at the Bradley library. Things will be a bit different because of staffing adjustments due to the NEISD austerity program. Ms. Harrison, who served as library assistant for the last two years, has been re-assigned to ISS. This means that the library is now staffed by Mrs. Ramirez and her wonderful group of student aides and awesome

parent volunteers. If you are interested in volunteering at the library, please contact the PTA Library Liaison, Mrs. Carrie Fuhrmann for more details about how you can help.

Special events to look forward to this year include a visit from storyteller, Shelly Tucker, and "An October, Dark and Grimm," featuring this year's Read-It-Forward title, "The Grimm Legacy." As part of the "An October, Dark and Grimm" activities, students will be invited to rewrite their favorite Brothers Grimm fairytale as a