

# Peace of Mind and Body

continued ▲ from Metro

women especially," said Brandsmith. But she doesn't deny that it does feel good to lay, relax and enjoy being pampered. Brandsmith also believes that a massage is another way to pay more attention to your mind and body connection to get to your highest function. Massage not only helps to fight stress but also helps to fight disease.

"There are medicinal purposes for massage, especially for basketball and football athletes," said Stabenow.

One of the six types of massages available at Serenity is the hot stone massage, which incorporates the use of rocks to add pressure to a massage as an alternative to traditional Swedish massage with the use of heated basalt stones. The heat enhances the benefits of the massage by warming the muscles and joints, creating a deeper state of relaxation.

## Back to School Survival Succeed with daily routine

For students returning to school, paying attention in class isn't the only key to making good grades. Providence Health System has some tips to help youth make the transition from the lazy days of summer into the homework-filled nights of fall:

Staying up late and sleeping in are summertime rituals for most kids. But summer sleep habits can leave children sleep deprived and unfocused at the start of the school year. Sleep experts recommend that most school-age children get at least nine hours of sleep per night. Creating a bedtime routine and encouraging quiet time and relaxing activities will allow for downtime and sufficient sleep time.

Backpacks are as much a necessity for school as the books they hold. To avoid back pain, choose a backpack with wide, padded shoulder straps and a padded back. Have your child always use both straps as slinging a backpack over one shoulder can strain muscles and may also increase curvature of the spine.

Get immunized! Law in Oregon requires shots for children in attendance at public and private schools, preschools, childcare facilities and Head Start programs. Most immunizations are administered before a child is 2 years old; however, between ages 4 and 6, prior to entering kindergarten, children are due for 2 or 3 booster shots. Children between 12 and 15 years of age may be due for varicella (chickenpox) or booster shots, too.

Parents can set the tone for a successful transition from summer to the new classroom by proactively addressing their children's concerns. Behavioral health experts and family medicine physicians suggest parents start daily routines early to add continuity and to build confidence. Try a practice school bus run or take a school tour to alleviate the stress of getting lost. Selecting an outfit the night before can start the day on a calm, predictable note as well as packing books, homework and lunch money the night before to avoid the morning rush.

Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Don't forget a good breakfast, but also pack meals that are easy to prepare and fun to eat, as well as healthful, safe and nutritious. For example, sandwiches, raw veggies, crackers, string cheese, whole fruit and pudding are fun foods that still supply good nutrition.

ing from the diameter of a quarter to the palm of an average hand. It may be hard to believe that an ordinary rock can do so much like increase circulation and exfoliate the skin.

Customers can opt for 30 minutes, one hour, or one and a half hour massages. Six types of massage are offered that range from \$30 to \$85.

Serenity will have their grand opening on Saturday, Sept. 10 from noon to 5 p.m. They are located at 7911 S.E. Stark St, Suite E. For more information call 971-322-6782 or 977-322-6783.

Serenity massage owners Ali Stabenow (left) and Brooke Brandsmith.

PHOTO BY NICOLE HOOPER/ THE PORTLAND OBSERVER



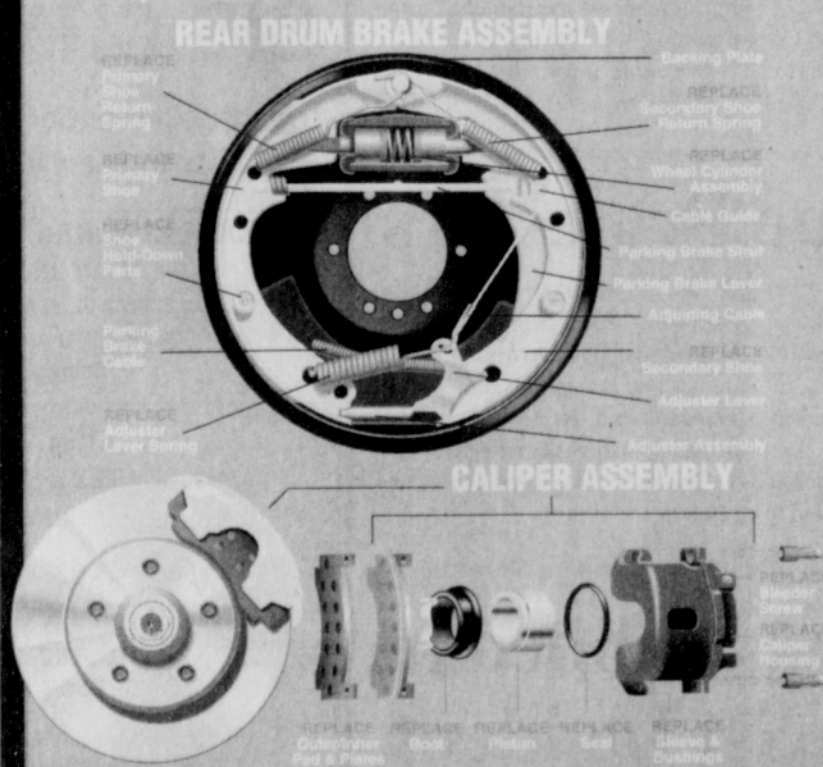
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