



LAKES  
ON ELDRIDGE  
NORTH

Volume 12, Issue 6

June 2013

## Travel the World Without Leaving Your Hometown

*By Heather Wells*

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams. There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

"My husband and I have been hosting for the past three years and have enjoyed every minute of it!" said Vicki Odom, an Ayusa host mom from Pearland, Texas. "The various students we've had in our home have taught us a great deal about their home countries. The students also love learning about life in Texas and participate in a good deal on community service."

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a non-profit that promotes global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either

private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization. Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

Ayusa is currently accepting applications for families to host an exchange student for the 2012–2013 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at [www.ayusa.org](http://www.ayusa.org).



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## Runner's Knee Pain Usually Linked To Foot, Hip Problem

If running is turning into a pain in the knees, it might actually be the hips that need your attention, according to an expert at Baylor College of Medicine. When runners have knee pain, it's usually related to foot or hip problems, according to Dr. Joseph Chorley, associate professor of pediatrics – adolescent and sports medicine at BCM and Texas Children's Hospital. If a runner is not in control at the foot, ankle or hip, the knee is what gets twisted, has to overwork and develops irritation.

Chorley makes the following suggestions:

- Stretch properly before running
  - Don't increase mileage by more than 10 to 15 percent per week
  - Walk when knee pain begins
  - Replace shoes every six to nine months or every 500 miles
  - Know what your foot type is and be sure you have proper cushioning
  - Consider cross-training and strengthening exercises to help strengthen the core, glutes or hamstrings
- Multi-vitamins are helpful for all runners and fish oil is good for long distance runners

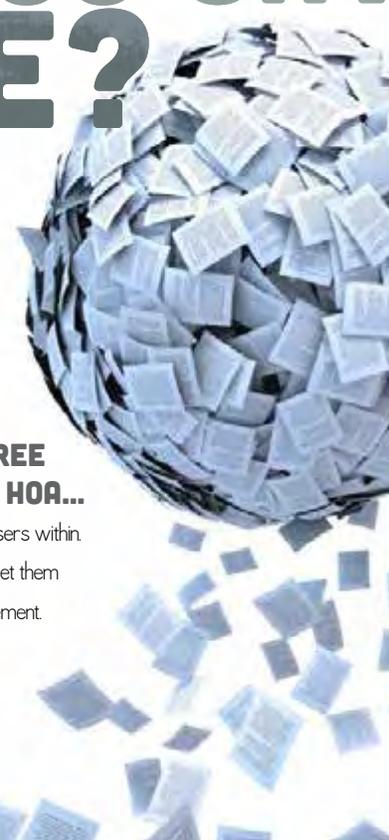
However, there are some symptoms that may indicate a more severe problem that should be seen by a sports medicine physician:

- Fluid accumulating in the knee
- Painful popping or a mechanical sensation
- Someone who had a previous structural injury such as torn ACL or PCL that's now experiencing pain.



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Did you know? Each fall and spring at finals time, Aggie Moms clubs from around the state come to the Texas A&M campus to pass out Care Packages to cheer on our hard working students. A tradition in itself, the Northwest Harris County Aggie Moms Club has an added touch. We are known for our 'Hug Line' through which each student must pass before they can receive their care package. One student expressed, "This is my favorite part about getting a care package-I look forward to it every semester!" This year, we had over 25 moms giving hugs to each and every student.

Are you a New Aggie Mom? Are you an Aggie Mom that wants to join other Aggie Moms in supporting our students? Find out how we help your student succeed during those college years at one of our informal Summer Mixers. Dates and locations are on our website at [www.nwhcaggiemoms.org](http://www.nwhcaggiemoms.org).

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at the Houston Distributing Center conveniently located off Cutten Road near Willowbrook Mall and the intersection of SH 249 and FM 1960. We are looking forward to kicking off next year at our 'HOWDY PARTY' on August 13th-Please join us!

All meetings are open to Aggies, future, present or past. We provide light refreshments and you can shop our Boutique for that one-of-a-kind Aggie treasure. Our hand crafted items celebrate the heart-warming TAMU traditions. You will also enjoy hearing from dynamic speakers throughout the year like, Brigadier General, Joe Ramirez, Commandant of the Corp of Cadets.

Aggie Moms, as an organization, encourages parents to become familiar with A&M during their student's freshman year instead of waiting for graduation to visit as is the custom on other university campuses. The path to graduation can be a challenging journey; don't go it alone. Northwest Harris County Aggie Moms has been here for 25 years and we're committed to helping your student and YOU enjoy the TAMU experience. Drop on by and say Howdy. We'll be so glad you did! Feel free to contact Shannon Eberle, Club President at [clubpres20122gmail.com](mailto:clubpres20122gmail.com).



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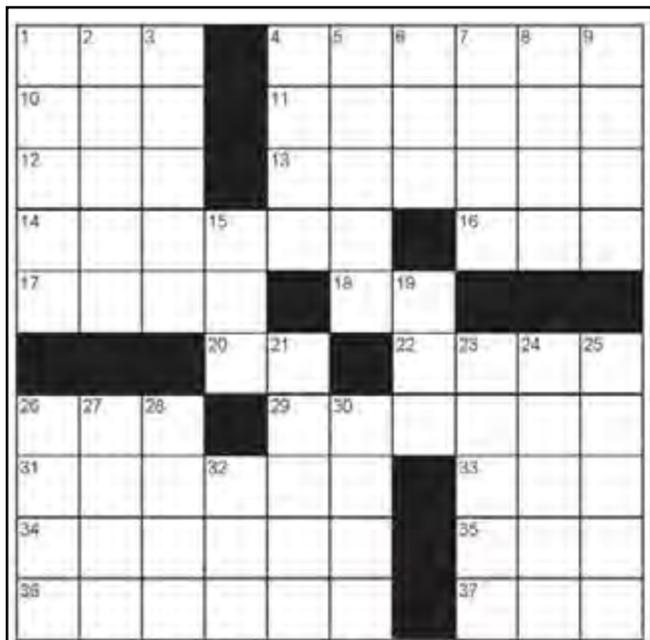
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| <p><b>ACROSS</b></p> <ol style="list-style-type: none"> <li>1. Unrefined metal</li> <li>4. Young pigeons</li> <li>10. Gender</li> <li>11. Australian</li> <li>12. Alternative (abbr.)</li> <li>13. Climbing</li> <li>14. China stone</li> <li>16. Hoopla</li> <li>17. Shaft</li> <li>18. Teacher's assistant, for short</li> <li>20. Doctor</li> <li>22. Believe</li> <li>26. Terminal abbr.</li> <li>29. Skin problem</li> <li>31. Infamous Nazi concentration camp</li> <li>33. Tear</li> <li>34. Wring</li> <li>35. Sick</li> <li>36. Work fussily</li> <li>37. Hurricane center</li> </ol> | <p><b>DOWN</b></p> <ol style="list-style-type: none"> <li>1. City</li> <li>2. Mellow</li> <li>3. Worship</li> <li>4. Japanese dress</li> <li>5. Fivesome</li> <li>6. Ship initials</li> <li>7. Continent</li> <li>8. Tie</li> <li>9. Segoe lily's bulb</li> <li>15. Limb</li> <li>19. Wood tool</li> <li>21. Sea jewel</li> <li>23. Spooky</li> <li>24. Author Dickinson</li> <li>25. Tree</li> <li>26. Eve's garden</li> <li>27. Cab</li> <li>28. Acting (abbr.)</li> <li>30. Nice looking</li> <li>32. Pig</li> </ol> |
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## Allergy Prevention, Management Tips

It is important for parents to remember the basics about prevention and management of allergies, said a pediatrician from Baylor College of Medicine. Dr. Armando Correa, an assistant professor of pediatrics at BCM and a pediatrician at Texas Children's Hospital, offered the following tips:

- Seek immediate medical attention for difficulty breathing, swelling of the face, tongue or other extremities.
- Consider short-term medication for symptoms such as a runny nose, itchy eyes or sneezing.

If symptoms persist, contact your pediatrician. For children under the age of 2 experiencing allergies, always seek medical attention. Help manage environmental allergies by avoiding places that have just been cleaned or places where pets frequent. Correa also offered tips on food allergies:

- If your child has multiple or severe allergies, they should always carry an injectable medication.
- Always read the food labels and be aware of where foods are manufactured.
- Consider allergy testing for children with severe or multiple allergies. Always consult a pediatrician on questions related to allergy prevention and management.

## A Hearing Or Vision Test May Be Solution To "Bad Behavior"

For some children a health problem could be to blame for acting up in class or even a drop in grades. Doctors at Baylor College of Medicine say what might look like a behavioral issue could actually be a signs of hearing or vision problems.

If a child cannot hear or see properly, they cannot pay attention in class, said Dr. James H. Bray, associate professor of family and community medicine at BCM.

Bray said children may think they can hear what the teacher is saying but actually are getting the information wrong, so it looks like they aren't paying attention or are being defiant.

Bray said it is important to see a doctor for a proper diagnosis.

"Before a parent begins to worry, a family medicine doctor or pediatrician can conduct a basic hearing and vision test that can identify whether a hearing or vision specialist is needed, or if another problem is to blame," Bray said.

Bray said once a diagnosis is made there may be simply solutions, such as making sure a child sits in the front of the class.

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# TENNIS TIPS

By USPTA/PTR Master Professional  
**Fernando Velasco**



## How to Execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve.. In the illustrations, Ken Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1: The Ready Position:** When Ken is getting ready to return the serve, his eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip..

**Step 2: The Split Step:** When the opponent tosses the ball into the air, Ken will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent’s racket

**Step 3: The Back Swing:** Once Ken realizes that the ball has been directed to his forehand, he will turn his upper body

and will take the racket back. Notice that the left hand is up in front to allow him to keep his center of gravity in the center. He has loaded his weight on his right foot and will be ready to step forward to meet the ball

**Step 4: The Point of Contact:** Ken now is ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

**Step 5: The Extension of the Point of Contact:** Ken is now directing the ball toward the opponent’s court. His eyes have now shifted toward his target and his body weight is now fully in front of his left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

**Step 6: The Follow Through:** Once Ken has finished his stroke, the momentum of the racket continues to move almost to a point behind his neck. His left hand is next to his body and his right elbow is pointing toward his target. His body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

*Look for in the next Newsletter: The Two Handed Backhand Service Return*

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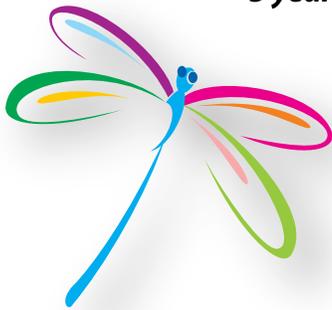
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**July 21:** Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>



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Smoking is one of the worst things kids or adults can do to their bodies. Yet every single day about 3,900 kids between the ages 12 and 17 start smoking. Most middle school students don't smoke — only about 1 in 16 does. And most high school students don't smoke either — about 1 in 5 does (that means 4 out of 5 don't). **BUT WHY DO THOSE WHO SMOKE EVER BEGIN?** There's more than just one answer. Some kids may start smoking just because they're curious. Others may like the idea of doing something dangerous — something grownups don't want them to do. Still others might know lots of people who smoke and they might think it's a way to act or look like an adult. Fortunately, fewer people are starting smoking than a few years ago. Maybe that's because more and more people have learned that smoking and tobacco use can cause cancer and heart disease. But sometimes kids can't really think that far into the future to worry about an illness they might not get for many years. So let's talk about the problems that might affect kids more quickly:

- bad breath
- yellow teeth
- smelly clothes
- more colds and coughs
- difficulty keeping up with friends when playing sports
- empty wallet — cigarettes and tobacco products are very expensive!

Let's find out more about cigarettes and tobacco.

**WHAT ARE SMOKING AND SMOKELESS TOBACCO?** Tobacco (say: tuh-BA-ko) is a plant that can be smoked in cigarettes, pipes, or cigars. It's the same plant that's in smokeless tobacco, known as dip, chew, snuff, spit, or chewing tobacco. Smokeless tobacco is not lit or inhaled like tobacco in cigarettes, pipes, and cigars. Instead, smokeless tobacco is put between the lip and gum and sucked on inside the mouth. Tobacco contains nicotine (say: NIH-kuh-teen), a chemical that causes a tingly or pleasant feeling — but that feeling only lasts for a little while. Nicotine is also addictive (say: uh-DIK-tiv). That means that if you start to use nicotine, your body and mind will become so used to it that you'll need to have it just to feel OK. Anyone who starts smoking could become addicted to it. If you're addicted to something, it's very hard to stop doing it, even if you want to. Some kids get addicted right away. And adults are often addicted, which is why so many of them have a hard time quitting smoking.

**WHY IS IT SO BAD FOR YOU?** Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. You know those rubber bracelets that were created to bring attention to different causes? The Campaign for Tobacco-Free Kids created a red one with the number 1,200 on it. Why 1,200? That's the number of people who die each day due to smoking. The nicotine and other poisonous chemicals in tobacco cause lots of diseases, like heart problems and some kinds of cancer. If you smoke, you hurt your lungs and heart each time you light up. It also can make it more difficult for blood to move around in the body, so smokers may feel tired and cranky. The longer you smoke, the worse the damage becomes.

**THE OTHER COST OF SMOKING** Using tobacco eats up a lot of money, too. A pack of cigarettes costs about \$6, on average. That means, even if you buy just one pack a week,

you'll spend \$312 in a year. Some people smoke a pack a day, which adds up to \$2,190! That's a lot of computer games and clothes you could buy instead.

**WHAT'S IT LIKE?** Usually, people don't like smoking or chewing tobacco at first. Your body is smart, and it knows when it's being poisoned. When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat and lungs. This is your lungs' way of trying to protect you and tell you to keep them smoke free. Also, many people say that they feel sick to their stomachs or even throw up. If someone accidentally swallows chewing tobacco, they may be sick for hours. Yuck.

**WHAT IF MY FRIEND SMOKES?** If you have friends who smoke or use tobacco, you can help them by encouraging them to quit. Here are some reasons you can mention:

- It will hurt their health.
- It will make their breath stinky.
- It will turn their teeth yellow.
- It will give them less endurance when running or playing sports.
- It's expensive.
- It's illegal to buy cigarettes when you're underage.

If you think it will help, you could print out articles like this one to give to a friend who smokes. He or she may be interested in learning more about the dangers of smoking. But people don't like to hear that they're doing something wrong, so your pal also could be a little angry. If that happens, don't push it too much. In time, your friend may realize you are right. In the meantime, it could help to talk with a parent or a school counselor if you're worried about your friend. When your friend is ready, a grownup can help him or her quit for good. If your friend decides to quit, lend your support. You might say it's time to kick some butts!



## Selling Smoke

You won't see cigarettes advertised on TV or billboards, but cigarette companies still spend billions of dollars each year to promote their products. Have you ever seen an ad for cigarettes or tobacco? Did it make you want to try it?

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

## Cypress-Tomball Democrats Meeting Features Harris County Chairman

The next Cypress-Tomball Democrats monthly meeting will be on Tuesday, June 18th, 2013. It will be held at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 to 8:00 p.m.

June's guest speaker will be Lane Lewis, who is the chairman of the Harris County Democratic Party. He will discuss 'Engage 365' which is the Harris County Democratic Party's new non-election season, civic engagement program, designed to keep Democrats active and engaged in the community by taking part in civic-oriented, community service projects in communities and neighborhoods.

All are welcome to attend and to join this growing club, which meets on the third Tuesday of every month. For more information, visit the website at [www.cytomdems.com](http://www.cytomdems.com) or contact Glenn Etienne at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).



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