

RANCH RECORD

*News For The Residents of
Blackhorse Ranch*

A FOCUS ON SUNBURN

Protect Your Skin From Our Powerful Sun

By: Concentra Urgent Care

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
 - Skin peeling on sunburned areas several days after the sunburn.

FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
 - Apply a soothing lotion to the skin.
 - Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
 - Over-the-counter steroid cream can also be applied several times a day.
 - Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

***For more information, check out:
www.cdc.gov/niosh/topics/uvradiation.***

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Bring the World to your Child By Hosting a Foreign Exchange Student

If you've read the newspaper lately, you know that the world can be a scary place: wars, economic crisis, revolutions, climate change, border disputes, refugees, and protests. So, how do we teach our children about the world, and the variety of people in it, when most of the examples we read about in the press are so negative?

One life changing way to broaden your child's world view is to volunteer to host a HYPERLINK "<http://www.ayusa.org>" high school foreign exchange student. Foreign exchange programs have been around for almost 100 years, and their mission has always been the same – to educate people about different cultures through person-to-person exchange. What better message to pass on to your children?

There are quite a few misconceptions about foreign exchange programs – especially around who can host. The biggest misconception is that you must have high school aged children when you host a high school exchange student. Nothing could be further from the truth.

"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 Heather Wells, Senior Regional Director for HYPERLINK "<http://www.ayusa.org>" Ayusa, a non-profit promoting 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."

Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

"My daughter Kelsie feels as if Isabelle, our exchange student from Germany, is an older sister to her," said Melissa Hughes, an Ayusa host mom from Asheville, North Carolina. "They have confided in each other, have had movie nights together, and have gone to the

(Continued on Page 4)



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(Continued from Page 3)

mall together - much like natural sisters would do. Kelsie will never forget Isabelle and they have already planned future get-togethers when they are older.”

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.

“In Tunisia, we always hear about Americans and American life style, in movies, media, songs, everything, and I know it is different, and I wanted to figure out this difference myself,” said HYPERLINK "http://www.youtube.com/watch?v=h8_px-f7mhY" Asma, a bubbly high school student from Tunisia who spent a school year living with the O'Donnell family in Anchorage, Alaska.

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. 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.

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.

“Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community,” says Heather Wells. “There is no better way to teach your children about the world around them than through welcoming an international high school student into your home.”

Ayusa is currently accepting applications for families to host an exchange student for the 2014-2015 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

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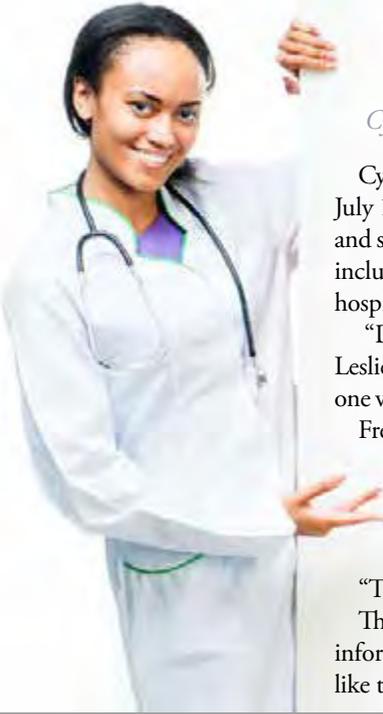
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HEALTH CARE EXPO EXPANDS TO PROVIDE RESOURCES FOR CY-FAIR COMMUNITY

Cy-Fair Houston Chamber of Commerce hosts Health Care Expo during general membership luncheon



Cy-Fair Houston Chamber of Commerce invites guests to attend its 2014 Health Care Expo on Tuesday, July 15 at the Berry Center. The event will offer health-related businesses the opportunity to market products and services to Chamber members and the community. There will be 40+ exhibitors from a variety of industries including medical offices, local hospitals, skilled nursing and rehabilitation facilities, assisted living facilities, hospice providers and nutritional service providers.

“Due to a demand from our membership and community, we have expanded our Health Care Expo,” said Leslie Martone, President of the Chamber. “The Expo will bring leaders in the health care industry together in one venue to answer questions, as well as provide referrals and resources necessary to businesses and individuals.”

Free medical screenings will also be offered by Event Underwriter, Memorial Hermann, and Event Sponsor’s Cypress Fairbanks Medical Center Hospital and North Cypress Medical Center. The Health Expo will remain open from 9 a.m. to 3 p.m. The general membership luncheon, from 11:30 a.m. to 1 p.m., will have a panel of health-related speakers discussing preventative medicine, insurance exchanges, health care reform for businesses and health care funding.

“This year promises to be the largest, most comprehensive Expo ever,” said Martone.

The public is welcome. General admission to the Expo is free; however, luncheon tickets are \$30. For more information or general inquiries, visit cyfairchamber.com or call the Chamber at (281)373-1390. If you would like to participate as an exhibitor or sponsor, contact Sara Cantrell at sara@cyfairchamber.com.

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Saturday, May 31, 2014 12:00 PM - 2:00 PM

Saturday, July 12, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on
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Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org



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For more information, please contact the chapter Regent, Melinda Sims at melinda@mazzaroth.net.

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