

Windermere



N E W S L E T T E R

June 2014

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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 Ashville, 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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Windermere News

(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"](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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How to Get the Most of your ABWA Membership

Keynote speaker shares tips at the June 26 CYFEN meeting

Come to the Cy-Fair Express Network (CYFEN) luncheon June 26 and learn how to enhance your American Business Women's Association (ABWA) experience.

This month's keynote speaker is Sheri L. Parrack, founder and President of Texas Motor Transportation Consultants, LLC. Not only does she have more than 34 years of experience assisting with transportation companies, leasing corporations, banking institutions, attorneys and individuals in motor vehicle tax law and regulatory compliance in 48 states, Parrack also has 34 years of ABWA experience and success.

Parrack is an enthusiastic businesswoman whose determination and commitment to hard work has earned her a reputation of providing quality service in a male-dominated industry. Her basic business philosophy has always been "walk your talk."

In 1980, when Parrack was asked to ABWA, she was also elected as delegate of her business league, Woman of the Year and attended her first national convention in Las Vegas. In addition, she was selected as a Top Ten Business Woman of ABWA and elected onto the National Board of Directors as District II Vice President and became ABWA's National President in 1996.

Parrack received the Vision Award in 2005 and is currently a National Ambassador and Charter Member of the following, CYFEN, Women of Vision, South West Area Professional Express Network, South East Express Network, and Houston Area Professional Express Network. Parrack was also the Charter President of HAPEN and The Charter VP of finance of SEEN. She is currently servicing as VP of Best Practices of HAPEN. She reached her Diamond Level of Inner Circle by sponsoring 88 members.

Today after three decades in business, Parrack continues her commitment to providing the same quality service to clients. For the past several years, her company has been selected One of the Top 500 Women-Owned Business in the United States, one of the TOP 100 Diversity Companies in the State of Texas and one of the Top 100 Women-Owned Companies in Texas.

All are welcome to join Parrack at this month's CYFEN meeting, which begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Monthly meetings are held the fourth Thursdays at the Sterling Country Club, 16500 Houston National Blvd.

Bring business cards for networking. The meeting cost is \$25 with advanced reservations made by the Thursday prior to the meeting and \$30 at the door.

For information on CYFEN, which is part of the American Business Women's Association, go to www.CYFEN.org.



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HOUSTON FAMILY ARTS CENTER

ANNOUNCES THE 2014 – 2015 SEASON

The Houston Family Arts Center (HFAC) announces its 10th mainstage season, which explores life, love and laughter through timeless musicals, zany comedies, a classic murder mystery and a Shakespearean comedy. This exciting line-up begins with the zany, musical comedy *Nunsense*. After the laughter prepare for mystery with Agatha Christie's *And Then There Were None*, followed by the traditional holiday production of Dickens' *A Christmas Carol*. The New Year opens with the beautiful and touching *A Secret Garden*. HFAC ends the season with a trip around the world and the first stop is France for a riveting production of *The Three Musketeers*. Argentina is the next destination with the award winning, *Evita*. Then on to merry, old England for Shakespeare's *A Midsummer Night's Dream*. This magical season ends with the patriotic musical, *1776*.

Acting Artistic Director, Lisa Garza says, "This is a season that will inspire you to explore the past- in literature, in history, and in yourself. The HFAC 2014-15 Season allows you to experience how others have dealt with grief, danger, power, love, and life. Don't miss it!"

The season opens with Dan Goggin's *Nunsense*, September 5 – 28. With a let's-put-on-show-attitude, the zany Little Sisters of Hoboken are on a comedy crusade to fund raise their way out of an unfortunate cooking accident. This light-hearted and enduring musical, comedy will make a disciple out of any doubter.

Next is Agatha Christie's thriller, *And Then There Were None*. After being stranded on a storm-shrouded rock, an unlikely group of houseguests are picked off one at a time by an unseen killer. Agatha Christie's spare-no-suspense plotting keeps mystery buffs on the edge of their seats from October 17 – November 9!

For the holidays from November 28 – December 21, HFAC proudly presents Charles Dickens' classic *A Christmas Carol*. Dickens' craftily cantankerous Ebenezer Scrooge has no time for charity until three ghostly visitors appear on Christmas Eve. A plum pudding of a show, *A Christmas Carol* gives you a reason to celebrate the season all year long!

The New Year at HFAC begins February 6 – March 1, with the uplifting children's story, *The Secret Garden*. An unlikely hero, spoiled orphan, Mary Lennox blossoms when she learns to cultivate not only an

abandoned garden, but also the lives of those around her. This uplifting children's classic from 1911 is a musical oasis of redemption and an odyssey of renewal.



HOUSTON FAMILY ARTS CENTER 2014-2015 MAINSTAGE SEASON

Nunsense

September 5 – 28, 2014

And Then There Were None

October 17 – November 9, 2014

A Christmas Carol

November 28 – December 21, 2014

The Secret Garden

February 6 – March 1, 2015

The Three Musketeers

March 20 – April 12, 2015

Evita

May 1 – 24, 2015

A Midsummer's Night Dream

June 12 – July 5, 2015

1776

July 24 – August 16, 2015

From children's story to swashbuckling, HFAC presents *The Three Musketeers*. Promising swordsman d'Artagnan, saddled with his plucky tomboy sister, travels to Paris in 1625 to seek his fortunes with the famous trio of heroes. This swashbuckling romp, liberally peppered with nefarious villains, alluring ladies, and narrow escapes, is truly the one-for-all! The action will take place March 20 – April 12.

Evita storms the stage, May 1 – May 24 in HFAC's next production. For Eva Peron, every crowd has a silver lining. The parabolic career of Argentina's first lady inspired Andrew Lloyd Webber and Tim Rice's pop-opera phenomenon. Was she a sainted hero of the working-class or a working-class seductress? This passionate work retains the power to entice and inflame.

Suggested for mature audiences

Shakespeare comes to life, June 12 – July 5 with *A Midsummer Night's Dream*. The canon's most enchanted comedy pursues love with calculated abandon! This story of mortal and immortal paramours set in a mythical forest is one that will cast a spell on lovers of all ages.

Closing this exciting season, July 24 – August 16, is the American musical, *1776*. With revolutionary immediacy, our lofty founding fathers are found to be genuine people who debate, bargain, and fray one another's nerves as they struggle on the tortuous road to independence. This musical witness to the creation of one of the most eloquent documents in history will stir the soul of every American.

Season subscriptions packages are now available for purchase for the 2014-2015 season. Season subscriptions offer incentives

and discounts to new and returning patrons for every performance and packages start as low as \$100. Subscribers save 20% off single-ticket prices. Other subscriber perks include the opportunity to pick the best seats before they go on sale to the general public, personalized customer service, two complimentary concession items for every show and recognition in every Playbill. Patrons can purchase their subscriptions online at www.houstonfac.com or call the HFAC box office at 281-685-6374.



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