

## Travel the World Without Leaving Your Hometown By Heather Wells 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.



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- Child Abuse	
- Sexual Assault/Domestic Violence	
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Poison Control	
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SCHOOLS	
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Cypress Fairbanks ISD Transportation	201-09/-400 201-09/-400
Cypress Fairbanks Senior High	
Cy-Woods High School	201-09/-400 281-212-170
Goodson Middle School	201-21 <i>3</i> -172  281-373-235
	201-3/ 3-237
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Fairbanks Public Library's Friends of the Library is selling gently used and vintage books by best-selling authors at our Spring "Books, Etc., Sale" Saturday, June 15 from 10 am - 3 pm. Come and browse popular fiction and non-fiction titles as well as children's books,



VHS tapes, and elementary, middle school and high school textbooks. All items are priced to sell and all proceeds benefit the Fairbanks Library and help provide funding for library programs and materials.

Anyone wishing to donate items that are in good condition can drop them off any time the library is open. Donations to the Friends of the Library can be reported as charitable contributions. The library's hours are Monday 1 pm-9 pm, Tuesday – Thursday 10 am-6 pm, Friday 1 pm-6 pm, and Saturday 10 am-5 pm.

The library is located at 7122 N. Gessner, near the intersection of N. Gessner and W. Little York. For directions, please call the library at (713) 466-4438.



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# 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 or contact Glenn Etienne at cytomdems@yahoo.com.



The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May, at the Backyard Grill, located at 9453 Jones Road. Our next meeting will be on September 19, 2013 at 7:00 p.m.

For more information, please contact the chapter Regent, Cheryl Partney at cpart86@comcast.net or by phone at 832-654-0306. We look forward to meeting you.

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## **REGISTER NOW FOR FSA SOCCER!**

It is time once again to register your soccer superstar for FSA Soccer. The Fairfield Sports Association offers a fantastic environment for your budding soccer player to develop their skills and grow their passion for the beautiful game. We offer soccer divisions for boys and girls ages 4-12. Our younger divisions (U5 & U6) play  $3\ v$   $3\ soccer$  on small fields with no goal players. We gradually increase the size of the field and the number of players as the kids get older. Starting at age  $7\ (U8)$ , players participate in an evaluation and are selected by their respective teams.

This soccer season, FSA soccer players will wear the XARA uniforms. The uniforms look GREAT, and the kids will really love them! Registration costs cover a complete uniform kit including game jersey, shorts, and socks. Registration for the U5 and U6 divisions is \$115. Registration for the U7 and older division is \$130. There are no additional fundraisers or sponsorships players or teams are responsible for during the season. Nonresidents of Fairfield do pay an additional \$25 non-resident fee.

All practices and games are played in Fairfield. Players in the U5, U6, and U7 divisions are all awarded participation trophies at the end of the season. In the older divisions, trophies are awarded for the divisional champions and runners-up. Additionally, the older divisions participate in a season ending tournament. In addition to our Fall League play, we offer Fairfield Freedom on Fridays evenings during the summer. This is an opportunity for any child to come play "street soccer" is an adult supervised

environment at no cost! Check the FSA Soccer webpage for more details.

FSA Soccer is also thrilled to announce we are bringing back our 2nd annual Kick-off Summer Soccer Camp! This camp is for boys and girls ages 6-10. The camp is scheduled for June 10th thru 13th from 9:00am until 11:00am. Professional trainers from the Challenge Soccer Club and the Texans Soccer Club will be working with FSA Soccer providing the training for the camp. The cost of the camp is only \$50! The camp will be held in Fairfield at our Robert's Fields facility near our Central Park Splash Pad. To register for either the camp or an exciting season of FSA soccer, visit the Fairfield Sports website at www.fairfieldsports.net. From the menu button, click the SOCCER link. Once at the Soccer page, click the MORE menu button and then click the REGISTRATION link.

#### **IMPORTANT FSA SOCCER DATES:**

FSA Kick-off Summer Soccer Camp registration: Open Now – June 8<sup>th</sup>
FSA Kick-off Summer Soccer Camp: June 10<sup>th</sup> – June 13<sup>th</sup>
FSA Soccer registration: May 31<sup>st</sup> – July 14<sup>th</sup>
Player evaluations (ages 7 and older): July 22<sup>nd</sup> – July 25<sup>th</sup>
Practices begin: Week of July 29<sup>th</sup>
Games begin: Weekend of August 24<sup>th</sup>

Please direct any questions about the FSA Soccer program to Scott Baehren, Commissioner – FSA Soccer at soccer@fairfield-sports.net

## Your Cypress Specialist



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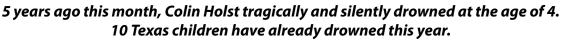
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Now-June 18: Discount Schlitterbahn Tickets for sale. http://www.tinych.org/tickets

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) http://www.tinych.org/got2swim4

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





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## American Cancer Society Relay For Life Cy Fair 2013



The American Cancer Society Relay For Life Cy Fair 2013 event was held on April 26th. Here is a recap of the event and the money raised.

> Night of Event: 4-26-13

Event Held At:

Cy Falls High School All Night walk from 7pm to 7am

Number of Teams:

Number of Participants:

1200+ Amount of Money Raised Thus Far:

\$130,000.00 *NOTE:* We are continuing to raise money. If you anyone is interested in donating,

please visit our website at www.relayforlife. org/cyfairtx.

> **THANKS AGAIN FOR YOUR SUPPORT!!**



















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## **Older Adults Express Anxiety In Different Ways**

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
- Social phobias
- Specific fears and phobias should watch for include:
  - Post-traumatic stress disorder Anxiety symptoms that older adults and their family members
- Shortness of breath
- · Difficulty sleeping
- Increased heart rate
- Muscle aches and pains

Dizziness

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.



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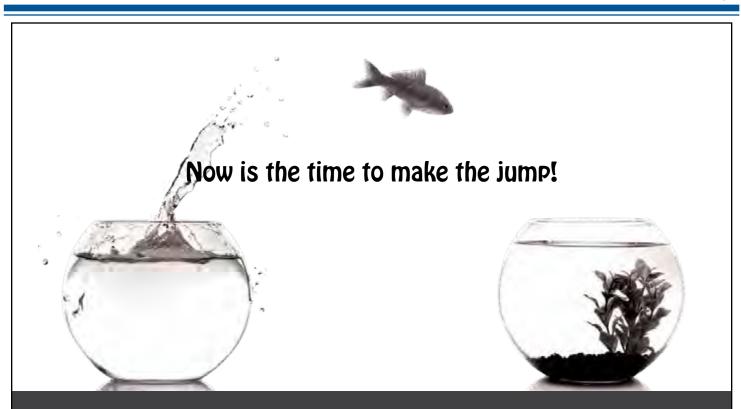




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