

# STONE FOREST

## Flyer

June 2013

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### 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).



# COMMUNITY CONTACTS

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Spring, Texas 77379

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# From The Outgoing Preident

As this is the last publication before the next Stone Forest AGM in July I wanted to let you all know that it has been a pleasure serving you on the Stone Forest HOA Board of Directors.

I am not standing for re-election in July as I have too much to do at home these days but I am sure you are in capable hands for the future. The HOA is in good financial condition and we are making good progress with the dues delinquencies, which as some of you know, have been a matter of some concern to me.

I hope that homeowners will continue to ask questions of the Board and be aware of what is going on around Stone Forest.

Thank you,  
Bob Wise  
President,  
Stone Forest HOA

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

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.



PUT A NEW  
SPRING IN  
YOUR STEP



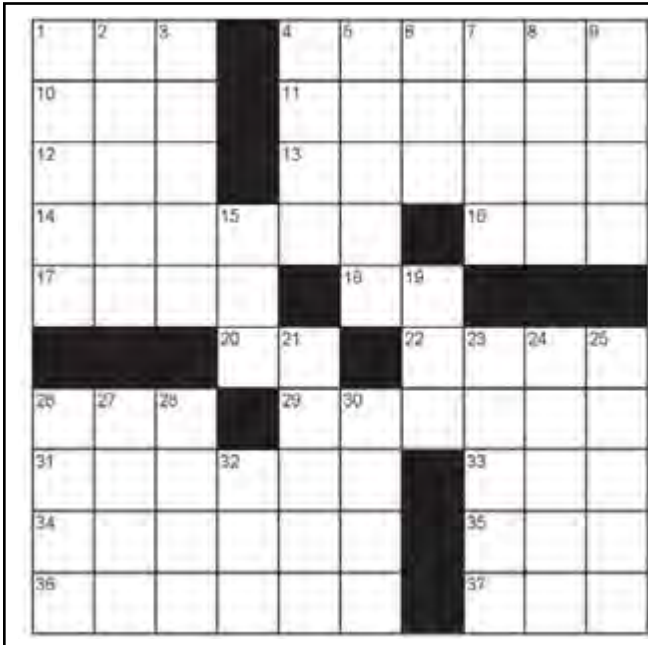
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# STONE FOREST FLYER

## CROSSWORD PUZZLE



### ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

### DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Segoe lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

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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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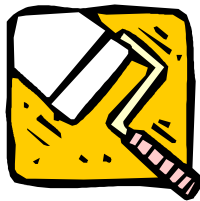
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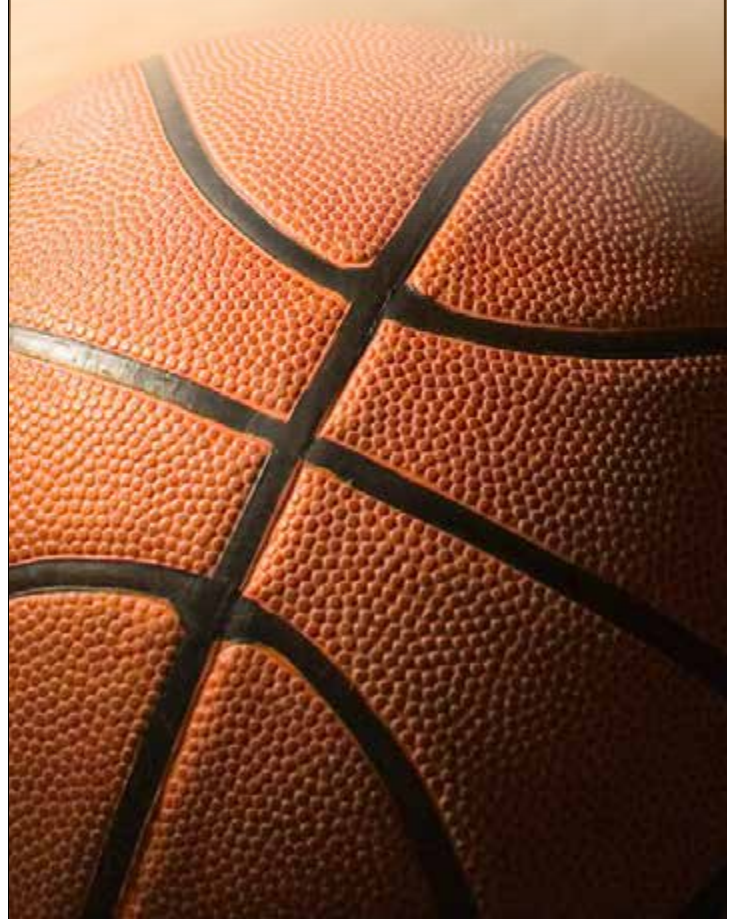
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