

# ATASCOCITA *Forest*

JULY 2013

The Official Publication of The Atascocita Forest Homeowners Association

VOLUME 2, ISSUE 7

## PROTECT EYES THIS SUMMER

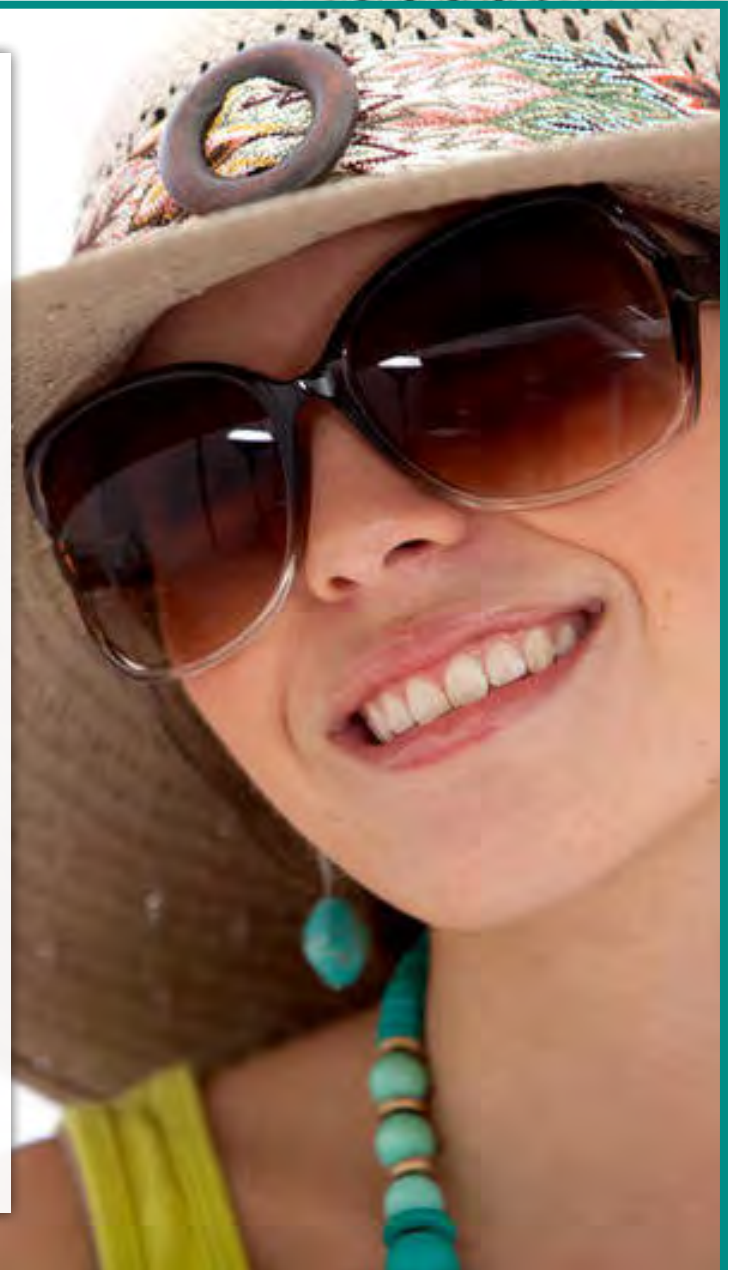
Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

- The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.
- Sunglasses need to provide 99 to 100 percent UV protection.
- Sunblock is a must, including the skin around the eyes.
- A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.



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 Publisher, Peel, Inc. .... 888-687-6444  
 Advertising ..... advertising@PEELinc.com



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## Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.



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## It Really is a Small World After All

By Vicki Milana

This past school year has been an eventful one for twenty-two Houston area Ayusa families. In August 2012, these families opened their hearts and their homes to foreign exchange students from around the world. During the 2012-2013 school year, we had eleven countries represented in our area, some of the countries included were Germany, Brazil, Italy, Lebanon, China, Japan and Tunisia. The Ayusa foreign exchange student program is a great way to enrich not only the lives of your family members, but that of the folks in your community and the student themselves. "Both my wife and I have been hosting for the past five years and have enjoyed every minute of it!" says Theodore Odom of Pearland, Texas. "My wife and I have no children, so we are able to bring the students in for the full year and be their Host Parents. We believe it's a way of giving back. This year's student, Ina Zyfi of Albania has had a great time meeting new people, making new friends and volunteering her time to a local dachshund rescue."


"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 501(c)(3) not for profit organization. "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."

"Our students really love giving back to the community", says Heather Wells, the Houston area Senior Regional Director. "One of our students, Nesrine Mbarek of Tunisia, participated in over 300 hours of community service. She was actually one of three students who won a trip for her community service and also attended a US Department of State "Teaching English as a Second Language" conference in April for her hard work. Other students have worked in food banks and have given presentations on their home countries in their schools."

This year, Ayusa is sponsoring over 900 students from 60 different countries in the United States. Volunteer host families are needed in our area to house these students for the 2013-2014 school year. The families need only 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.

If you are interested in hosting an exchange student, please visit the Ayusa website at [www.ayusa.org](http://www.ayusa.org) and complete the on-line application. You can view the students that are available for placement by clicking on the View Student Profiles on the home page. Help make this a memorable year for both your children and the prospective students. You'll be glad you did!

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# A FOCUS ON HEAT EMERGENCIES

## *Healthy Tips To Stay Cool In Extremely Hot Weather*

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

### ***Heat Cramps, Heat Exhaustion, and Heatstroke.***

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### **SIGNS AND SYMPTOMS:**

#### **Heat Cramps**

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### **Heat Stroke**

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### **CAUSES:**

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

### **WHAT TO DO IN HEAT EMERGENCIES...**

#### **First Aid**

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

### **DO NOT:**

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

- DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

- DO NOT give the person salt tablets.

- DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

- DO NOT use alcohol rubs on the person's skin.

- DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

### **PREVENTION:**

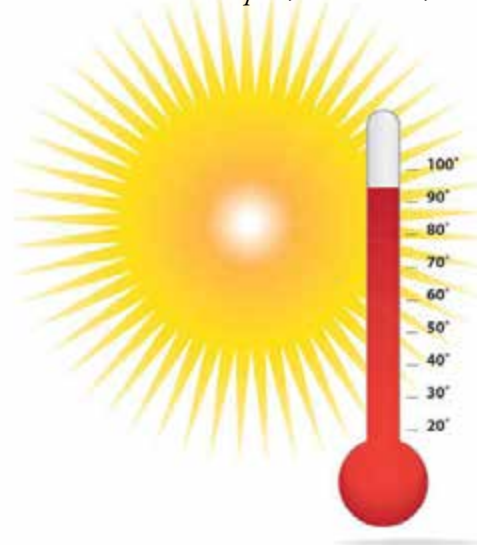
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)

### **References**

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# TENNIS TIPS

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



## How To Execute The Backhand 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, the overhead “smash” and the forehand service return.

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, Julie 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 Julie is getting ready to return the serve, her 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, Julie 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 Julie realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

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

**Step 5: The Follow Through:** Once Julie has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

*Look in the next Newsletter for: The Forehand High Volley Approach Shot*



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