

## 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](http://www.cdc.gov/niosh/topics/uvradiation)



# The Forum

## NEWSLETTER INFO

### NEWSLETTER

Editor .....forestcreek@peelinc.com

### NEWSLETTER PUBLISHER

Peel, Inc. ....www.PEELinc.com, 512-263-9181

Advertising.....advertising@PEELinc.com, 512-263-9181

### ADVERTISING INFORMATION

Please support the businesses that advertise in The Forum. Their advertising dollars make it possible for all Forest Creek residents to receive the monthly newsletter at no charge. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.



## Learn or improve your Spanish

Proudly helping neighbors learn Spanish and RRISD students succeed in school since 2011!

Private lessons & tutoring for all ages  
Individual & group classes  
Conveniently located in Forest Ridge!

Contact us today for more information:

[www.spanishcongusto.com](http://www.spanishcongusto.com)

512-222-9791



Sandra Esparza, MD Family Practice Ramon Esparza, MD Pediatrics

**Specializing in Pediatrics and Family Practice.**  
Pediatric Healthcare, Physicals,  
Women's Healthcare, Immunizations  
and Urgent Illness  
*Se habla español*

Accepting most insurances, now taking new patients

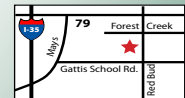


## ABC Medical Center

Superior Medical Care for  
**Adults, Babies and Children**

**"Let our family treat your family."**

Serving Forest Creek and  
surrounding areas for over 9 years.



(512) 310-9700  
1750 Red Bud Lane  
Round Rock, TX 78664



## Mom and Dad!

Do you want your child's education to continue through the summer in a fun and innovative way?

### OUR CAMP INCLUDES:

- 2 Theme based field trips per week!
- Monthly parent involved projects!
  - Play based interest clubs!
  - NEW splash pad!
- Age appropriate accredited curriculum!



From "Digging in the Dirt" to being  
"Wild about Wildlife" your child will  
learn that "Nature Rocks"!!



Bring this ad for free summer camp registration

**Kids R Kids of Round Rock**  
1455 Red Bud Lane, Round Rock, TX 78664

Call now to schedule your tour today!  
512-248-2378  
[www.kidsrkidsroundrock.com](http://www.kidsrkidsroundrock.com)

## BRING THE WORLD TO YOUR CHILD BY HOSTING A FOREIGN EXCHANGE STUDENT

*By Vicki Odom*

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 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 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 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 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



**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](http://www.ayusa.org).**

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."

## ROUND ROCK NEW NEIGHBORS

WOMEN WELCOMING WOMEN FOR FUN & FRIENDSHIP SINCE 1978

Call us about our first Summer Coffee to be held Wed, June 11th from 10:00 – Noon  
Other Summer Coffees: July 9th and August 13th

Members Also Enjoy: Lunch Bunch, Canasta, Movies, Mah Jongg, Walk & Talk,  
Volunteering, Girlfriends' Happy Hours, Scrabble, Wine Tasting, Bridge, Day Trips,  
Book Discussion, Bunco, Mexican Train Dominoes & more!

*Whether you are new or lived here for years, WE WELCOME YOU!*

Visit our website [www.RRNewNeighbors.org](http://www.RRNewNeighbors.org).

For general information call Pam at 512-487-8249 or Maureen at 512-520-8023.

For Summer Coffee information, Tamie 512-218-1116 or [Tamie@rrnewneighbors.org](mailto:Tamie@rrnewneighbors.org)



- \* Repaints - Interior, exterior, and much more
- \* Free on-site estimates
- \* Established company for 17 years
- \* BBB member
- \* Painting, staining, and popcorn ceiling removal

**Please contact Robby Chapman at 512-632-5990 with D&W Painting, Inc. or by email - [robby@dwpainting.com](mailto:robby@dwpainting.com)**

We look forward to helping you create your perfect home!



## Forest Creek Animal Hospital

*Clifford H. Peck, D.V.M.  
Amber Breclaw, D.V.M.  
Lisa LaBry, D.V.M.  
Amy Kunze, D.V.M.*

*2715 Red Bud Lane  
Round Rock, TX 78664  
**512.238.PETS [7387]**  
[www.forestcreekvet.com](http://www.forestcreekvet.com)*

- Full Service Animal Hospital
- Boarding
- Grooming
- Vaccines
- Surgical facilities
- Dentals and other preventative care

*Monday-Friday 7-7  
Saturday 8-12*



# DROWNING IS FAST & SILENT KEEP KIDS IN ARM'S REACH



## COLIN'S HOPE

WATER SAFETY TIPS AT  
[WWW.COLINSHOPE.ORG](http://WWW.COLINSHOPE.ORG)



Volunteer - Donate  
[COLINSHOPE.ORG](http://COLINSHOPE.ORG)



**Most childhood drownings in Texas occur in the month of June**

**Ongoing:** Volunteers needed to stuff & distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Now-June 21:** Donate \$30, get a free Schlitterbahn ticket. [www.tinych.org/tickets](http://www.tinych.org/tickets)

**Sept. 14th:** Colin's Hope Kid's Tri! Registration is now open. [www.tinych.org/KidsTri](http://www.tinych.org/KidsTri)

**Take our Water Safety Quiz.** [www.colinshope.org/quiz/](http://www.colinshope.org/quiz/)

Keep your children and families safe in, near and around all bodies of water.

## LAYERS OF PROTECTION CAN PREVENT DROWNING



**CONSTANT  
VISUAL  
SUPERVISION**



**LEARN  
TO  
SWIM**



**WEAR  
LIFE  
JACKETS**



**MULTIPLE  
BARRIERS  
AROUND WATER**



**KEEP BACKYARDS  
& BATHROOMS  
SAFER**



**CHECK POOL  
& HOT TUB  
FIRST**



**STAY AWAY  
FROM  
DRAINS**



**BE SAFER  
AT THE  
BEACH**



**LEARN CPR  
& REFRESH  
SKILLS YEARLY**



**VISIT  
US  
ONLINE**



**HEATING & AIR CONDITIONING**

**512.642.3400**  
**austin-ac-repair.com**

**WE OFFER A FULL LINE OF RESIDENTIAL & COMMERCIAL  
HEATING & AIR CONDITIONING SERVICES!**

**NO TRIP CHARGE! NO SERVICE FEE!  
NO HIDDEN CHARGES!**

- Air Conditioning & Heating Repair
- Complete System Replacement
- Duct Repair & Replacement
- Ductless Mini Splits
- Preventative Maintenance Plans



**\$20 OFF**  
**YOUR NEXT**  
**SERVICE CALL**

**\$250 OFF**  
**SYSTEM**  
**REPLACEMENTS**

**NOT AVAILABLE  
ONLINE**

**DID YOU SAY  
FREE?**

(yes.)

**YOUR NEWSLETTER  
IS PROVIDED 100% FREE  
OF CHARGE TO YOUR HOA...**

and is made possible by the advertisers within.

Please frequent their businesses and let them

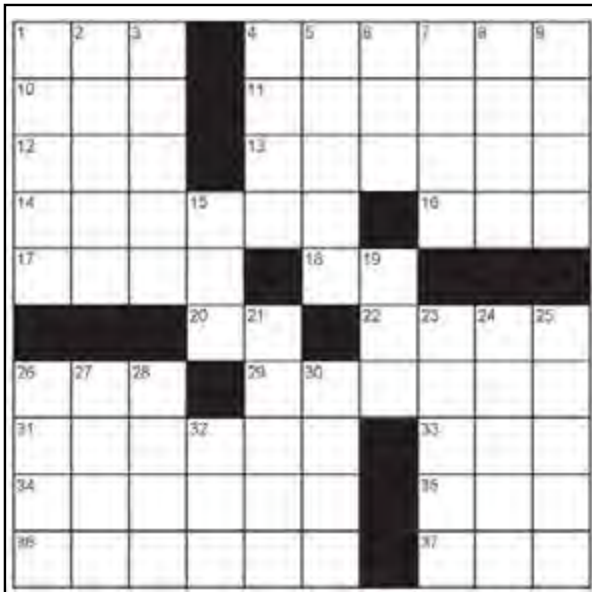
know where you saw their advertisement.

While there, be sure to say "Thanks!"

[www.PEELinc.com](http://www.PEELinc.com)



## CROSSWORD PUZZLE



### ACROSS

1. Dawdle
4. Permanant
10. Brew
11. Brand of adhesive strip
12. Charged particle
13. A Nissan car
14. Parallelograms
16. Male cat
17. France & Germany river
18. Father
20. Strontium (abbr.)
22. Animal oil
26. Part of a min.
29. Saudi \_\_\_
31. Singer Bing
33. No. eggs in a package
34. One-celled water animal
35. Southwestern Indian
36. Raving
37. Hallucinogen

### DOWN

1. Dens
2. Hawaiian 'hello'
3. City
4. Replace a striker
5. Spring flower
6. Music
7. Lure
8. Type of car
9. Cheese
15. Married woman
19. Wing
21. Jewish religious leader
23. BB player Kareem \_\_\_ Jabar
24. Public disorder
25. Groggy
26. Blemish
27. Writer Bombeck
28. Racoon's nickname
30. Baseball's Nolan
32. Scene

View answers online at [www.peelinc.com](http://www.peelinc.com)

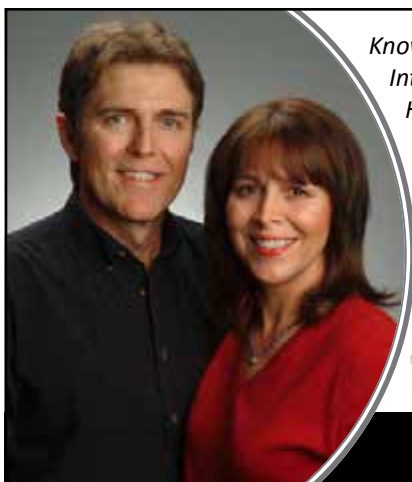
The Forum is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Forum's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



Knowledge,  
Integrity, &  
Hard Work.

Paul & Jan Gillia



**Day 6% To Sell Your Home!**

Our full service listings are now **4.5%**. We get results!

*Call or Email Before You List!*

512-388-5454 • [pgillia@austin.rr.com](mailto:pgillia@austin.rr.com)

[www.homeselect360.com](http://www.homeselect360.com)



*The Home Select Team Makes All the Difference!*





**PEEL, INC.**

308 Meadowlark St. South  
Lakeway, TX 78734

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

FC



LET US HELP YOU  
GROW YOUR NEXT

**BIG  
IDEA**



**PEEL, INC.**  
printing & publishing

CONTACT US TODAY!

**512.263.9181**

OR VISIT

**PEELINC.COM**