

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.



THE MONITOR

WELCOME

A Newsletter for Meridian residents

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it meridian@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

ADVERTISING INFO

Please support the advertisers that make The Monitor possible. 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 9th of the month prior to the issue.

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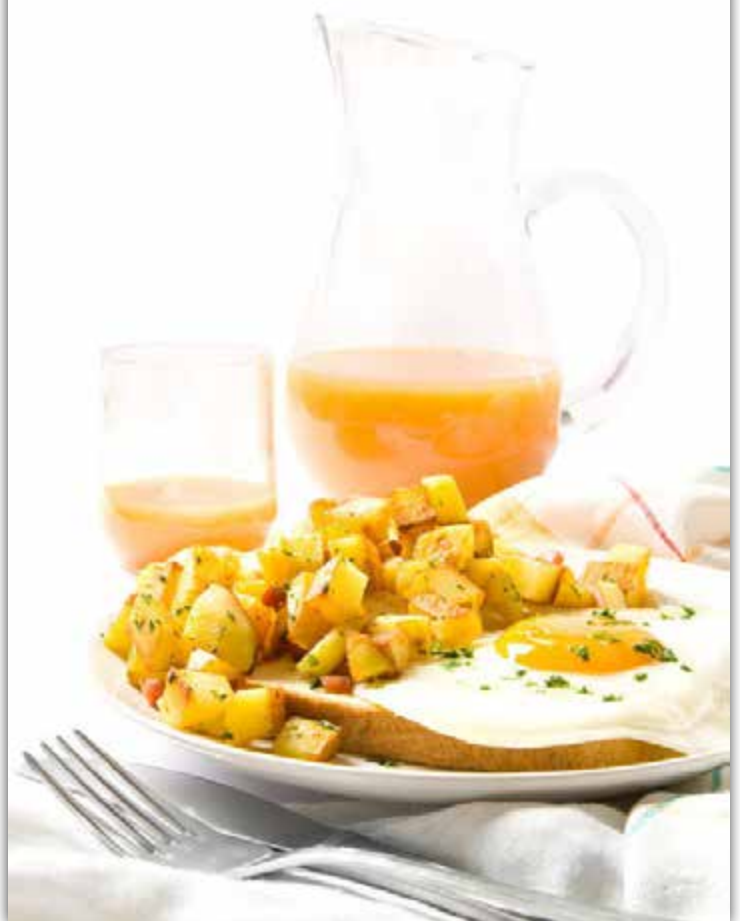
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Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.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."

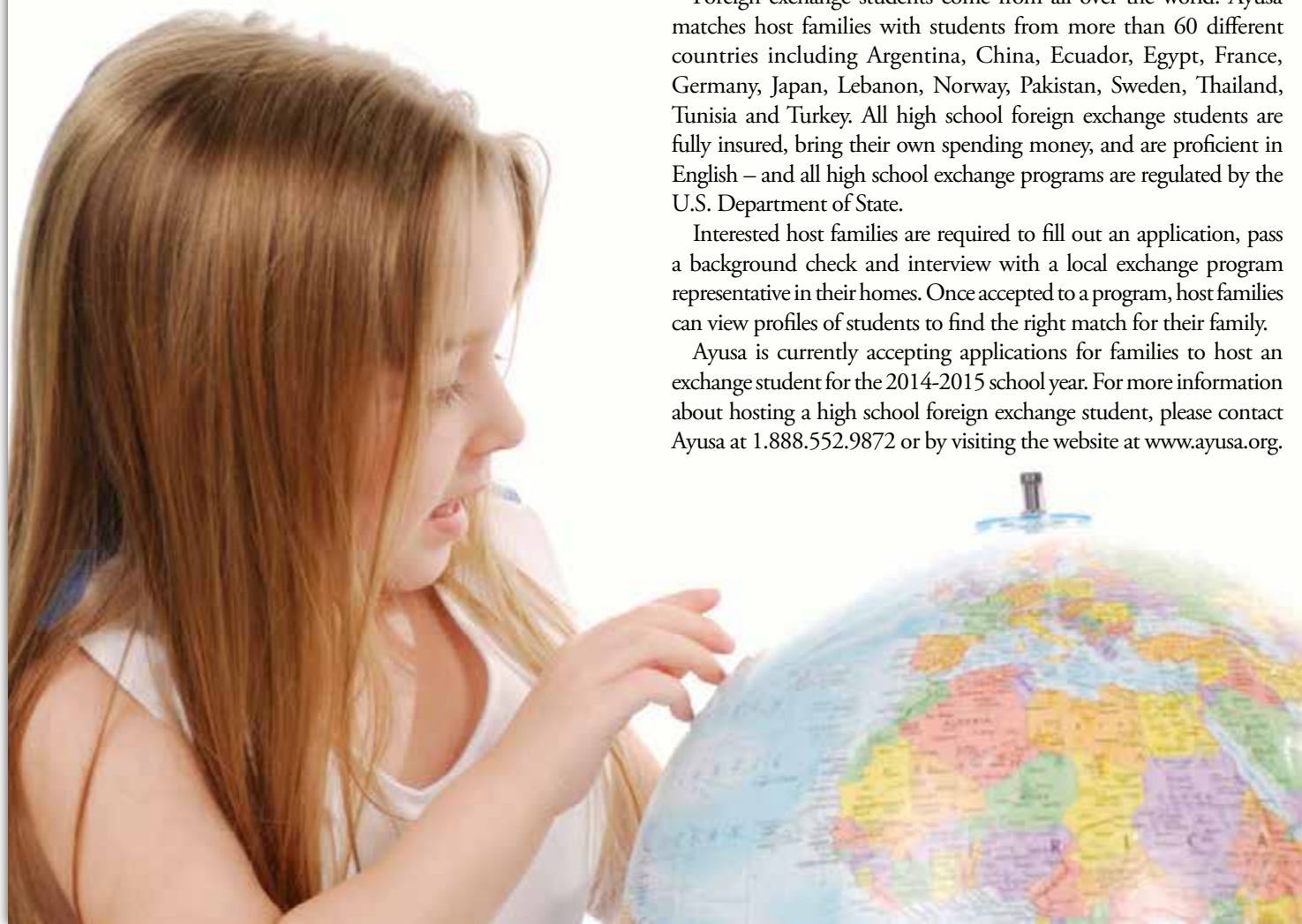
Families with young children find that hosting an exchange student provides their children with an especially unique educational experience in the form of an international big brother or sister. Without even realizing it, children learn about different types of people and different cultural traditions.

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.

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.

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.



THE MONITOR



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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

View answers online at www.peelinc.com

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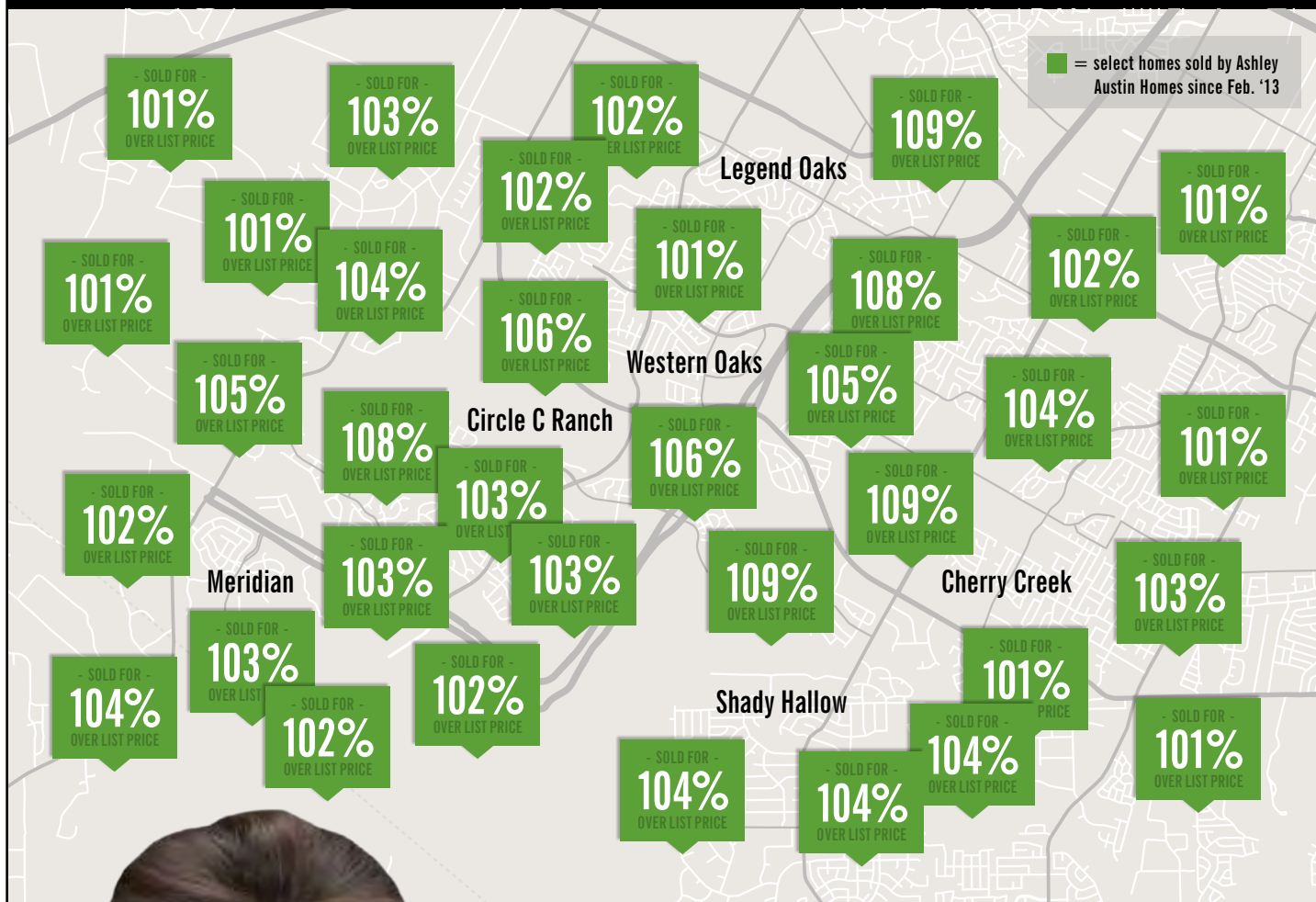
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Symptoms of Low Testosterone Are A Mystery for Many Men

June 9-15th is Men's Health Week

Sometimes, men have unusual symptoms that seem to have no cause: unexplained weight gain, low libido, or decreased energy levels. But, a simple blood test can provide a surprising answer to these mysterious symptoms: Low Testosterone or Low T.

Learning more about conditions that can affect the men in our lives is one way we can help make them healthier – whether they are 35 or 55.

“We see young men as well as older ones who develop Low T,” says Dr. Kerem Ozer, an endocrinologist with Texas Diabetes and Endocrinology.

TESTOSTERONE: A HORMONE WITH A BIG IMPACT

“Testosterone is a naturally occurring hormone in both men and women,” says Dr. Ozer, “But it’s important to more than sexual function and libido as it affects bone density, muscle strength, fat composition, and mood.”

Symptoms of Low T can include weight gain, decrease in muscle mass despite working out, feelings of depression, fatigue, loss of libido or sexual interest.

Because the symptoms of Low T can mimic other conditions, it often goes undiagnosed. Men assume they are just tired from working too hard or have lost interest in sex due to stress.

SEE YOUR DOCTOR

Fortunately, prescription testosterone supplements are available. But, it’s important for men to consult a physician about their symptoms and not just rely on over-the-counter or fad testosterone boosters.

If your husband or brother or boyfriend is showing symptoms of Low T, encourage him to get it checked out. There’s no need to suffer when easy treatment is down the street at his doctor’s office.

Texas Diabetes and Endocrinology helps people with a variety of health problems, including Low T, diabetes, thyroid disease, high cholesterol, and osteoporosis. Texas Diabetes was founded in 2001 by Thomas Blevins, M.D., and has grown to include seven physicians and locations in Austin and Round Rock. For more information, visit texasdiabetes.com or call 512-458-8400.

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GOT STATS?

Meridian by Square Ft Range	6 Months Sold History (10/2013-03/2014)						Current Market	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
<2500	1	2,119	\$ 141	\$ 299	2006	49	1	0
2500-2999	3	2,618	\$ 137	\$ 358	2008	26	0	3
3000-3499	6	3,288	\$ 130	\$ 428	2008	35	0	1
3500-3999	5	3,663	\$ 134	\$ 491	2008	107	5	1
4000-4500	4	4,223	\$ 176	\$ 744	2013	52	0	0
>4500	1	4,524	\$ 126	\$ 570	2006	182	0	0
Meridian Total	20	3,472	\$ 142	\$ 492	2009	63	6	5
% Change Mo/Mo	-9%	1%	1%	2%	0%	21%	20%	0%
% Change Yr / Yr	-17%	8%	9%	17%	0%	-6%	-14%	-38%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 04/09/2014. Texas License # 515586.

Some new construction and FSBO homes may not be included. Data is deemed accurate but not guaranteed.



Tara West

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