



How to Talk To Your Children When Disaster Strikes

In my role as executive director at Shield-Bearer Counseling Centers, I am frequently asked by parents or teachers how to help children when they or their community experiences a disaster.

Every child reacts differently to loss. Younger children handle the news differently than older children. A child's personality and values influence their reaction. Parents and teachers may notice children displaying a greater amount of energy following a disaster. Energy released by their body's natural response when safety is threatened will find its way into more irritability, fidgeting and inability to focus on tasks at hand.

But there are some things individuals who are raising or working with children can do.

Model calmness.

Children will look to parents and other adults to cue their interpretation and reaction to the disaster. When children see the adults around them remaining calm, they will be more easily reassured of their own safety.

Help them talk.

Parents frequently have difficulty discussing such horrible tragedies with their children. As with other times of loss, they do not know exactly what to say. Being available to listen to what children want to say will likely be more helpful than putting together a lecture. Encourage children to express how they feel when they are ready to discuss it.

Honestly answer questions.

When children do not know the answers, they will ask questions. Parents who patiently attempt to answer tough questions will see their children move through the pain of the tragic event. If you don't know the answers, tell them so. Reassuring them of their present safety will help them learn to overcome fears that they might be struggling with.

Limit access to disaster news.

Monitoring your children's access to news reports of the disaster will help reduce the possibility of nightmares. When a child watches

news programs about a disaster, parents should be present to discuss the contents of reports.

Keep them busy.

One of the most important things that a parent can do to help their children work through a disaster is to maintain the routine and structure of their children's lives. Keep appointments. Carry on with chores and responsibilities. Meet obligations.

Help them help.

Every person touched by a disaster is motivated to help in some way. The negative emotions of fear, sorrow and anger can be channeled into acts of kindness. Having a child gather items for disaster victims, write a thank-you note to the first responders or draw a picture for someone intimately involved will help them feel they are making a difference. These actions can help them regain a sense of control over their situation.

Remember that each child is an individual. What helps one child might not help another. If there are significant changes in behavior, mood, or sleeping patterns, it is important to make a visit to a physician or professional counselor to assess what professional help might be available.

Above all else, let them know they are loved.

Roy Wooten is the Executive Director of Shield-Bearer Counseling Centers, a 501c3 nonprofit charity with offices in NW Houston, Tomball, and Cy Fair. Shield-Bearer is "fighting for hearts" on the front lines of healthy relationships. Learn how you can join us in the fight at www.ShieldBearer.org.

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Luncheon Details

Thursday, June 23, 2016

Networking 11a.m.; Luncheon begins at 11:30 a.m.
Sterling Country Club, 16500 Houston National Blvd.,
Houston, TX 77095

Costs \$25 with advanced reservations; \$30 at the door

At the June 23 Cy-Fair Express Network Luncheon join us for an encouraging and motivational meeting with our speaker, Donna Edge. She will share her story of she and her husband going from government help and \$50K of credit card debt, to making their dream of working together and owning a successful business become a reality.

You will surely be encouraged to pursue your dreams and to not give up when obstacles are thrown in your path.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 50 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

ADVERTISING INFO

Please support the businesses that advertise in The Beacon. Their advertising dollars make it possible for all Lakes of Fairhaven 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 10th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes of Fairhaven residents, limit 30 words, please e-mail thebeacon@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

NEWSLETTER INFO

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Article Submission..... thebeacon@PEELinc.com
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NEW WEBSITE

Lakes of Fairhaven has a new community website. Please visit it at www.lakesoffairhavenHOA.org and register to get emails on HOA info and upcoming LOF announcements.



The Beacon



Congratulations to the Varsity Golf team! They got 4th place in Regionals at Lakeside Golf Course in Canyon Lake, TX and will advance to State Tournament at Cottonwood Golf Course in Waco on May 2nd.

Listed from L to R: Coach John Krause, Harrison James, Blake Williams, Chris Jackson & Blake Clayton.

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Fall Festival Vendor Opportunity

*Sunday, October 30, 2016
Saint Aidans Episcopal Church*

Vendor Opportunity - Saint Aidan's Episcopal Church ACE Committee announces our Fall Holiday Market to be held Sunday, October, 30th from 10am – 5pm. Saint Aidan's is located at 13131 Fry Road just South of 290. We are looking for a variety of vendors and expanding this year to include food trucks. Great highly visible outdoor space with Fall Festival activities including Blessing of Animals, Trunk N Treat, live music, silent auction and more. For additional information, and Booth Reservation form contact us at 281.373.3203 or email fallfest@aidanschurch.org.


CYPRESS AREA FOOD PANTRY

TIMES AND SERVICES

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers also greatly appreciated.

Computerized job search and resume preparation and printing are also available



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Bring the World into Your Home

Ayusa International, a non-profit organization that has promoted global learning and leadership through high school student cultural exchanges for more than 35 years, is launching its annual search for families in Houston and the surrounding area interested in hosting international students for the 2016-2017 school year.

Ayusa host families who volunteer to open their home to exchange students contribute to the global community as public diplomats for greater international understanding. Each host family and student creates a lasting relationship that spans the cultural differences between their two nations.

The Bray Family from Houston has been hosting two students this year, Mahau from France and Genzo from Japan. Both students have been attending Mayde Creek High School this year. The Brays have six children of their own but feel that hosting exchange students is "probably one of the best decisions our family has ever made," according to host mom April Bray. "[The students] quickly become a part of your family and it's always a great feeling to see their eyes light up when they experience something for the first time or hear the excitement in their voices when they tell you about a new friend they made at school. Your children also get to gain another brother

or sister and it's always fun to see them trying to learn your exchange student's language or customs. For us, there is no greater feeling than watching our exchange students succeed and grow and being able to share our culture and learn more about theirs."

The students have also been having a wonderful experience with the Bray family. Genzo shares, "My host family is so nice to me and I feel like this family is the home I can go back to. They make me feel like I'm loved by them. Of course you can share your culture and learn the language but more importantly, you can experience the other family that you love." His exchange "sister" Mahau says, "It's crazy how much you can love people you didn't know 10 months before. Every day they make my exchange year super great. I consider them like a member of my family. They are the reason why I enjoyed every single day of my new life."

Ayusa works with diverse families who are interested in hosting an international student of high school age. Families without children, empty nesters, military families, retirees, and single people are all welcome. Ayusa families come from all over the country and reside

(Continued on Page 8)



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The Beacon

(Continued from Page 6)

in rural, suburban and urban communities.

"Houston is a popular destination for Ayusa exchange students in the U.S.," says Heather Wells, Ayusa Regional Manager for the Southwest. "Host families love to share the diversity and history of Houston. It's such a fun area to live in, with activities and things for students to experience, from music and sports to outdoor activities and delicious Tex-Mex!" She continues, "If you have ever wanted to learn about a new culture while sharing life in America, I encourage you to give us a call or check out our website to learn more about how you can create an international friendship that lasts a lifetime!"

Host families provide the exchange student with three meals a day and a bedroom (private or shared). A professionally trained Ayusa representative supports each host family, student, and local school throughout the program year. Ayusa's exchange students are 15-18 years old and come from more than 60 countries around the world. Students are fully insured, bring their own spending money, and are proficient in English.

How to Host an International Student

Interested families can learn more about the program and available exchange students and request additional information by visiting <http://www.ayusa.org> or calling 1-888-552-9872.

The process to apply is simple. Families complete the online application, which includes questions about themselves and local high school, references, and a background check. The local Ayusa Community Representative conducts an in-home interview. They can also help each family with any questions they may have about the application or process.

After families are fully approved, they can select the Ayusa student they would like to host.

About Ayusa

Ayusa International (<http://www.ayusa.org>) is a 501(c)3 non-profit student exchange organization founded in 1981 and an official U.S. Department of State designated Exchange Visitor Program Sponsor. In addition, Ayusa administers high profile grant programs funded by the U.S. Department of State and other organizations. Ayusa is a sister company of Intrax, a family of organizations that provides a lifetime of high-quality educational, work and volunteer programs that connect people and cultures. Intrax is headquartered in San Francisco with offices on four continents.

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Finding Time

by Tara Chatterson

I've recently come to the conclusion that the world today has gone mad. It's as simple as that.

Don't believe me? Let's look at one simple fact--in what other place do the majority of the population spend trying to fit 35 hours into a 24 hour day? And continue to do so almost 7 days a week?

Tell me if this sounds familiar: work an 8-9 hour day, come home to do chores like cook dinner, do laundry, feed the dog, etc. add kids to the mix--forget it!

Our success-driven society tells us that we have to push to do more, do it bigger, and do it better than anyone else. Finding time to live any sort of life has suddenly become over-rated and unimaginable as a one-way trip to Neverland.

Over-scheduling, double-booking, extreme intake of caffeine & constant exhaustion have become our closest companions.

Well, I've decided I've had enough. If Neverland is the place where peace exists, then I want to live there.

Is it possible? I believe it is. It starts with claiming the time for yourself to relax and unwind. I've found my Neverland here at Five Horses, LLC. Working with, and learning from, the horses here

has brought me a peace of mind I never believed possible. I know it seems hard at first, but you owe it to yourself to find time to rebuild and recharge.

Indulge yourself by finding time for yourself. There are some amazing new events coming up this month at Five Horses. Take a look--I promise you won't regret it.



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If you live or work in the Cy-Fair area, we would welcome the opportunity to meet you and tell you about the service the Cy-Fair Kiwanis Club gives to our community. Be our guest at our meeting on June 7, 14, 21.

Time and place: Meetings are held at the Hearthstone Country Club. Lunch is served at 12:15pm, followed by a brief, informative program. Adjournment is at 1:15pm.

What is Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the

community that serve children and families. Enjoy the pleasure of being a part of this service.

Visit the Cy-Fair Kiwanis Club website at www.KIWANISHOUSTONCYFAIR.COM.

For more information, call John Carroll at 281-463-0373; George Crowlat 832-467-1998; or Peggy Presnell at 281-304-7127.



— Jeanna Stone, Krista Stoutner, Chris Nolan, Tiffany Nolan, Jennifer Bimeler —



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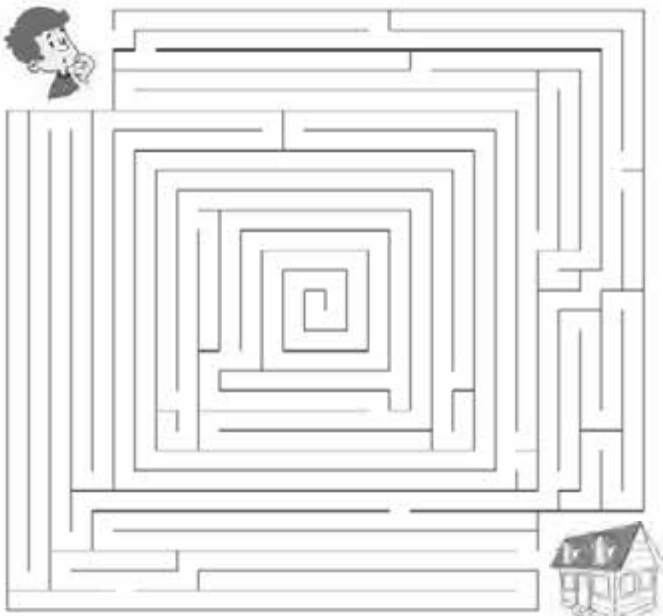
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Lakes of Fairhaven Year-to-Date Sales Report

	July '15	Aug '15	Sept '15	Oct '15	Nov '15	Dec '15	Jan '16	Feb '16	Mar '16	Apr '16
\$500,000 and above	3	5	2	1	1	3	1	3	4	3
\$451,000--\$499,999	1	0	0	0	0	0	0	0	2	0
\$351,000--\$450,999	0	0	0	0	0	0	0	0	0	1
\$276,000--\$350,999	0	0	0	0	0	0	0	0	0	0
\$231,000--\$275,999	0	0	0	0	0	0	0	0	0	0
\$201,000--\$230,999	0	0	0	0	0	0	0	0	0	0
\$200,999 and below	0	0	0	0	0	0	0	0	0	0
Total	4	5	2	1	1	3	1	3	6	4
Highest \$/sq ft	\$140.34	\$140.39	\$126.03	\$139.39	\$108.15	\$147.30	\$126.28	\$149.44	\$168.11	\$141.16

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