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Official HOA Newsletter for Lakeshore

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Travel the World without Leaving Your Hometown by Hosting a Foreign Exchange Student

By Sandra Dawe

Who hasn't dreamed about walking among the Egyptian pyramids, 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.

"We had been intrigued about hosting for years and now we are continuously learning about cultures around the world without having to travel," according to Sandra Reynolds, an Ayusa host mom from Katy, Texas. "Hosting isn't only about giving to others, it also gives in return."

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.

"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 Sandra Dawe, Community Representative with Ayusa, a non-profit that 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."

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.

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.

"Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community," says Mrs. Bray. "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."

Ayusa is currently accepting applications for families to host an exchange student for the 2017-2018 school year. For more information about hosting a high school foreign exchange student, please contact Sandra Dawe by e-mail at sdawe@ayusa.org or call 832-642-1248.



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Lakeshore Annual HOA Meeting

Monday, January 9, 2017

6:30 pm sign in

7:00 pm meeting

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Speaking of Resolution(s)

I am a goal-oriented, list-making individual. It's how I'm wired, and it has helped me be productive and successful in many ways. However, being goal-oriented doesn't always work so well when building relationships. What if the other individual doesn't have the same goals as you do?

This has been the case many times in my life, and my tendency was to bulldoze over them with my lack of concern for their goals. My goals were better, more thought out, more important, etc. What does that do to this relationship that I valued to work on so much? It completely undermines the whole thing! So, how did I learn to stop this destructive pattern in my relationships? Horses!

How many of you have tried to get an animal that weighs over 1000 pounds to meet your personal goals? It's not easy. Yes, it is possible to force them to do many things, but can you catch them easily the next day? Do they really want to have a relationship with you after you have met said goals? Mine didn't.

Mine ran away and fought many things I tried to "teach". What did it take for me to listen to the horse's thought on our relationship? An unplanned dismount is the nicest way I've heard it phrased. When a horse goes to bucking, it is pretty clear it doesn't respect your leadership. A wise man once asked me what happened before that buck. I answered, "Lots of little things that I ignored, actually."

I'm too old to ignore those little signals anymore. It hurts to hit the ground with that kind of force! As I've learned to listen to horses better, it has also helped me to listen to people better. Have you ever

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THE LAKESHORE REPORT

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asked a friend what they want to receive out of the relationship you have? Do they have needs that aren't being met? If they aren't treated respectfully and valued, they may not stick around.

Setting goals is still helpful, especially in helping me think of the steps to help myself achieve them. I just want to make sure I am not ruining relationships along the way. So, my goal setting looks different now as I make sure it includes the friends I value the most.

These are a few of my relational goal ideas for the next year. They are all oriented toward preventing those blow ups, like my horse gave me, with one of my friends or husband.

Be a better friend by:

1. When feeling annoyed or offended- stopping to question why and if it is really that important?
2. Plan monthly dates to build relationships.
3. Check in with my friends to find out their needs, before they ask!
4. Be more available by being less BUSY- say no to more things, so I can say yes to important ones.
5. LISTEN better- friends are giving you early signs of needs, but we are distracted with our own.

****If you find these things to be true in your own life, and would like to make a change, please visit our website at www.fivehorses.com to learn more about our new Goal-Setting Workshop this January****

Social Media Safety

Social media has many benefits—it allows you to maintain connections with friends, make new contacts, build support networks, express yourself and share your interests. However, information should be shared with caution to protect yourself and your family. Here are seven top tips for social media safety:

1. Your personal information should be just that—personal. As hackers become more and more sophisticated, identity theft becomes a greater risk. And while it may be tempting to post pictures of your fabulous vacation, bear in mind that you're also letting others know you're away from home—making you vulnerable to a break in.

2. Use privacy and security settings to limit who can see what you share online. You wouldn't give details of your private life to complete strangers in person, so don't do it online either.

3. Remember that what you post online will stay online, so consider the long-term consequences. Could your social media presence prevent you from securing a job in the future? Would you want your coworkers to see this side of you?

4. Let your social network know your boundaries. For example, if you don't want images of yourself or your children posted online, let your friends and family members know.

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5. Know what to do if someone is making you feel unsafe online. Some steps you can take include blocking the offender, reporting the person to the site administrator and removing him or her from your friends list.

6. Social media doesn't just spread information, it can also spread viruses and other risks to your computer. Defend your system by using the latest security software and web browser and installing updates regularly.

7. Protect your social media accounts by using password best practices. Long combinations of letters, numbers and symbols are the most secure, and separate passwords should be used for each account.



Pet Safety

We love our pets, so keeping them safe in the wintertime should be a top priority. See below for some friendly reminders detailing how you can ensure your pet stays warm, happy and out of harm's way even on the dreariest of winter days.

Bring pets indoors. Just as in summer months when temperatures reach extreme highs, pets should be brought inside during extreme wintertime lows. This applies for daytime and nighttime temperatures, so check your local weather daily and limit your pup's outside time if the forecast is looking chilly. And remember—if you're uncomfortable with the outside air temperature, chances are your pet is too.

Bundle them up! When pets do go outside during the cold winter months, those with thinner fur coats may need extra warmth. Your local pet store should have an assortment of extra layers for your dog. Only add layers if your pet can truly benefit. If you're unsure, ask your veterinarian.

Keep your pet active and out of trouble. During inclement weather when you can't make it outside with your pup, set aside some extra time during the day to make sure they have some exercise—even 15 minutes of playtime helps. Paying attention to your pup keeps them engaged and happy, and ensures no bad behavior caused by boredom.

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The Value of Good Landscaping

The association has a robust landscaping budget, but the practical purposes accomplished by good landscaping makes it money well spent.

- Landscaping can save money. Substituting perennial ground cover for grass greatly reduces maintenance, and drought-tolerant plants reduce water costs.

- Shrubs and trees screen unsightly utility boxes, trash areas or an unfortunate view. They also make effective sound barriers and privacy screens.

- Landscaping creates new habitats. Some parts of the grounds can be untended natural areas where small shrubs and saplings grow, thus creating habitats for birds, chipmunks and other small animals.

- Landscaping adds color. Flowering trees add color in spring. Purple plum trees, specimen evergreens and other colorful varieties provide color throughout the year.

- Landscaping can direct common-area traffic. For example, shrubs planted in strategic locations will funnel pedestrians toward an exit.

- Landscaping can stabilize awkward topography. A terraced slope planted with ground cover or small shrubs has a dramatic effect without minimal maintenance issues.

- Landscaping provides visual interest, especially when it incorporates architectural elements like fountains, arbors, gazebos or fences.

Landscaping is a long-term investment in the community that rewards individual homeowners and the association as well.



FACT:

Social and emotional intelligence may be the most important determinant of a child's future success.

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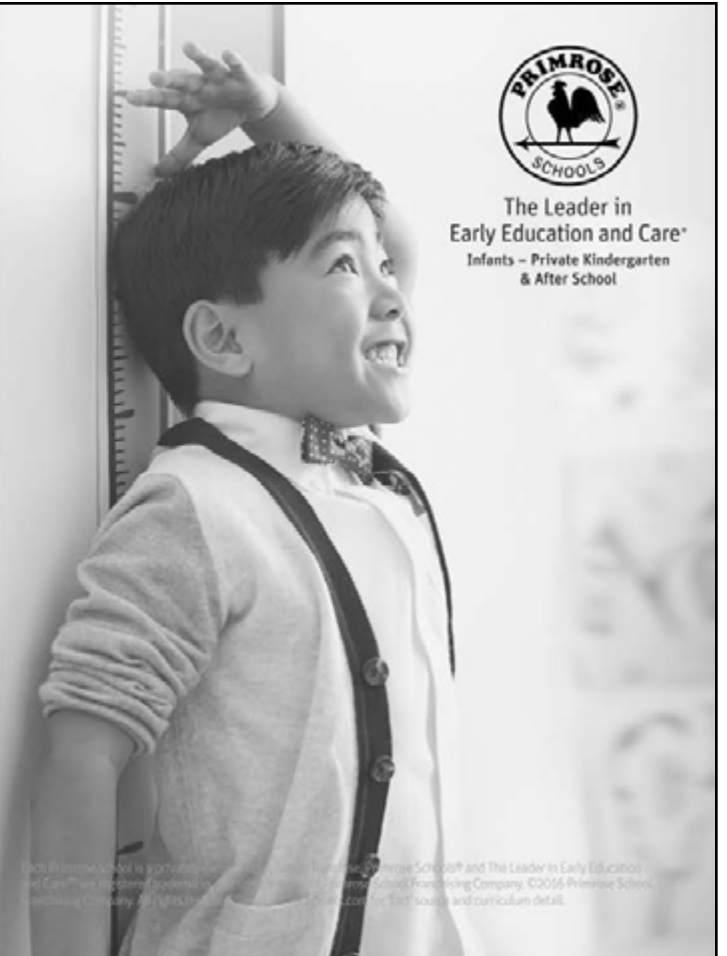
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THE LAKESHORE REPORT

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FUNGUS GNATS

Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage.

Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. *israelensis* or the nematode *Steinernema feltiae* can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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TENNIS TIPS

By USPTA/PTR Master Professional Polo Tennis and Fitness Club

How to execute The Forehand Lob



In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two-handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two-handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, “Suzie” Foster, Member of the Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Suzie is forced deep into the court and realizes that she must hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is

low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

Step 2: The Point of Contact: Suzie is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45-degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Suzie’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her to allow maximum balance.

Step 4: The Shuffle Back: Once Suzie finishes the stroke, her goal is to either move forward toward the net to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent.

*Look in the next Newsletter for:
How to execute
“The Two-Handed Backhand Lob”*



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