

Go global and host an international student

Foreign high school students are scheduled to arrive soon for academic semester and year homestay programs, and the sponsoring organization needs a few more local host families. The students are anxiously awaiting news of their new families. This is the last chance for these young ambassadors to fulfill their life-long dreams.

According to Pacific Intercultural Exchange President John Doty, the students are all between the ages of 15 and 18 years, are English-speaking, have their own spending money, carry accident and health insurance and are anxious to share their cultural experiences with their new American families. Pacific Intercultural Exchange currently has programs to match almost every family's needs, ranging in length from one semester to a full academic year, where the students attend local public and private high schools.

Pacific Intercultural Exchange area representatives match students with host families by finding common interests and lifestyles through an informal in-home meeting. Prospective host

families are able to review student applications and select the perfect match. As there are no "typical" host families, Pacific Intercultural Exchange can fit a student into just about any situation, whether it is a single parent, a childless couple, a retired couple or a large family.

Families who host for Pacific Intercultural Exchange are also eligible to claim a monthly charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

For the upcoming programs, Pacific Intercultural Exchange has students from Germany, the Former Soviet Union, Venezuela, Argentina, Brazil, Hungary, Korea, Mexico, Australia, China and many other countries. Pacific Intercultural Exchange is also participating in two special government-funded programs to bring scholarship students from the Newly Independent States of the former Soviet Union as well as predominantly Islamic countries such as Yemen, Syria, Jordan, Morocco, Kuwait, Iraq and Qatar to the United States.

Pacific Intercultural Exchange

is a non-profit educational organization that has sponsored more than 25,000 students from 45 countries since its founding in 1975. The organization is designated by the United States Department of State and is listed by the Council on Standards for International Educational Travel, certifying that the organization complies with the standards set forth in Council on Standards for International Educational Travel's Standards for International Educational Travel Programs.

Doty encourages families to contact the program immediately, as it will allow the proper time for the students and hosts to get to know one another before they actually meet for the first time.

Families interested in learning more about student exchange or arranging for a meeting with a community representative may call Pacific Intercultural Exchange, toll-free, at 1-866-546-1402. The agency also has travel/study program opportunities available for American high school students as well as possibilities for community volunteers to assist and work with area host families, students and schools.

Healthy fats in soybean oil

Most "vegetable oil" sold at the grocery store is soybean oil! Take a look at the ingredient label for vegetable oil and you will likely find the only ingredient listed as soybean oil.

Soybean oil is one of the top two most frequently used cooking oils in the country.

Do we need fat and oils? Fats and oils are concentrated sources of energy that perform a number of important functions in the body, including carrying fat-soluble vitamins to tissues and organs. They also supply essential fatty acids for growth and development, insulating and protecting vital organs and producing healthy levels of cholesterol and hormones.

What is soybean oil? Soybean oil is an all natural oil extracted from whole soybeans. Soybean oil accounts for about 75% of vegetable oils used in commercial and consumer cooking.

It's light, golden appearance and neutral flavor make it an ideal ingredient for many types of cooking.

Seventy percent of consumers recognize soybean oil as one of the three healthiest oils. According to the United Soybean Board, liquid soybean oil is low in saturated fat but high in poly and monounsaturated fats which reduce "bad" LDL cholesterol and keep "good" HDL cholesterol unchanged. A serving of soybean oil contains

3 grams of monounsaturated fat and 8 grams of polyunsaturated fat.

Soybean oil is among the most healthful of all edible oils. Soybean oil contains no trans fat. It is also one of the few non-fish sources of omega-6 polyunsaturated fatty acids, which may be beneficial in helping to prevent cancer and heart disease. Soybean oil is the principal commercial source of vitamin E in the U.S. diet which prevents cell damage that may lead to diseases such as cancer and heart disease.

Visit the Web site www.kansasoil.org for recipes and information.

Governor

(Continued from Page 1) The bill will be repealed if republicans can win the next two election cycles.

He said cheap parts of the bill, like kids staying on their parents health insurance until they are 26, will stay.

"It's way over the top. It's a train wreck. I'm really scared of the fiscal position," he said of the bill.

Brownback said every American has basic coverage, even if it's not the coverage they want.

"Everybody gets basic cover-

age," he said.

Brownback has served Kansas in many roles, including secretary of agriculture, being elected to Congress and being elected to the U.S. Senate in 1996.

"I love serving in the Senate. I love serving Kansas," he said.

LYLE NEWS

By VEDA WOOD

March 30: Kathy Van Meter went to Hoxie on Wednesday to the funeral of Shirley Cooper, a second cousin.

On Friday she went to Garden Plain to celebrate the birth of great grandson Jamie Joplin, son of Brian and Maria Joplin. Grandparents, Jack and Sylvia Lovin were there also.

Richard and Sheryl Patterson and I went to Denver on Thursday to see Twila Vernon, our sister.

We found her improved slightly, and able to visit a little.

That evening she was moved to a place where she would get physical therapy.

Her address is Twila Vernon, Wheatridge Manor, 2920 Fenton, Wheatridge, Colo. 80214.

Twila and Leland graduated in the same class as June Jolly.

They planned to come back the Memorial Day week-end, and I hope they will be able to.

Keith Anthony and Sissy, his daughter, went to Colorado on Thursday and came back Sunday. He says he is doing well.

June Jolly and Toots Magers went to Oberlin on Friday where they had lunch at the Frontier Cafe, then toured the New Community Center and played pinochle.

At home a new litter of kittens greeted June and the rain rinsed the washing she had left on the line. You know how good that smells.

Nearly everyone in the community attended the "Whole Hog" benefit for Randy Allen.

I believe he is one of those people who enjoys doing things for others, but is embarrassed to have it turned around.

It was a very nice dinner with music by Larry Henderson and Lee Ann Shearer.

I thank Sheryl and Richard Patterson for taking me to Denver and Dwight and Teresa Wood for taking me to Colby, where we heard the Colby Tumbleweed Chorus and Prairie Rose Harmony.

Featured were "The Acoustix" an occappella quartet that has appeared on CNN, NBC's Today Show, TNN's The Statler Brothers Show and many others.

Their local quartet, "Uncalled Four" included former preacher's kid, Bruce Bandy and the Prairie Rose singers included Sandy McNames and the ladies who like to come to Norcatur and sing on the karaoke nights at the cafe.

Sandy gave Teresa tickets for her birthday and I bummed along.

I also thank my daughter, Carol for taking me to Norton for cataract surgery, and again the next day for a checkup.

I believe everything is fine.

April 13: Another birthday. We keep having them, thank

goodness. Toots Magers, Joyce Sumner, June Jolly, Kathy Van Meter, Eleanor Jenson, Jackie Porter and Veda Wood had lunch at the Cardinal Cafe in honor of Eleanor's birthday, and then packed ourselves into June's new car to go back to Lyle and sew.

My sister, Bonnie (Van Gundy) Klein passed away unexpectedly on Friday, April 10, in Cocoa, Fla.

She and her daughter, Dena, had been living with another daughter, Shelley Van Gundy, and just recently had gone to assisted living.

Another sister, Twila Vernon, is much improved; still in therapy, but wanting to go home. Lee says she is doing really well.

June Jolly attended a bridal shower for her granddaughter, Sarah Jolly, given by friends, Sabrina and Kelly of McCook. Sarah is to be married in May.

Toots Magers guests on Sunday were Jane Engelhardt, Judy and Charlie Easton, Rea and Dee Magers, and J.T., Denise, Kori and friend, Brian Zey, Kursten and Kendra.

Denise has been running and ran a 13 mile half-marathon in two hours. Good for her. The young people did quite a bit of yard work for Toots.

April 20: Wind for several days brought back memories and thoughts of the "dirty thirties: and then it rained.

Of course the rain hindered some in their work, and some from going where they usually do, but it settled the dust for awhile.

Liberty Star Club was cancelled on Wednesday, and there were not enough Chatty Hatters and friends present at the Cardinal Cafe to play dominoes or other games. Better luck next time!

Carol Moye, Adrienne Vapura and her daughters, Kiley and Skylar visited Veda Wood on Saturday.

Kathy Van Meter, Toots Magers and Veda Wood took in a delicious potluck supper at the United Methodist Church in Oberlin, followed by wonderful music by the Hitch family.

The parents and six versatile youngsters played a variety of instruments which they switched often; and on one number were so mixed up, we couldn't tell who was playing which instrument.

Two sat on stools holding instruments, while another stood behind them.

A left hand might be doing the fingering on the guitar, while the right hand would be handling the fiddle bow, etc.

The father used that as an example of how they had to have family unity, and they had it!

Ernest Huff is in the Decatur County Hospital, very ill. Donna said he is to see a specialist on Tuesday to determine the cause

of his infection.

Gary Anthony has graduated from his walker to a cane to get around most of the time now.

He is driving and getting around like the 'old' Gary, coming to Senior Citizens, Church and other places.

He says Keith will be home soon.

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THE NORTON TELEGRAM

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Small Incision, Big Results

Getting surgery patients back on their feet quicker

Thanks to advanced minimally invasive surgery options at Hays Med, patients who suffer from back pain no longer face lengthy and difficult recovery periods. These advanced procedures get patients back to their normal activities quicker than ever.

Vivek Sharma, M.D., an orthopedic surgeon at Hays Med, is one of only a handful of physicians in the state with the advanced training required to offer the minimally invasive surgical options that have revolutionized back surgery. Now, tiny incisions are used to make big repairs to the back and spine, causing less disruption to the muscles, nerves and soft tissue. Translation: patients can get on with life sooner rather than later.

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Ophthalmology – Dr. Pokorny
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Call the number listed for specific clinic locations.