



The Ranch Report

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Why You Should Host an Exchange Student – Yes, You!

“International exchanges are not a great tide to sweep away all differences, but they will slowly wear away at the obstacles to peace as surely as water wears away a hard stone.”

– Former President George H.W. Bush

This time of year, the 100 or so high school exchange student programs in the U.S. are beginning to seek host families for the coming academic year for both one semester and full academic year students.

About 28,000 students come to the U.S. each year for youth exchange programs of varying lengths. Not surprisingly, their motivations vary. They want to improve their English-speaking skills. They want to establish their independence from their parents. They want to see the America of Hollywood and the streets of New York. If they don't have siblings, they would like one. They want to share the beauty and complexity of Japanese or Italian cooking. They want to play American football and be on the cheerleading team. They want to travel and see new places.

They want to live life as an American teenager.

Families who welcome these exchange students into their homes and hearts not only enrich the life of an exceptional young person, they help build people-to-people connections that span the globe and last of a lifetime.

– Secretary of State Hillary Clinton, Summer 2010

I think cultural exchanges, including hosting high school exchange students, offer benefits far beyond being “a good citizen.” Beyond actually learning about another culture and how things might be done differently on a daily basis, it challenges one's assumptions about other cultures, teaches communication skills, and helps develop patience and flexibility.

Few experiences can teach you – and your children — the small but critical differences between cultures as living with someone from another country.

The benefits to America children – both our own children and others who are attending school with exchange students – are significant in ways that are difficult (if not impossible) to quantify. It's not something adults often think about. Even school administrators don't always think through how exposure to other cultures can benefit students in their districts. Think about communication for just a moment. Although your children will, of course, speak English to their exchange student, the potential for miscommunication is huge when you are talking to non-native English speakers. The processes of learning how to re-shape your thoughts, speak more clearly, and make sure what you intend to say is what is heard are important skills. Think about your assumptions about other cultures – your assumptions, and those of your children and their friends, about another country's foods, habits, or attitudes. Think about relationships, and learning how to adapt, become more cooperative, and developing an ability to be flexible.

You **do** have something to offer.

Many families tell me they can't host because “we aren't a good host family.” People assume they must be outgoing, that they need to be a family that travels a lot, or that they must be a family that goes to museums, events, and activities all the time. People assume that it is critical for a host family to live in a big city so it will be “fun” for a teen, that it is important to provide a student with his or her own bedroom, or that they must live near the high school. Many people assume you must have a high school student in your home in order to host a high school exchange student. The list of “why we're not a good family” goes on, but most of these pre-conceptions simply aren't

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.....	8139 Racine Trail
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.....	5720 McNeil Dr.

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TEXAS A&M AGRI LIFE EXTENSION

RECLUSE SPIDERS

Recluse spiders are shy and, as their name suggests, do not like being out in the open. They are about the size of a quarter, with a body that is 1/2 inch long. They can be light brown, dark brown or greyish in color. They have no spines on their legs and usually have a uniform body color. Recluse spiders are known for their characteristic violin or fiddle-shaped marking on the “back” (a.k.a. cephalothorax...the front part of the spider). The real distinguishing feature is an eye pattern of three pairs of eyes arranged in a semicircle on the front of the cephalothorax.



Outside homes, recluse spiders can be found in garages or sheds, firewood piles, or piles of stored materials such as lumber, bricks, or rocks. Inside the home, these spiders are found in bedrooms, closets,

bathrooms, under furniture, behind baseboards, in attics, or in cracks and crevices. They are most active at night when hunting for food.

People are typically bitten by accidentally rolling over onto a spider while sleeping or trapping a spider next to skin when putting on clothing where the spider is hiding. Recluse spiders have a cytotoxin that breaks down tissue in the bite area. Several hours after being bitten a blister forms at the bite site that may grow in size as tissue breaks down from injected venom. Infected tissue eventually sloughs off, leaving an open wound that takes a while to heal. More serious symptoms may also occur such as chills, fever, fatigue, joint pain, or nausea. If you experience problems after being bitten by a spider, then seek medical attention immediately.

To avoid spider bites, try some (or all) of the following:

- Use sticky taps to capture spiders
- Remove bed skirts from beds (these make it easy for spiders to crawl into the bed)
- Don't leave clothes or blankets on the floor; shake out blankets and clothing before using
- When storing items, either use sealed plastic containers/bags or tape boxes on all seams to keep spiders out
- Wear leather gloves when cleaning in undisturbed closets, attics, garages, or the yard
- Keep stacked, stored items away from the home. Do not store firewood against the house and only bring in firewood to immediately place on a fire.

(Continued from Cover)

accurate. Is it nice to travel with your student? Of course, because it's fun to share your city, your state, or your country's beautiful places. But not everyone travels much. Is it nice to live next to the high school? Of course. But let's face it, most people don't. Is it "fun" for a teen to live in the city? Sure. But nice people who have the desire, capability, and emotional intelligence to be a host family live everywhere.

The truth is, there is no typical American host family, because there is no single "typical" American family. American host families have teens and don't have teens. They have young children and toddlers. They have children who are now grown and living elsewhere, or no children at all. They have dogs or not, large homes or small ones. Single parents are families, as are grandparents. American families live in large cities, suburban areas, and in small communities. The students are not here to travel, have a tour guide, just have "fun," or to have an easy life with a five-minute school commute. They're here to go to school, learn about our country, live with a family, and to learn what life is like for an American teen. They can play on the soccer team or have a role in the school play no matter where they live and no matter what the composition of their host family.

The key to hosting a student is not in who is in your family, but

who you are as people. Good host families are people who want to share their own culture and community, and learn about someone else's. Good host parents look to give their families a glimpse of the world and introduce them to new customs and cultures.

STS Foundation is currently looking for host families in our area. If you are interested in hosting a student and enjoying this enriching experience, please contact Vicki Odom at 832-455-7881 or email me at vicki.stsfoundation@gmail.com for more information.





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RANCH REPORT

IT'S A NEW YEAR AND TIME FOR NEW BEGINNINGS!

The children featured in the Heart Gallery of Central Texas are waiting for their own new beginning- a forever family! Meet 12 year old Jonathan! Jonathan loves sports, especially football. He enjoyed his summer football camp and was even named Most Valuable Player by his team! Jonathan does well with his schoolwork and enjoys making friends at school.

Learn more about Jonathan as well as foster care and adoption here in Central Texas by visiting our website: heartgallerytexas.com

Photo taken by Volunteer Heart Gallery Photographer Laura Acton



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Sherry Salkhordeh O.D.

It's Another New Year...



"Happy New Year!" That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year's Day in modern America was not always January 1.

ANCIENT NEW YEARS: The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago.

In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring). The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary. The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison. The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun. In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

THE CHURCH'S VIEW OF NEW YEAR CELEBRATIONS: Although in the first centuries AD the Romans continued celebrating the new year, the early Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early church began having its own religious observances concurrently with many of the pagan celebrations, and New Year's Day was no different. New Years is still observed as the Feast of Christ's Circumcision by some denominations. During the Middle Ages, the Church remained opposed to celebrating New Years. January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

NEW YEAR TRADITIONS: Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment. The tradition of using a baby to signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

AULD LANG SYNE: The song, "Auld Lang Syne" is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

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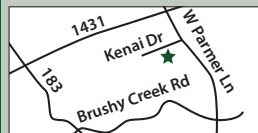
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