

Three steps to making family meals happen

It can be a big challenge to find the time to plan, prepare and share family meals, then be relaxed enough to enjoy them.

Try these three steps to schedule family meals and make them enjoyable for everyone who pulls up a chair.

1. Plan - To plan more family meals, look over the calendar to choose a time when everyone can be there. Figure out which obstacles are getting in the way of more family meals - busy schedules, no supplies in the house, no time to cook. Ask for the family's help and ideas on how these roadblocks can be removed. For instance, figure out a way to get groceries purchased for a family meal. Or if time to cook is the problem, try doing some prep work on weekends or even completely preparing a dish ahead of time and putting it in the freezer.

2. Prepare - Once you have all your supplies on hand, involve the kids in preparations. Recruiting younger kids can

Home ed
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specialist



mean a little extra work, but it's often worth it. Simple tasks such as putting plates on the table, tossing the salad, pouring a beverage, folding the napkins, or being a "taster" are appropriate jobs for preschoolers and school-age kids.

Older kids may be able to pitch in even more, such as getting ingredients, washing produce, mixing and stirring, and serving. If you have teens around, consider assigning them a night to cook, with you as a helper.

If kids help out, set a good example by saying please and thanks for their help. Being upbeat and pleasant as you prepare

the meal can rub off on your kids. If you're grumbling about the task at hand, chances are they will too. But if the atmosphere is light, you're showing them how the family can work together and enjoy the fruits of its labor.

3. Enjoy - Even if you're thinking of all you must accomplish after dinner's done (doing dishes, making lunches, etc.), try not to focus on that during dinner. Make your time at the table pleasant and a chance for everyone to decompress from the day and enjoy being together as a family.

They may be starving, but have your kids wait until everyone is seated before digging in. Create a moment of calm before the meal begins, so the cook can shift gears. It also presents a chance to say grace, thank the cook, wish everyone a good meal, or to raise a glass of milk and toast each other. You're setting the mood and modeling good manners and patience.

Family meals are a good time to teach civilized behavior that kids also can use at restaurants and others' houses, so establish rules about staying seated, passing items instead of grabbing them, putting napkins on laps, and not talking with your mouth full.

You can gently remind when they break the rules, but try to keep tension and discipline at a minimum during mealtime. The focus should remain on making your kids feel loved, connected, and part of the family.

Keep the interactions positive and let the conversation flow. Ask your kids about their days and tell them about yours. Give everyone a chance to talk.

Questions? Contact your local K-State Research and Extension Office or contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu or phone 785-443-3663.

31st Annual
HOME & Builder's Show
kearney area builders association

January 10-12, 2014 • Buffalo County Expo Center

Friday 1:00 pm - 8:00 pm
Saturday 10:00 am - 8:00 pm
Sunday 11:00 am - 5:00 pm

Admission: \$3/Person
Children 12 & Under FREE

Register to Win Patio Furniture!

Hundreds of Ideas for Better Living!

Leading home builders, home improvement businesses and decorators will be showing the latest trends in home building and home furnishing.

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HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents the "Associated American Artists-Art by Subscription."

In March of 1933, many of the banks in America were closed. The country was gripped by an economic depression and the emotional climate of the American people was also at an all time low. Art dealer Reeves Lewenthal chose this time in history to form the Associated American Artists organization. Lewenthal's plan was to develop a new program that could distribute affordable, original art to every American. Artists, weary of working within the confined audience of wealthy collectors, gladly committed themselves to the idea of a

wider distribution. These artists based their art on social imagery, on everyday America. They left behind abstract theories in favor of the familiar scenery of our country. The program was an overwhelming success. Yes, it was true; people did need bread to nourish their bodies, but it was proven that they hungered for beauty and spiritual nourishments as well. Art fed their souls.

The Exhibit will be at the museum Dec. 6, 2013 to Feb. 2, 2014.

Our January Artist of the month will be Linda Whiteman from Hill City. She will have watercolor, oil, and pastel paintings for sale. Come on in and check out her beautiful work.

Her items will be on display from Jan. 1, 2014 through Jan. 31, 2014.

Kerry Ferguson from Kensington, will be instructing dance classes again this year on Sunday afternoons, starting Jan. 6, 2013. They will be held at the Logan City Building with beginning dance from 2 - 3:30 p.m., and advanced dance from 3:30 - 5 p.m. The cost is \$50 for single and \$90 for couples. Participants must be 13 years or older.

Wishing everyone a very Happy New Year!

For more information on any of our classes or exhibits check our website at hansenmuseum.org or call the museum at 785-689-4846.

Treatment operators certified

The Kansas Department of Health and Environment (KDHE) Bureau of Water has certified 39 water treatment operators and 27 wastewater treatment operators from August to December. These operators represent community and public water supply facilities across the state.

Kansas has more than 1,000 community and public water supply facilities that require a certified operator. Individuals who operate water treatment plants must meet minimum training standards to assure water is properly treated so it is safe to drink. Wastewater treatment plant operators must also be trained so they can operate wastewater treatment systems and prevent the release of excessive pollutants.

"Trained water and wastewater treatment operators play a significant role in protecting public health and preserving the environment," said KDHE Secretary Robert Moser, MD. "These Kansans have displayed commendable efforts to protect our waters."

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MIDWEST
HEARING
AIDS INC.
"Since 1948"
Kansas' Largest with
38 Locations Statewide!

2014 Norton AYSO Soccer Registration



Early Registration: Jan. 10, 5-7 p.m.; Jan. 11, 2-4 p.m.
Cost is \$40.00 Per Child

Late Registration: February 1, 2-4 p.m.
Cost is \$45.00 Per Child

AGES: 4 1/2 to 19 - We are planning on having an under 16, ages 14 and 15 and an under 19, ages 16 to 18 division

LOCATION FOR BOTH REGISTRATIONS WILL BE:
Library Community Room
1 Washington Square, Norton, Kansas

Lenora Registration at Community Building: Jan. 13, 5-6 p.m.
Almena Registration at Community Building: Jan. 18, 2-4

We are in need of volunteers to fill several board positions as well as coaches and referees. Please consider donating your time and talents. For more information please contact:

Nicole Rushton (785) 567-4610
Deena Wentz (785) 871-0442

Commodity credit rates for January

The U.S. Department of Agriculture's Commodity Credit Corporation (CCC) recently announced interest rates for January 2014. The Commodity Credit Corporation borrowing rate-based charge for January 2014 is 0.125 percent, unchanged from 0.125 percent in December 2013.

The interest rate for commodity and marketing assistance loans disbursed during January 2014 is 1.125 percent, unchanged from 1.125 percent in December 2013.

Interest rates for Farm Storage Facility Loans approved for January 2014 are as follows, 2.250 percent with seven-year loan terms, up from 2.000 per-

cent in December 2013; 2.875 percent with 10-year loan terms, up from 2.625 percent in December 2013 and; 3.000 percent with 12-year loan terms, up from 2.875 percent in December 2013. The interest rate for 15-year Sugar Storage Facility Loans for January 2014 is 3.375 percent, up from 3.125 percent in December 2013.

The maximum discount rate applicable for January 2014 for the Tobacco Transition Payment Program is five percent, unchanged from December 2013. This is based on the 3.250 percent prime rate plus two percent, rounded to the nearest whole number.

Further program information

is available from USDA Farm Service Agency's (FSA) Financial Management Division at 202-772-6041.

For help with your advertising needs please give Dana a call 877-3361
email: dpaxton@nwkansas.com

Sudoku Puzzle #3132-M

	1	2	3			4	5	
	3	5				6		
	7		8				9	
		2	6		4		3	
	6						5	
9	8		7		6			
6			2				8	
	8			1		2		
5	2		9	4		7		

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Medium

"However Often"

Across

- 1 Crook's other name
- 6 Therefore
- 10 Half a dance
- 13 Tropical fruit
- 14 Keaton of "Annie Hall"
- 15 Concert ticket information
- 16 Type of opportunity
- 19 These may clash
- 20 Last Greek letter
- 21 Iowa State University's town
- 22 Place to sleep
- 23 Ted Turner network
- 24 One of the colors of the rainbow
- 26 Franklin of R&B
- 28 Skin feature
- 30 1960s-70s war locale, for short
- 31 Hits that clear the bases
- 33 Public humiliation
- 35 Old yarn
- 38 Belgian treaty city
- 39 Loves to death
- 40 ___ Vegas, Nevada
- 41 "___ Well That Ends Well"
- 43 Horrified
- 47 Canada's capital
- 49 Oinking beast
- 50 Doubting Thomas's comment
- 51 Got 100 on, as a test
- 52 Unflavored
- 55 "Cup or ___?" (ice cream parlor question)

1	2	3	4	5	6	7	8	9	10	11	12	
13					14					15		
16					17				18			
19					20				21			
22					23			24	25			
26			27			28	29			30		
			31			32		33	34			
	35	36						37				
38						39						
40				41	42			43		44	45	46
47			48					49				
51					52	53	54			55		
56					57				58			
59					60				61			
62					63				64			

- 56 Commodores hit ballad
- 59 Sushi fish
- 60 Dog's name, in cartoons
- 61 Less covered
- 62 In need of rain
- 63 Summit
- 64 Tennis star Agassi

Down

- 1 One-celled organism
- 2 German golfer Bernhard
- 3 Hard to decipher, as a message
- 4 Gets on in years
- 5 "___ Married an Axe Murderer" (Mike Myers film)
- 6 Kitchen floor piece
- 7 Former Defense Secretary Alexander
- 8 Lopsided, as an advantage
- 9 Spot
- 10 Thief or arsonist, for example
- 11 Fan's favorite event
- 12 "Cool!"
- 14 "___ Yankees"
- 17 Lacking fame
- 18 Small dollop
- 23 Southern tribe
- 25 Golden years fund
- 27 Slender
- 28 Spurs to action
- 29 Norway's capital
- 32 End-of-list abbr.
- 34 Chopped meal

- 35 Former British Prime Minister Margaret
- 36 Like some winds
- 37 Empties the tub
- 38 Was a bad winner
- 42 Mobile computer
- 44 On the train
- 45 Workshop tool
- 46 "___ here!" ("Poltergeist" catchphrase)
- 48 Ending for lemon or lime
- 49 Dock
- 53 Not taped
- 54 Visa rival, for short
- 55 Family
- 57 Historian's time
- 58 Lawyer's gp.

COLLEGE NOTES

Colby Community College has announced the Fall 2013 Honor Roll recipients. To earn a place on a CCC honor roll, students must earn 15 or more credit hours and have no failing grades. The Dean's Honor Roll includes students with grade point averages of 3.75-3.99. The President's Honor Roll includes only students with a perfect 4.0 GPA.

Students named to the President's Honor Roll and their hometowns are as follows: Logan - Katie Becker, Nichole Mainville. Norton - Charla Sprigg.