

# Invite children into kitchen

Many of a family's best holiday memories date to a child's early efforts to "help" with holiday preparations.

Involving even young children in holiday planning and preparation can yield special memories for the child and his or her family. Parents are encouraged to step back, take a deep breath and focus on the family, rather than trying to create a picture-perfect holiday meal or event.

Something as simple as a parade of construction-paper turkeys with feathers shaped like tiny fingers or cookie-cutter shaped holiday trees can give a child an opportunity to pleasingly report: "I made this."

Inviting children to help in the kitchen can be a way for them to learn about a variety of foods, food safety and kitchen skills.

Guiding a child through cooking tasks can nurture the relationship between the child and his or her parents and the family as a unit. Parents and children are urged to choose simpler tasks on the day of the holiday or special event. Examples might include helping to set the table, placing previously made place cards, arranging relishes in a relish dish or placing rolls in the basket.

Since the kitchen is typically a busy place immediately before a meal, parents could try to involve children in preparing foods that can be made ahead, wrapped and stored or frozen for the holiday meal.



## Home Time

By Tranda Watts  
Multi-county Extension Agent

One favorite to try is quick bread, which ranges from basic banana or pumpkin bread to more holiday-ish recipes that include a variety of fruits or nuts.

The process begins with gathering the ingredients and preheating the oven, and offers skill-building activities such as measuring and mixing before folding in holiday flavors and spooning the batter into prepared pans. Here are some tips to help parents make time in the kitchen an enjoyable experience for their children and themselves:

- Invite children to participate.
- Choose a time when children and parents are rested and not rushed.
- Focus on make-ahead foods that will reduce mealtime pressures.
- Choose simple recipes. If following a traditional family recipe, explain how the recipe has become a tradition.
- Ask children to help check for and/or gather ingredients.
- Practice safe food handling, such as washing hands before and after handling foods.

• Take your time, chatting along the way. Cooking together can be educational, especially when the process is relaxed with occasional tips, rather than lectures.

• Make cleaning up the kitchen or work area together part of the process.

• Sample fresh-baked or cooked flavors together.

In the learning process, some products may fall short of expectations. Praise effort - and make a date to try again.

For more information about food, food preparation, nutrition and health, contact your local K-State Research and Extension Office or e-mail me at [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu).

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, andrego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

# Jennings News

By Louise Cressler

The community extends sympathy to Eleanor Morel and family following the death of her sister, Cora Lea Hachmeister of Hill City, who died Wednesday Nov. 26. Funeral services were held in Hill City Monday.

Graveside services for Dorothy Bainter of WaKeeney were held Monday at the Jennings Cemetery. She died on Nov. 27. She and her husband, Norman Bainter, lived in Jennings for many years.

Guests throughout the weekend at the home of Stan and Ramona Shaw included Chris Gillespie and Tom Neff, Downs; Elliott and Tamara Gillespie, Alex and Emma, Belton, Mo.; Aaron and Tara Gillespie, Hays; Kevin and Colleen Waggoner, Sharon Springs; Kyle and Lisa Bollers and Tyce, Lochbuie, Colo.; Brandon Wagoner, Rosa Ward and Noah, Neosho, Mo.; Mark and Shelley Shaw, Ethan and Erin, rural Logan; Cindy Black, Logan and Bowan, Carlsbad, N.M.; Zach and Katie Golemboski, Colby; Jeff and Mary Wahlmeier, rural Clayton; Nick Wahlmeier, Hays; Kerrie Olson, Ellis; and Adam Wahlmeier, Norton.

The above group attended a family dinner to celebrate the 90th birthday of Stan's mother, Carol Shaw, at the Community Center in Selden on Thanksgiving Day. On Friday, the group celebrated an early Christmas at the home of Stan and Ramona Shaw. On Saturday,

the ladies attended a baby shower for Katie Golemboski of Colby at the Sacred Heart Church basement in Colby.

The United Methodist Church held a potluck dinner Sunday and decorated the church afterwards.

Sunflower Senior Citizens Potluck dinner will be held at noon on Tuesday, Dec. 9. If you would like to bring items to be taken to the Food Pantry in Oberlin, please do so.

Wayne and Louise Cressler went to the home of their son, Russell, for Thanksgiving Day and stayed overnight. Other family members enjoying the day were Amber and Johnny Klassen, Keith, Landon, Isaac and Leah, Salina; Nicole Schrotter, Wichita; and Robert Cressler, Zach and Trenton, LaCrosse. Friday morning they all awoke to a white Friday not a black Friday. About four inches of snow fell in the night, making a beautiful winter scene outside.

The Jennings Tuesday Study Club met at the El Dos de Oros Restaurant in Colby on Nov. 18. Violet Foster, Joan McKenna, Joan Metz, Helen Muirhead, Helen Rhodes, Jean Skubal, Neoma Tacha and Lynn Tacha answered roll call with facts

about sunflowers. Ann Gallentine sent a thank you for the donation she will use to make baby caps and booties for the newborns at the Norton Hospital. Lynn and Joan Metz will arrange a shopping trip to buy for the Angel Tree project and the club will wrap the gifts at the December meeting. Salads and desserts were divided up for the December 16th luncheon. Each member should also bring a \$5 wrapped ornament. Neoma will check with the management of BCI about our January meeting.

Chuck Plumisto gave us a tour of the Red River Commodities plant. The sunflower seeds are tested for weight, size, foreign matter, insects and disease before they are unloaded.

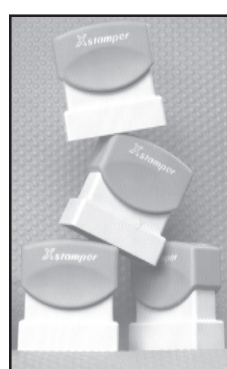
A sample is even shelled and deep fat fried to check for disease. The process of cleaning and sorting separates the seeds for several confectionery companies all over the world. Sunbutter is even being made for people allergic to peanuts.

The Lions Club will be serving soup at 11 a.m. at the Community Hall on Saturday, Dec. 13. Santa will arrive at 1:30 p.m. There will be a drawing following Santa's visit.

**Call Dave Bergling at 475-2206 for all your advertising needs.**

## The Stamps

You Can't Wait to Get Your Hands On.



- PRE-INKED (NO STAMP PAD NEEDED)
- CLEANER, EASIER TO USE
- 50,000 IMPRESSIONS BEFORE RE-INKING
- DOZENS OF MODELS

THE OBERLIN HERALD  
170 S. Penn • Oberlin, Kan.  
785-475-2206



## Aqua Shield Roofing and Construction

Owners: Michael Perry and (Luis) Angel Guzman

**WOODSHAKES • TILE  
METAL • ASPHALT  
Steel & Vinyl Siding  
Cement Board Siding**

Fully Insured  
FREE Estimate  
References Available  
Serving Western Kansas

**DECRA®**  
STONE COATED STEEL ROOFING SYSTEM

**202 W. Commercial  
Oberlin, KS  
785-475-2533  
Located at old Reliance Body Shop  
TOLL FREE 800-556-0876**

# BE READY

for whatever life throws at you

And we can help you be prepared.

- ✓ Life Insurance
- ✓ Long Term Care
- ✓ Farm
- ✓ Home
- ✓ Auto
- ✓ Crop Insurance

See us for all your needs.

**GREAT NORTHWEST INSURANCE AGENCY**  
122 S. Penn ~ Oberlin, KS  
Located in the Johnson Realty building  
785-475-3400

# GREAT Gift Sale

December 2<sup>nd</sup> thru 7<sup>th</sup>  
Great Sale Prices Throughout the Entire Store!

**44<sup>99</sup>**

**Red Wagon**  
Handle folds under for easy storage. No-pinch ball joint keeps fingers safe. 34" x 15". For ages over 1-1/2 years.  
101033950 Reg. 49.99

**129<sup>99</sup>**

**Schumacher 2/40 AMP CHARGER 100/200 AMP STARTER CHARGER**  
6/12 VOLT

**99<sup>99</sup>**

**Clarke**  
Fire Proof Safe .43 cu. ft.  
107290372 Reg. 149.99

**20% Off**

**Country Music Triviology**  
**Tastes Like Chicken**

▲ **All Games** in stock merchandise only.

◀ **Farm & Ranch Wheel Charger**  
Charges a small 12 volt battery in 2 to 12 hours. 2-1/4 hour timer with "hold" position for continuous charging.  
101182168 Reg. 169.99

1602 North Highway 83, PO Box 997  
McCook, NE 69001  
308-345-5390



Answers & Low Prices Down Every Aisle<sup>SM</sup>