

# Family meals serve us well

Family Meals Serve Us Well  
Years ago, family meals were the only meals. Everyone ate together, talked together and enjoyed not only food but also the support and socialization of sitting down together and sharing a meal. Today, family meals are more important than ever - and worth the effort. Since school is out, now is a good time to make a special effort to eat together as a family.

Why eat together? Many factors have caused the shared meal to disappear from the family dinner table. But it is NOT because children - even teens - are not interested, or parents either! Families say schedule conflicts are the problem. Work, school and activities get in the way, and it seems there is just no time.

Making time for family meals benefits children and adults alike. Family meals tell much about the quality of family relationships. Children and teens who share meals with their parents have improved food habits.

Homeed  
Tranda  
Watts,  
Extension  
specialist



They tend to eat more fruits, vegetables and dairy foods, and less fried food and soft drinks at meals eaten with their families.

The benefits don't stop with young children. How often a family eats dinner together is a strong indicator of whether a teen is prone to smoke, drink alcohol or use drugs, or is likely to perform well in school. Family meals may also help protect adolescents from eating disorders.

Family meals serve the well-being of more than children and their parents. Shared meals provide important nutrients, to be sure, but just as with kids, benefits for older adults go well

beyond nutrition. When eating becomes a social event, many positive things happen. Appetite is stimulated, and meals are more likely to be balanced and varied. When people do not eat with others, their nutritional health can suffer, which can lead to additional health concerns. Eating with family and friends, even occasionally, can help offset an older adult's feelings of depression, isolation and loneliness.

The Healthy Aging Partnership offers these suggestions to senior solo eaters. Invite a friend over for dinner or eat out at a family style restaurant where groups of people sit together. Or, consider a local senior center for a low-cost and balanced meal with other older adults. Eating together helps us eat better...at any age.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts at [twwatts@ksu.edu](mailto:twwatts@ksu.edu).

# Scholarships

(Continued from Page 2)

Scholarship  
Masonic Lodge Scholarship  
Gunnar Charles Hays plans to attend Colby Community College and major in Criminal Justice/Pre-Law.  
Gunnar has received:  
3rd Place Masonic Lodge Essay Scholarship  
Dane G. Hansen Student Scholarship  
Colby Community College Presidential Scholarship  
Colby Community College Early Visitation Scholarship  
Colby Community College Athletic Scholarship  
Duane VanKooten Memorial Scholarship  
First Church of God Scholarship  
Northern Valley Alumni Scholarship  
Athena Scholarship  
S.T. & Mabel Nuttycomb Scholarship  
Norton Longspur Chapter Pheasants Forever Scholarship  
Masonic Lodge Scholarship  
Tyson Kinderknecht Memorial Scholarship  
Elva Bailey Memorial Scholarship  
Jack & Wanda Mae Mechsner Scholarship  
Dillon Ray Hogan plans to attend Nebraska College of Technical Agriculture and major in Agriculture Production Systems.  
Dillon has received:  
NCTA Non-Resident Tuition Reimbursement Scholarship  
Duane VanKooten Memorial Scholarship  
Jack & Wanda Mae Mechsner Scholarship  
Tyson Kinderknecht Memorial Scholarship  
Kenzi Danielle Husted plans to attend Barton County Community College and major in Interior Design.  
Kenzi has received:  
Northern Valley Alumni Scholarship  
Tyson Kinderknecht Memorial Scholarship  
Cassie Mae Lowry plans to attend Colby Community College in Norton and major in Nursing.  
Cassie has received:  
Tyson Kinderknecht Memorial Scholarship  
Colby Community College Tuition Scholarship  
Brandon Lee McDowell plans to go into the Job Corps.  
Brandon has received:  
Tyson Kinderknecht Memorial Scholarship

Zane Brody Miller plans to attend North Central Kansas Technical College and major in Automotive Technology.  
Zane has received:  
Tyson Kinderknecht Memorial Scholarship  
Tyler Rex Montgomery plans to attend Kansas State University and major in Biological Systems Engineering.  
Tyler has received:  
1st Place Masonic Lodge Essay Scholarship  
K-State University Leadership Scholarship  
Dane G. Hansen Scholarship  
KU Honor Scholarship  
Governor's Scholarship  
KSU Agriculture Scholarship  
Northern Valley Alumni Scholarship  
Tyson Kinderknecht Memorial Scholarship  
Northern Valley FFA Alumni Scholarship  
Ag Valley Scholarship  
Elva Bailey Memorial Scholarship  
Jack & Wanda Mae Mechsner Scholarship  
Maxine Sebelius Memorial Scholarship  
S.T. & Mabel Nuttycomb Scholarship  
Northern Valley Faculty Scholarship  
Masonic Lodge Scholarship  
Kelsey Marie Raburn plans to attend McCook Community College with an undecided major.  
Kelsey has received:  
McCook Community College Freshmen Academic Scholarship  
Tyson Kinderknecht Memorial Scholarship  
Brittney Laurie Schutte plans to attend Colby Community College and major in Veterinary Technology.  
Brittney has received:  
Tyson Kinderknecht Memorial Scholarship  
Nathaniel Thomas Volentir plans to join the Army and attend Vermillion Community College in Ely, Minnesota to study Wildlife Law Enforcement.  
Nate has received:  
Tyson Kinderknecht Memorial Scholarship  
Sarah Morgan Whitney plans to attend Nebraska College of Technical Agriculture and study Agriculture Production and Agribusiness.  
Sarah has received:  
Ira J. Mann Scholarship  
Northern Valley Alumni Scholarship  
Tyson Kinderknecht Memorial Scholarship  
Northern Valley FFA Alumni Scholarship  
Elva Bailey Memorial Scholarship

# Learning literacy



Eisenhower Elementary School held its Kindergarten/First Grade Literacy Night on Monday in the cafeteria. Students and parents listened to stories being read and participated in games and activities all in an effort to encourage kids to read. Some students dressed up as their favorite story book characters. Pictured, Travis Dial, first-grader Sierra Dial and Crystal Freudenburg enjoy playing a game together. Hot dogs, chips and cookies were served and door prizes were also awarded.

—Telegram photo by Mike Stephens

# Norton student receives Dale Dennis Award

Mariah Nicole Farber, a senior at Norton Community High School, has received the Dale Dennis Excellence in Education Award sponsored by United School Administrators of Kansas.

Principal Rudy Perez announced Wednesday that Mariah Farber had demonstrated the characteristics necessary to receive this annual award given in honor of one of Kansas' educational leaders.

Recipients of this award are identified in high schools throughout the state as individuals who have displayed the citizenship, community and school service, scholarship and common sense

characteristics that make them a quality individual.

The Dale M. Dennis Excellence in Education Award was established in 1996 by Kansas school administrators to honor the long and valuable service that Dale Dennis has provided Kansas education. The individual attributes that characterize Dale M. Dennis as a friend of education, and more importantly as a first class citizen, are the basis for determining the recipient of this award. Dale Dennis is the Deputy Commissioner of the Kansas State Department of Education.

# SHERIFF'S LOG

**April 24**  
Creating a hazard  
VIN inspection  
Unknown trouble  
**April 25**  
Motor vehicle accident with animal  
(3) VIN inspections  
Fingerprints  
Animal call  
**April 26**  
(2) Animal calls  
(2) VIN inspections  
Fire  
**April 27**  
VIN inspection  
Civil dispute  
Disturbance-noise  
Suicidal subject  
911 hang-up call  
**April 28**  
Abandoned vehicle  
Driving under the influence  
Traffic/driving complaint  
Animal call  
**April 29**  
Hitchhiker

Suicidal subject  
Animal call  
Unknown trouble  
**April 30**  
(3) Animal calls  
Motor vehicle accident with animal  
(4) VIN inspections  
Motor vehicle accident  
Ambulance-residence  
**May 1**  
Welfare check  
Cattle out  
VIN inspection  
Animal call

Let us meet all your gardening needs.

***Mona's Market in Dresden***  
has seed potatoes, onion sets and plants, asparagus roots, vegetable seeds and spring bulbs. Another greenhouse has been added along with a retail store. From trees to seeds we have it all.

Hours are Monday through Saturday  
9-5:30, Sunday 1 to 4.

(785) 475-3921  
[www.monasmarket.com](http://www.monasmarket.com)

# HONOR ROLL

**Northern Valley Middle School**  
4th 9 weeks  
2011 - 2012 School Year  
**Honor Roll**  
8th Grade  
Brooke Baird  
Sarah Baird  
Camden Cox  
Trey Hall  
Eli Lowry  
Brianna Martin  
Michaela Sorenson  
Ryan Thraikill  
Shayna Vincent.  
7th Grade  
Carson Wallace  
Damian Wellman  
6th Grade  
Katie Johnson

HalLee Linner  
Chaylee Lowry  
Makensy Schroeder  
Nicole Thraikill  
**Honorable Mention**  
8th Grade  
Colten Bach  
Jesse Courtain  
Vanessa Garcia  
Allison Keith,  
Cody Land  
Dalton Smith  
7th Grade  
Kylie Kinderknecht  
Lizzy Osborne  
John Towery  
6th Grade  
Caden Kinderknech  
Turner Linner  
Keegan Smith

# SCHOOL CALENDAR

**NCHS**  
**Monday, May 21**  
Science Finals  
State golf at Goodland, 10 a.m.  
**Tuesday, May 22**  
Check-out and finals make-up  
Spring Fling!

**EES**  
**Monday, May 21**  
Fun Day, 1 p.m.  
Band display: EES Cafeteria, 4 p.m.  
Site council, 5:30 p.m.  
**Tuesday, May 22**  
Awards Day, 8:45 a.m.

# Full Range of Dental Plans.

785.628.2863 • 718 Main, Suite 203 • Hays KS 67601

Add a dental plan for complete coverage.

- Regular dental care improves overall health.
- Choose from a wide variety of options.
- Covers preventive services: cleanings, fillings, x-rays.
- May include crowns, dentures, root canals.
- One card covers all your health care needs.

[bcbsks.com](http://bcbsks.com)





**Charles Krull**  
Group Consultant  
Hays – 785.628.2863



**Kelly Foltz**  
Group Enrollment Rep  
Salina – 785.827.7161

N.1102.RNO

Independent Licensee of the Blue Cross and Blue Shield Association  
\*Registered mark of the Blue Cross and Blue Shield Association

# Open House Saturday, May 19 10:00 A.M.-NOON



**903 MANOR DRIVE  
NORTON, KANSAS**

Four bedrooms - 2 up, 2 down; 2 bath home - 1 up; 1 down, with a full basement with craft room, family room, storage/utility area, in a quiet neighborhood. Washer and dryer on main floor, new kitchen stove, flooring, carpet, front doors and water heater. All appliances go with house. Roof and gutters 2 years old.

**Kansasland Realtors**  
**Broker and Listing Agent: Larry Riggs**  
**785-874-4776 or 785-543-4440**