

Moments With Mila

Childhood health and nutrition

By
Mila
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County Health Nurse

By teaching your children healthy eating habits, and modeling these behaviors in yourself, you can help your children maintain a healthy weight and normal growth. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

Your child's health care provider can evaluate your child's weight and growth and let you know if your child needs to lose or gain weight or if any dietary changes need to be made.

Some of the most important aspects of healthy eating are portion control and cutting down on how much fat your child eats. Simple ways to reduce fat intake in your child's diet and promote a healthy weight include serving:

- Low-fat or nonfat dairy products.
- Poultry without skin.
- Lean cuts of meats.
- Whole grain breads and cereals.

Also, reduce the amount of sugar sweetened drinks and salt in your child's diet.

It is important that you do not place your overweight child(ren) on a restrictive diet. Children should never be placed on a re-

strictive diet to lose weight unless a medical provider supervises one for medical reasons.

Other approaches parents can take to develop healthy eating habits in their children include:

- Guide your family's choices of foods. Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices. Leave the unhealthy choices like soda and juice at the grocery store. Serve water with meals.

- Encourage your children to eat slowly. A child can detect hunger and fullness better when they eat slowly. Before offering a second helping or serving, ask your child to wait a few minutes to see if they are truly still hungry. This will give the brain time to register fullness.

- Eat meals together as a family as often as possible. Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with stress.

- Plan for snacks. Continuous snacking may lead to overeating, but snacks that are planned

at specific times during the day can be part of a nutritious diet, without spoiling a child's appetite at meal times. You should make snacks as nutritious as possible, without depriving your children of occasional chips or cookies, especially at parties or other social events.

- Discourage eating meals or snacks while watching TV. Try to eat only in designated areas of your home, such as the dining room or kitchen. Eating in front of the television may make it difficult to pay attention to feelings of fullness, and may lead to overeating.

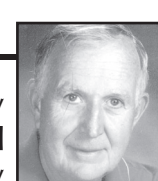
- Encourage your children to drink more water. Over consumption of sweetened drinks and sodas has been linked to increased rates of obesity in children.

- Pay attention to portion size and ingredients. Read food labels and limit foods with trans-fat. Also, make sure you serve the appropriate portion as indicated on the label.

For more information on childhood health and nutrition contact the Cheyenne County Health Department at 785-332-2381.

Legislative News

By
Ward
Cassidy



120th State Representative

One group would love you, the other would be very upset.

A positive of that plan is that it keeps one political party from proposing amendments that they know will not be accepted. In the past, this would be done so a politician could say they proposed a great plan but their opponent voted against it.

The House of Representatives has had pay-go in effect the last two years. It gives the appropriations committee a lot of power, as you only need 12 members to pass an appropriations bill. There are 23 appropriations members. The Republicans are chosen by the Speaker of the House. The number of Republicans is based on the percentage of Republicans in the House. The minority chair chooses the members from his party. This year, there are 93 House Republicans and 32 Democrats. The makeup of the committee is 17 Republicans and six Democrats.

This year, the Senate also passed Pay-go. The Senate has a make-up of 32 Republicans and eight Democrats. Susan Wagle, the first lady to be President of the Senate, made a rules change that allows her to be solely in charge of appointments to Senate committees. The appropriations committee, in the Senate, is known as the Ways and Means committee. There are only nine members. If you have followed my logic, this makes the Senate President the second most powerful politician in the State as Senator Wagle will only need five votes to control spending.

Personally, I had a very exciting week. My Education Budget committee passed out two bills to the House. Both bills dealt with the transfer of lands and involved the University of Kansas and Emporia State University. Next week budget hearings begin. I have 17 budgets in committee that will total 62 percent of the state general fund budget.

I was also given the honor of presiding over the full House on Thursday, Jan. 31. It was very exciting to sit in the speaker's chair and lead the House for a day.

The judicial selection bill passed out of the Senate and will be coming to the House. I am guessing there will not be a vote for several weeks in the House.

Pay-Go

Rules! They are important in every aspect of our lives. Rules can give those in powerful political positions the opportunity to run things as they see them. An excellent example of rules being used to one's advantage is Pay-go.

Pay-go is a provision that allows no floor amendment to increase the

amount of expenditures, in an appropriations bill, unless a like amount is reduced from some other portion of the bill. An example would be that if you wanted to make an amendment to increase base state aid for education, you would have to propose deleting a matching dollar figure from another area—example: delete that matching amount from health care.

Post office may close

By Kevin Bottrell
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The U.S. Postal Service is planning another round public meetings, this time to discuss reducing the business hours at Sherman County's smaller post offices.

The Kanorado meeting will be held at 1 p.m. next Tuesday at the Kanorado Senior Citizen Center, 212 Main. Edson is also on the list of affected post offices, but a meeting date has not been scheduled. Both offices are currently open six hours a day. The service's proposal would reduce this to four.

The proposed hour reductions are the latest in a series of moves designed to combat the Postal Service's financial difficulties. First class mail is down 60 percent over the last six years, costing the service about \$16 billion. Over the past several years, the Postal Service has come up with several plans to try and reverse its fiscal problems, with the initial plan being to close more than 3,700 post offices nationwide, including Kanorado and Edson.

Brian Sperry, spokesperson for the Postal Service, said that when community meetings were held, citizens said they would rather keep their post offices at reduced hours than see them close.

More than 13,000 post offices are being reviewed, he said. In addition to Kanorado and Edson, the list of post offices up for review includes: Bird City, Brewster, Gove, Grainfield, Grinnell, Herndon, Rexford, Selden, Weskan, Jennings, Lenora, McDonald and Winona.

Sperry said residents in these cities will get a survey where they can state their preference for one of four options: reduce the post office's hours; close the office completely and provide curbside delivery; contract with a local business to offer some postal services; or close the office and provide box service at a nearby post office.

Sperry said unless more than 60 percent of a community favors one of the four options, the office will automatically get the reduced hours. There will be a spot on the survey for residents to fill in their preference for when those hours will fall during the week. Saturday hours will not change, he said.

The Postal Service will announce its decision one week after each meeting with a notice posted at the post office. The changes will be implemented within 30 days of the official notice.

Sperry described the new plan as a way to preserve rural post offices while cutting costs. Once fully implemented next year, he said, the savings are projected at \$500 million a year.

Goodland's mail processing had been done in Colby until the last round of consolidation, when it was moved to Salina. That facility is being closed and processing there moved to Wichita. Incoming mail processing was still being done in Colby, but that too is moving to North Platte, Neb. Sperry said the target date for that move is Feb. 26. Colby will still serve as a transportation hub and a regular post office. Sperry said mail collection times will be unchanged.

The processing changes will save about \$1.2 billion annually, Sperry said, and the Postal Service has its eye on several other changes that will require acts of Congress. The service has been asking for several years to be allowed to get rid of Saturday street delivery, and in 2006 it was required by law to pre-pay retiree health benefits, which cost about \$5.5 billion each year.

"We are asking Congress to resolve that," Sperry said. "We will still pay retiree benefits, but we're asking Congress to make it more manageable."

Congress has yet to act on either issue.

NEEDS

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Cheyenne County residents.

"Although the tasks may seem extensive, we have a good volunteer network for various aspects of the program that makes the job more doable," Mrs. Douthit said. "I will still be assisting with the pantry, I just can't take the lead any longer."

Anyone interested should contact Mrs. Douthit.

Some of the tasks of a coordinator include:

- Take inventory after each food distribution to determine what products are needed for next month.
- Order monthly from Kansas Food Bank list by phone.
- Receive food or arrange for

others to receive food at the courthouse monthly when the Kansas Food Bank delivery truck comes.

- Order any remaining needed items/sale items from local grocery store. Ensure food is stocked on shelves.

- Coordinate with volunteers to ensure adequate help for Saturday morning distribution.

- Help with Saturday morning distribution or ensure responsible people are there.

- Turn in monthly statistics online.

- Be responsible for finances and encouraging donations if needed.

- Document temperature logs on refrigerators and freezers.

- Talk with groups, collaborate with community garden volunteers, be promotional about the program.

TOWN

Continued from Page 1A

accompany him and he would get more information.

Beth Mayfeld said the future sounds so bleak and discouraging. If there is a proposal to cut the president's budget, no one votes - they decide together... is there an positive hope?

That's a good question, Mr. Huelskamp said. It is a fiscal and economical reality and you have no choice but to act. Other countries have ignored it and they no longer exist. We will have to continue to push.

Don't give up hope and pray, he concluded.



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Proud Principal

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