



Pictured above is Matt Hernandez making a good catch.



Pictured above is Brooke Popp attempting to tag out a player at home plate during a recent softball game.

Extension Says Family Meals Important

Families are busy and many times are unable or do not make the time to sit down at the dinner table and have a family meal, says Sally Garrett, County Extension Agent in Colorado County.

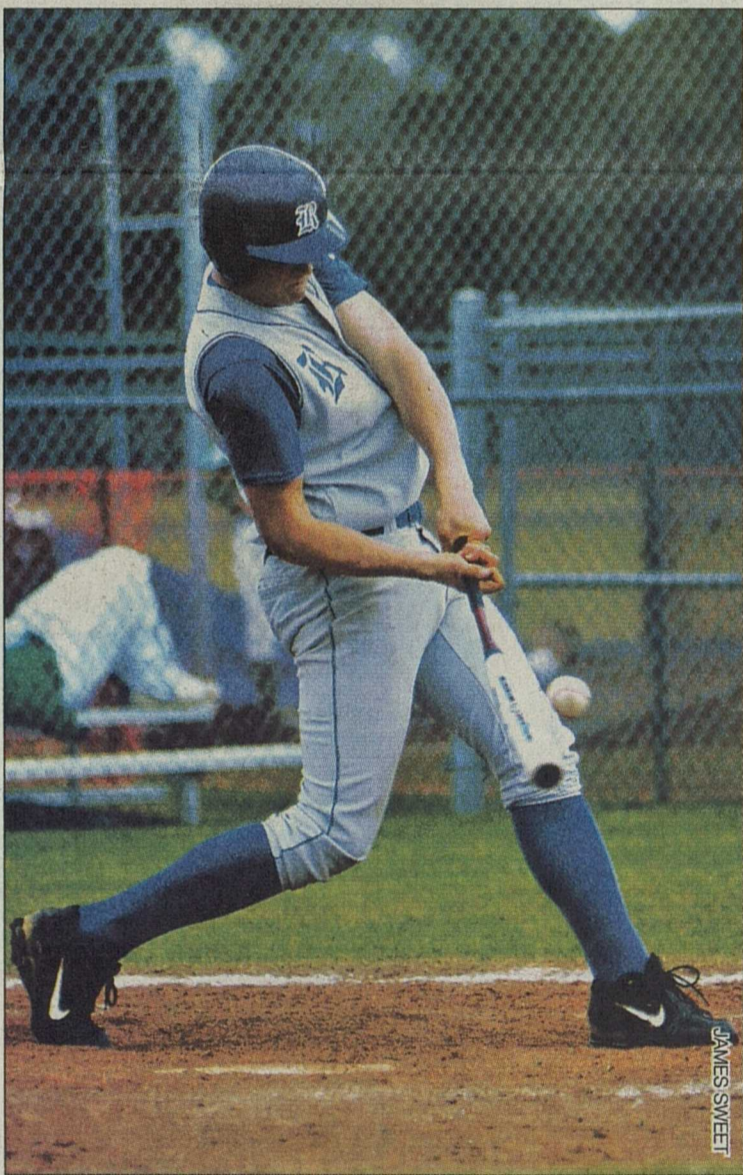
The USDA's "Eat Better, Eat Together" program lists reasons why it is important to find time for family meals since there are many benefits from adults and children eating together:

- Children do better in school.
- Children have fewer behavior problems.
- Teenagers are less apt to use alcohol or drugs.
- Children and teenagers say they like having time to talk to the adults in their lives.
- Communication improves between children and adults.
- Children understand their family's values and traditions.
- Traditions are created around food and meals.
- Also, and importantly:
- Meals are more nutritious and healthful.
- Food dollars go further.
- Time is better utilized because the family only cooks one meal.
- Meals can involve the family in meal preparation.
- The USDA "Eat Better, Eat Together" program also has the following tips for creating quality family meals:
- Aim for four or more family meals a week.
- Make family meals a priority.
- Keep a sense of humor and laugh a lot.
- Cook it quick and eat it slow
- Work toward happy, relaxing conversations at meals.
- If time is an issue, make meals quick and easy.
- Shop for food and cook together.
- Take telephone calls later.
- Turn the TV off.
- Respect each individual's right to decide how much to eat.

By using these tips, you can develop pleasant mealtimes that your entire family can enjoy.

Remember by planning family meals you can improve your children's health and improve family communications.

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Pictured above, Adam Shimek gets a piece of the ball.



Volunteers hand out information during the days leading up to the primary election held on Tuesday. Voter turnout was very high in the tightly contested Democratic presidential primary.

Subscribe To The Headlight

Loretta's Pride Order of the Eastern Star Will be selling Fried Fish Dinner Plates Saturday, March 8 - 11 a.m. - 2 p.m. at White Cloud Baptist Church, Old Altair Road. Advanced tickets are \$7 and may be purchased from any OES member or call 979-234-7893 or 234-3257 after 5 p.m. Walk-ins are Welcome...

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