

little ones

St. Joseph News-Press | News-Press**NOW**.com



SPONSORED BY:



HyVee



EASTHILLS

BODE
Ice Arena





Grand Prize

KourtLyn Michaels

**Child of
Chirstopher & Sheyenne
Michaels**

Parker
Child of
Dexter and Chelsea

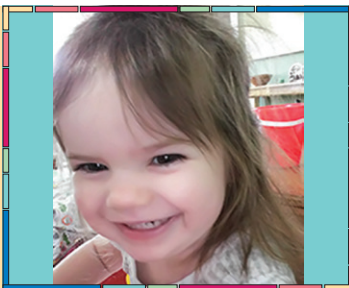


Vallon
Child of
Winsor Corkins &
Sagan Myers



Bennett Chambers

Child of
Matthew &
Samantha Chambers



Lexi Chambers

Child of
Matthew &
Samantha Chambers



Jonah Baublitt

Child of
Jessica Noble &
Trey Baublitt



Kinsley

Grandchild of
Kevin & Heather
Coulter



Cree Seever

Child of
Heather Snethen &
Tyler Seever



**Benjamin Cole
Chapman**

Child of
Hannah & Cody
Chapman



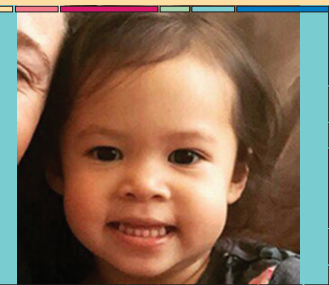
Caden Embrey

Child of
Ashley Donelson &
Bryston Embrey



Walker

Child of
Scott &
Kristy Neth



Aaliyah Danielle

Child of
Alex & Cecilia
Deleon



**Kymerlee
Peterson**

Child of
Ashley Sanderson
& Emmanuel
Peterson



Mia Prymus

Child of
DeJuan & Erica
Prymus



Ryder Lee

Child of
Jade S. Hossfeld &
Cameron McDaniel



Zander Ardussi

Child of
Alex & Carly
Ardussi



Mia Hart

Child of
Lauren Horn &
Dylan Hart



Benjamin Cole

Child of
Hannah & Cody
Chapman

How to find more time for family

Metro CREATIVE

Balancing professional responsibilities with commitments at home is challenging for many working parents, the majority of whom admit to feeling stressed about juggling work and family life. A 2013 survey from the Pew Research Center found that 56 percent of working mothers and 50 percent of working fathers find it difficult to balance their personal and professional responsibilities. While the same survey found that only 23 percent of mothers feel they spend too little time with their children, those figures doubled for fathers.

Finding more time for family can seem impossible, especially as children get older and get more involved in school and extra-curricular activities. Kids growing up and getting more active in school and in their social lives tends to coincide with parents advancing in their careers and taking on more responsibilities at work. But no matter how hectic family schedules become, parents and kids can work together to find more time for one another.

Commit to nightly family dinners. Family dinners do more than just ensure kids are eating healthy meals each night. In its 'The Importance of Family Dinners VIII' report, the National Center on Addiction and Substance Abuse at Columbia University found that, compared to teens who have fewer than three family dinners per week, teens who ate dinner with their families five or more times per week were one and a half times more likely to say their parents knew a great deal or a fair amount about what's really going on in their lives. The report also found teens who say their parents know very little or nothing at all about their lives were one and a half times more likely to have used marijuana and one and a half times more likely to have used alcohol than teens who said their parents know a great deal or a fair amount about their lives. Nightly family dinners need not include elaborate meals, but parents who find time to have dinner with their children at least five nights per week may end up knowing their kids better and helping their sons and daughters avoid risky behaviors.

Inquire with your employer about tele-



commuting. Telecommuting can be very family-friendly, allowing parents to cut out potentially lengthy commutes and spend more time with their children as a result. George Washington University in Washington, D.C. cites encouraging a better work-life balance for its employees in support of its telecommuting policy. The university notes that employees who have a better balance between their personal and professional lives may benefit from reduced stress and stronger overall health, which benefits the university by reducing healthcare costs. Parents who want to find more time for their families should inquire about telecommuting. Even if it's just one or two days a week, the benefits can be considerable for both employee and employer.

Move closer to work. Commuting consumes a considerable amount of time. In its 2015 Thank You Premier Commuter Index, Citi found that the average commute in the United States is 45 minutes, and that those com-

mutes cost workers nearly \$2,600 per year. By moving closer to their offices, workers can instantly create more time for their families and potentially save themselves considerable amounts of money.

Parents need not reinvent the wheel to find more time for their family, which can greatly benefit kids and parents alike.

***The BEST Birthday Party
for Kids of All Ages!***

***Book Online or
Call — Lots of
Party Options!***

**B&J
Skate Center**

6421 N. Belt Hwy
(816) 364-1314

St. Joseph, MO 64506
www.bjskate.com

75083997



**Carter Levi
O'Callaghan**
Child of
Cory O'Callaghan
& Kendra Mowen



**Carter
O'Callaghan**
Child of
Cory O'Callaghan
& Kendra Mowen



Henley Reece
Child of
Heather & Eric
Fuhrman



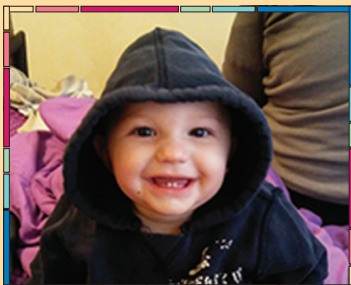
**William Aaron
Graves**
Child of
Aaron Graves &
Jennifer Dunham



Phynlee June Mae
Child of
Ashley Crosley &
David Palmer



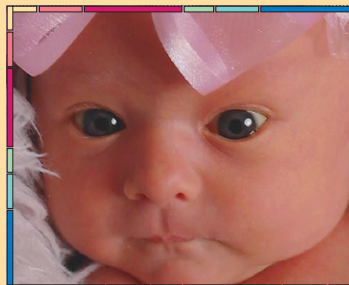
Asher Erich
Child of
Ken & Corinne
Erich



Kayden Duran
Child of
Brandee & Joseph



Pearl
Child of
Nathaniel &
Gretchen Wehmeyer



Kate
Child of
Grant & Amy Foley



**Lane Jaxson
Fuhrman**
Child of
Heather & Eric
Fuhrman



Makenzie
Child of
Bill Conger &
Samantha McDermit



Makenzie
Child of
Bill Conger &
Samantha McDermit



Vallon Corkins
Child of
Winsor Corkins &
Sagan Myers

Ice Skate at Bode Ice Arena

St. Joseph, MO

- Public Sessions / Private Parties
- School Groups / Church Groups
- Learn to Skate, Learn to Hockey Skate & Learn to Play Hockey Classes
- Bubble Hockey
- Greater St. Joseph Youth Hockey Association
- St. Joseph Curling Club
- St. Joseph Figure Skating Club
- Greater St. Joseph Youth Hockey Association

**BODE
ICE ARENA**
Arena Line: (816) 271-5506
Schedule Information Line: (816) 271-5352
2500 SW Parkway, St. Joseph, MO 64503

How to help your kids in the classroom

Metro CREATIVE

Parents often play a crucial role in helping their kids do well in school. Numerous studies have shown the positive impact that parental involvement can have on a student's academic career, and those studies have inspired many educators to encourage their students' parents to take a more active role in their children's education, including helping them with their homework.

Parents can help kids with their homework in various ways, but that very involvement alone can help to establish a groundwork in which kids understand there are specific rules regarding their homework and that these rules will be enforced. Even parents who might not be able to help kids with their calculus homework are already helping by simply creating an environment in which kids know they are expected to do their homework every day and that mom and dad will be there to make sure they do.

But enforcing rules about homework is not the only way parents can help their kids in the classroom. The following are a few simple ways parents can support their children's academic efforts as well.

Contact teachers.

Contacting teachers is now easier than ever before. Many teachers recognize the benefits of involving parents in their youngsters' education, and as a result these teachers go to great lengths to make information about their classes available, whether it's by posting a class syllabus online or emailing parents about upcoming assignments or examinations. Whereas the parents of yesteryear used to wait until parent-teacher conference sessions to learn how their child was performing in the classroom, today's parents can email their children's teachers for updates or questions if they notice their child is struggling with a particular subject.

Help your child choose his or her coursework.

The competition to get into a good college is stiff, and many of today's high school students recognize that reality. Unfortunately, some students bite off more than they can chew. High school students don't have the flexibility with regard to their coursework that they will have in college, but that does not mean their schedules are entirely up to someone else. When the time comes for kids to pick their courses, parents should sit down and help kids choose a schedule that's challenging but not overwhelming.

Emphasize education over extracurricular activities.

Parents often marvel at the ease with which their children juggle busy schedules. While students might be deft at balancing academics with a host of extracurricular activities, many adults feel that today's kids are overburdened, and parents who feel that way should not hesitate to take some tasks off their youngsters' plates. Parents should stress to their children that education takes precedence over their extracurricular activities, paying careful attention to kids' academic performances during those times of the school year when their children's schedule seems especially busy. During such times, parents also can contact children's teachers and ask that teachers let them know if their youngsters' academic performance begins to suffer.

Limit distractions.

Time to unwind is important, but parents should keep a watchful eye on just how much time their kids are unwinding. Too much time spent online or in front of the television can compromise academic performance. Establish limits as to how much time kids can spend online, watching television and playing video games, and enforce those limits so kids have time to focus on their academics.



Give your little ones the right start.

Call today to tour or enroll for the 2017-18 school year.

Hours to help the working parent - 7:15AM-5:30PM

As young as 2½ to 5 yrs in Early Childhood Center

816.232.4911
admissions@sfxstjoe.com
2614 Seneca, St. Joseph





Charlotte

Child of
Richard & Laura
King



Henry & Andrew

Child of
Richard & Laura
King



Byntlee
Audrie-Rhey Coon

Child of
Ray & Ashley Coon



Olivia

Child of
Shawna & Derek



Jaxson Sisk

Child of
Brandi Campbell &
Jeremiah Sisk



Jace Hays

Child of
Katy Grubb , Ryan
Hays & Jakob Allen



Noah Allen

Child of
Katy Grubb &
Jakob Allen



Aidan Waggoner

Child of
Kristi & Rob
Waggoner



Willow Partridge

Child of
Cassie Roebkes &
Jason Partridge



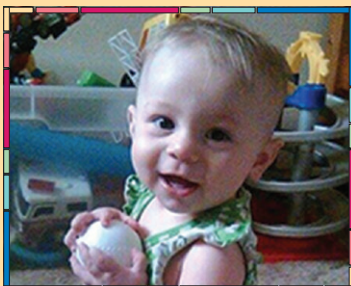
Dallas

Child of
Shannel Vandelinde
Dakota Call



Aaron Hart

Child of
Lauren Horn &
Dylan Hart



KarMa Amos

Child of
Kelsey Amos &
Dylan Hart



LYRicia

Child of
Kylee Mignary &
Cody Hill



Julianna

Child of
Jon & Janey
Bowman



Jezreel

Child of
Jon & Janey
Bowman

How to help new parents make the holidays special

Metro CREATIVE

Bringing a baby home changes a person's life. Babies bring great joy but also some confusion into a household, especially as the new parents adapt in their first few weeks or months as mom and dad.

Babies tend to draw attention away from their folks, whose needs may be lost in the shuffle. As baby's first holiday season approaches, the youngster's parents and extended family often attempt to make the experience as memorable as possible. But family and friends of new parents also can take steps to lighten new parents' holiday burdens by offering some thoughtful holiday gifts that can provide support and love for newly minted moms and dads.

Time: New parents typically are short on time. There's little time to shop, eat and sleep. Friends and family of new parents can give the gift of time this holiday season. Offer your services as a babysitter so new parents can enjoy some alone time, or simply lend a hand with household chores so the new mom and dad can relax instead of work while their bundle of joy is napping.

Memories: The first hours and days of having a new child are filled with opportunities to capture every moment. Gone are the days when film must be developed and tangible photos must be stored in photo albums. Digital technology means some photos never make it to hard copies. But even if photos rarely find their way into frames, preserving early memories is essential. Computers can fail and camera cards can break. In such

instances, precious images may be lost forever unless parents have backup. An Eye-Fi^a wireless memory card will automatically upload images from a camera to a computer or external memory source, ensuring no precious snapshots are lost.

Food: New parents' nourishment may come from any package that's easily torn open with their teeth while tending to a crying infant. Meals, snacks and food baskets make great gifts that keep parents fed and happy. Consider memberships to fruit of the month clubs or call the new parents' favorite restaurant and send them a meal.

Pampering: Sometimes new parents just need some pampering, whether it's a shopping excursion, a visit to a hair dresser, an appointment with a masseuse, or something as simple as a long, uninterrupted hot shower. A gift card to a spa or salon may make a good gift for a luxury-starved parent. Just remember to factor child care into the equation so that Mom or Dad will not have any excuse to cancel his or her appointment.

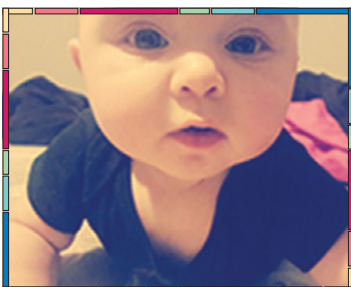
New parents face many challenges, and helping them through their first holiday season as a mother and father can make this precious period that much more memorable.



New parents can use a helping hand during their first holiday season as mom and dad.

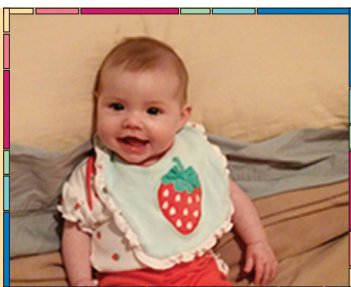
A promotional poster for a butterfly event. It features the text "Butterflies!" in a large, stylized font with a butterfly graphic. Below it, the dates "April 22 - May 14" are listed. The poster includes a photo of a woman smiling, a photo of a butterfly, and a photo of a large glass butterfly enclosure. The logo for "East Hills Shopping Center" is also present, with the text "EST. 1965" and "ST. JOSEPH, MISSOURI".

3702 FREDERICK AVE, ST. JOSEPH, MO 64506
(816) 279-5667 • WWW.SHOPEASTHILLS.COM



Ariah Jennings

Child of
Lacie Adkins &
Cory Jennings



**Grayclynn
Pendleton**

Child of
Mandy Pendleton



M.J. May

Child of
Mykie & Traci
Davis May



**Kaleb Michael
Patrick Hahn**

Child of
John & Amy Hahn



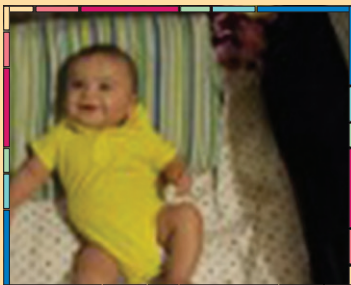
**Nadelyn Noel
Weatherford**

Child of
Lesley Harness &
Justin Weatherford



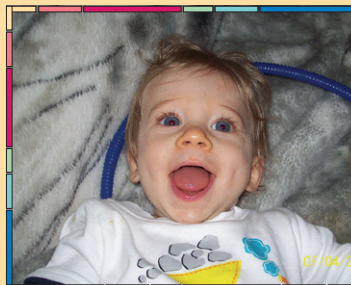
Coy

Child of
Jeron & Zach
Traphagan



Dalton Salisbury

Child of
Paula Salisbury



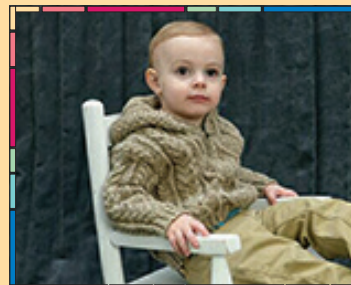
Jaxin Hart

Child of
Lauren Horn &
Dylan Hart



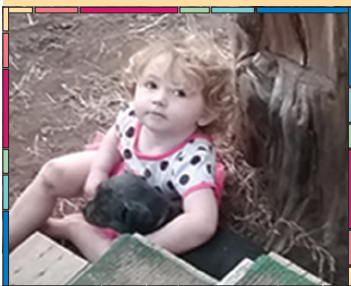
Hannah Riley

Child of
Ralph & Tara Riley



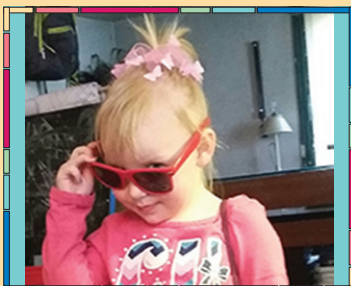
Ezra Sturtz

Child of
Heather & Andrew
Sturtz



Kanndalen

Child of
Rita & Harold
Weber



**Nataleigh Nevaeh
Hill**

Child of
Breanna Kerns &
Kurtis Hill



Rylee

Child of
Hannah Wilson



Wayde

Child of
Hannah Wilson



Hunter

Child of
Hannah Wilson

How to spur kids' interest in the arts

Metro CREATIVE

Art can enrich the lives of people young and old, male and female. The arts can introduce adults and children to different cultures and traditions, while also helping them to develop more fully as human beings.

While some may feel the benefits of the arts cannot be measured, the nonprofit organization Americans for the Arts notes that kids who are involved in the arts are four times more likely to be recognized for academic achievement than kids who are not involved in the arts. And though mathematics and science may not be the first thing people associate with the arts, kids involved in the arts are four times more likely to participate in math and science fairs than kids who are not involved in the arts.

Parents can do a lot to make art a bigger part of their kids' lives. The following are some simple ways parents can bring more art into their kids' lives, courtesy of Americans for the Arts.

Join in the fun. Parents can make art more fun for kids by playing music around the house and singing and dancing alongside their youngsters. In addition, read a book to or with your children and join in when they pursue other artistic endeavors, such as drawing or painting.

Find local events. Many school districts have slashed their arts budgets in recent years, but parents can still find local arts events for kids in their communities. Peruse the local newspaper and



other community-based periodicals for cultural events for kids. Support local theater groups by attending performances with your children and explaining to them that the performers live in the community just like they do.

Pitch in with local arts organizations. Local arts organizations typically rely on donations and volunteers to support their programs. Parents who want to instill a love of the arts in their children can help local organizations' fundraising efforts and even volunteer their time if the opportunity presents itself. If possible, take kids along when volunteering so they can get some first-hand experience with the arts.

Encourage kids' artistic pursuits. Some kids may decide to pursue artistic endeavors on their own, and parents can encourage such pursuits. Celebrate kids' participation in arts-based activities in school and in the community, recognizing their hard work in the same way you would acknowledge their successes in the classroom and in sports.

The arts can benefit youngsters in various ways, but it's often up to parents to instill a love of the arts in their children.

St. Joseph Public Library

Carnegie Library 316 Massachusetts St. 238-0526	Downtown Library 927 Felix St. 232-7729
East Hills Library 502 N. Woodbine Rd. 236-2136	Washington Park Library 1821 N. 3rd St. 232-2052

sjpl.lib.mo.us

75084540

Tips for quick weeknight meals

Metro CREATIVE

Enjoying a meal together on a weeknight is a goal for many families. But adults often find themselves pressed for time on weeknights, and that time crunch can make it difficult to enjoy a homecooked meal.

But time is not the only thing getting in the way of family meals. Be it after school activities, long commutes or late hours at the office, many things can make it difficult for a family to sit down and enjoy a meal together. The National Center on Addiction and Substance Abuse notes that family dinners are one of the most effective ways for parents to engage in the lives of their children. Studies have also shown that families who eat together tend to eat healthier, as parents can more effectively monitor their kids' diets, including whether or not their youngsters are getting enough fruits and vegetables, when they are dining together.

While it may not be feasible for parents and kids to scale back their busy schedules, there are steps parents can take to make weeknight meal preparation quicker. By shortening the time it takes to make meals on weeknights, families might be able to sit down to dinner together more often.

Plan ahead.

The most effective way to make more time for family meals is to plan ahead. Planning meals on the fly encourages everyone to fend for themselves, making it difficult for families to enjoy nutritious meals they can eat together. Plan for the coming week's meals on the weekend, when you can survey your pantry and make a trip to the grocery store if need be. Planning ahead also allows you to prepare certain parts of a meal in advance, which will save you time on busy weeknights.

Make cold meals.

Dinner does not have to be served hot, and cold meals often take less time to prepare. Consider serving salad or sandwiches on those nights when you are especially pressed for time. When serving sandwiches, serve them on whole grain bread to add some nutritional value to the meal.

Turn breakfast into dinner. There are no laws regarding what qualifies as dinner and what does not, so families without much time on their hands on a weeknight can turn breakfast into dinner. Eggs are both quick and easy to prepare, and they can be served alongside toast and grapefruit. When making omelets for dinner, add some spinach or another vegetable to make the meal more nutritious.

Lean on seafood more often. Seafood can be healthy and delicious, but that's not the only reason it's an ally to time-strapped families. Seafood should not take much time to cook, as even those dishes that take more time than simpler dishes like sautéed shrimp will still take less than 30 minutes to complete. That's significantly less time than meals in which beef, pork or poultry is the main entree.

Leftovers aren't just for lunch. Leftovers are often relegated to lunch, but extras from a meal cooked over the weekend can be used as a quick go-to meal on a hectic weeknight. If the family enjoyed the meal the first time around, there's no reason they won't enjoy it again. When eating leftovers for dinner, make sure the leftovers are fresh, but try to avoid serving leftovers the night after they were initially cooked.

Enjoy meals as a family is a great way for families to eat healthy and stay engaged in one another's lives. And even families with hectic schedules can employ a few tricks to make dining together more convenient.



Cold dinners, including salads, are an option for time-strapped families who still want to enjoy meals together on weeknights.



Hy-Vee
816.232.9750 | 201 N. Belt Hwy | St. Joseph, MO



Hy-Vee
SAVE ON GAS WITH YOUR FUEL SAVER + PERKS CARD