

Reconnecting Families, One Meal At A Time



Family Features

If busy schedules and digital distractions are getting in the way of family time, help is on the way. Unilever, maker of many leading food brands, recently unveiled The Family Dish, a program aimed at helping busy families discover the joys of cooking together.

Anna Marie Cesario and Lauren Dellabella, experts from the Unilever Consumer Kitchens, agree that cooking is a great creative outlet, and that the simple acts of mixing and measuring together can lead to amazing conversations and memories that last a lifetime. Their advice is:

—Get Them to Plug Into You. Make the experience as meaningful as possible by designating the kitchen as a “technology-light” zone. Have them use their laptop or Smartphone to access favorite recipes, but no texting



allowed. This is your chance to simply cook, connect and spend quality time together.

—Redefine Text(ing). Demonstrate the basics by cooking alongside them. Start by

teaching them to read a recipe all the way through. Show them the importance of paying attention to measuring and the difference between ingredients. And, be sure to touch on the impor-

ance of food safety with hand washing and proper handling of raw foods such as eggs, meat and poultry.

—Celebrate Success. Encourage and celebrate their culinary creations and remember it's the effort, not the outcome that's important. Remember that even the simplest of time spent together in the kitchen can turn into the best of memories ... and good food!

These easy-to-prepare recipes, from Unilever Consumer Kitchens, are designed to help families save time and money using quality staples likely already in their pantries. For information and inspiration, www.TheFamilyDish.com has tips, time-saving family-friendly recipes, and videos of real moms cooking with their families. Get additional inspiration by following Anna Marie and Lauren on Twitter @kitchendishin.

CHICKEN PARMESAN

4 SERVINGS
PREP TIME: 10 MINUTES
COOK TIME: 23 MINUTES

- 1/4 cup Italian seasoned dry bread crumbs
- 1/4 cup grated Parmesan cheese
- 4 boneless, skinless chicken breast halves (about 1-1/4 pounds)*
- 1/4 cup Hellmann's or Best Foods Real Mayonnaise
- 1/2 cup Ragu Old World Style Traditional Pasta Sauce
- 1/2 cup shredded mozzarella ... cheese (about 2 ounces)

Preheat oven to 425°F. Combine bread crumbs with Parmesan cheese in shallow dish; set aside.

Add chicken and mayonnaise to large plastic bag; shake to evenly coat. Remove chicken, then lightly coat in crumb mixture. Arrange chicken on baking sheet.

Bake 20 minutes. Evenly top chicken with pasta sauce, then mozzarella cheese. Bake an additional 3 minutes or until chicken is thoroughly cooked and cheese is melted.

*For smaller portions, use an equal weight of chicken tenders.



Spread in same skillet over medium heat and cook red pepper 1 minute or until tender. Stir in broccoli, water and milk. Bring to a boil over high heat. Stir in pasta sides Alfredo. Return to a boil, then cook over medium heat, stirring occasionally, 8 minutes or until pasta is tender.

Return chicken to skillet; heat through.

CHICKEN & BROCCOLI ALFREDO

4 SERVINGS
PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

- 3 tablespoons I Can't Believe It's Not Butter! Spread, divided
- 1 pound boneless, skinless chicken breasts, cut into cubes
- 1/2 cup finely chopped red bell pepper
- 2 cups fresh or thawed frozen broccoli florets
- 1 3/4 cups water
- 1/2 cup milk
- 1 package Knorr Pasta Sides

Alfredo

Melt 1 tablespoon Spread in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring frequently, 5 minutes or until chicken is thoroughly cooked. Remove chicken and set aside. Melt additional 2 tablespoons

PEANUT BUTTER & JELLY PARFAITS

6 SERVINGS
PREP TIME: 15 MINUTES

- 1/2 cup reduced sugar grape jelly
- 1 1/4 cups nonfat vanilla yogurt
- 1/2 cup Skippy Natural Super Chunk or Creamy Peanut Butter Spread
- 1 cup low fat granola cereal
- 1 medium banana, sliced
- 1 cup sliced strawberries

Microwave jelly at HIGH 30 seconds or until melted. Drizzle 1 tablespoon down sides of each parfait glass; set aside.

Combine yogurt with peanut butter in medium bowl. Spoon 1/2 cup of peanut butter mixture into each parfait glass. Top each with 2 tablespoons cereal, then 1/2 of the fruit; repeat. Drizzle with remaining jelly. Garnish, if desired, with mint leaves.

CHS

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thing, helping other people. We are going to have fun with it."

The seventh graders will clean up a creek within the city limits, while eighth graders will bake cookies at the school and deliver them to Cottonwood Villa residents.

The freshmen will remove debris, paint trash cans in both Crofton parks and conduct a canned food drive for the Contact Center in Yankton. The sophomores will clean up litter embedded in tree lines around the softball and football complex, along with detailing student transportation vehicles.

The juniors will assist in meal preparation and provide music and games at the Crofton Senior Center. The seniors will paint Crofton city fire hydrants and provide games, entertainment and manicures to Yankton Care Center residents.

In addition, the football team will remove an old, unsafe gym structure from the elementary playground. Team members will also read to elementary students.

Schieffer volunteered as one of the dozen members of her class to visit the Yankton Care Center. "I thought it would be a lot of fun to help older people. It will be a good experience," she said.

Change is nothing new for Crofton homecoming. Schieffer said. The royalty were formerly crowned early in the week, but the full school calendar has moved the coronation to after the game.

Regardless of its form, homecoming will remain a major fall celebration, Schieffer said. "We are a very tight-knit community, and we are going to have a lot of fun with this," she said.

Emma Tramp, also a senior and queen candidate, said the service projects could gain momentum if successful this homecoming.

"Change is always hard for small communities, especially when you are talking about a long tradition and something as big as homecoming," she said. "But I think people are realizing that this will do somebody good."

Townpeople are already showing enthusiasm for the projects. Tramp said. "I think a lot of people are really pumped. People are doing their own thing and are in good spirits," she said.

The homecoming change has already benefited the football team, said sophomore player Ben Hegge.

"The football coach likes us to stay focused on the game, so we didn't get too involved with the float building," he said. "Now, we are spending the morning together, taking down a jungle gym at the elementary school. We're promoting team unity."

The service projects take the team beyond tonight's game, Hegge said. "It's fun and a good place to get involved. And it helps the community more than building floats that you trash," he said.

After completing her service project in the morning, freshman student council member Jazmin Wubben will compete at a cross-country meet at O'Neill, Neb., then return to Crofton for the football game and role as homecoming attendant.

"Not everyone agreed with (the projects) at first, but people are now excited. I think it will pick up (in the future)," she said.

Three faculty members said

they already see the positive changes.

"The parade had seen better days," said junior sponsor Justin Bossman. "This is my 19th year (at Crofton), and I'm excited to see something new. I think there will be a lot more community spirit generated."

CHS students already raise money and work on projects for national organizations, said eighth grade sponsor Peg Anderson.

"But this (homecoming) is a different program. The results are seen at home," she said. "The last couple of days, people from the community were coming up with project ideas."

Mary Fillaus, senior class sponsor, said the students will benefit in the long run from the projects. "They are doing something beyond themselves," she said. "They are building their self-esteem. By giving to others, they are getting so much more in return."

As the CHS administrative assistant, Jennifer Wubben paid the bills for the floats. She believes the service projects offer a much better investment of time, money and talent.

"You hear the students converse among themselves, encouraging each other and talking about what they envision," she said.

Wubben sees the service projects as thanking the school's boosters.

"The people and businesses of Crofton and the surrounding area support our students in so many ways," she said. "They participate in the fundraisers and sponsor so many of our events besides just the time of coming to watch the kids' activities. This is a great way for the students to show their appreciation."

HURLEY

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Both school districts have focused on Hurley's general fund of \$1 million, he said.

"The concern in Hurley is that, in some way, shape or form, Hurley money goes for repairs to the Hurley building and goes through Hurley students," he said. "Viborg has the same concerns, as they have their own bond issue that was passed. Everybody is very aware of what we have already invested in terms of our tax dollars."

Under consolidation, Hurley could make a one-time transfer from its general fund to its capital-outlay fund, which could cover remodeling costs, Kranning said.

Enrollment projections call for the need to maintain two attendance centers for at least the next six to 10 years, Kranning said.

Open enrollment fuels the need to maintain strong districts and facilities, Kranning said.

"There is a danger (with losing students), especially in southeast South Dakota, where so many districts are so close and within reasonable driving distance of any size of district," he said. "It's foolish not to acknowledge (open enrollment). I think you do have to provide opportunities to keep the kids you have."

Good things go to those who don't wait, Kranning said.

"If you can stop the bleeding that is declining enrollment, you have a better chance of making better decisions (about your district's future)," he said.

The Viborg and Hurley districts have shared administrators and

staff, and the athletic co-op has found success in its first year for all sports, Kranning said. Now, the two districts seem ready to explore consolidation, Kranning said.

"There will probably be another joint meeting at an unknown date in October," he said. "Then, we will figure out where we are at and what will be the next step."

Hurley's building plans will answer key questions about future merger talks, Kranning said.

"Are these two districts truly interested in consolidation? I think the answer has been, yes, they are interested," he said. "And then there is the question, are they interested in having students go between the two communities? Both districts seem interested in that. After that, they don't exactly have it pinned down."

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