## Blogger is asked to delete info on Oregon refuge

PORTLAND (AP) -Federal prosecutors want a judge to order a California man to remove information from his website about confidential informants involved in the takeover of a national wildlife refuge last winter.

The Oregonian/ OregonLive reports that authorities say the information posted by 70-year-old Gary Hunt was turned over to defense attorneys in the case pursuant to a protective order that barred it from being shared with outside parties. Hunt has been involved in Operation Mutual Defense, a network of militias and supporters founded by Ryan Payne, one of the refuge occupation's organizers.

Ammon Bundy and six others were acquitted of conspiracy and other charges after a five-week trial; a trial for seven other defendants looms. Hunt argues that the court's protective order doesn't apply to him.

## Commentary...

## Staying connected requires effort and work

By Edie Jones Columnist

As we begin a new year many of us will be looking to make improvements in our daily lives, be more productive and also interact more positively with our children. This isn't necessarily those who have young kids; it also applies to those of us whose own children are adults and have kids of their own and may live far away.

What's the magic behind those families that seem to get along, stay connected and provide genuine support for each other? With busy schedules and everyone going different directions, how is it possible to not lose that feeling of togetherness? When young adults move away or head off to college, how often should parents reach out? How do we break through the barrier of constant cell-phone use and texting of the teens and young 20s?

No matter what the answer is, it requires conscious attention. A plan to make sure what you want to happen will happen, and then the effort it takes to have it happen. For

evolving. It requires com- their own as they move away municating, being open and honest about what is needed and getting buy-in from all involved.

For families with young children, connectedness may come naturally, as the younger kids are the more attention they require. But still, it may be hard to come up with new ideas. Often we mistake expensive or elaborate events or activities as what is necessary for quality time. Not so. Quality time is made up of precious moments, some fleeting and special. Families with kids of all ages will find a treasure of ideas on www.afineparent. com that currently features a list of 100 possible ways to connect. Take a look, I'm sure there's something you haven't thought of that will add a special bond to your relationships.

Difficulty in feeling connected as a family often emerges when kids become teens or young adults. This group often appears to be in their own world, leaving parents feeling shut out and out-of-touch.

Probably the most imporevery family it will be dif- tant thing to remember is that ferent and it will always be they really are in a world of from the guidance of parents and work at making choices that will impact them for years to come. As much as parents want to be a part of this, a lot must be navigated by children on their own.

Kids do want their parents to be involved in their lives; they just don't want input as to what and how to choose. They may be more open to ideas from a Sisters High School Aspire volunteer than from mom or dad — which is

Waiting until asked to give advice is one of the hardest challenges of parenting. The skills needed here are the same good parents have used for years; the skills of truly being interested, sincerely listening, commenting nonjudgmentally, offering things to think about - and then backing off.

There are times when limits and ground rules need to be imposed, however, if these have been longstanding and understood, they should not be a problem.

Staying involved by attending football games, volunteering to chaperone at one of the dances and encouraging participation in activities such as plays or contests also keeps connections alive and vibrant.

One way to keep connections going during this time is by taking advantage of texting. A few words can keep relationships strong and may get better results than calls or emails. Many parents of kids living far away find social media the best way to stay abreast of what's happening in their young adults' lives. And don't ignore the value of FaceTime and Skype. Our son lives in Germany; however, we regularly join him and his family in conversation and fun. Our granddaughters, 14 and 12, are as much a part of our lives as our other five grandchildren living in the states. In some ways even more so, as these gatherings are usually planned and anticipated.

Families that stay connected do have something magical going for them. The love that is shared gets them through good times and bad, celebrates milestones and provides the care that is needed as parents get older. It may take a lifetime to create, and take conscious work and effort, however both are worth it.



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