

Casserole remains a staple despite new innovations

In a world full of the newest innovations, exotic ingredients and fancy cooking the casserole has remained a staple. Nowhere else illustrates regional cooking as well as these dishes. Any cook with experience has her collection of various baking and casserole dishes. Just 40 years ago casseroles were used for entertaining as well as basic fare for families.

Casseroles are an American contribution to world cooking. They originated as a one dish meal that only needed a salad, bread and an appropriate beverage. Casseroles are celebrated in the book "Crazy for Casseroles" by James Villas. The following recipes are from that



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• postscript

cookbook.

Two-Rice and Raisin Casserole

5 1/2 cups water
1 cup raw wild rice
1 cup raw brown rice
1/4 cup (1/2 stick) butter
1 medium sized onion, finely chopped
1 cup seedless golden raisins
1 cup crumbled pecans

1/2 cup chopped fresh parsley leaves
1/2 cup orange juice
salt and black pepper to taste
1/2 cup freshly grated Parmesan cheese

In a medium saucepan bring 3 cups of water to a boil. Add the wild rice and stir. Reduce heat to low, cover and cook about 30 to 35 minutes till tender. Drain and put in a large mixing bowl.

At the same time, bring 2 1/2 cups of water to a boil in another medium saucepan. Add the brown rice and stir. Reduce heat to low, cover and

cook until all the water is absorbed about 25 minutes. Rice should be tender. Add the brown rice to the wild rice, add 2 tablespoons of butter and toss until coated.

Preheat oven to 350 degrees. Butter a 2 quart casserole and set aside. Melt remaining 2 tablespoons butter in a small skillet over moderate heat.

Add onion and cook until browned around 5 minutes. Add the onion, raisins, pecans, parsley and orange juice to the rice mix. Season with salt and pepper and toss until well blended.

Scrape mix into prepared dish. Sprinkle cheese over the top, cover and bake till rices are soft, 20 to 25

minutes. Don't overcook till rice is dried out. Serves 6.

Can be served with any game or pork or roasted poultry dish.

Spiced Noodle and Apple Pudding

Noodle pudding has been a Jewish favorite for generations. German-Americans of the Upper Midwest use the dish as a side to ham, pork and wild game.

1/2 pound wide egg noodles
2 medium size apples, peeled, cored and chopped fine
1 cup seedless golden raisins
1/2 cup sour cream
2 large eggs, beaten
1/4 cup (1/2 stick) butter, melted
1/2 cup sugar

1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
salt and pepper to taste

Preheat oven to 350 degrees. Butter a 2 quart casserole and set aside.

Cook the noodles according to package directions in a large pot of boiling salted water. Cook until just tender, drain and transfer to a large mixing bowl. Add the remaining ingredients and toss until well blended.

Scrape mixture into prepared casserole and bake the top is browned and crisp, about 45 minutes. Can be served hot, lukewarm or cold. Serves 6.

The office gives this recipe 4 1/2 forks with 5 forks being the best.

Customer seeks advice on reporting telemarketers for violating No-Call list

Dear Attorney General Kline:
A telephone solicitor trying to sell timeshares in Florida recently interrupted my family at dinner. How could this be, since Kansas now has a No-Call list? And my friend, who says she called some 1-800 number and registered with No-Call two weeks ago, still receives calls from telephone solicitors. How do we file complaints, and what information do we need to get from the unwanted callers in order to file a complaint that can result in monetary fines against the telephone solicitors?

Dear Kansas Consumer:
There are three things that you must do to file a complaint.

The first and most important is to register your residential telephone number on the Kansas No-Call list. Telephone solicitors can call any telephone number in Kansas which is not registered on the master the No-Call list. It appears likely that neither you nor your friend are yet registered on that published master list, which would explain why you are both still getting calls from telemarketers.

You can register your residential

phone number by either (1) calling the toll-free line (1-866-362-4160), or (2) pointing your web browser to "www.ksag.org" and following the No-Call links. While this crucial first step takes very little time, it does take some time for your residential number to appear on the published No-Call list. The master list is updated with new registrations quarterly, and then published to the telemarketing firms. It can take as long as three months before your registered number is blocked by the published master list. That is why it is best to register now, rather than putting it off any longer.

Once you are registered on the published master list, you then can rest assured that all non-exempted telephone solicitors calling your home are violating the No-Call law. Again, recognize that it takes some time to realize the benefit of registration. Now is a great time to register!

The second step in filing a complaint is the investigation phase. You, the targeted consumer, are the first and most important investigator. The goal of your investigation

is to obtain as much information from the telephone solicitor as possible. Try to get all of the following: the name of the company, a "call back" telephone number, the name of the solicitor, and the specific product or service offered. A cheerful demeanor and positive tone will aid you in your investigation. Pre-

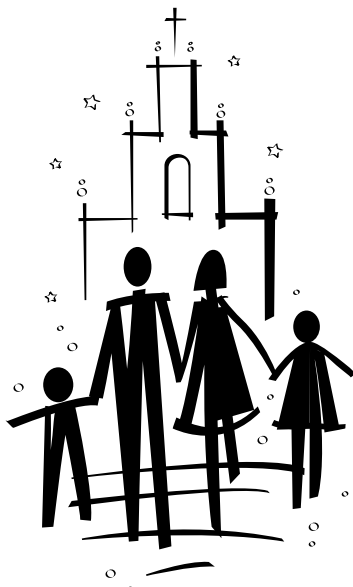
cisely note the date and time of the call as well.

The third and final step in filing a No-Call complaint is to promptly contact the Office of the Attorney General with your complaint. We have made that process quite easy. Merely call us, toll-free, at 1-800-432-2310 and report on your inves-

tigation. Or visit our website at "www.ksag.org" and fill out a No-Call complaint form. Please report violations of this law, even if your investigation was not complete. Odds are others in your community were called at the same time, and the agents on the No-Call task force can use even incomplete reports to

make a case against telephone solicitors. By following these three simple steps you will greatly reduce the number of telephone solicitations called into your home, as well as aiding the Office of the Attorney General by turning errant telephone solicitors in for breaking the No-Call law.

Worship warms the heart



Calvary Gospel Church

Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Evening Service: 6:00 pm
Wednesday: Adult Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.
Helping you focus upward in worship, inward in commitment and outward in evangelism

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass:
1st & 3rd Sunday: 2 pm

Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life Foursquare Church

223 E. 10th
899-5250
Pastor: John Coumerilh
Weekend services
Sunday: Worship Celebration
and Kids' Church: 10:30 am

Pleasant Home Church

Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church

Pastor: Don Crutcher
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Worship Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo

La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church

Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church

(Disciples of Christ)
Pastor: Loren Strait
Eighth & Arcade • 899-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado

United Methodist Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene

Pastor: Matthew Delp
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church

1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor:
Sunday: Sunday School: 9:45 am
Morning Worship: 11 am
Evening Worship: 6 pm
Wednesday: Call for location

First Baptist Church

Pastor: Bud Chester
Fifth & Center • 899-3450
Sunday: Sunday School: 9:15 am
Morning Worship: 10:30 am
Evening Worship: 6:30 pm
Tuesday: Mens' Prayer Group: 6:00 am
Thursday: Night Bible Study: 7:00 pm

St. Paul's Episcopal Church

13th & Center
899-2115 or Rectory 899-2114
Priest: Father Charles Schneider
Deacon: Gretchen Talitha
Adult Forum: Sunday : 8:30 am
Morning Prayer: 9:30 am 1st & 5th Sundays
Holy Eucharist: 2nd, 3rd, & 4th Sundays: 9:30
Sr. Warden for emergencies during the week 899-2067

Grace Fellowship Church

104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder •
Residence: 899-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Youth Group at Gattshall's at 5:30 pm
Adult Bible Study 6 pm

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Arlin Cochran • 785-332-2888
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 899-6161
Pastor: Scott Grimshaw
Sunday: Sunday School: 8:45 am
Worship Service: 10 am
Wednesday: Confirmation: 6 pm

Church of Christ

401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

The following sponsors urge YOU to attend
your chosen House of Worship this Sabbath:

Short & Son Trucking
Hwy. 24

Koons Funeral Chapel
North Main

Good Samaritan Center
208 W. 2nd

Goodland Star-News
1205 Main

Vote Marty Melia

for School Board, U.S.D. 352

- Resident of Sherman County 43 years
- Goodland High School Graduate
- 27 years experience serving on boards of numerous local and regional organizations

I would appreciate your vote on
February 25th

Paid Political Advertising by Martin "Marty" Melia

student of the week



Activities involved in at school: Chamber Choir and National Honor Society

My choice of movies, books, and games : Any movies with Tom Hanks in it. Music: Switchfoot, Caedmon's Call (Christian Rock). Favorite Book: The Ragmuffin Gospel by Vrennen Manning. Games: spoons and cranium.

After I leave Goodland High School I intend to ...: Go to either Friends University or Colby Community College
And 10 years from now, I think I'll be ...: Living the awesome plans God has for me.

Favorite Quote: "Don't walk through any screen doors -- you might strain yourself"
Unknown

Student Comment:

Although I've only been here two years, I have really benefited from the caring teachers and all the different students.

Knott Just Books

1102 Main Ave.
Goodland, Kan. 67735
785-899-7105