



Holly Wilkening's tropical menu and table setting (left) garnered grand champion among 11-and 12-year-olds in the 4-H Creative Tables project. Chloe Goodwin's "After Performance Ballet Party" (above) was reserve champion. Competing tables for three age groups will be on display at the Carnegie Arts Center through Thursday.

Photos by Sharon Corcoran/The Goodland Star-News

4-H Creative Tables cover variety of party, meal ideas

By Sharon Corcoran

The Goodland Star-News

From a ballet party to guys' poker night, from a traditional Korean meal to a baby shower, 4-H members have it covered in their Creative Tables projects displayed at the Carnegie Arts Center through Thursday.

Booklets with recipes from their menus can be picked up at the center.

Champion in ages 8 to 10 was Jonah McClung, 9, with "Everyday Thanksgiving." His menu included hot turkey sandwiches, seasoned green beans, jellied cranberry sauce, pumpkin pie and hot spiced orange-cranberry juice.

Reserve champion was Jessica Johnson, 10, with her traditional Korean menu, which includes

Gyeran-tang (egg soup), egg rolls, barbecued beef, chopped radish kimchi, fried rice, handmade noodles and barley tea.

Sarah Johnson, 8, set the table for a baby shower with a menu of cake, mints, mixed nuts and punch.

Grand champion in ages 11 and 12 was Holly Wilkening, 12, with a tropical menu: pulled pork sandwich, fruit cocktail, relish, bacon baked beans, coconut delight and lemonade.

Reserve champion was Chloe Goodwin, 11, with an "After Performance Ballet Party."

Her menu was: First position, crudites; second position, petite sandwiches; third position, fruit and yogurt dip; fourth position, Cupcake Café Vanilla Cupcakes; and fifth position, plié punch.

Chantel Coates, 12, set a table with a "game night" theme which included a menu of Checker Hoagies Poker Chips, five-layer taco dip and "Life" tea.

Champion in 13 to 16 was Jonathan McClung, 16, with "Poker Night with the Boys."

His menu had quesada burgers, oven-baked sweet potato fries, fresh fruit cocktail and fresh strawberry milk.

Reserve champion was Katelyn Coon, 13, with "Springtime Brunch." Her menu was cheesy sausage quiche, spiced fruit cup, kolaches, orange juice spritzer and tea or coffee.

Sydney Winston, 13, set an Easter table with honey glazed ham, scalloped potatoes, peas and carrots, dinner roll and butter, tapioca

salad, strawberry shortcake and milk.

Participants planned a meal, prepared one of the items from their menu and created a table setting that reflects the theme of their menu. The tables and recipes were judged at the center on Saturday. Each table received a blue ribbon.

Recipes in the booklet include:

Cream Cheese Mints
1 (3 ounce) package cream cheese, softened
3 cups powdered sugar
4-6 drops peppermint oil
A touch of icing coloring
Granulated sugar

Combine softened cream cheese and peppermint oil in a mixing bowl. Begin mixing, gradually adding the powdered sugar. Continue to

mix with a mixer until all ingredients are combined. Add coloring and kneed the ball of cream cheese mix with hands on a powdered-sugar-covered board until coloring is evenly distributed.

Form cream cheese mixture into small balls. Dip the ball into granulated sugar and press firmly into mint molds of various shapes and sizes.

Allow mints to dry for 30 to 60 minutes. Place in a bowl between sheets of parchment paper and store in freezer until ready to use.

Hot Turkey Sandwiches
1 package (6 ounces) chicken stuffing mix
4 slices white bread, toasted
1 pound thinly sliced deli turkey
1 cup turkey gravy

Prepare stuffing mix according to package directions. Place the toast on a large microwave-safe plate. Top each slice with turkey, stuffing and gravy.

Microwave uncovered on high for 30-40 seconds or until heated through.

Yield: 4 servings.

Coconut Delight
Mix a white cake as directed on package. Bake in a 9" x 13" pan. While cake is hot, poke holes in cake; let it cool.

Mix and pour on top of cake: 1 can sweetened condensed milk, 1 can cream of coconut mix. Put an 8 ounce tub of whipped topping on top of cake. Garnish with toasted coconut flakes and peacans.

Grief, depression are different conditions

As people grow older, they face major issues in dealing with change and loss, particularly in regard to the death of loved ones, such as a spouse, close friends or family members.

Grief is part of the process of dealing with such losses and is a normal, time-limited progression that people go through as they adapt to new situations. Senior citizens and their loved ones should expect to go through the grieving process more than once because it is a normal part of life. However, there is a difference between grieving these losses and becoming depressed.

Grieving involves the need to talk about the loss and the inherent fear of the unknown. After the death of a spouse, a person may not know what they are going to do next or how they can even go



high plains mental health

- plain sense

on without that loved one.

They may also worry about other factors related to that loss, such as the loss of mobility (not being able to drive) and the loss of independence (not being able to care for themselves). When a person grieves any kind of loss, the need to talk and receive support from loved ones is an important part of their recovery.

Depression, on the other hand, is an intense on-going condition that can result in a high degree of hopelessness and helplessness and may only get worse if not recognized

weight or appetite and stomach or back pain. However, with depression, these types of problems are often more intense and long-lasting.

As mentioned earlier, the person who is grieving needs to be able to talk about their feelings; when depression is present, talking is often insufficient.

A person can look at grieving as being a normal response to changes in life in which their abilities to cope are pushed to the limit but still are basically functional.

In depression, a person's ability to cope is overwhelmed, and the

and treated effectively.

Both grieving and depression can cause physical problems, including insomnia, loss of

negative thoughts that are an inherent part of the condition often prevent them from identifying possible solutions.

Depression, no matter the person's age, should not be considered a normal phase (such as grieving) but instead as a potentially serious condition that requires professional help and treatment.

Contributed by Ken Loos, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

Agency to train volunteers as insurance counselors

The Northwest Kansas Area Agency on Aging and the Kansas Department on Aging offer training for people who would like to be volunteer health insurance counselors.

The three-day class will be Tuesday-Thursday, May 15-17, in Hays. To register, call Glenna Clingsmith at (800) 432-7422.

The training will cover aspects of health insurance that most affect Medicare clients, including claims and enrollment, supplemental and long-term care insurance and the prescription drug program, known as Part D.

The staff of the Senior Health Insurance Counseling for Kansas program will conduct the training. Volunteers cannot not be in the health insurance business or a financial

planner. They will be expected to offer some time for counseling, but their expenses will be paid.

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