

Recipes given for popular gadget, the bread machine

Bread machines are one of the relatively new gadgets introduced in the kitchen.

In Beth Hensperger's "The Bread Lover's Bread Machine Cookbook" the hows of bread machine are discussed as well as the many varieties of bread to be made.

One important thing to remember is to measure ingredients accurately and to load the machine according to the manufacturer's directions.

Use nested plastic or metal measuring cups for dry ingredients and a one or two glass measuring cup with a pouring spout for the wet ingredients. Gluten free recipes are also included in this book.

Tomato Bread
1 1/2 pound loaf
1 1/4 cups water
3 tablespoons tomato paste



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• postscript

1/3 cup shopped oil-packed sun dried tomatoes, with their oil
2 3/4 cup bread flour

1/2 cup whole wheat flour
1 1/2 tablespoons gluten
1 1/2 teaspoons salt
2 teaspoons SAF yeast or 2 1/2 teaspoons bread machine yeast
2 pound loaf

1 1/2 cups water
1/4 cup tomato paste
1/2 cup chopped oil-packed sun dried tomatoes, with their oil

Place all ingredients in pan according to the order in manufacturer's instructions. Set crust on medium or dark and program for Basic cycle. Press start. (Made be made with delay timer)

When baking cycle ends remove bread from its pan and place on a rack. Cool to room temperature before slicing.

Fig and Walnut Bread
1 1/2 pound loaf
1 cup water (for 14 ounce mix) or 1

cup plus 2 tablespoons water (for 1 pound mix)
One 14 ounce or 1 pound box white bread machine mix
2 teaspoons gluten
1 yeast packet (included in mix)
3/4 cup chopped dried figs
1/4 cup chopped walnuts
Place ingredients in the pan according to the manufacturer's instructions except the figs and walnuts.

Set the crust for dark and program for Basic or Fruit and Nut cycle. Press start.

Between Knead 1 and Knead 2 or when machine beeps ad walnuts and figs.

When the cycle ends remove bread from the pan and place on a rack. Cool to room temperature before slicing.

Dried Cranberry Tea Bread
1 1/2 or 2 pound loaf machines
1 1/2 cups dried cranberries
boiling water
2 large eggs
2 teaspoons almond extract
1 teaspoon vanilla extract
1/4 cup canola or vegetable oil
3/4 cup frozen unsweetened apple juice concentrate, thawed
1 cup sugar

1 1/4 cup unbleached all purpose flour
1 cup whole wheat pastry flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon freshly ground nutmeg
1/2 teaspoon salt

Cover the cranberries with boiling water in a small bowl and let stand for 20 minutes to soften. Drain and pat dry with paper towels. Set aside. Place ingredients in the pan according to the manufacturer's instructions. Add the cranberries with the dry ingredients. Set the crust for dark if your machine offers it. Program for Quick Bread/Cake cycle. Press start. Batter is thick. At the end of the cycle check for doneness.

When bread is done immediately remove pan from the machine. Let bread stand in the pan for 10 minutes before removing it.

Turn right side up on a rack to cool completely before slicing. Wrap tightly in plastic wrap and store in the refrigerator.

Treasurer offers seven tips to stay connected with state government

A New Year, A New Legislative Session: Seven Tips to Help You Stay Connected

The gifts have been unwrapped, the food has been consumed and the Holiday parties are complete. It's official, January has arrived and with it the beginning of the 2004 Legislative session in Topeka.

Each year 125 Representatives and 40 Senators from the Kansas House and Senate descend on our Capitol city to address the needs of Kansans and establish a budget for the next year. For about 90 days, these citizen legislators hold hearings, debate policy and make new laws. The session will be no different and will feature a number of challenging issues including the state budget, the school finance formula, expanded gaming, talk of possible increases in taxes and numerous other policy choices. In all, it is shaping up to be a historic session.

Legislators represent you in Topeka. As a former lawmaker myself, I enjoyed hearing from citizens and benefiting from their knowledge.



lynn
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• state treasurer

It's important legislators know how you feel about various issues. As legislators begin to debate these pressing matters you will, no doubt, want to stay informed and let your representative know where you stand on the issues. To assist you, I have compiled seven helpful suggestions to help you stay connected.

1. GET TO KNOW YOUR LOCAL SENATOR OR REPRESENTATIVE

If you befriend them before you need their help, your relationship could come in handy when you are faced with a difficult legislative matter. While legislators will do their best to help everyone, like anyone, turning down a friend is a harder thing to do.

2. STAY CONNECTED

Write. Call. E-mail. Fax. The only way to be heard is to communicate! You can write your legislator at: Senator/Representative Name, State Capitol Building, 300 SW 10th Avenue, Topeka, KS 66612-1504. You can also call the Capitol operator at (785) 296-0111 during session to get specific information about your representative or you can go online at <http://www.kslegislature.org> to find out just about anything you ever needed to know about the Kansas House or Senate.

3. UNDERSTAND THE ISSUE

The more you know and understand about your issue the better chance you will have to make a strong impact on your legislator. Legislators deal with numerous issues during a typical session so any information you can give them on the specifics of a bill is appreciated.

4. ARRANGE FOR MEETINGS WHEN YOUR LEGISLATOR

TORS ARE BACK IN THE DISTRICT

When legislators are in Topeka, their schedules are extremely busy between committee meetings and session. By setting up a time to discuss your issue back in the district, you will have a better chance of having their full attention, plus you will be in familiar and comfortable surroundings. Most lawmakers "return home" each weekend and many hold public forum meetings. This is a good time to visit with them.

5. BE HONEST AND ACCURATE

When supplying information to your representative ensure that it is correct and relevant and that you

stay focused on the issue at hand. If you don't, you run the risk of not being believable and then you will have defeated your entire purpose.

6. SEAL THE DEAL

Once you have provided your input on an issue try to get your legislator to commit to voting for your position. If they will not commit, stay in contact with them until they get the information necessary to make a decision.

7. RESPECT YOUR LEGISLATOR

Even if you are unable to persuade them on your issue, understand they represent a vast number of people who all have varying opinions on the issues.

The job of a legislator is to strike a balance between everyone and do what he/she feels is the best for their district.

Remember, our system of government is built on compromise so nobody can win 100 percent of the time. Be patient with the system.

I hope you take time to get to know your legislators and express views on the issues that are important to you.

They represent you so do not hesitate to call, write or contact them. If I can ever assist you, please feel free to call my office at (785) 296-3171 or visit me online at <<http://www.kansasstatetreasurer.com/>>

Chamber director to be hired soon

By Greg Stover
The Goodland Star-News

The new director of the Goodland Area Chamber of Commerce should be on the job by next month said Donna Swager, the new Chamber board vice president.

The Chamber's executive board interviewed some candidates over the weekend and will talk to others next weekend. Swager said the interview process should be over within the next three weeks. The Chamber has been without a director since Justin Bentzinger resigned in October.

In compliance with its new by-laws the board now has nine members, down from 18. Using last

month's election to fill only three of the seats vacated by those members whose terms were up in December or resigned in 2003 the board was able to bring the number down.

The change in the number of board members is part of the overall effort by the board to improve efficiency and provide better service to the general membership and to all Goodland businesses.

The board's one new member is Darick Leiker of High Plains Office Supply, 1118 Main Ave. The other two elected were Cesar Miller and Swager, both of whom were re-elected for another three-year term. Miller has been the board's president since June when Tim Rath re-

signed and moved to Greeley, Colo.

At its first meeting of the year, last Tuesday, the board reappointed Miller president and appointed Swager vice president.

Other officers appointed were Brian Linin treasurer and Tina Goodwin secretary.

The other four board members are Randy Schoenthaler, Scott Weber, Terry Richardson and Tremon Kizer, who is coordinating the search for a new director.

Swager said the Chamber's annual meeting will be sometime in February. The next regular meeting of the board will be 7 a.m., Tuesday, Feb. 10 at the Chamber office 1002 Main Ave.

matters of record

District Traffic

The following traffic fines were paid in the Sherman County District Court:

Dec. 11 — Roderick J. Quass, 34, of Colorado Springs was fined \$420 for speeding in a construction zone, 90/60.

Dec. 15 — Arturo Martinich Jr., 19, of Tucson, Ariz., was fined \$366 for speeding in a construction zone, 87/60.

Dec. 16 — Charlene M. Laffond, 34, of St. Francis was fined \$114 for speeding, 79/65.

Dec. 17 — Israel D. Nipps, 28, of St. Francis was fined \$138 for speeding, 83/65.

Dec. 18 — Laurie A. Chandler, 22, of Houston, Texas, was fined

\$231 for speeding, 99/70.

Dec. 19 — Stephanie S. Corcoran, 41, of Kanorado was fined \$120 for speeding, 70/55.

Dec. 22 — Judith E. Wilson, 30, of Denver was fined \$138 for speeding, 88/70, and \$300 for no liability insurance.

Jeremie L. Cure, 25, of Commerce City, Colo., was fined \$360 for driving while suspended and \$153 for speeding, 97/70.

Michael Dean Lewis, 22, of Goodland was fined \$205 for failing to tag a deer.

George Shockey, 43, of Goodland was fined \$205 for failing to tag a deer.

Dec. 30 — Jose Martinez, 21, of Garden City was fined \$360 for driv-

ing while suspended, \$90 for speeding, 90/70, and \$10 for no seat belt.

Megan R. Wickham, 19, of Goodland was fined \$120 for failing to yield.

Trisha A. Zweygardt, 23, of St. Francis was fined \$80 for no child restraint and \$10 for no seat belt.

Dec. 31 — Alice M. Harrison, 31, of Thornton, Colo., was fined \$240 for speeding, 100/70.

Benjamin R. Daniel, 19, of Oklahoma City was fined \$222 for speeding, 98/70.

Jan. 5 — Kendall Helton, 38, of St. Francis was fined \$70 for no child restraint.

Avion L. Webster, 37, of Goodland was fined \$102 for speeding, 82/70, and \$10 for no seat belt.

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