

Man started branch restaurant, ready to cater

By Evelyn Ward
Sherman County Historical Society
Jan. 24, 1904: Started Branch Restaurant — Jerry Coffin has started another restaurant in the Cullins billiard hall building. He now is ready to cater to the wants of the people in his line more than ever before, and both places are quite well patronized.
Jan. 25, 1904: Thomas Lebow, an employee of the Dewey Cattle Company in northwest Kansas, was arrested in Atwood last week charged with trying to bribe jurors who were hearing the case of the state against M.A. Wilson, which

today in history

grew out of the robbery of the Rawlins county treasury.
 It is charged that the employee of the Dewey ranch approached three of the men who were on the panel of jurors prior to the selection of the twelve jurors selected to hear the case.
 This is the first time the Deweys have been connected with the Wilson case. The amount said to have been offered to the jurors was only \$100, but the county attorney will exert himself to obtain a conviction

in this case in the hope that it will prevent anything like an approaching of the jurors who will hear the case against Chauncey Dewey in the Norton county district court early in February.
 The men are sworn and recite the fact that about Dec. 7, Lebow approached the jurors and offered them presents of \$100 and discussed the Wilson case with them and that his action apparently was to influence the opinions of the ju-

rors in the Wilson case.
Jan. 26, 1904: Ice From Palmer Lake — Rock Island Enlarging and Filling Ice House in Goodland — Ice from Palmer Lake, Colo., is being shipped to Goodland to fill the large ice house here, which is being enlarged to accommodate a much larger storage than heretofore.
 In former years, the Rock Island brought their ice from Almena and Norton. As large quantities of ice are used here in connection with the division station buildings and the replenishing of passenger and refrigerator cars, the supply had to be increased and with it a correspond-

ing enlargement of the storage plant in Goodland.
Jan. 27, 1904: George F. Newton, secretary of the Newton Gum company of San Francisco, was in Goodland, the first time he has stopped off in Sherman County since he left Kanorado a good many years ago.
 In the early days of this county, Mr. Newton conducted a small store in Leonard, but when that town ceased to exist, he went to Voltaire in 1886 and later to Kanorado.
 C. M. Millisack began business in Voltaire and well remembers the old days spoken of in conversations

by Mr. Newton in his short visit to Goodland. Mr. Newton was well pleased with the appearance of the town and thinks that the experimental stage of northwest Kansas is past and that success is now within the grasp of its energetic people.
 The Newton gum factory is a large institution of its kind, and Mr. Newton is now a man of considerable capital.
From weekly issues of The Goodland News, provided by the Sherman County Historical Society. Since the paper was published weekly, some items were arbitrarily assigned a date.

Shaking baby forcefully can cause brain damage, paralysis or death

Shaken baby syndrome is caused by vigorous shaking of an infant or young child by the arms, legs, chest or shoulders.
 Forceful shaking can result in brain damage leading to mental retardation, speech and learning disabilities, paralysis, seizures, hearing loss and even death. It may cause bleeding around the brain and eyes, resulting in blindness.
 A baby's head and neck are especially vulnerable to injury because the head is so large, and the neck muscles are still weak. In addition, the baby's brain and blood vessels are very fragile and easily damaged by whiplash motions, such as shaking, jerking and jolting.
 Shaken baby syndrome has been



cris lovington

• prevention center

identified by other names such as abusive head trauma, shaken brain trauma, pediatric traumatic brain injury, whiplash shaken infant syndrome and shaken impact syndrome.
 Shaken baby syndrome is difficult to diagnose, unless someone accurately describes what happens. Physicians often report that a child with possible shaken baby syndrome is brought for medical atten-

tion due to falls, difficulty breathing, seizures, vomiting, altered consciousness or choking.
 The caregiver may report that the child was shaken to try to resuscitate it. Babies with severe or lethal shaken baby syndrome are typically brought to the hospital unconscious with a closed head injury.
 To diagnose shaken baby syndrome, physicians look for retinal hemorrhages (bleeding in the retina of the eyes), subdural hematoma (blood in the brain) and increased

head size indicating excessive accumulation of fluid in the tissues of the brain.
 Damage to the spinal cord and broken ribs from grasping the baby too hard are other signs of shaken baby syndrome. Computed tomography (CT) and magnetic resonance imaging (MRI) scans can assist in showing injuries in the brain, but are not regularly used because of their expense.
 A milder form of this syndrome can also be observed and may be missed or misdiagnosed. Subtle symptoms which may be the result of shaken baby syndrome are often attributed to mild viral illnesses, feeding dysfunction or infant colic. These include a history of poor

feeding, vomiting or flu-like symptoms with no accompanying fever or diarrhea, lethargy and irritability over a period of time.
 Often the visit to the medical facility does not occur immediately after the initial injury. Without early medical intervention, the child may be at risk for further damage or even death, depending on the continued occurrences of shaking.
 An estimated 50,000 cases occur each year in the United States (Ramirez, 1996). One shaken baby in four dies as a result of this abuse (Poissant & Linn, 1997). Head trauma is the most frequent cause of permanent damage or death among abused infants and children, and shaking accounts for a significant

number of those cases (Showers, 1992).
 Some studies estimate that 15 percent of children's deaths are due to battering or shaking, and an additional 15 percent are possible cases of shaking. The victims of shaken baby syndrome range in age from a few days to five years, with an average age of six to eight months (Showers, 1997).
 On Saturday, Feb. 7, the Goodland Activities Center will be holding its annual Health Fair. Please stop by our booth to learn more about this most important issue and what you can do to prevent injury to children or call us at 785-899-3848 or e-mail me at cris@st-tel.net.

Cookbook suggests making whole meals using small tidbits or appetizers

Clifford Wright's cookbook "Little Foods of the Mediterranean" gives ideas for whole meals using small tidbits or appetizers.
 Several decisions need to be made before finalizing a menu. Is the party to be a standing cocktail party not followed by meal? Is the party to be a standing or sitting party followed by a sit down dinner? Is the party going to be a Mediterranean (Arab, Greek or Turkish) meze dinner or Spanish tapas party?
 If the party is not followed by a meal how many people are coming and how long will it last? Eight dishes are usually appropriate. If a full meal is to follow the main



pat schiefen

• postscript

course needs to be picked first and the tidbits picked to match. Four dishes are optimal. In a meze or tapas the little foods need to be able to provide variety and substance. A dinner for eight people needs eight or ten dishes. A balance needs to be made between hot and cold, dry and saucy and spicy and savory.

Broiled Fresh Ricotta Cheese
 Four 1 inch thick slices very well drained fresh ricotta cheese, preferably homemade
 Salt to taste
 Preheat oven to broil.
 Fit ricotta slices into a small baking pan or better yet four individual baking ramekins. Season with salt. Place under broiler until golden and slightly blackened on top about 4 to 5 minutes. Serve immediately with some pieces of bread as an antipasto before a sit down dinner. Makes 4

to 8 servings.
Homemade Ricotta Cheese
 2 quarts whole milk (preferably raw)
 2 quarts goat's milk (preferably raw)
 1 quart buttermilk
 1 quart rick, whole goat's or cow's milk yogurt
 2 cups heavy cream (preferably not ultrapasteurized)
 6 tablespoons white wine vinegar
 Pour all ingredients into a large stockpot and place a candy/deep fry thermometer in so it does not touch the sides of the pot. Turn heat to low and heat until temperature reaches 194 degrees. Using a skimmer, re-

move curds and transfer to a cheese cloth lined strainer set over a pot. Place in the refrigerator and leave to drain for two hours.
 Transfer to an airtight container for storage. The ricotta will stay fresh for a week. (Makes 2 quarts)
White Beans and Lentils with Shrimp
 1 cup dried white beans, rinsed and picked over
 1/4 cup dried black lentils, rinsed and picked over
 2 teaspoons extra virgin olive oil
 3 ounces cooked shrimp, chopped
 4 scallions (white and light green parts only) finely chopped
 1 large garlic clove, chopped finely
 1 tablespoon finely chopped fresh basil leaves or more to taste
 Salt and freshly ground pepper to taste
 Celery sticks or crostini

Bring to a boil a medium sized saucepan of lightly salted water. Add the white beans and cook until tender 45 to 1 hour. Drain well and place in bowl to cool.
 Add lentils to a small saucepan of lightly salted boiling water. Cook until tender 20 to 45 minutes. Drain and place in the bowl with the white beans to cool.
 Toss white beans and lentils with olive, shrimp, scallions, garlic and basil and season with salt and pepper. Taste and add seasonings to your taste. Serve with celery sticks or crostini. (Makes 8 servings)
Crostini
 Crostini are toasted Italian canapes. Bread is cut into various shapes such as rounds, squares, triangles or diamonds. Then the bread is lightly buttered or oiled and toasted or baked until crispy. You top the crostini with anything you like.

4-H events will come quickly; now is time to start preparing

With the start of the New Year, now is a good time to start thinking about 4-H Days, Talent Night and Discovery Days. I know March and, even more so, June seem like a long time away, but it will be here before we know it.
 If you have a talent, like singing, dancing or playing a musical instrument, it would be a good time to start getting an idea together for talent night. Also, now would be a good time to start thinking about a project talk or demonstration for 4-H Days.
 By planning ahead, you can have time to practice and work out any bugs. Learning to speak or perform in front of a group can be a valuable learning experience that you can use the rest of your life.
 Discovery Days will be June 2-4



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• 4-h forum

at the Kansas State University campus. It is a way to experience college life and take classes like cookie baking, photo shoots, crafts, dance lessons and a whole lot more.
 You get to stay in the dorms and eat like a college student. I have attended Discovery Days the last two

years and have really enjoyed it. It is fun to meet other 4-Hers from around the state.
 Watch for information in late February or early March. You have to be 13 by Jan. 1 of the current year to attend. It usually costs \$100.
 If you meet the age requirements, I would encourage you to check it out. If you need more information about the event, call the Extension Office at 899-4880.

NOTICE OF OWNERS OF TAXABLE PERSONAL PROPERTY
 All owners of taxable personal property (including boats, mobile homes, campers, SNOWMOBILES, golf carts, trucks, non-highway vehicles airplanes, etc.) MUST come to the appraiser's office to report ownership of such property. ALL Personal Property MUST be listed between January 1 & March 15, 2004. Any questions concerning personal property items call 899-4825 Sherman County Appraiser's Office.
WE NOW PRORATE WATERCRAFT.
 Owner of record is to notify the County Appraiser within 30 days of the acquisition or sale.

Machinery and Equipment Consignment Sale
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