

Kansas Beef Council recipes use local product

Beef is one of the locally produced agricultural products from this area which deserves our support. The low carb diet has been a boon to that industry. The following recipes are from the Kansas Beef Council.



pat schiefen

• **postscript**

Lemon Herb Beef Pot Roast

1 boneless beef chuck pot roast (3 to 3 1/2 pounds)
 1 tablespoon olive oil
 2 cups baby carrots
 1 pound small red skinned potatoes, halved
 1 medium onion, cut into 6 wedges
 2 tablespoons constarch dissolved in 2 tablespoons water
 1/2 teaspoon dried basil
 Seasoning
 2 teaspoons lemon pepper

2 cloves garlic, minced
 1 teaspoon dried basil

Combine seasoning ingredients and press onto pot roast. Heat oil in Dutch oven over medium heat until hot. Brown roast. Pour off drippings.

Add 1 cup water and bring to a boil. Reduce heat, cover tightly and simmer for 2 hours. Add vegetables and continue cooking, covered for

30 to 45 minutes or until tender. Remove roast and vegetables and keep warm

Skim fat from cooking liquid. Stir in cornstarch mixture and 1/2 teaspoon basil. Cook and stir for 1 minute until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce. Makes 6 servings. Preparation time is 3 to 3 1/4 hours.

Braised Beef with Mushrooms and Barley

1 boneless beef chuck arm, blade or shoulder pot roast (about 3 pounds)
 1 tablespoon vegetable oil
 1 teaspoon salt

1/4 teaspoon pepper
 1/2 pound medium cremini or button mushrooms, halved
 1 medium onion, chopped
 3 large cloves garlic, minced
 1 1/4 cups ready to serve beef broth
 1 bay leaf
 1/2 cup medium pearl barley
 1 cup frozen peas, defrosted
 1/3 cup dairy sour cream (optional)
 Heat oil in Dutch oven over medium heat until hot. Brown beef pot roast; remove. Season with salt and pepper.

Add mushrooms, onion and garlic to Dutch oven; cook and stir until onion is lightly browned. Add broth and bay leaf. Return pot roast and bring to a boil. Reduce heat; cover tightly and simmer 1 1/2 hours. Stir

in barley; continue cooking, covered 45 to 60 minutes or until tender. Remove roast and keep warm. Discard bay leaf. Add peas and sour cream to barley. Cook and stir over low heat just until heated through. Carve pot roast. Serve with barley. Makes 6 to 8 servings. Preparation time is 3 hours.

Mediterranean Braised Beef

1 boneless beef chuck should pot roast (2 1/2 to 3 pounds)
 1/4 cup flour
 2 tablespoons olive oil
 1/4 cup balsamic vinegar
 2 small onions, halved, sliced
 4 medium shallots, sliced
 1/4 cup chopped pitted dates
 1/2 teaspoons salt

1/4 to 1/2 teaspoon pepper
 Heat oven to 325 degrees. Lightly coat beef pot roast with flour. Heat oil in Dutch oven over medium heat until hot. Brown pot roast and remove.

Add 1 1/2 cups water and vinegar to Dutch oven and cook and stir until brown bits attached to the pan are dissolved. Return roast to the pan. Add onions, shallots, dates salt and pepper. Bring to a boil. Cover tightly and bake in the oven 2 to 2 1/2 hours or until pot roast is tender. Remove pot roast and keep warm.

Cook liquid and vegetables over medium high heat to thicken. Carve pot roast. Serve with sauce. Makes 6 to 8 servings. Preparation time is 2 1/2 to 3 1/4 hours.

Perfectionism can lead to emotional and physical problems

Striving for success and excellence is a good thing. However, some people expect too much of themselves and others, which can lead to emotional and physical problems.



high plains mental health

• **plain sense**

Being perfect is an unrealistic goal, and the pressure to be perfect, whether self-imposed or an expectation of others, leads to undue anxiety and stress. Too much stress can result in high blood pressure, intestinal ailments, headaches, fatigue, irritability and even serious depression.

Expecting perfection can strain relationships with family, friends and co-workers. Dwelling too much on trivial details or spending too much time on projects can result in more frustration for others involved.

In a study published recently in the *Journal of Marriage and the Family*, researchers found that men and women who described their spouse or partner as a perfectionist also reported more sarcasm, nagging and other negative methods of communication in the relationship.

Part of the reason may be that perfectionists are not very good at compromising and often use these other techniques to try and get things to go their way.

So, can a perfectionist become less-than-perfect? Some strive for perfection due to underlying issues such as a fear of being less loved at home or less valuable at work.

Talking about the underlying issues with a trusted and reliable friend or family member, or with a professional counselor can be a good place to start. A first step is to realize and recognize that being perfect doesn't mean that people like you better.

Setting reasonable goals is another important component, as well as learning to accept what has been achieved and accomplished. Perfectionists tend to dwell on what they didn't accomplish or what is wrong with the outcome.

So, finding something good

about the effort or activity is a way to start refocusing on the positive, rather than the negative. And eventually realizing that "good," rather than perfect, can be good enough!

Contributed by Karen D. Beery, 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 Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601.

Sixteen area students listed in national honor roll

Sixteen area students were selected for publication in the National Honor Roll, including four from Goodland, six from Sharon Springs, two from Weskan, one from St. Francis and three from Colby.

Area students listed in the publication include from Goodland, Vicki Becvar and Randi Gray, 2003 Goodland High School graduates; and Brittney Redlin and Lance Tedford, Goodland High School seniors; from Sharon Springs, Stephanie Charles; and Sarah Hill,

Amanda Kvrner, Joshua Popp, Danielle VanLaeyss and Jessica VanLaeyss, students at Wallace County High School; from Weskan, Karla Bovoljak, a student at Weskan High School, and Ashley Dorweiler, a student at Wallace County High School; from St. Francis, Toni Rice, a student at St. Francis High School; and from Colby, Elizabeth Hartman, a student at Ransom High School, and Crystal Herschberger and Amanda Seemann, both students at Colby High School.

College to celebrate anniversary with car show, balloon launch

The Northwest Kansas Technical College is celebrating its 40th anniversary this year with a weekend of events Saturday and Sunday, June 12 and 13.

The weekend will include a car show, a hot air balloon launch, a golf tournament, music, trivia contest, fashion show, and a hog roast on Saturday, College President Kenneth Clouse said, and a "coffee break" get-together and two-person golf scramble on Sunday.

The event is free to all registered alumni whose dues are received by Saturday, May 1. As an added incentive for early registration, alumni who register before Friday, Feb. 13, will receive a complimentary chance on the college's Endow-

ment Association's 1965 Mustang to be given away the evening of June 12.

Current and retired instructors and staff, Area Board of Control members, Endowment Association members and avid supporters of the college will be invited to attend the celebration, Clouse said.

The college began operation as the Goodland Vocational School in the summer of 1964, he said, and expanded to its current status of technical college in 2001.

More information is provided on the college's web site, www.nw-ktc.org. The college's Alumni Association's phone number is 899-7630, and the Endowment Association can be reached at 899-3641.

it's all inside.

stores catalog

ENTIRE STOCK BABY SALE

- All gifts
- All playwear
- All rompers
- All layette
- All sleepwear
- All socks
- All bedding

Shop the Baby Sale from Catalog & Internet too! Pick up the Baby Book in stores now or log on to jcpenny.com/ohbaby for offer and details.

Thank You

The Goodland Spring League Baseball Organization would like to thank the following for their support.

Our Spring Fundraiser was a huge success!!

Mr. & Mrs. Rick Billinger	Mr. & Mrs. Terry Taylor
Mr. Tom Billenwillms	Mr. & Mrs. Rickie Windell
Mr. & Mrs. Russell Briney	Mr. & Mrs. Bill Wright
Mr. Scott Briney	
Mr. & Mrs. Darrel Christenson	Comfort Inn
Mr. & Mrs. Steve Duell	Dairy Queen
Mr. & Mrs. Brent Flanders	Economy 9
Mr. & Mrs. Robert Gramzow	Frontier Equity
Mr. & Mrs. Eugene Hall	Goodland Machine & Automotive
Mr. Mark Hillman	Howard Johnson
Mr. & Mrs. Scott Hooker	Kings Cafe
Mr. & Mrs. Scott Jarrett	McDonalds
Mr. & Mrs. Stanley Pettibone	North Wind Surveys
Mr. & Mrs. James Mosbarger	Pheasants Forever
Miss Elizabeth Schmidt	Taco Johns
Mr. George Schmidt	Truck & Tractor Repair
Mr. & Mrs. Ed Schulte	Wendys
Mr. & Mrs. Greg Sederstrom	

And all of the hunters who participated.
Thank you very much!

STOREWIDE CLEARANCE

70% OFF

ORIGINAL PRICES!

WHEN YOU TAKE AN ADDITIONAL 40% OFF ALREADY-REDUCED CLEARANCE PRICES.

HERE'S HOW YOU SAVE!	
ORIGINAL PRICE	\$24.00
CLEARANCE PRICE	\$11.99
EXTRA 40% SAVINGS	-\$4.80
FINAL PRICE	\$7.19

Extra 40% Off applies to red-ticketed clearance prices only and does not apply to Furniture, Mattresses, Fine Jewelry, Catalog/Internet & Outlet Stores or to Portrait, Optical or Salon products, Gift Cards, prior purchases or in combination with any other offer. Intermediate markdowns may have been taken on original prices. While quantities last. Selection may vary by store.

Sale prices effective through 02/03/04 unless otherwise noted. Percentages off regular prices or original prices, as shown. Actual savings may exceed stated percentage off. "Regular" and "Original" prices reflect offering prices which may not have resulted in actual sales. Any event designated as a "sale" excludes Value Right merchandise and items sold everyday with discounts if purchased in multiples of "2 or more". Intermediate markdowns may have been taken on original-priced merchandise. Clearance items are available while supplies last. Merchandise selection may vary from one JCPenney store to another.

1104 Main (785) 899-7200 Monday-Friday 9:00-5:30 Saturday 9:00-5:00 Sunday 12:00-4:00