

Goodland woman's recipe makes company book

By Sharon Corcoran
The Goodland Star-News
A Goodland woman's creativity in the kitchen has been featured in her employer's cookbook three years running.
Tina J. Meyer, a pharmacy technician at Wal-Mart here, has her recipe for Southwest Cornbread Waffles in the company's "Family Cookbook 2005." She has had recipes in the book the last two years as well.
Meyer said she is an avid cook and likes to experiment. She invents



Meyer

her own recipes, testing them out on friends and coworkers.
"It takes three or four tries to get it the way I want it," she said. "I take samples to work and tell them, 'You're my guinea pigs.' I need input."
Meyer said she has sent in several recipes each year she has known about the cookbook and has had one selected each year. This year, she sent in five.
The ones submitted for the book have to be your own original recipe, she said.

Meyer said she and her husband Gary, a stocker at Coca-Cola Bottling Co., moved to Goodland from the Catskills of New York eight years ago. She said she started at the new Wal-Mart Supercenter when it opened Aug. 1, 1997.
Tina said she and Gary don't have kids, just a puppy, a delightful Collie she compares to Lassie.
TryFoods International Inc., the company that published the cookbook, said in a news release that six regional editions are published, each reflecting flavors and varieties of regional communities.
Each cookbook features 80 recipes, selected by a panel of indepen-

dent food experts. There are 80 stores in this region.
Meyer said others from Goodland submitted recipes, but hers was the winner from the store.
She said her first recipe to be published in the annual cookbook was for cherry cheese danish, and last year's winning recipe was spicy shrimp.
The book will be available in Wal-Mart stores this month.
Here is Meyer's recipe:
Southwestern Cornbread Waffles
Ingredients:
1 lb. ground beef
1 pkg. (1.25 oz.) McCormick

Original Taco Seasoning
1 can (16 oz.) Bush's Best refried beans
1 beaten egg
1 pkg. (8 1/2 oz.) cornbread mix
3/4 cup milk
2 tbsp. vegetable oil
4 cups shredded lettuce
2 cups Kraft shredded cheddar cheese
3/4 cup sour cream
1/2 cup each chopped pitted ripe olives, sliced green onions, chopped tomato and purchased guacamole.
Directions:
1. In large skillet, cook beef until brown. Drain fat. Stir in taco sea-

soning and 3/4 cup water. Bring to boil; reduce heat. Simmer, uncovered, about five minutes or until desired consistency. Keep warm.
2. In small saucepan, heat refried beans over low heat. Keep warm.
3. In small bowl, combine egg, cornbread mix, milk and oil. Pour 3/4 cup batter onto grids of preheated, lightly greased, waffle baker.
Bake according to manufacturer's directions. Lift waffles onto serving plates. Top with refried beans and meat mixture. Serve with lettuce, cheese, sour cream, olives, onions, tomato and guacamole.
Serves six.

Columnist says farewell with advice on talking to children about drugs

As many of you may be aware, this will be my last column. In the past six years of working in prevention, I have gained skills to help others as well as myself in my own personal life.
There is no guarantee — our children don't come with instructions, and every age has it's issues to deal with. The Regional Prevention Center has worked hard at getting information out to the public, and I'm hoping it will be utilized to strengthen families and communities.
I would encourage families, the community, schools and religious sectors to continue working with the prevention center and take advantage of its services. It's never too late, and it's never too little or too much information.
It has been a good six years, and I will continue to work in prevention in a different capacity. Take care and God bless. If you need any assistance please call the Colby office at 785-462-8152.
From the Keiser Foundation:



cris lovington
• prevention center

The issue of drugs can be very confusing to young children. If drugs are so dangerous, then why is the family medicine cabinet full of them? And why do television, movies, music and advertising often make drug and alcohol use look so cool?
We need to help our kids to distinguish fact from fiction. And it's not too soon to begin. National studies show that the average age when a child first tries alcohol is 11; for marijuana, it's 12. And many kids start becoming curious about these substances even sooner. So let's get started!
Student surveys reveal that when parents listen to their children's feelings and concerns, their kids

feel comfortable talking with them and are more likely to stay drug-free.
Allow your child plenty of opportunity to become a confident decision-maker.
An 8-year-old is capable of deciding if she wants to invite a lot of friends to her birthday party or just a close pal or two. A 12-year-old can choose whether she wants to go out for chorus or join the school band.
As your child becomes more skilled at making all kinds of good choices, both you and she will feel more secure in her ability to make the right decision concerning alcohol and drugs if and when the time arrives.
Make sure the information that you offer fits the child's age and stage. When your 6 or 7-year-old is brushing his teeth, you can say,

"There are lots of things we do to keep our bodies healthy, like brushing our teeth. But there are also things we shouldn't do because they hurt our bodies, like smoking or taking medicines when we are not sick."
If you are watching television with your 8 year-old and marijuana is mentioned on a program, you can say, "Do you know what marijuana is? It's a bad drug that can hurt your body."
If your child has more questions, answer them. If not, let it go. Short, simple comments repeated often enough will get the message across.
You can offer your older child the same message, but add more drug-specific information. For example, you might explain to your 12-year-old what marijuana and crack look like, their street names and how they can affect his body.
It's okay to say, "We don't allow any drug use, and children in this family are not allowed to drink alcohol. The only time that you can

take any drugs is when the doctor or Mom or Dad gives you medicine when you're sick. We made this rule because we love you very much and we know that drugs can hurt your body and make you very sick; some may even kill you. Do you have any questions?"
Children will do what you do much more readily than what you say. So try not to reach for a beer the minute you come home after a tough day; it sends the message that drinking is the best way to unwind.
Offer dinner guests non-alcoholic drinks in addition to wine and spirits. And take care not to pop pills, even over-the-counter remedies, indiscriminately. Your behavior needs to reflect your beliefs.
Since peer pressure is so important when it comes to kids' involvement with drugs and alcohol, it makes good sense to talk with your children about what makes a good friend.
To an 8-year-old, you might say,

"A good friend is someone who enjoys the same games and activities that you do and who is fun to be around."
Eleven to 12-year-olds can understand that a friend is someone who shares their values and experiences, respects their decisions and listens to their feelings.
Once you've gotten these concepts across, your children will understand that "friends" who pressure them to drink or smoke pot aren't friends at all.
Additionally, encouraging skills like sharing and cooperation — and strong involvement in fun, healthful activities (such as team sports or scouting) — will help your children make and maintain good friendships as they mature and increase the chance that they'll remain drug-free.
Kids who feel good about themselves are much less likely than other kids to turn to illegal substances to get high.
To get the full page log onto www.talkingwithkids.org

matters of record

Accidents

The following accidents were reported to the Goodland Police Department:
Nov. 9 — Brianna Taylor driving a 1998 Ford Escort was westbound on 19th Street when she lost control on the gravel road rolling the car 2 or 3 times.
Nov. 15 — Aaron P. Thompson reported a hit-and-run to his 1994 Pontiac at 108 Aspen Rd.
Nov. 18 — Larry G. Hachmeister in a 1997 Ford backed out of a garage bay into a 2001 Ford pickup owned by Lincare, Inc. that was illegally parked behind Hachmeister. Kurt Peterson was driving a 2001 Ford Windstar north in a southbound only alley when traveled into 13th St. where he hit Tim Gittinger in a 1986 Chevy pickup that was traveling east.
Alison Milke driving a 1996 GMC Jimmy was backing from a parking spot and hit Rodney Blake's parked 1996 Plymouth Neon at 12th and Cherry.
Nov. 20 — James A. Rohlman drove a 2000 Ford Taurus into a concrete stop sign post at 2160 Commerce Rd.
Nov. 22 — Kahle and Lori Helton reported a hit-and-run to their 1994 Nissan pickup at 1600 Block of Clark.

Goodland Police

The following crimes have been reported to the Goodland Police Department:
Nov. 13 — Michael D. Imes was arrested for driving under the influence and transporting an open container at 1500 Syracuse.
Nov. 14 — Elwyn Vatcher reported the theft of a snowblower valued at \$150 at 418 Broadway.
Nov. 17 — Susan Siruta reported the theft of prescription drugs valued at \$40 from her car at 2610 Commerce.
Tammy D. Davis was arrested on a warrant arrest at 2510 Commerce.
Nov. 18 — Rebekah Ross is suspected in a report of aggravated battery to Lloyd Studer, Jr., at 921 Main.
Nov. 20 — Jennifer Wagoner was arrested for possession of a controlled substance, drug paraphernalia and depressants, hallucinogenics or steroids at 802 E. 5th.
Three juveniles in need of care were reported at 615 W. 16th.
Nov. 21 — Kendall Cooper and Andrew K. Melia reported a burglary at 908 Walnut.
Aaron P. Glines is suspected in criminal damage to City of Goodland recreational equipment estimated at \$500 at 800 Caldwell.
Wal-Mart reported the theft of video games valued at \$240, videos and movies estimated at \$120 and video tapes and games estimated at \$30 at 2160 Commerce.

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