

Dips flavor nibbles for hungry masses over holidays

Everyone faces the challenge of what to let the hungry masses nibble on while the meal is finishing. Sally Simpson in "Party Dips!" says that with a little planning and preparation, everyone can have their own signature dip. Ingredients suggested are a good selection of herbs and spices, canned artichoke hearts, canned beans: cannellini (white beans), black, garbanzo (chickpeas), dark red kidney, canned tuna in water, oil-packed anchovies, capers in brine or sale, fresh garlic, olives, olive oil, mango chutney, cream cheese, sour cream, plain yogurt and mayonnaise. Having these items in your pantry will make it easy to whip up a dip. Vegetables are a healthy alternative to chips. You can use asparagus with the bottom third trimmed off and the outer skin removed with a vegetable peeler. Cut the top and



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• postscript

bottom of bell peppers and make a slit along and lay the pepper out flat. Remove the seeds and membranes and them cut into 1/2 inch wide strips. Separate broccoli florets from the stems and peel the stems with a vegetable peeler. Use baby carrots or peel regular carrots and cut into strips. Separate cauliflower florets from the stems and discard the stems. Leave cherry or grape tomatoes whole. Use the inner ribs of celery or remove the outer skin removed with a vegetable peeler. Peel

if you are not using English cucumbers and thinly slice or cut into quarters lengthwise and cut into spears. Remove the root and separate the leaves of endive. Trim and discard the feathery tops and stalks of fennel and split the bulb in half lengthwise and remove the core. Cut into 1/2 inch thick strips. Trim the ends of green beans. Peel and slice jicama into rounds and cut those into 1/2 inch wide strips. Trim the root ends and slice or halve radishes. Remove the fibrous strings of snow or sugar snap peas. Yogurt cheese Yogurt cheese can be a great terrific substitute for both sour cream and cream cheese in any dip recipe. One 32 ounce container low fat

full fat plain yogurt. The result with low fat yogurt can be chalky. Line a colander with muslin or cheesecloth. Place colander over a large bowl. Place yogurt in the colander, cover with plastic wrap and refrigerate at least four hours up to overnight. Discard the liquid in the bowl. Transfer the yogurt cheese into a small bowl and use in recipes or cover and refrigerate for up to four days. Makes about two cups. Roasted garlic 1 head garlic 1/8 teaspoon kosher salt 1 tablespoon olive oil Preheat your oven to 450 degrees. Remove as much peel from the garlic as possible, keeping the head intact. Place garlic on a large piece of aluminum foil, sprinkle with salt and drizzle with oil. Wrap the foil around the garlic. Roast until garlic is soft about 45 minutes. When garlic is cool enough to handle, squeeze garlic from the peels. If using as a puree mash with a fork. Cover and refrigerate for up to one week. Makes about 2 1/2 tablespoons. Toni Oberholzer's tsatziki This makes a great dip but it can also be used as garnish for burger, omelets or steak sandwiches. 2 cups yogurt cheese 1 large European cucumber, quartered lengthwise and thinly sliced 2 garlic cloves, minced 1/4 cup finely chopped fresh mint leaves, plus more for garnish 1/4 to 1/2 teaspoon kosher salt, to your taste In a medium size bowl place ingredients and combine well. Transfer to a serving bowl and serve right away. Garnish with chopped mint. Can be covered

and refrigerated for two days. Makes about 2 1/4 cups. Variation: Use goat cheese for yogurt cheese. Tropical fruit salsa 1/2 pineapple, peeled, cored and finely chopped 1 ripe mango, peeled, pitted and finely chopped 1 ripe papaya, peeled, seeded and finely chopped 1 medium size onion, finely chopped 1 jalapeno chile, seeded and finely minced juice and grated zest of 1 we washed lime Kosher salt to taste Place everything in a medium size nonreactive mixing bowl and mix well. Transfer to a mixing bowl and serve right away or cover and refrigerate for up to two hours. Makes about three cups.

Sounds of season can stir memories

Sights, sounds and smells can be strong reminders of past experiences, both pleasant and unpleasant. The changing of the seasons can bring nostalgic feelings of events of the past and recall times of loss, recovery and renewal. The distinctive colors and characteristics of different times of the year serve as cues to memories of events that have occurred during that time of year. The memory of a specific event can also be colored and modified by the season in which it occurred. A family gathering, whether it be a wedding or a funeral, in the warmth of spring or summer, under a lovely blue sky, will take on more positive memories than the same event that occurs in the gloom of a cold, cloudy fall or winter day. The holiday season evokes many of these specific memories, which can bring joy as well as feelings of sadness. Seasonal decorations add color, sparkle and cheer to a home and community. The smell of cookies baking in the



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• plain sense

kitchen brings anticipation of plans for family gatherings, yet it can also be a reminder of someone who is now missing from those events. The sound of cheery holiday bell-ringing creates anticipation of events to come but may also bring thoughts of a time when life was a struggle, and a reminder of changes through the years. Such memories are developed early in life, when a child is unaware of the stress and conflicts taking place among the adults in their life. To the child, everything appears as beautiful decorations, wonderful gifts and pleasant surprises. When those memories are brought to mind in adulthood, the events of the current year may not seem as enjoyable in comparison. And they fail to recognize that this

is an unrealistic comparison. The association of sights, sounds and smells, along with biological changes in mood and behavior are important components of both physical and mental well-being. Sudden, intense memories brought on by specific cues can result in feelings of both joy and sorrow. It is important to understand that these are normal human reactions that usually decrease in a short time. Contributed by Karen 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: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Internet site: www.highplainsmental-health.com

matters of record

Goodland Police The following crimes have been reported to the Goodland Police Department: **Dec. 6** — Barry Taylor reported criminal damage to property at 821 W. 8th. Donna and Richard Hurd were victims of murder-suicide at 102 Broadway. **District Traffic** The following fines were paid in the Sherman County District Court: **Nov. 17** — Keith R. Robinson, 29, Highland Ranch, Colo., \$120 for speeding. Marcus Korte, 25, Stillwater, Okla., \$300 for speeding. David E. Sharb, 35, Sarasota, Fla., \$90 for improper crossover on divided highway. Troy A. Cooper, 39, Leon, \$122 for over weight limits on wheels and axles. **Nov. 18** — Jacob D. Flynn, 19, Bellville, Ohio, \$126 for speeding. Angela L. Thomas, 35, Kansas City, Mo., \$132 for speeding. John C. Fletcher, II, 39, Denver, \$186 for improper parking. Kathleen E. Foy, 61, Stamford, Conn., \$138 for speeding. Royce E. Gienger, 58, St. Francis, \$160 for height, length and loads of vehicles. Roger L. Pack, 43, Elgin, S.C.,

\$90 for speeding and \$10 for no seat belt. Dean P. Perry, 42, Laguna Niguel, Calif., \$213 for speeding. Ana C. Delopez, 45, Sylmar, Calif., \$126 for speeding. Kimberly D. Moss, 34, Boulder, Colo., \$177 for speeding. Rita A. Weber, 56, Chapel Hill, N.C., \$132 for improper parking. **Nov. 19** — Matthew E. Stoakes, 29, Denver, \$126 for speeding. Yarmon T. Gilbert, 24, Atlanta, Ga., \$108 for over weight limits on wheels and axles. Kerrie K. McCown, 35, Kansas City, Kan., \$144 for speeding. George M. Williams, 66, Glen Burnie, Md., \$108 for speeding. **Nov. 22** — Ijoma O. Otti, 20, Kenner, La., \$177 for speeding. Ronald A. Steffes, 57, Springfield, Mo., \$120 for improper parking. Racheal Wall-Shufelber, 21, Fort Riley, \$204 for speeding. George W. Johnson, 22, Aurora, Colo., \$120 for following too closely. Nathaniel C. Johnson, Jr., Hazelwood, Mo., \$117 for over weight limits on wheels and axles. Kismet Y. Rice, 48, Parker, Colo., \$125 for speeding. Noel D. Scott, 45, Fort Collins, Colo., \$138 for speeding.

Richard E. Cantwell, 35, Centennial, Colo., \$126 for speeding. James A. Rossi, 24, Roswell, Ga., \$168 for speeding. Jason F. Collins, 31, Beaufort, S.C., \$159 for speeding. John H. Lawrence, II, 34, Cincinnati, Ohio, \$210 for tractor trailer violations. Wayne J. Dempenwolf, 41, Littleton, Colo., \$186 for speeding. **Nov. 23** — Kenneth B. Jennings, 34, Colorado Springs, \$120 for speeding. **Nov. 24** — Jillian S. Scozzafava, 23, Overland Park, \$138 for speeding. Carrie A. Merian, 28, Castle Rock, Colo., \$132 for speeding. Carla R. Albers, 59, Santa Fe, N.M., \$168 for speeding. Melissa D. Lyon, 33, Aurora, Colo., \$144 for speeding. James R. Tarter, 47, Greenville, Texas, \$138 for speeding. Amber D. Whittington, 18, Colorado Springs, \$144 for speeding. Sami L. Balestri, 40, Centennial, Colo., \$132 for speeding.

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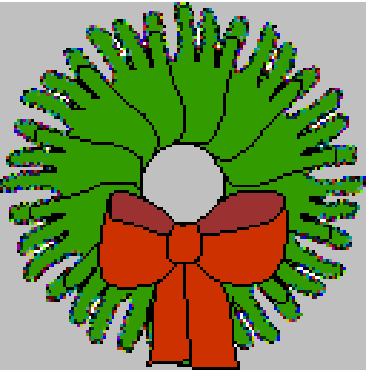
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Holiday crafts provide simple fun

Holiday crafts can provide simple fun on cold days and an inexpensive way to "Deck the Halls." The following craft ideas and more can be found at enchanted learning.com.

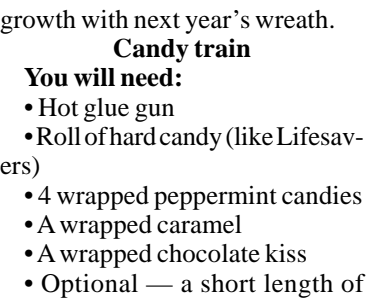
Hand wreath
You will need:

- Green construction paper or felt
- Pen or pencil to trace hands
- Glue
- Glitter
- Sequins
- Ribbons
- Other decorations



growth with next year's wreath.
Candy train
You will need:

- Hot glue gun
- Roll of hard candy (like Lifesavers)
- 4 wrapped peppermint candies
- A wrapped caramel
- A wrapped chocolate kiss
- Optional — a short length of



Seaman trains in aircraft maintenance

Seaman Recruit Thomas Lycett, north of Chicago, who completed basic training in October, has started training in aircraft maintenance at the Center for Naval Aviation Technical Training at Naval Air Station Jacksonville, Fla. Lycett took basic training at Great Lakes Naval Station, Ill., about 12 miles

He is being trained to maintain the SH-60F "Sea Hawk" helicopter and its weapons. This helicopter is designed to operate off aircraft carriers, providing anti-submarine protection, and search and rescue during flight operations.



Lycett

Lycett has been awarded the National Defense Service Medal. Thomas, the son of Father Horace "Hal" and Mary Lycett of Goodland and Denver, is a 2003 graduate of North High School in Denver, where he played soccer and baseball, and played the trombone in school's marching and jazz band. His father is the priest-in-charge of St. Paul's Episcopal Church in Goodland.

Loans available to farmers suffering disaster losses

Farmers in Sherman, Cheyenne and Wallace counties who suffered crop or livestock losses because of natural disasters can apply for U.S. Farm Service Agency emergency loans. The farm service office at 210 W. 10th in Goodland is open from 8 a.m.-4:30 p.m. Monday-Friday. Call 899-3070. Applications for loans will be accepted until Wednesday, April 20. Loans covering physical and/or production losses may be made at 3.75 percent interest, Farm Loan

Manager Patty Eckhardt said, and are scheduled for repayment as quickly as feasible, considering the applicant's ability to pay. Loans covering physical losses may be used to replace installations, equipment, livestock or buildings (including homes). Loans covering production losses may be used to buy feed, seed, fertilizer, livestock or to make payments on real estate and property debts. The money can also be used for other essential operating and living expenses, Eckhardt said.

To be eligible, an applicant must be operating a family-size farm or ranch and must be unable to get credit elsewhere. Farmers who suffered at least a 30 percent reduction to at least one crop may have a qualifying production loss, Eckhardt said. Loans are limited to \$500,000, less the outstanding balance of prior emergency loans. Eckhardt said farmers needing credit as a result of freezing conditions between April 7 and May 15 should apply.

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