

'Kansas, as big as you think' ads win Silver Telly awards

Two television ads developed for the Kansas Department of Commerce's brand image campaign, "Kansas, as big as you think," have won Silver Telly Awards for excellence in television production.

The ads — one featuring Abilene native Dwight D. Eisenhower and the other Atchison's Amelia Earhart — were launched earlier this year as part of a campaign to create a strong

state image for Kansas that would help the state market itself to residents and to the rest of the country.

The Eisenhower and Earhart ads explain how the open vistas of Kansas provide the room and inspiration for great thinking and monumental action.

"Kansas," the ads tell viewers, truly is "as big as you think," and the state has a former U.S. president and an aviation pioneer to prove it.

"Kansans are known for our hard work and ingenuity," said Gov. Kathleen Sebelius, "and these awards spotlight the creative individuals who are helping to promote our state. They confirm what we've already known about our state: Kansas is home to individuals with big ideas and the talent to make those ideas a reality."

The new state image came from recommendations made at the 2003

Governor's Prosperity Summit, said Commerce Communications Director Caleb Asher. Community leaders from across the state met to identify opportunities to strengthen the economy.

The Kansas Brand Image Task Force was formed, made up of community, business development and tourism leaders from around the state, Asher said. Representatives from the Department of Commerce

served on the task force and worked with Callahan Creek, a Lawrence advertising agency, to develop the campaign.

The Telly Awards was founded in 1978 and honor outstanding local, regional, and cable television commercials and programs, as well as video and film productions.

A record 12,500 entries from 50 states and numerous countries made this year's Telly Awards the

most successful and competitive ever. A Silver Telly, the highest honor, is given to less than 10 percent of the entries merit.

Plans are under way to run the ads again, along with new ones featuring more stories of Kansans who have made big things happen. To see the Dwight D. Eisenhower and Amelia Earhart television spots and to learn more about the campaign, visit www.thinkkansas.com.

'Retro Kids Cooking' has recipes to help youngsters learn

The kitchen has been the center of family get-togethers for hundreds of years, though in recent times this tradition is threatened by fast food and television.

Being able to prepare their own food is still a skill children should learn. Food preparation can give children a real sense of accomplishment.

Richard Perry in "Retro Kids Cooking" has easy recipes for younger people. The book is illustrated from '50s advertisements. The following recipes are from Perry's book.

Egg-in-a-bun sandwiches
4 hamburger buns



pat schiefen

• postscript

4 eggs
4 cheese slices (your favorite) butter, softened
salt and pepper
Heat over to 325 degrees.
Cut into a closed hamburger bun with a biscuit cutter about 1 inch. Don't cut through the bottom of the bun.

Lift the bun circles carefully out with a fork. Butter the inside of hole well.

Place buns on a baking sheet. Break an egg into each bun hole. Season with salt and pepper.

Bake for 25 minutes. Remove from the oven and top each egg with a slice of cheese. Bake for additional 5 minutes. Remember the oven sheet will be hot and you need to use oven mitts.

Serves 4.
Cinnamon twists
2 tablespoons butter

1/4 cup sugar
1 teaspoon cinnamon
1 package refrigerated biscuits (8 biscuits)

1 tablespoon chopped walnuts
Heat oven to 435 degrees
In a small pan melt butter. Remove from the heat.

Blend together sugar and cinnamon in a small bowl.
Roll each biscuit into a 9 inch rope. Use a ruler to measure.

Bring the ends of rope together and pinch to seal.
Set ropes in the melted butter and flip to coat both sides. Dip in sugar cinnamon mix.

Twist each rope once to form a

figure 8 and place on a baking sheet.

Sprinkle nuts on the top of each twist.

Bake 8 to 10 minutes. Remove with a spatula. Cool on wire racks. Use oven mitts when handling the baking sheet because it will be hot.

Makes 8 twists.

Pancakes
1 1/4 cups flour
2 1/2 teaspoons baking powder
3/4 teaspoon salt
1 tablespoon sugar
1 egg
1 1/4 cups milk
3 tablespoons butter, melted
butter and syrup

Sift together flour, baking powder, salt and sugar in a medium bowl. In a separate bowl beat together egg, milk and melted butter.

Slowly pour egg mixture into the bowl with the flour and stir just until mixed. Batter will be a little lumpy.

Heat frying pan until hot but not smoking. Spoon 1 tablespoon batter for each pancake into the pan.

Turn pancakes over when bubbles appear on the pancakes.

Keep pancakes in a warm oven until you have enough pancakes for everyone. Serve with butter and syrup.

Serves 2 to 3.

Suicide Prevention Week planned

Suicide is the 11th leading cause of death in the United States. In young people, ages 15-24, suicide rates have increased 200 percent over the last 50 years, and the rate of suicide of people age 65 and older is higher than any other age group.

The week of Sept. 4-10 is National Suicide Prevention Week, designed to call attention to this national and worldwide problem.

Suicide prevention efforts do work. Most suicidal individuals really don't want to die. They want to live but are unable to deal with the emotional pain they are feeling and are unable to see alternatives or solutions to their problems.

Warning signs may be present, but family and friends are often unaware of the significance of these warnings or are unsure of what to do.

These signs include:

- Depression, hopelessness.
- Feelings of worthlessness and guilt.
- Feeling trapped, like there's no



high plains mental health

• plain sense

way out.

- Withdrawal from friends, family and usual social activities.
- Dramatic mood changes.

Someone who is thinking about suicide may also experience symptoms associated with depression, including sleep disturbance, appetite changes, increased anxiety or irritability, indecisiveness and an inability to think or concentrate. The use of alcohol or drugs will contribute to the problem.

Recurrent thoughts of death, suicidal ideation or a plan for completing suicide need to be taken seriously by those in contact with the person.

The American Association of

Suicidology emphasizes that most suicidal crises tend to be brief and that when suicidal behaviors are detected early, lives can be saved.

Talking openly and directly about suicide is important and will not cause someone to become suicidal. Encourage people to seek help from a mental health professional, their family physician or clergy person.

Contributed by Karen Beery, manager, 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 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

Share your news with friends, neighbors

Planning to get married? Expecting a little bundle of joy? Celebrating an anniversary or birthday? Spending time in the hospital? Or grieving over the loss of a loved one?

Sending the information to *The Goodland Star-News* allows your neighbors, coworkers, friends and acquaintances to share in your joys and sorrows.

Most of this news needs to be sent by the family. Hospitals no longer send birth or admittance announcements.

While funeral homes do send us obituaries, if a home in another town is handling arrangements, you may need to ask them to send it here.

We rely on the couple or their family to send us engagement and wedding announcements. We have forms in our office that give guidelines on the information needed.

Since we are a newspaper, we would like the information to be news when we print it. A lot of wedding stories have been brought in six months to a year late. They need to be brought in within two months of the ceremony. For announcements brought in later, there will be a charge of \$10 per month.

Anniversaries and birthdays should be sent in two

weeks before the celebration, especially if including a picture. The age of the birthday "boy" or "girl" is needed. An address may be included for a card shower for either.

Pictures are encouraged with all announcements. Prints can be brought in to be scanned or photos can be e-mailed in jpeg or tiff format. The more clear, well-lighted and close-up the photos are, the better they will show up in the paper.

If a picture is too fuzzy to look good, we will have to run the announcement without one. If in doubt, bring several choices. We can crop out unnecessary people and do some touchups, but we cannot perform miracles. If the people are available to come to our office, we can take a picture for you.

Contact *The Star-News* at 1205 Main, Goodland, Kan. 67735, by phone at (785) 899-2338 or fax at 899-6186. Society news can be e-mailed to slcorcoran@nwkansan.com. It's best if the text is part of the body of the e-mail, rather than an attachment. The subject line should say obituary, birth announcement or stork report, engagement or wedding, depending on the contents.

4-H news

July meeting

The regular monthly meeting of the Ruleton Eager Beavers was held at 2 p.m. on Saturday, July 16, for our club tour.

The tour started at the Hookers' and then went to the Mangus', the Duells' and ended up at the Winstons' for the meeting, where several members showed what they were going to take to the fair.

The meeting was called to order by President Aaron Duell. Roll call was answered with "a project that I am going to take to the fair" from nine members and three leaders.

The secretary read the minutes of the June meeting, and they were approved as read. The secretary read a letter from Hitchcocks wishing us good luck at the fair and giving us \$250 to use for whatever we needed.

Sydney Winston gave the treasurer's report. The reporter said the minutes had been turned in but not published. The council report was: Barb will bake eight dozen cookies for the appreciation barbecue, a modeling clinic was scheduled for July 21st, fair grounds clean up was scheduled for July 29th, the club's day for the flag ceremony was Tuesday, Aug. 2, and life skills judging was on Monday of the fair.

There was no unfinished business. The club planned to set up the booth and the bale on Sunday, July 31, at 8:00 a.m. Those wanting to ride the float were told to contact Charlene Mangus. They planned to meet at the parade line up at 5:00 on Aug. 1st. The next meeting will be worked around state fair sometime in September.

The club went to the Bellamys'

pond for a cookout and recreation. The meeting was adjourned by saying the club motto.

June meeting

The regular monthly meeting of the Ruleton Eager Beavers was held on Tuesday, June 14, at 5:30 p.m. at the 4-H building. The meeting was called to order by President Aaron Duell.

Roll call was answered with "my favorite summer activity" by eight members and two leaders. The secretary read the minutes of the May meeting, and they were approved as read.

Sydney Winston gave the treasurer's report. The reporter said the minutes had been turned in but not

published. The council had not met.

There was no unfinished business. Leaders reminded the club that July 14 was the pre-entry deadline. There was a sign up sheet for the club tour. Barb reminded the club that the historian still needed school pictures if they had not already turned them in. Ideas were discussed for the float and the booth.

The club served hamburgers and hot-dogs, chips and brownies for the wheat tour. The meeting was adjourned by saying the club motto.

May meeting

The regular monthly meeting of the Ruleton Eager Beavers was held Friday, May 20, at 4:30 p.m. at the

Duells'. The meeting was called to order by President Aaron Duell.

Roll call was answered by 12 members and three leaders. The secretary read the minutes of the April meeting, and they were approved as read. Sydney Winston gave the treasurer's report. Reporter said the minutes had been turned in and published. The council had not met.

There was no unfinished business. The club's tour was scheduled for July 16, and afterward, they planned to go to Bellamy's pond. Charlene would make the arrangements with the Bellamy's.

Devin was congratulated for his winning record book on small en-

gines and earning a trip to the Emerald Circle Banquet and to the 4-H Congress in Atlanta, Ga. A monetary donation was given to Devin for his trip.

Announcements were: Wheat tour will be June 14, Fishing Clinic will be June 16th and Day camp will be June 23rd. The next meeting will be at the 4-H building for the wheat tour with a time to be announced. The meeting was adjourned by saying the club motto.

After refreshments provided by the Duells, the club went to the New Liberty Cemetery to mow and clean.

Submitted by Cody Hooker, club reporter.

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