

Parents urged to spend time with family

Take time to eat with family

By Sharon Corcoran

The Goodland Star-News

"From group hugs to food fights, many of television's most unforgettable moments happen around the family table."

This is a quote from TV Land's web site, www.tvland.com. The cable television network, known for keeping reruns of old shows on the air, is one of several organizations backing "Family Day" to encourage families to eat together.

The Sherman County Community Partnership for Prevention and Education is spearheading an effort to get area families and businesses involved in the special day on Monday, Sept. 26.

The partnership is planning prize drawings for those who commit to have a family dinner that day, is trying to get area businesses to let employees off work early and is trying to get restaurants, grocery stores and other businesses to offer discounts for the day.

"It's sad that they have to set aside a day for that," said Dennis Daise, director of Big Brothers Big Sisters of Sherman County.

The National Center on Addiction and Substance Abuse at Columbia University created "Family Day — A Day to Eat Dinner with

Use easy conversation starters

"Ever wonder why conversation comes so easy to television families?" asks the TV Land web site — "They have scripts!"

The site offers the following conversation starters for those who are at a loss for words:

- If you were a food, what would you be?
- What do you think is the greatest invention? Why?
- Is there something you memorized long ago and still remember?
- Name your favorite animated movie and tell why you like it.
- Which person would you like to see more often than you do now?

• What superpower would you like to have? What would you do with it?

• Can you pat your head and rub your stomach at the same time?

• Name three sports that are played in teams. Name three that are not.

• What is your grandfather or grandmother's middle name?

• How many teeth do you have in your mouth?

• Who is the best laundry folder in the family?

For more information on conversation starters, go to www.tvland.com and click on "family table" then "conversation starters."

Your Children" in 2001 as a national effort to promote family dinners as an effective way to reduce drug abuse among children and teens. It is celebrated on the fourth Monday in September.

Organizations promoting the event say many families today are so busy they are missing out on unforgettable moments in their own lives. And the center on addiction says that is one reason drug abuse is a problem among youths.

The center says on its web site at www.casafamilyday.org it has found that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. The conversations that go hand-in-hand with dinner will help you learn more about your children's lives, the center says, and better understand the challenges they face.

The web site includes tips for

talking to your children about substance abuse and include such tips as: "Tell your child the truth — that drugs, alcohol and tobacco may make them feel good for a while. Unfortunately, that feeling is brief and no one can know the true potency or lifetime effects of these substances."

The site says parents should impress on their children the long-term consequences drinking, smoking or using drugs may have on something they love doing, such as sports, math or writing. The site encourages parents to listen to their children and educate themselves so they can answer their kids' questions.

A link on the web site goes to www.bettycrocker.com/recipes, where there are ideas for meals that take from 10-35 minutes to prepare.

The TV Land site includes suggested family activities. Some of

the tips are:

• Play word and memory games, for example: Animal Alphabet: One person names an animal. The next person must name an animal that begins with the last letter of the first animal's name. Continue until someone gets stumped.

• Go through old family photos and tell a story about a family member from the past who younger family members might not know well.

• Fill a container with conversation starters. Pick out a question and have everyone answer it.

• Play "Simon Says" at the table.

• Practice tongue twisters, but not with your mouth full. Here are a few to get you started: strange strategic statistics, black bugs blood, rubber baby buggy bumpers and she sells sea shells by the sea shore.

For more tips, go to the web site and click on "family table" then "family table tips."

Meals together recipe for success

Recipes for quick and easy family meals are given on the Betty Crocker web site at www.bettycrocker.com.

Two easy recipes are:

Ham and cheese tortilla roll-ups

1 1/2 cups of shredded cheddar cheese (6 ounces)

1/4 cup mayonnaise or salad dressing

1/4 cup sour cream

1 can (11 ounces) whole kernel corn, with or without red and green peppers, drained

10 flour tortillas

10 slices deli fully-cooked ham cilantro sprig, if desired

Mix cheese, mayonnaise, sour cream and corn.

Top each tortilla with one slice of ham.

Spread two tablespoons corn mixture over ham.

Top with cilantro. Roll up. Preparation: 10 minutes. Serves 5.

Italian sausage with tomatoes and penne

3 cups uncooked penne pasta (9 ounces)

1 pound uncooked Italian sausage links

1/2 cup beef broth

1 medium yellow summer squash, cut lengthwise in half, then cut crosswise into 1/4-inch slices

2 cups grape or cherry tomatoes, cut lengthwise in half

1/4 cup chopped fresh or 1 tablespoon dried basil leaves

6 green onions, cut into 1/2-inch pieces (1/2 cup)

2 tablespoons olive oil or vegetable oil

Cook and drain pasta as directed on package.

Meanwhile, cut sausage crosswise into 1/4-inch slices.

Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.

Add sausage; stir-fry four to six minutes or until brown. Stir in broth.

Cover and cook over medium heat five minutes.

Stir in squash, tomatoes and two tablespoons of the basil. Heat to boiling; reduce heat.

Cover and simmer five minutes, stirring occasionally.

Stir in onions.

Simmer uncovered one minute.

Toss pasta, oil and remaining two tablespoons basil.

Divide pasta among bowls. Top with sausage mixture.

Preparation: 35 minutes. Serves 4.

For more recipes, go to www.casafamilyday.org and click on "quick and easy recipes," then click on the link to www.bettycrocker.com.

Goodland man revisits Philippines

By Kathryn Burke

The Goodland Star-News

A 7 1/2-day vacation in the Philippines was everything a Goodland veteran had expected.

Lawrence Tedford, 78, returned to the country where he spent 14 months with the U.S. Army when he was 18.

He was back home last week and said he had a great time.

Tedford served in Leyte, Philippines, as a heavy equipment officer right after World War II.

He moved material that was used to re-build roads in the war-torn island country.

"The best part was seeing all of the friendly people and the beautiful scenery," he said.

His hotel was in the same place he had worked after the war.

Leyte, he said, has changed a lot since his first visit 60 years ago.

Tedford said the roads he helped build had been replaced by pavement except for the more rural trails.

The airport was an especially interesting place for Tedford, a pilot himself.

He said the old airport had been replaced by a new field built right next door.

The area is more populated, he said, and has American businesses like Home Depot and McDonald's. "They've got about everything," he said.

Leyte is known for the Battle of Leyte Gulf during World War II, reportedly the largest naval engagement in history.

Much of the island pays tribute to Gen. Douglas MacArthur, who vowed to come back and liberate the Philippines during the war.

Tedford stayed at the MacArthur Park Beach Resort and visited a monument depicting the general's return.

In Tacloban City, he visited a Japanese pillbox, a bunker for hiding from bombs and shooting at the enemy.

When the Americans took over the island, he said, they used the pillbox against their enemies.

The monetary exchange rate was good, Tedford said, adding he could get a hamburger and a drink for about 58 cents.

He mostly ate army food on his



Lawrence Tedford stood in front of one of his favorite stops on his vacation, a Japanese pillbox, in Tacloban City, Philippines.

first visit to the island, but on this trip he had his fill of local fruits.

"I drank a lot of pineapple juice," he said, "and I saw a lot of bananas on the trees."

While the 78-year-old doesn't think he can go back to the island in another 60 years, the trip helped spark his desire to travel. Next he wants to visit the east coast of the U.S.

"I've never been east of Chicago," he said.

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matters of record

Goodland Police

The following crimes have been reported to the Goodland Police Department:

Aug. 24 — Terry Thatcher reported burglary, theft and criminal damage at 305 W. 10th.

Trinity Murray reported theft of liquor valued at \$30 at 414 W. 14th.

Terry Thatcher reported burglary and theft at 305 W. 10th.

Aug. 26 — Jeremy Mills reported the theft of a bicycle valued at \$200 at 516 E. Commerce Rd.

Aug. 27 — Rodney Hill was arrested for sale of stimulants and hallucinogens at 2520 Commerce Rd. The case was referred to the county attorney.

Aug. 28 — Alex's Radiator and Repair reported burglary and criminal damage to a garage door estimated at \$600 at 531 W. 17th.

A juvenile was cited for driving in violation of restriction at U.S. 24

and Cherry. The case was referred to the city attorney.

Aug. 29 — Scott William Frazier was arrested for telephone harassment against Daron John Hovis at 421 Cherry. The case was referred to the city attorney.

Presto reported a gas skip valued at \$17 at 2510 Commerce.

Jennifer Poole was arrested for pedestrian under the influence at 600 Caldwell.

Aug. 30 — A juvenile was cited for driving in violation of restriction at 1300 Walnut. The case was referred to the city attorney.

Joyce N. Jury reported a gas skip valued at \$25 at 516 U.S. 24.

Aug. 31 — Shirley Walters reported criminal damage to property estimated at \$300 at 1016 Sherman.

Witzel and Rhea Implement Company reported criminal damage to property estimated at \$300 at 1008 Sherman.

student of the week



Name: Julie Leiker

Parents: Don and Delilah Leiker

Grade: Senior

Age: 18

We've nominated this student because: Julie is an outstanding individual who is an excellent student and is very creative.

Student Comment: My friends are my favorite aspect of school. Art is my favorite subject and after graduation I'll remember

all the good times with my friends.

Activities involved in at school: Girls Athletic Association, golf and Art Club

My choice of movies, books, and games: I like anything along the lines of fantasy and science fiction. I like watching cartoons. My favorite

music is Alice in Chains, Vast and My Chemical Romance.

After I leave Goodland High School I intend to: Go to college I'm not sure of my major.

And 10 years from now, I think I'll be: Out of school in a steady job and maybe starting a family.

Favorite Quote: "Into every life some rain must fall, some days must be dark and dreary." Henry Wadsworth Longfellow.

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