

Mystery Matinee a success; dance to be Saturday

October is rapidly coming to a close, but Oct. 8th was a fun day that offered a successful event. Our Mystery Matinee was one of our most pleasing and successful programs that we have offered.

We appreciated the help of David Branda, Snappy Snack, *The Goodland Star-News*, the Northwest Kansas Technical College and others who helped with the movie.

The movie was great example of what our organization tries to do to provide activities for the families needing a friend for their child.

Saturday, attend our second annual "Dance for Kids Sake," at the Knights of Columbus building. It's a family dance and a lot of fun. I encourage you to attend.

A couple of weeks ago, the battle of two college teams was waged between Texas and Oklahoma. It is always a yearly game that a lot of the people in that area base their entire



dennis daise

- big brothers big sisters

season on. Losing record or not, whoever wins this game has a successful year.

The quarterback for the Texas Longhorns, Vince Young, recently shared some thoughts on his childhood. An article in *The Denver Post* talked about Young's experiences when he was growing up in Houston.

After a gang fight in which Young was handcuffed and taken to a holding area, Young's mom told him that he was going "to end up in jail or killed from the type of things that you're doing."

focusing in more on sports. Now that he has become a successful college quarterback, he also has not forgotten the lessons he learned growing up.

Young explained what he saw in some of his friends that didn't take that path: "I was looking at the guys that could have been good but chose to do some different things. They messed up their careers. . . . I didn't want to be the same guy, one of those coulda-woulda guys."

Young has also followed through with his commitment. Through community work, he is a role-

model to youths, a father figure to kids, many of whom don't have a dad. He understands their plight.

Young has also become good friends with Tennessee Titans quarterback Steve McNair.

"Our relationship is great. Like father, like son. Like big brother, little brother," Young said. "I just love being around him. He's done a whole lot for me. With him I learn football but also learning just life, period, becoming a man."

Young was one of the fortunate ones. Realizing that he had a choice of being a "coulda-woulda guy" or someone who makes a difference, he did something about it.

Big Brothers Big Sisters of Sherman County hopes to provide the role models that can be a difference maker to our kids coming into the program or on the waiting list. We want to allow all kids the following hopes and dreams:

"Get educated. Seek a career, not a job. Don't make children you can't support. Understand that support means money. Marry the woman. Model manhood for your children. Save some money. Buy a home. Build a life. Easier said than done? Yes, very much so. A guarantee exists nor ever will."

This quote does a good job of summing up the American dream for each child growing up in this day and age. What's interesting is that the preceding quote was from an article written by Leonard Pitts, and as an African-American, he was talking about the original Million Man March 10 years ago.

Pitts continues, "changing the world lies in the embrace of these and other old school dictums. And that revolution can be as simple as having dinner as a family, checking homework and going to church on

Sunday."

Sounds simple, doesn't it? But as we found out recently with the Family Day event on Sept. 26, most families do not take the time to sit down together for a meal.

The time together is so important to just talk with and listen to each other. Now, I have no business comparing the civil rights movement to our conditions in small town Kansas, but if I hadn't mentioned that Pitts' remarks concerned the Million Man March, you would have not known the difference.

It is a small world after all. It comes down to what lays before us and to look at ways we help our fellow man or in Big Brothers Big Sisters' case, your fellow child.

I encourage you not to be a "coulda-woulda" guy and help us make a difference in small town America.

Book offers heart-healthy tips

"The Cardiac Recovery Cookbook" by Cutlip, Budgazad and Kligfield is more than recipes for people after they have had a heart attack or heart surgery. It also contains information on weight management and dieting, a guide to understanding fats and fibers and tips on reducing salt.

Everyone at least knows someone who has had a heart attack, bypass surgery or an angioplasty. People do not have to wait to have medical problems to alter their lifestyles for the better. Weight concerns are voiced by almost everyone.

The following recipes are from "The Cardiac Recovery Cookbook" which include nutritional facts that can lead the way to modifying old family favorites to include low sodium and lower saturated fats.

Autumn turkey-stuffed cabbage
1 head cabbage
1/2 pound lean ground beef
1/2 pound ground turkey
2 small onions, slice one, mince one
1 slice stale whole wheat bread, crumbled
1/8 teaspoon black pepper
1 can (16 ounce) diced tomatoes
1 medium carrot, sliced
2 tablespoons brown sugar
1 tablespoon lemon juice
1 tablespoon cornstarch



pat schiefen

- postscript

Rinse and core cabbage. Remove the 10 outer leaves. Place in a saucepan. Cover with boiling water and simmer for five minutes. Remove cooked leaves and drain on paper towels.

Shred 1/2 cup of raw cabbage and set aside.

Brown ground beef, turkey and minced onions in a skillet. Drain off fat.

Place drained meat, bread crumbs, 1/4 cup of water and pepper in a mixing bowl.
Drain tomatoes reserving the liquid. Add 1/2 cup of the tomato liquid to the meat mixture. Mix well. Place 1/4 cup of the filling on each drained, cooked cabbage leaf. Fold. Place cabbage rolls with the fold down in skillet.

Add tomatoes, sliced onion, 1 cup water, shredded cabbage and carrot. Cover and simmer for about one hour or until cabbage is tender. Baste occasionally.

Remove cabbage rolls to serving platter and keep warm.

Mix brown sugar, lemon juice and cornstarch in a small bowl. Add to the vegetables and liquid in the skillet and cook. Stir occasionally, until thickened and clear. Serve over the cabbage rolls.

Serves 5.
New Orleans red beans
1 pound dry red beans
1 1/2 cups chopped onion
1 cup chopped celery
4 bay leaves
1 cup chopped green peppers
3 tablespoons chopped garlic
3 tablespoons chopped parsley
2 teaspoons crushed dried thyme
1 teaspoon salt
1 teaspoon pepper
Pick through beans and remove the bad ones. Rinse thoroughly.

In a large pot, combine beans, 2 quarts of water, onion, celery and bay leaves. Bring to a boil. Cover, reduce heat and cook until beans are tender, about 1 1/2 hours. Stir. Mash beans against the side of the pot.

Add green pepper, garlic, parsley, thyme, salt and pepper. Cook uncovered over low heat until creamy, about 30 minutes. Remove bay leaves.

Serve with brown rice. Serves 8.

music club news

On Saturday, Oct. 1, the Goodland Federated Music Club was host for a meeting of the Northwest District of the Kansas Federation of Music Clubs.

Registration was at 8 a.m. with coffee and rolls served while participants had an opportunity to make and renew acquaintances with members from Atwood, St. Francis and Goodland and two guest performers from Burlington.

At 9 a.m. the Northwest District president, Sharon Palmquist of Goodland, called the meeting to order. Birkley Barnes, Goodland Federated Music Club president, welcomed everyone to Goodland, and Gay Dill, president of the Kansas Federation of Music Clubs, gave the response.

The Goodland Recorder Ensemble played "Fantasies I and II," by Telmann. Members of the ensemble are Marlyn Mangus, soprano; Barnes, alto; Martha Gunderson, tenor; and Pat Schiefen, bass.

The state theme song was sung, accompanied by Eva Lou Selby, and the National Federation Collect was repeated.

Barnes and Eileen Jones played a clarinet duet, "Bach Two Part Inventions," arranged by Peter Luisetti. They were accompanied by Andrew Salvador.

The nominating committee reported, and officers for 2005-07 were elected. They are president, Birkley Barnes of Goodland; vice president, Donna Beims of Atwood; and secretary, Pat Schiefen of Goodland. The new officers were installed by Dill.

A special program of music was presented by Carol Jolly of Goodland, a soprano. She was accompanied by Andrew Salvador and sang "Quando m'en vio," from La Boheme by Puccini; "Summertime," from Porgy and Bess by Bernstein; "O mio babbino caro," from Gianni Schicci, a one-act opera by Puccini; and "Old Irish Blessing," traditional, accompanying herself on piano. They received a standing ovation.

A break followed with more rolls and coffee. Then Dill gave the Kansas Federation's president's report and presented information for the local clubs. She also handed out award certificates. Goodland received an Award of Merit for the 2004-05 yearbook.

The clubs from Atwood, Goodland and St. Francis gave their presidents' reports. Raedell Winston reported for St. Francis, Joyce Beims for Atwood and Barnes for Goodland. The Scott City club was not present. The last report was from the district president, Palmquist.

A short business meeting was followed by the last minute presentation of the day: "Pepperino, Concert Caprice," a clarinet duet by R.M. Endresen. Barnes and Jones played, accompanied by Salvatore.

Those attending the meeting were Helene Landenberger and Raedell Winston of St. Francis; Joyce Beims, Mary Lewis, Arlene Glad, Donna Beims and Gay Dill of Atwood; Eva Lou Selby of Brewster; Marlyn Mangus, Isabel Hellerud, Sharon Palmquist, Sammie Mills, Pat Schiefen, Martha

Gunderson, Carol Jolly and Birkley Barnes of Goodland; and guests Andrew Salvador and Eileen Jones of Burlington.

The meeting was adjourned, and lunch was served. The gourmet baked potato bar was supplemented by fruit and vegetable plates. Mini chocolate bars and kisses were scattered among the fall decorations on the tables.

The next district meeting will be in October next year. The next Goodland Federated Music Club meeting will be on Sunday, Nov. 6, when members will carpool to Sharon Springs for a tour of Dick Rhea's Antique Organ Museum.

Submitted by Birkley Barnes, publicity chair.

Now is the time to control bindweed

Late summer and fall can be an excellent time to apply herbicides for field bindweed control.

Bindweed seems to be more susceptible to herbicides at this time of year, said Dallas Peterson, Kansas State Extension weed scientist, because of improved absorption and translocation to the root system.

Bindweed foliage will tolerate light frost. Actually, according to Peterson, herbicide treatments seem to be most effective after a frost as long as the foliage is not damaged by a hard freeze.

The most effective treatments for bindweed control include Tordon, Paramount, 2,4-D, dicamba and glyphosate. The best herbicide choice may depend on the farmer's cropping plans.

Tordon plus 2,4-D is one of the best bindweed treatments, but it can only be applied to grass or fallow fields going back to wheat or sorghum.

Paramount can provide similar field bindweed



jeanne falk

- agron notes

control to Tordon treatments. It can be used in noncropland or as a preplant treatment prior to planting wheat in the fall or sorghum in the spring.

Dicamba, 2,4-D, and glyphosate have fewer rotational crop restrictions than Tordon or Paramount. Glyphosate has no recropping restrictions.

Dicamba and 2,4-D applications in the fall should have no issues with spring planted crops, but at least one to two weeks should be allowed between application and planting wheat.

A waiting interval of at least one week after herbicide application should be allowed before tillage to allow for recommended rates and recropping guidelines.

As always, producers need to be aware of the label restrictions and follow the company guidelines. *Jeanne Falk is an area crop production and economics specialist for Sherman, Cheyenne and Wallace counties with Kansas State University Research and Extension.*

Wichita YWCA helps violence victims

In a previous article I acknowledged with appreciation the Kansas Coalition Against Sexual and Domestic Violence. I am now pleased to recognize the work of the Wichita YWCA Women's Crisis Center.

The Crisis Center works to reduce domestic violence and its consequences by sheltering and protecting victims and by helping individuals develop positive relationship skills. The Center carries out its mission by also being involved in advocacy and community education.

The Wichita YWCA shelters approximately 450 women and children each year and receives more than 6,000 crisis calls each year. The Crisis Line is 316-267-7233.

Through the court advocacy program, advocates have helped more than 500 individuals obtain protection from abuse orders as well as protection from stalking orders. Victims are provided support in criminal cases as well as in civil cases.

The YWCA has a working partnership with the Wichita Police Department. That partnership is a community-based advocacy program focused on follow-up contact with victims after a domestic violence incident is reported to police.

Advocates in this program reach approximately 1,000 victims per year. A partnership has also been entered into with Correctional Counseling of Kansas and the Sedgwick County District Attorney's Office to provide comprehensive services to families where one member has been charged with a felony-level domestic violence offense and the victim has chosen to remain in the relationship with the offender.

Recently the YWCA has developed a program to reach victims of



bob stephan

- domestic violence

domestic violence through the area's 450 hair salons. The goal of the program is to make salons a safe place where victims can find connections to information and resources for help.

There are many other services offered by the Wichita YWCA that put them at the forefront of efforts to aid victims of domestic violence.

We applaud and appreciate their efforts to educate the public about the causes of domestic violence and preventive measures to assist in reducing the horrendous crime of domestic violence.

Additional information can be obtained by calling the Wichita YWCA at 316-263-7501 or outside the area, call toll free at 1-888-End Abuse (1-888-363-2287).

Bob Stephan is the chair of Gov. Kathleen Sebelius' Domestic Violence Review Board.

connections to information and resources for help.

There are many other services offered by the Wichita YWCA that put them at the forefront of efforts to aid victims of domestic violence.

We applaud and appreciate their efforts to educate the public about the causes of domestic violence and preventive measures to assist in reducing the horrendous crime of domestic violence.

Additional information can be obtained by calling the Wichita YWCA at 316-263-7501 or outside the area, call toll free at 1-888-End Abuse (1-888-363-2287).

Bob Stephan is the chair of Gov. Kathleen Sebelius' Domestic Violence Review Board.

Internet tonight! 899-2338

The Goodland Star-News

WANT ADS

takes you where the Bargains Are

Read them nightly - use them regularly to

BUY - SELL - RENT - HIRE

CALL 785-899-2338 to place your ad.

You'll find them economical and fast, too.