

Women have recipes in store's cookbook

By Pat Schiefen
The Goodland Star-News
Two area women say they have fun experimenting with recipes to enter in the "Wal-Mart Family Cookbook".

Tina Meyer and Deanna Forsythe, both Wal-Mart employees, got recipes in this year's book. Forsythe lives in St. Francis and commutes; Meyer lives in Goodland.

This is the fourth year Meyer has gotten a recipe in the book. Her entry this year was her grandmother's recipe for chicken parmesan. Her other recipes were for cherry cheese Danish, spicy shrimp and Southwest tacos.

Meyer said she and her husband moved to Kansas after a flood wiped out her job in the Catskill Mountains of New York.

Meyer and Forsythe both said they like to bring their experiments to work to let other "associates" try them. Meyer said she likes their feedback.

Since she had entered the contest before, Meyer said, she got a letter letting her know the contest was coming up. Contest forms are put out in the employee lounge. Wal-Mart has more than one cookbook

because, Meyer said. She has to buy her family cookbooks here and send them copies, because the cookbooks in New York are not the same.

Forsythe said she likes to garden and her recipe was the result of a glut of eggplant. She said she grows eggplant every year because it's a beautiful plant. However, she does not always end up with the same variety. She has had regular, Italian and Chinese.

Both women said they hadn't started thinking about next year's contest yet.

"It's surprising what they pick to win," Meyer added.

This is Meyer's recipe.

Chicken Parmesan
1 jar (26 ounce) spaghetti sauce
1/2 cup fine dry bread crumbs
1/4 cup grated Parmesan cheese
1 1/2 teaspoon Italian seasoning
1 egg, beaten
2 tablespoons milk
6 skinless, boneless chicken breast halves
3 tablespoons vegetable oil
2 cups shredded low moisture part-skim mozzarella cheese

Preheat oven to 350 degrees. Spread about 1 cup of spaghetti sauce in a 3-quart rectangular baking dish.

In one shallow dish combine bread crumbs, Parmesan cheese and Italian seasoning. In another shallow dish combine egg and milk. Dip chicken in egg mixture and roll in crumb mixture.

Brown chicken on both sides in a skillet in hot oil. Transfer chicken to a baking dish and pour remaining spaghetti sauce over chicken. Sprinkle with mozzarella cheese.

Bake, uncovered, about 30 minutes or until chicken is done. Serves six.

This is Forsythe's recipe.
South-of-the-Border Eggplant

1 1/2 cups fine dry bread crumbs
1 package (1.25 ounce) taco seasoning (McCormick).
1/2 teaspoon salt
2 medium eggplants, peeled and sliced 1/2 inch thick
3 eggs
2 cans (14 1/2 ounce) diced tomatoes with mild green chilies
1 can (6 ounce) tomato paste
1/4 cup olive oil
4 cups shredded colby and Monterey jack cheese

Using a non stick cooking spray, lightly coat a 3-quart rectangular baking dish and set aside.

In one shallow dish combine



Tina Meyer straightened shelves at her job at Wal-Mart. Meyer has a recipe in the Wal-Mart Family Cookbook for the fourth year in a row.
Photo by Pat Schiefen/The Goodland Star-News

bread crumbs, taco seasoning and salt. In another shallow dish lightly beat the eggs. Dip eggplant in the egg and then roll in the bread crumb mixture. Place on baking sheet. Cover and chill for 30 minutes.

Preheat oven to 350 degrees. Combine undrained tomatoes and tomato paste in a medium saucepan.

Bring to a boil and reduce heat. Simmer, uncovered, until sauce has thickened. Stir occasionally.

Heat 2 tablespoons oil over medium-high heat in a large skillet. Cook one-half of eggplant slices for 4 to 5 minutes or until golden brown, turning once. Drain eggplant on a paper towels. Cook the

rest of the eggplant.

In the baking dish spread one-third of tomato mixture in the baking dish. Top with half of the eggplant slices, half of the cheese and one-third of the tomato mixture. Repeat layers. Bake, uncovered, for 30 minutes or until heated through. Serves eight to 10.

No whooping cough reported in Sherman County

By Tom Betz
The Goodland Star-News

There have been no cases of whooping cough reported here, the head of the Sherman County Health Department said Friday, though nearby Thomas County has had at least two.

Health Director Dorendo Harrel said an increase in whooping cough cases in the state has been mostly from the eastern region. She said the cases reported in Thomas County were at least two months ago.

The Kansas Department of Health and Environment is urging families to get vaccinated for whooping cough, or pertussis. The state reports a significant increase in cases this year, despite availability of a new vaccine for older children and adults.

As of Dec. 19, the number of cases reported in Kansas had risen

to 535, higher than in previous year's. In 2004, there were 98 confirmed cases and 119 probable cases. Of the 535 cases this year, 269 are confirmed and 266 probable. Sixty-one counties have at least one case of pertussis. Four counties had 51 percent (273) of the cases, Douglas (Lawrence), Johnson (Overland Park), Reno (Hutchinson) and Sedgwick (Wichita).

Harrel said the health department has the new vaccine available, and advises families to be vaccinated.

She said the highest risk is to babies and school-age children, but there have been cases reported in teens and adults.

Since Jan. 1, about 15 percent of all confirmed and probable cases have been in infants less than a year said, Dr. Howard Rodenberg, state health director, 56 confirmed and

21 probable cases, while 21 percent are in the 1-9 age group, 26 percent in the 10-19 age group and 38 percent among adults.

"We urge families to get vaccinated for whooping cough, especially if they have infants in their home," said Dr. Rodenberg. "With new vaccine made available just this year for older children and adults, we now have an opportunity to give the infants in the home added protection against pertussis at a time in their lives when it can be deadly."

"It is most critical parents get their infants vaccinated for pertussis to prevent this difficult and highly contagious illness, which has already taken the life of one Kansas infant this year."

Harrel said people can call the county department at 890-4888 to make an appointment for the shot,

and she will be glad to talk with people about it.

The vaccine was released last year, Harrel said. She said baby shots have the pertussis vaccine in them, and at age 7 kids need a booster for tetanus and diphtheria and now the pertussis is included in the booster.

Earlier this year, the Advisory Committee on Immunization Practices recommended kids aged 11-18 years get one of two newly licensed Tdap vaccines (tetanus, diphtheria and pertussis) in place of the recommended Td (tetanus and diphtheria) booster.

The committee also recommended adolescents 13-18 who missed the 11-12 year dose of Td receive Tdap. Adolescents 11-18 who have already received Td are encouraged to receive a dose of Tdap to protect against pertussis.

Harrel said the amount of traveling people does make it more possible for the whooping cough to be passed around.

Pertussis is a highly contagious respiratory infection commonly referred to as whooping cough. It is a deadly childhood disease that is preventable with vaccination. The disease is named after the whoop sound people often make when they try to inhale during or after a severe coughing spell.

Mild cases of pertussis are difficult to diagnose because they resemble a cold, according to the Centers for Disease Control and Prevention. However, mild cases can be passed on to young children and can produce severe illness in the child.

Symptoms of pertussis appear as a cold, or resemble the flu, including a runny nose, sneezing, fever,

and a mild cough. Symptoms can last up to two weeks, followed by increasingly severe coughing spells. Fever, if present, is usually mild. Symptoms appear between 6 to 21 days (average 7-10 days) after exposure to the bacteria.

During a classic coughing episode, the signature whoop is heard when the patient struggles to breathe. Cough usually produces thick mucus. Vomiting may occur after a coughing episode and the lips and nails may turn blue due to lack of oxygen. The patient is left exhausted.

Harrel said the county still has a few flu shots available, and would like to finish that up soon. She said there has been one confirmed case of flu in the state so far, but officials expect that to increase in the next few months.

State abandons charging for brochures

By Sharon Corcoran
The Goodland Star-News

A plan to charge businesses and organizations to display brochures at state Travel Information Centers has been abandoned, as it was less than popular with people in the industry.

A \$350 per year charge to display brochures at the travel center west of Goodland and the one near Belle Plain was to take effect in January, but the state Travel and Tourism Office decided to listen to the industry.

They were going to charge communities and organizations to put brochures in the centers, said Donna

Price, director of the Sherman County Convention and Visitors Bureau, and the industry was not pleased with it.

Besides the charge, she said, they were going to change the criteria for which types of brochures could be placed in the centers. After listening to comments, though, the agency decided to stick with the current policy.

The office was and continues to listen to the industry, said Director Becky Blake, and because of that has decided not to charge for the brochures.

The centers are an important part of the state's overall tourism mar-

keting effort, said Blake, and partnerships with communities will remain a vital piece of a successful tourism development program.

The center west of Goodland has had more than 140,000 visitors register so far this year, Price said, and

more than that stop in.

There was talk of closing the centers, she said, depending on the budget. Since the state decided not to charge for the brochures, she said, they are looking at other options but do plan to keep the centers open.

Woman, preschooler hurt in I-70 accident

A woman and a preschooler were hurt when a Colorado man apparently fell asleep on Christmas Day on I-70 at the big curve west of Brewster, left the highway and rolled his vehicle.

The driver Jose Padilla, 24, from Aurora, Colo. was not hurt and was not wearing a seat belt.

Two passengers, Marie Ramires-Roriges, 28, and Jenn Escareno-Romero, 4, were hurt and were taken to the Citizens Medical Center, Colby, and released. They also were not wearing seat belts. Mauricio Escareno-Romero, 29,

also was a passenger, was not injured and was not wearing a seat belt. The passengers were all from Aurora.

Tyson Reuben Weisshaar, 22, from Burlington on Saturday, Dec. 17, was driving west on I-70, lost control on an icy bridge ten miles west of Goodland, hit an embankment and became airborne. The 1990 Ford landed on its wheels. Weisshaar and passenger Brett Gray Johnson, 18, also from Burlington were taken to the Goodland Regional Medical Center and released. Both were wearing seat belts.

corrections

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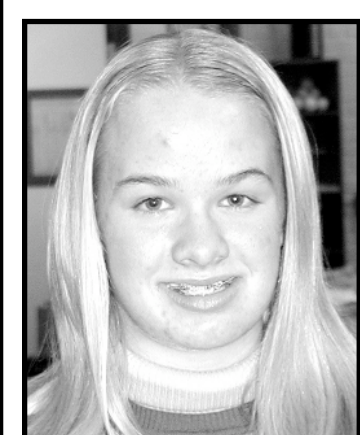
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student of the week



Name: Heidi Yonkey
Parents: Gary & Miriam Yonkey
Grade: Sophomore
Age: 15
We've nominated this student because: Heidi is great to have in class. She tries her very best and she is very conscientious about her work. She is a very positive person in our school.
Student Comment: My favorite classes would have to be my science classes. I will always remember the great times with my friends

and golf trips.
Activities involved in at school: GAA, Stuco, FCCLA, Golf, Track, 4-H, Les Chanteas, Piano
My choice of movies, books, and games: My favorite music is country. I like to watch comedy and chick flick movies. I will read any kind of books, but I especially like the "Jeanette Oke" series.
After I leave Goodland High School I intend to: go to college and study in the medical field. I would like to become a pediatrician and later on get married and have a family.
And 10 years from now, I think I'll be: probably still in college, hopefully graduating soon.
Favorite Quote: I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
Jimmy Dean

Dr. Austin

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