

Attend Church Regularly

...and read your Bible daily



WEEKLY SERMONETTE

“True North” By Cody Shepherd, Youth Minister, Norton Christian Church

The other day I got a compass. It was not one of the new ones that merely tell you which direction you are going. It was an old-fashioned Boy Scout type compass. The problem was I didn't know the correct way to use it. Even though I could figure out the direction in which I was going, I didn't know all of the intricacies of the compass. There were a couple other gadgets on the compass that I didn't understand.

A good friend of mine took it upon himself to show me. Inside the lid is a thin piece of wire stretched tight. Once you find the direction you want to go, then you line up things with that piece of wire to find an object in the distance that is in that direction. You now have a focal point to walk towards that is in the exact direction you need to go.

We live in a world that is crazy. Things switch around constantly. Eggs are considered good for you and then they're considered bad. Things that were once never thought of as acceptable are now

very commonplace. If you think things don't change in this world much, ask someone who is 100 years old about just a few things they have seen change.

A large problem with this is that if we try to find our direc-

tion in life from the world, it can be quite dizzying. We never quite know where we stand. But then again, we weren't made for this world. We need to look beyond this world for our direction.

The Bible, though some consider it outdated, is very definitive on how things are and who God is. Four books of the Bible are devoted to Jesus' time on earth and the rest of the New Testament explains what Jesus' life and witness meant. Ultimately, the Bible is our compass. It helps us know where we are meant to go. Once we understand the direction, we can look through that piece of wire and see that Christ lines up perfectly in the direction that we need to go. As Jesus says in the Bible in John 14:6, "I am the way, and the truth, and the life; no one comes to the Father, but through Me."

So if you right now feel lost and confused, be sure to look for something other than this world to figure things out. Jesus is constant, He is firm and He is looking to help you along the road. He will help you get to where you need to be. Life is a journey we all take. We just have to decide which compass to use.



It's hard to pass by a sign for a sale without stopping to check it out! Shopping at yard sales is a popular pastime, appealing to our human nature and desire to accumulate more and more possessions, especially at a bargain price. The strange thing is that we sometimes end up buying something because it was too good a bargain to pass up. It can escape us completely that we have little need for the "treasured object".

Are we acquiring these treasures that clutter up our homes and lives because we are really looking for more meaning in our life? In collecting objects of dubious value, are we overlooking gifts of much greater value?

If life is really to be worth living, we need more than earthly possessions. We need to seek the values that will bring us closer to God and "...store up ...treasures in heaven, where moth and rust do not destroy." (Matthew 6:20) These values can be found in God's teachings; they can be discovered in our chosen house of worship.

Best of all, God's values are a real bargain; they are free to anyone who seeks them!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Malachi 3:5-18	Isaiah 40:1-17	Isaiah 40:18-31	Isaiah 41:1-20	Psalms 103	Psalms 106	Psalms 111

Scriptures Selected by The American Bible Society
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Shop smart when buying summer fresh fruits, vegetables

Abundant, summer-fresh fruits and vegetables can prompt buying sprees, but over-buying may drive up food costs, even when seasonal crops are lower in price.

Buy quantities that you can reasonably use within one to three days. For example, bananas ripen more quickly in warm weather. If you typically eat one banana a day, buy a two- or three-day supply so that bananas can be eaten before over-ripening.

• Be picky - look for fruits or vegetables that are free of cuts, bruises or signs of mold. Here are other shopping and food storage tips:

• Consider cost and use. If your family likes potatoes and you have a cool, dry place to store them, buying a 10-pound bag may offer convenience and savings. If potatoes are allowed to soften and/or sprout, however, the savings will be eroded by waste.

• Allow fruits and vegetables to ripen. Produce may be harvested before it is fully ripe. Some will ripen during transport to the point of sale, but fruits and vegetables may need a little TLC at home. If, for example, fresh peaches are fragrant, but hard and not yet ripe, place them in a brown paper bag on the kitchen counter to ripen.

• Check recommendations for food storage. Fresh-picked tomatoes will ripen on the kitchen counter at room temperature. For optimum flavor, serve fresh tomatoes at room temperature; cover and refrigerate any unused portion of the tomato after cutting.

Storing melons at room temperature also is recommended. Chill before serving. Wash fresh fruits and vegetables in cool running water before serving. If fresh from the garden and noticeably dirty, washing and drying before

**Home ed
Tranda Watts,
Extension
specialist**



storage is recommended. Washing melons before cutting and slicing also is recommended, as melons grow on vines where they may come in contact with naturally-occurring bacteria in the soil. If not washed, the bacteria that may be present on the outside of the melons will be transferred to cut pieces.

• Use technology to your advantage. Read manufacturers' instructions for your refrigerator and freezer and heed the recommendations: Crisper drawers and some utility compartments are designed specifically to protect fresh produce.

• Cover food storage containers to reduce cross contamination and accidental sharing of flavors.

• Store fresh-cut vegetables such as carrots or celery in a cold water bath (covered) for a day or two to help keep them crisp.

• Browning can result when certain enzymes in fresh-sliced fruits such as apples or peaches, are exposed to air. Browning can be eliminated by adding a little ascorbic acid (marketed as "Fruit Fresh") or citric acid as in lemon juice.

• Buy too much? Freeze or can excess produce before quality deteriorates. Food quality typically begins to deteriorate at harvest. More information also is available at your County K-State Research and Extension office or e-mail: twatts@oznet.ksu.edu.

NORCATUR NEWS

By NORCATUR NEWSLETTER VOLUNTEERS

Inez Keller called recently and says she and Charles have moved to Las Vegas. Their son has taken a teaching job there, so the whole family moved. Inez still baby-sits little Mac while his mom and dad work. The Texas climate was not good for her arthritis, and she is enjoying the dry climate in Nevada. At the time of her call they were about settled in, although she hadn't been feeling well. Their phone is (702) 882-2775, and address is 6056 Folksong Court, Las Vegas, Nev., 89148.

Max and Norma Ward were visitors of Kenneth and Pansy Price on Sunday evening, July 10.

Rea and Dee Magers attended the wedding of their grandson, Zach Pomeroy and Brenda Simmons, on July 7 at the Hudson Gardens, south of Littleton, Colo. It was a very beautiful setting and ceremony. The Magers returned home on July 9.

A barbecue was enjoyed at Rea and Dee Magers' on the Fourth of July. Those attending were Toots Magers, Lyle; Richard and Jane Englehardt, Norton; Judy Easton, Quinter; Jeff Magers and Joy Luoto, Cedar Bluffs; Kirsten and Kendra Guy, Abilene; and Joani, Madison and Cody Killen of Florida. Later they all went to the fireworks at Norton Dam.

Birthdays: Renee Harmon - July 12.

After a doctor's appointment in Hastings, Neb., on July 5, Cathy Clausen and Beth Johnson drove to Independence, Mo., to visit Mr. and Mrs. Dennis Molzahn. On Wednesday they were dinner guests of Mr. and Mrs. Chris Clausen in Olathe. Thursday they had lunch with Cale Clausen in Lawrence. They visited with Claire and Norman Rupp and Wilson.

Dwight Wood had surgery on his neck June 28, replacing two disks with metal and bone from his hip. His pain seems to be relieved a lot. He is doing well, thanks to the doctors' skill and answered prayers. He returned home Saturday, July 2.

NORCATUR MUSEUM UPDATE

New items received at the Norcatour Museum include pictures given out by E.E. Campbell & Sons, and The Coffey Larrick Grain Co., and army uniforms belonging to Lee Eckhart which were donated by his estate.

Does anyone have Norcatour Rural High School alumni or class pictures from years gone by, or the recent reunion? Any school pictures would be appreciated. We would like to put them in a scrap book. Items may be sent to Chris Dempewolf, Box 89, Norcatour, Kan., 67653.

SECOND CHANCE HOMELESS PET SOCIETY



**"Lady Bird"
Female Boxer/
Border, 1-2 yrs.**

Dogs will be started with obedience training and housebreaking. Vaccinations and spay/neuter will be completed. There will be an adoption fee required for each dog.

For more information contact: Linda, 785-877-5219; Terry, 785-874-9672; Kathy, 785-877-5651

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