

# Food specialist gives tips to help keep foods warm

If you're preparing several foods that get "done" at different times, you often can successfully hold most hot foods for about 15 to 20 minutes in a preheated oven set to 200 to 250 degrees F. For longer holding periods, the U.S. Department of Agriculture advises "Set oven temperature high enough to keep the hot food at 140 degrees F or above. Check internal temperature of food with a meat thermometer."

Keeping foods hot for extended periods of time may reduce the quality of the food.

Examples of keeping foods warm include:

- Place pancakes or waffles in a single layer on a baking sheet as they're made if you want to serve them all at the same time.

- Keep hot takeout food — such as barbecued meat or Chinese food — warm by transferring it to an oven-safe baking dish while you prepare another dish to serve with it.

- If you mash potatoes in an oven-safe saucepan, place them in the oven to stay warm while you finish preparing the other foods.

- When stir-frying foods in sev-

**Home ed**  
**Tranda Watts,**  
**Extension**  
**specialist**



eral batches, transfer heated foods to the oven until all foods have been stir-fried.

• By applying these ideas to your everyday preparation of meals at home, you can successfully put a meal on the table and have all the dishes warm and ready to eat at the same time.

If you have food preparation questions, please feel free to contact your local K-State Research and Extension Office or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu).

*Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.*

## WILSONVILLE

By **VELMA HOLTZE and LAURIE LAWS**

Kendall and Virginia Rice drove to Lincoln where they met her brother, Howard Hall and wife, who were enroute home from spending Christmas with his son in Kansas City. They spent Wednesday together. On Thursday, the Halls went to their home in North Dakota.

Harold and Pat Yost spent Christmas day with Greg Yost and family at Beaver City.

Todd Palmer of Joplin, Mo., drove to Omaha to be with his parents, Darrel and June Palmer, who were in Omaha where Darrel had surgery. On Friday, Todd brought this parents home. Todd visited other relatives before returning to his home.

Sheena Jumps, daughter of Jan and Scott Rice made her first trip back to Wilsonville since she was commissioned as an officer in the military. Since she had such a short time, coming on Friday and returning on Monday, they had to make time count. Therefore, the Rice, Jumps and Malleck relatives gathered at an eating place in McCook. On Saturday, she visited college friends in Kearney. Scott and Jan returned her to Denver where they visited their other daughter, Alyssa, before Sheena left for her San Diego base.

Tuesday evening guests in the Harold Yost home were Pat's son, Doug, his wife, Shelly Shepherd and children, Scott and Kelsey from Topeka, Madison and Ian Shepherd and Keith and Gloria Shepherd from McCook. Pat's son, Tim Shepherd, who spent most of the holidays working as a railroad engineer joined the group at Shirley K's on Wednesday. Madison and Ian stayed in Wilsonville until Thursday to be with the cousins. Scott especially enjoyed his time in Wilsonville as he got to practice his driving skills, since traffic is not a problem like it is in Topeka. Another advantage of living in a small community.

Special music at the Baptist-Christian Church was a vocal solo by Todd Palmer of Joplin. Pastor Keith's sermon related to Moses and the excuses he found to keep from doing what God called him to do.

Jim and Becky Holtze and Brian Holtze recently moved Janene Holtze to her apartment in Kearney.

Brian and Lyndzie Holtze hosted several couples to an evening in their home on New Year's Eve.

Allen and Connie Wilson drove to McPherson recently. She, unfortunately, became ill and they returned home the next day. Mrs.

Wilson started her new job at the Beaver City Manor. She had worked at the Manor several years ago.

**Christmas Greetings**  
Many Christmas greetings were received last month. Here are a few.

Pastor Jay and Trudy Mitchell are now pastoring a church at Beardsfort, S.D. Trudy is also working at a Headstart school. Their daughter, Misty, is planning to be married in March in Parker, Colo. Their son, Clark, is employed at a woodworking plant.

Eileen Lomax Luhman, La Habre, Calif., is thinking about making a move.

Dorothy Best is active and happy in the Phoenix, Ariz., retirement home where she lives.

Pastor Doris Harlin still lives in Sydney, Neb., and sends greetings to all her friends in Wilsonville.

Denise Cramer Schachenmeyer of Raymond, Neb., says she is starting her 20th year at Lancaster Manor Nursing Home. Her oldest son graduated from high school in May is now enrolled at Doane University.

A letter from DeeLee Treats at Gothenburg, Neb., says they are homebodies, going to the senior center for dinner, to get groceries and to attend church. They celebrated 60 years of marriage in August. DeeLee has passed his 81st birthday.

The Dick Seybolds of Trenton always send their greetings in rhyme. They have had several trips this past year including a Caribbean cruise.

Pauline Sorensen Williams reminisces about a number of things that she has read in the Cambridge Clarion, but especially mentions that her mother belonged to the I Help Others Club. She is happy to hear it is still going.

The Rev. Howard Holverson, who is past 90, lives in a retirement home in Lincoln. His son, Winston, died last summer, and Winston's wife, only a few weeks later. His Aunt Mabel, who was his age, and a special playmate as children, was buried a few weeks ago. On top of all that, he learned of the death of a granddaughter.

*The paper you read for the news you need!*

THE NORTON TELEGRAM

# Worship At The Church Of Your Choice This Week

**NORTON FIRST UNITED METHODIST CHURCH**  
**The Rev. Lew Van Der Wege,**  
**Pastor**  
**804 W. Wilberforce, Norton**  
**877-2196**

SUNDAY — 8 a.m. Early Service  
9:15 a.m. Sunday School for all ages  
10:30 a.m. Worship Service  
2:30 p.m. Discipleship Bible Study  
5:30 p.m. Sr. United Methodist Youth Potluck  
7 p.m. Bridge Service  
MONDAY — 6:30 p.m. First Place  
WEDNESDAY — 10 a.m. Missions Committee  
6 p.m. Worship Committee  
6:30 p.m. Library Committee  
7 p.m. Chancel Choir  
8:15 p.m. Bell Choir  
THURSDAY — 6:30 p.m. Ladies Bible Study  
SATURDAY — 2:30-4:30 p.m. Foss Anniversary Reception

**EDMOND UNITED METHODIST CHURCH**  
**Rev. Lew Van Der Wege,**  
**Pastor**  
SUNDAY — Worship Services

**TRINITY EPISCOPAL CHURCH**  
**Georgia Briery,**  
**Senior Warden**  
**102 E. Waverly, Norton**  
SUNDAY — 9:30 a.m. Christian Education  
10:30 a.m. Holy Eucharist, Celebrant, Fr. Dennis Gilhousen; Lay Reader, Don Johnson  
11:30 a.m. Coffee Hour; host, Alberta Slaby  
11:45 a.m. ECW  
3-4 p.m. God's Pantry, Alberta Slaby

**EPISCOPAL CHURCH OF THE TRANSFIGURATION, LOGAN**  
**Fr. Dennis Gilhousen**  
CHRISTMAS DAY — No services

**CROSSROADS CHURCH**  
**313 West Lincoln Street**  
**Pastor Terry Laughlin**  
**Phone: 877-2416**

**e-mail:**  
[crossroads@ruraltel.net](mailto:crossroads@ruraltel.net)  
[www.standatthecrossroads.com](http://www.standatthecrossroads.com)  
SATURDAY — 8 a.m. Men's Fellowship and Prayer  
SUNDAY — 9:15 a.m. Sunday School  
10:30 a.m. Worship Service  
4 p.m. Singpiration  
5:30 p.m. Christian Fellowship and Potluck Carry-in  
WEDNESDAY — 6:45 p.m. Fellowship  
7:15 p.m. Adult Bible Study

**ST. FRANCIS OF ASSISI CATHOLIC CHURCH**  
**Father Vincent Thu Laing**  
**877-2234**

**stfanci@ruraltel.net**  
**108 S. Wabash, Norton**  
**Mass Schedule**  
Sunday 10:30 a.m.  
Monday 8 a.m.  
Tuesday No Mass  
Wednesday 8 a.m.  
Thursday 8 a.m. Mass  
Friday 8 a.m.  
Saturday 7 p.m.

**Sacrament of Reconciliation**  
4 p.m. Saturday, 30 minutes before Mass or by appointment  
TUESDAY — 7 p.m. Bingo  
WEDNESDAY — 7 p.m. SYF (K-8)

First Friday of the Month — Adoration following Morning Mass  
First Saturday of the Month — 8 a.m. Marion Devotions  
K of C Third Monday of Month at 7:30 p.m.

**NORTON MINISTERIAL ALLIANCE**  
Hospital chaplain, Monday through Sunday, Cummings  
Sunday Services at Andbe Home 2 p.m.; Norton Manor at 3 p.m., Mascarenas

**PRAIRIE VIEW REFORMED CHURCH**  
**The Rev. Jeffrey Van Der Wee**

**410 Holland, Prairie View**  
**973-2794**  
SUNDAY — 9 a.m. Morning Worship  
7 p.m. Evening Services

**LUCTOR CHRISTIAN REFORMED CHURCH**  
**2 miles east and 3 miles north of Prairie View**  
**The Rev. Jeffrey Van Der Wee**  
**973-2794**  
SUNDAY — 10:30 a.m. Morning Worship, 7 p.m. at Prairie View Reformed Church

**REDEEMER EVANGELICAL LUTHERAN CHURCH**  
**Pastor Timm O. Meyer**  
**e-mail:**  
[timmmeyer@ruraltel.net](mailto:timmmeyer@ruraltel.net)  
**805 W. Holme, Norton**  
**877-3138**  
SUNDAY — 7 a.m. "Time of Grace" on FOX-TV  
9:05 a.m. "Goodness From the Good Shepherd" Radio Broadcast, KQNK 106.7 FM & 1530 AM  
9:30 a.m. Worship Service  
10:40 a.m. Sunday School  
10:40 a.m. Bible Study  
MONDAY and TUESDAY — Pastor/Teacher/Delegate Conference, Lincoln, Neb.  
MONDAY THROUGH SUNDAY — Meals on Wheels Deliveries  
WEDNESDAY — 7 p.m. Bible Study  
THURSDAY — 4:30 p.m. Confirmation Class, Alma, Neb.  
SATURDAY — 1:30 p.m. Evangelism Meeting  
2 p.m. Ladies Mission Meeting

**NORTON CHRISTIAN CHURCH**  
**Jeff Nielsen, Minister**  
**Cody Shepherd, Youth Minister**  
**e-mail:**  
[ncc\\_office@sbcglobal.net](mailto:ncc_office@sbcglobal.net)  
**208 N. Kansas, 877-2871**  
SUNDAY — 8 a.m. Early Worship  
9:30 a.m. Sunday School  
10:40 a.m. Worship Service  
4 p.m. Youth Group  
6:30 p.m. Worldview Class  
WEDNESDAY — 6:30 a.m. Men's Prayer Breakfast  
9 a.m. Prayer and Fellowship  
5:45 p.m. AWANA Supper  
6:25 p.m. AWANA  
7 p.m. Upper Room Prayer Time  
THURSDAY — 8 a.m. Cabinet Meeting at Town and Country  
FRIDAY AND SATURDAY — GORF at Norfolk, Neb.

**FIRST CHURCH OF GOD**  
**Pastor Terrill Worthington**  
**1010 Churchill Dr.**  
**877-2181**  
SUNDAY — 9:15 a.m. Time of Prayer (Adults)  
9:30 a.m. Time of Prayer (Children in kitchen)  
9:45 a.m. Sunday School  
10:45 a.m. Morning Worship  
6 p.m. Choir Practice  
7 p.m. Evening Service  
WEDNESDAY — 6 p.m. 3D at Parsonage  
7 p.m. Adult Bible Study, King's Kids, Jr. High and High School Worship  
8 p.m. Committee Meetings, Team Practice  
2nd THURSDAY of each month — 7 p.m. Women of the Church of God  
3rd SATURDAY of each month — 8 a.m. Men's Breakfast

**IMMANUEL LUTHERAN CHURCH**  
**The Rev. Rick Rostek**  
**814 N. Second, Norton**  
**877-2430**  
SUNDAY — 9 a.m. Sunday School, Bible Class  
10:30 a.m. Worship  
WEDNESDAY — 2 p.m. Andbe Home  
3:45 p.m. Christ for Kids  
5:15 p.m. Choir  
6:30 p.m. Confirmation  
THURSDAY — 9:30 a.m. Bible Study (Deines)

**CONGREGATIONAL CHURCH, ALMENA**  
**Kirk Kasson, Pastor**  
**e-mail: [congo@ruraltel.net](mailto:congo@ruraltel.net)**  
SUNDAY — 9:30 a.m. Sunday School

School  
10:30 a.m. Church Services  
7 p.m. TFC  
TUESDAY — 7:15 a.m. Teen Women's Discipleship  
WEDNESDAY — 3:30 p.m. Good News  
7 p.m. Kirk and Kim's Small Group  
THURSDAY — 7:15 a.m. Teen Men's Discipleship

**ST. JOHN'S CATHOLIC CHURCH, LOGAN**  
**Father Allen Scheer**  
SUNDAY — 8:30 a.m. Mass  
MONDAY — 5:30 p.m. Mass

**FIRST CHRISTIAN CHURCH OF LOGAN**  
**Pastor Troy Buss**  
SUNDAY — 9:30 a.m. Sunday School  
10:30 a.m. Church services  
WEDNESDAY — 7 p.m. Bible Study

**CLAYTON UNITED METHODIST CHURCH**  
**Pastor Kathy Aeillo**  
**669-2554**  
SUNDAY — 10 a.m. Church School  
11 a.m. Worship Service

**LENORA CHURCH OF GOD**  
SUNDAY — 10:30 a.m. Worship Service  
WEDNESDAY — 7 p.m. Bible Study

**FAITH LUTHERAN CHURCH**  
**404 N. York Avenue, Oberlin**  
SUNDAY — 9:30 a.m. Worship  
10:45 a.m. Fellowship and Educational Hour  
Holy Communion, first and third Sundays  
7:30 p.m. Congregation Council second Wednesday

**NORTON SEVENTH DAY ADVENTIST CHURCH**  
**105 S. Case Street**  
**Pastor Marion Miller**  
SATURDAY SERVICES — 9:45 a.m. Church Services  
10:45 a.m. Sabbath School

**LONG ISLAND UNITED METHODIST CHURCH**  
**The Rev. Dean Gilbert**  
**554 Washington, 854-7626**  
SUNDAY — 11 a.m. Morning Worship  
FIRST SUNDAY — 12 noon Fellowship Dinner  
1 p.m. Administrative Council Meeting  
FIRST WEDNESDAY — 2 p.m. United Methodist Women's Meeting in Fall, Winter and Spring

**NORTON FIRST BAPTIST CHURCH**  
**Pastor Charles Ross**  
**112 S. Archer, 877-5214**  
SUNDAY — 11 a.m. Worship Service  
6 p.m. Evening Service  
WEDNESDAY — 7 p.m. Mid-Week Prayer Meeting and Bible Study

**LIVING HOPE FELLOWSHIP**  
**One mile south of Norton at corner of PDRA road**  
**Pastor Jerry Cummings**  
**877-2426**  
SUNDAY — 10 a.m. Worship and Praise Service  
TUESDAY — 10 a.m. Prayer Meeting  
WEDNESDAY — 7 p.m. Youth and Children's Programs  
7 p.m. Adult Home Bible Study

**THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**  
**Phillipsburg Branch**  
**Noel Krouse, Bishop**  
**620 7th Street**  
SUNDAY — 10 a.m. Sacrament meeting  
11:15 a.m. Sunday School  
11:15 a.m. Primary  
12:05 a.m. Priesthood meeting  
12:05 a.m. Relief Society  
Visitors welcome.

**LOGAN UNITED METHODIST CHURCH**  
**Dean Gilbert**  
**303 W. Church, 689-4350**

SUNDAY — 9:15 a.m. Worship  
10:30 a.m. Sunday School  
9:15 a.m. Fifth Sunday song service  
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF  
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women  
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

**UNITED PARISH OF LENORA**  
**The Rev. Jack Kersenbrock**  
**140 E. Iowa, 567-4420**  
SUNDAY — 9:30 a.m. Sunday School  
10:30 a.m. Worship Services

**LYLE UNITED METHODIST CHURCH**  
**Carol Woodmansee**  
SUNDAY — 9 a.m. Worship Services

**MAPLE GROVE CHURCH OF THE BRETHREN**  
**9 miles west**  
**4 1/2 miles north of Norton**  
**Pastor Leon Neher**  
SUNDAY — 9:30 a.m. Sunday School  
11 a.m. Worship Service  
4th Tuesday, Women's Fellowship  
3rd Sunday, Noon, carry-in dinner

**ST. JOSEPH CATHOLIC CHURCH, NEW ALMELO**  
**stjoseph@ruraltel.net**  
**Father Vincent Thu Laing**  
**Pastoral Administrator, Stan Chapin**  
SUNDAY — 8:30 a.m. Mass  
FRIDAY and MONDAY — 8 a.m. Scripture Communion Service  
Weekday Mass Tuesday 8:30 a.m.

**ALMENA UNITED METHODIST CHURCH**  
**Pastor Kathy Aeillo**  
**669-2554**  
SUNDAY — 8:30 a.m. Worship  
9:30 a.m. Sunday School  
WEDNESDAY — 7 p.m. Bible Study in Fellowship Hall  
2ND SUNDAY — Noon Fellowship Dinner  
1:00 p.m. Administrative Board Meeting  
THURSDAY — 10 a.m. Vita Band Exercise Class, Everyone Welcome  
7 p.m. Aerobics Class, Everyone Welcome  
3RD THURSDAY — 1:30 p.m. United Methodist Women in Fellowship Hall

**HENDLEY/WILSONVILLE UNITED METHODIST CHURCHES**  
**The Rev. R.L. Malchow**  
10 a.m. Sunday Worship Hour  
1st and 3rd Sundays, Hendley  
2nd and 4th Sundays, Wilsonville  
Coffee Fellowship after service  
3rd Thursday U.M.W.

**WILSONVILLE UNITED BAPTIST CHRISTIAN CHURCH**  
**Minister, Keith Theobald**  
SUNDAY — 9:45 a.m. Sunday School  
11 a.m. Worship and Communion  
1st Thursday, B.C.W. 9 a.m.

**NORCATUR UNITED METHODIST CHURCH**  
**Pastor Kathy Aeillo**  
**693-4519**  
SUNDAY — 10 a.m. Worship Service  
11 a.m. Sunday School  
TUESDAY — 10 a.m. Vita Band Exercise Class, Everyone Welcome  
7 p.m. Aerobic Class, Everyone Welcome

