

Pancake race held annually on Shrove Tuesday

An annual event that occurs in February is the pancake race held in Liberal.

The race is between the women of Liberal and the women of Olney, England to see who can run the fastest while carrying a skillet with a pancake.

This is the 55th match-up between the two towns, but the history of Pancake Day in Olney dates back more than 500 years to 1445.

The story goes that on Shrove Tuesday, which will be Feb. 24 this year, (day before Ash Wednesday and Lent) a woman was using up cooking fats (forbidden during Lent) making pancakes.

Hearing the church bells ringing calling everyone to the shriving ser-



pat schiefen

• postscript

vice, she grabbed her head scarf (required in church) and ran to the church, skillet and pancake in hand and her apron still on.

The neighbors got into the act in following years, and it became a race to see who could reach the church first and collect a "Kiss of Peace" from the bell-ringer.

The kiss is still the traditional prize in the race both in Olney and

in Liberal.
The following pancake recipes are from "Bread for Breakfast" by Beth Hensperger.
Margaret's Oatmeal Hotcakes
1 dozen 4 inch pancakes
2 cups cultured buttermilk
1 3/4 cups quick cooking rolled oats
1/4 cup flour
1/4 cup whole wheat pastry flour
2 tablespoons firmly packed light or dark brown sugar
2 large eggs, beaten
1/4 cup light olive oil
1 teaspoon baking powder
1 teaspoon baking soda
1/3 teaspoon salt

1 cup dried cranberries or chopped dried apricots or a combination of the two

In a medium bowl with a plastic lid mix together buttermilk and oats. Refrigerate overnight.

The next morning remove mixture and sprinkle flours and sugar over the oats.

Whisk eggs, oil, baking powder, baking soda and salt into the oatmeal mixture.

If the batter is too thick, add a little more buttermilk. Add cranberries and or apricots.

Lightly grease and heat a griddle over medium heat. For each pancake use 1/4 cup of the batter. Cook about 2 minutes and flip. Cook about 1 minute until golden.

Blueberry Pancakes
Eighteen 4 inch pancakes
1 1/3 cup flour
1/3 cup brown rice flour
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 cups cultured buttermilk
3 large eggs
1/4 cup oil
1/2 teaspoon vanilla
1 pint fresh or drained canned blueberries or 1 (12 ounce) package unsweetened, unfrozen frozen blueberries

Combine flours, baking powder, baking soda and salt in a medium mixing bowl. In another bowl whisk together buttermilk, eggs, oil and vanilla. Add milk mixture to dry in-

gredients. Stir until just mixed. Do not overmix. Batter will be thick and have small lumps. Let stand 15 minutes at room temperature.

Lightly grease and heat a griddle over medium heat. Use 1/4 cup of the batter for each pancake on the griddle. Sprinkle with 6 or 7 berries. Cook about 2 minutes and flip. Cook about 30 seconds on the other side until golden.

Warm Maple Pancake Syrup
1 cup pure maple syrup
6 tablespoons (3/4 stick) unsalted butter
1 tablespoon golden rum (optional)

Combine maple syrup, butter and rum in a small pan or bowl for the microwave. Heat slowly until butter is melted.

Studies say at least one woman in six is abused during pregnancy

Numerous studies report from 15 to 25 percent of pregnant women are physically and sexually abused. At least one woman in six is abused during pregnancy.

Some of the pregnancy complications from abuse include miscarriages, stillbirths, fetal fractures, low birthweight and early deliveries.

Abuse is common in pregnancy. As unbelievable as it seems, physical abuse is one of the most common causes of complications during pregnancy.

In April of 1997 experts with the American College of Obstetricians and Gynecologists told doctors that up to one-quarter of pregnant women are physically abused. They also said the abuse harms not only the women but often the babies as well.

Abuse affects women of all ages and from all socioeconomic backgrounds. The group of women who are most at risk, however, are those who have been physically abused before.

Even when help is available, however, many abused women never seek help because:

- They are rarely allowed to leave the house and then usually only in a controlled situation.
 - They may not have the money, the means of transportation or both.
 - They may be too frightened or ashamed to confront this situation.
- The fact that the woman is pregnant is a risk factor for abuse in it-



cris lovington

• prevention center

self. In fact, Judith McFarlane, a professor in the department of nursing of Texas Woman's University says that abuse is one of the most common problems in pregnancy.

According to Eli Newberger in the Journal of the American Medical Association, physical and sexual abuse of pregnant women can cause several adverse birth outcomes such as fetal fracture, infection and rupture of the mother's uterus.

Intensifying chronic illnesses of the mother may have adverse effects on the fetus as well. Intermediate risks from abuse are elevated stress, isolation leading to inadequate access to prenatal care and inadequate nutrition.

Maternal psychological stress has been associated with depression, and stress and/or depression may have direct or indirect effects on the fetus.

"Biology responds to the environment," Elizabeth Sussman of Penn State University said.

"A child will experience stress in a bad situation, and these stressors will affect the child's hormones.

"An abused pregnant woman's stressors will influence hormones

present during pregnancy, affecting the woman and the unborn child. If we can intervene to

prevent these stressors, we could reduce the changes in the individuals as well as their children."

Dr. Ronald Chez of the University of South Florida, Tampa, said some women may get inadequate prenatal care because the men who abuse them forbid them to go to appoint-

ments.
Dr. M. Allen of New York University Medical Center reported the stress of abuse may hinder women's efforts to eat right or give up cigarettes, alcohol or drugs.

If you are abused or know of such a situation, one place for battered

women to turn is the Northwest Kansas Family Shelter at 1-800-794-4624, 24 hours a day in Hays, Or National Coalition Against Domestic Violence, the federal government's domestic violence hot line at 1-800-799-SAFE (7233).

Worship warms the heart

Calvary Gospel Church
Pastor: Rev. Steve Rains
Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
Morning Service: 10:30 am
Small Group Ministries
Wednesday: Prayer and Worship: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.

Our Lady of Perpetual Help
Pastor: Father Norbert Dlabal
307 W. 13th • 899-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
1st & 3rd Sunday: 2 pm

Sonrise Christian Church
Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm

Word of Life
Foursquare Church
10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church
Serving the rural community
for over 100 years
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church
Pastor: Glenn Hermanson
Fifth & Broadway
899-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints
1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo
La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church
Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church
(Disciples of Christ)
Pastor: Loren Strait
Eighth & Arcade • 899-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado
United Methodist Church
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene
Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church
1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church
109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:45 am
Morning Worship: 11 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

St. Paul's Episcopal Church
13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Grace Fellowship Church
104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder •
Residence: 890-0134
Sunday: Sunday School: 10 am
Worship Service: 11 am
Youth Group at Gattshall's at 5:30 pm
Adult Bible Study 6 pm

First Baptist Church
Pastor: John Meckling
Fifth & Center • 899-3450
Sunday: Sunday School: 9:15 am
Morning Worship: 10:30 am
Evening Worship: 6:30 pm
Tuesday: Mens' Prayer Group: 6:00 am
Thursday: Night Bible Study: 7:00 pm

Emmanuel Lutheran Church
13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian education/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ
401 Caldwell
899-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking
Hwy. 24

Koons Funeral Chapel
North Main

Good Samaritan Center
208 W. 2nd

Goodland Star-News
1205 Main

New Listings

611 Sherman...3 bedroom, 2 bath home in spectacular condition. Fenced yard, detached garage, screen in porch with hot tub. \$65,000. Please call Donna Moore to take a look at this immaculate home

1506 Walnut...One-level living. This ranch style home offers living room, eat-in kitchen with appliance, 2 bedrooms, bath, family room and utility room. Screened in porch, detached garage. \$35,000. Please contact Donna Moore for your showing

CRP LAND....640 acres in SE Sherman County. 75 return on investment w/4 payments left on contract. Contact Terry Richardson.

House to be auctioned...402 Center...Friday, March 5 at 5 p.m. Contact Donna Moore for information.

Ask about some of these other fine listings: 811 Washington, 1323 Caldwell, 1522 Caldwell, 908 E. 5th, 215 Main, 6965 Hwy 27, 802 W. 13th plus lots more in a variety of prices and size. Please give Donna a call for more information.

Cynthia Butts, 899-3944; Donna Moore 899-6159.

RICHARDSON'S HOMESTEAD REALTY, INC.

1023 Main • Goodland, KS 67735

785-899-2328 or 1-800-974-2426

OR E-MAIL US AT: homested@goodland.ixks.com

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