

Mount Pleasant News

By Dianne Bremer

Wilma May and Darlene Fisher were Wednesday evening dinner guests of the Jack Fortin family. Relatives joining Mark Wurm of Edmund, Okla., for lunch Saturday noon at the Down Home Café in Herndon were Wilma May, Eugene Wurm, Brad and Shanna Long and Miranda, Sean and Daniel Jordan, Jerry and Connie Olson, and Stean Olson, Salina.

Mark was en route home from Loveland, Colo., where he had attended continuing education classes. Courtney Covell, Denver, and Allison Scholbe, Centennial, Colo., were weekend guests of John and Dianne Bremer and Jessica. These girls, ages 13 and 14, were members of the Colorado Children's Chorale which performed Saturday

evening at the Oberlin Gateway Center. The group arrived Friday afternoon and left Sunday morning for Manhattan where they will begin the final week of their tour. Arthur and Alice May were Sunday noon dinner guests at the John Bremer home. The Mays were Sunday afternoon visitors of LuVerne May.

Satisfy hunger with grains

Have you been looking for lowfat, nutritious foods that satisfy your hunger?

Whole grain foods are a great choice.

Would you be willing to eat more whole grains foods if they would help reduce your risk for heart disease and cancer? Then plan to attend this educational lesson, "Healthful Whole Grains" beginning at 2:30 p.m. today.

The lesson will be presented by Angela L. Abts, Sheridan County Extension Agent, at The Gateway. Please contact the K-State Research Decatur County Extension Office at (785) 475-8121 if you plan to attend.

Whole grains provide energy for daily activities and reduce the risk of developing many major diseases. When you are shopping for whole grain foods, look for the word "whole" in front of a grain to be named first on the label's ingredient list.

A food's color doesn't tell whether it contains whole-grain ingredients. It is important to read the nutrition label when making decisions.

Americans typically eat the recommended six servings of grain foods per day. Most of the grain foods we eat, however, are made

with fortified refined grain rather than whole grain.

Breads, cereals, and pasta made from whole grains are a source of fiber. The average American is only consuming 12 grams of fiber daily.

The American Dietetic Association recommends that Americans should consume 25 to 30 grams every day.

Fiber helps to regulate bowel function and relieve constipation. Fiber may be a protective factor for heart disease and certain types of cancer.

Foods rich in dietary fiber act as a "filler" and may help with weight management.

Here are a few helpful suggestions to add whole grains in your diet:

- Choose a quick and easy ready-to-eat or ready-to-cook whole grain cereal for breakfast.
- Pour some dry, bite-size cereals into a bag, or grab a whole grain cereal bar to take along with you as a snack during your busy day.
- Add whole grains to mixed dishes. Try adding some pearl barley, wild or brown rice to your favorite soup, stew, or casserole.
- Try substituting whole grain flour for one-fourth to one-half of the white flour called in recipes.



Home Time

By Tranda Watts
Multi-county Extension Agent

And the winner is...



DRESSED UP (from left) Jane Carlisle, Emily Williams and Donna Fortin handed out prizes at the Assembly of God Church on Friday night for the last night of King's Kids.

— Herald staff photo by Kimberly Brandt

Seeds traced back to 1700s

Gaylord and I attended the Kansas State University Advanced Master Gardener Training last fall. Now that spring is just around the corner, even though it is a dry one, I would like to share some of the information.

This workshop provided an excellent opportunity to hear some very knowledgeable speakers. A featured speaker was Kent Whealy. He and his wife are real pioneers in seed saving and heirloom seeds, which he defined as any variety that has true family history of being handed down. Some seeds could be traced back to the 1700s by family members.

He showed a morning glory from seed his wife's grandfather had

Master Gardener

By Shirley Shields

planted on his farm. Grandpa Otts' farm is now Heritage Farm. I immediately recognized it as the same one growing on our rail fence. He had pictures of all kinds of vegetables, all from old seed, including tomatoes of all shapes, sizes, and colors, and egg plants ranging from small white ones, which truly looked like eggs, to black ones of all sizes and shapes.

He said people from all over the world send him seeds and the story behind them. They grow the seeds, then harvest and store them in a hu-

midity and temperature-controlled environment to keep them viable. There is backup storage underground in case of tornado or fire.

Heritage Farms is located near Mason City, Iowa, and is a beautiful setting centered around the original old barn, which has been restored. Visitors are welcome. The heirloom seeds are offered for sale, and are now their main source of income since the present economy has affected grants, and donations are down.

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Kansas Real Estate by Order of United States District Court
for the District of Kansas, Case No. 02-1398-WEB

Monday, May 5, 2003 @ 10 A.M. (CDST)

Open House: Sun., May 4, 10 a.m. to 5 p.m.

SELLER: United States Marshal's Office, District of Kansas
AUCTION LOCATION: 118 S. Rodehaver, Oberlin, KS

By virtue of an Order of Sale issued out of the United States District Court for the District of Kansas, at Wichita, Kansas, in the above entitled case, the U.S. Marshal will offer for sale at public auction and sell to the highest bidder for cash in hand, all of the right, title and interests of the defendants in and to the following described real estate:

Legal Description: Lots Eight (8), Nine (9) and Ten (10), Block Five (5), Original Town, now City of Oberlin, Kansas.

Legal Description: Lots 2, 3, 4, 5, and 6, and 10, 11, 12, 13, 14, 15, 16, 17 and 18 in Block 9, Traer, Kansas.

Said real property is levied on as the property of the defendant above named and will be sold without appraisal, subject to any unpaid real property taxes or special assessments to satisfy said Order of Sale.

Oberlin General Information: Brick and brick-type block building, approximately 60' x 110'. Front office carpeted with counter, balance is shop area. Formerly, auto dealership. Great parking. Large building. All pertinent data available upon request from County Appraiser's Office.

2002 Property Taxes: \$1,316.40



Terms: Proceeds must be cash, money orders or cashier's checks. The check shall be made payable to the Clerk, United States District Court. The sale is not finalized until the United States District Court confirms the sale by issuing an Order of Confirmation. Upon the issuance of the Order of Confirmation, a United States Marshals Deed will be issued to the buyer.

All statements, representations and information herein are from sources deemed to be reliable and are believed to be correct; however, the Auction Firm makes no warranties, either expressed or implied. All measurements are considered to be approximate. Surveys, if any, are not verified by Legere Auction & Realty, Inc. Purchaser(s) should verify details and view property and due diligence as sophisticated Purchaser(s), prior to auction, as Legere assumes no liability for any material matter that may be beyond their area of expertise. Purchaser(s) may need expert advice. Legere represents Seller only and will not be considered as agent for any Purchaser(s). Property will be sold on an "As is-where is" basis. Title shall be subject to roads, rights of way, easements, restriction, reservations and/or leases as may be of record.

ANNOUNCEMENTS MADE AT DISCRETION OF AUCTIONEER SALE DAY SHALL TAKE PRECEDENCE.

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