

Herndon News

By Carrol Ginther

Carrie Knapt and Elizabeth of Wolldorf, Md.; Mr. and Mrs. Jim Rich of Tucson, Ariz., and daughter, Susan, have been visiting Mrs. Rich's mother, Wilma Bobinmyer. Luncheon guests last Thursday of Frank and Wynemah Cox were Roseann, Shakia Rose and Sohn Michael Domsch of rural Atwood. Goldie Oldies met at the Down Home Cafe on July 10. Those present were Anna Mae Ketterl, Helen Marintzer, Wilma Bobinmyer and daughter, Carol

Kompus; Lillian Wahrman, Dorothy Engleman, Ann Martin, Edie Pettera and Margaret Riener. Mrs. Patricia Tongish and Jaret of Newton were last Sunday supper guests of Denis and Wilma Tongish. Ron Solko of Oberlin was a last Sunday dinner guest of Monica Solko. Other visitors included Diana, Rodney and Kimberly Solko, Oberlin, and Tom Solko, Herndon. Bill and Mary Jo Bock,

Southgate, Calif., visited recently with their aunt, Edie Pettera. All were supper guests of Bob and Julie Hafner Monday evening. They were Tuesday supper guests of Jan Sattler. Those from the 1993 Herndon High School class who attended their class reunion were Dan Sattler, Jeremy Wolfram, Andrea Franke Powell and Jeff Rowley. Members of the 1943 class were Don Grafel, Georgia Wolfram Moore, and David Robert Bobinmyer.

Mount Pleasant News

By Dianne Bremer

Jennifer Andrews, Perry, Ga., played on the Perry All-Stars softball team that won the Georgia State championship in the Dixie Belles division; the tournament was played July 12 through July 16. Jennifer is the daughter of John and Eunice Andrews, Perry, Ga., and the granddaughter of Wilma May.

Kroemer, DeSoto, representing the Verda Kroemer family; Pat and Dottie Mead, Netawaka, and Dan and Amy Waterman, Jewell, representing the Julius Waterman family. Additional afternoon and supper guests were Ron Bryan and Kasia, Dale and Lenora Soderlund, Dean and Peggy Groneweg, and Terry Lippelmann.

Arthur and Alice May accompanied John and Dianne Bremer and Jessica to Hays on Saturday. They enjoyed lunch out with Victor Marcotte of Hays as their guest and then returned to the Marcotte home to enjoy the afternoon visiting. Leonard and Vena Bruce, McPherson, were additional afternoon visitors at the Marcotte home. The three men served together in the 37th Army Engineers Battalion in the European Theater during World War II.

The Waterman cousin reunion was held Saturday, July 19, at St. John's Lutheran Church in Oberlin, with the following cousins present for lunch and supper: Loretta House, Colorado Springs, and Cathy Wilfong, Fountain, Colo., representing the Albert Waterman family; Ed and Cathy Waterman, Sedgwick, and grandson A.J. Hibbs, Wichita; Elmer and Margaret Waterman and Lisa, Bonaire, Ga.; Melvin Waterman, Heather Wessel, Lexi and Tristan, and David and Karen Eskew representing the Gerhardt Waterman family; Kenneth and Carolyn Call, Harlan and Judy Call and Karissa, all of Colby, and Myrna Carter, Carter Lake, Iowa., representing the Lena Call family; Martin and Donna Waterman, Atwood; Fendall and Colleen Bowen, Laird, Colo.; Gary and Virginia Solko, Ludell, and Marty and Jane Waterman, Atwood, representing the Martin Waterman family; Lila Waterman, Atwood, and Diane Hendrix, Grantville, representing the Marvin Waterman family; Larry and Elvina

Friday supper guests at St. John's Lutheran church preceding the Waterman reunion were David and Karen Eskew, Ed and Cathy Waterman, A.J. Hibbs, Elmer and Margaret Waterman and Lisa, Melvin Waterman, Michael and Heather Wessel, Lexi and Tristan, Scott Waterman, David and Courtlyn, Donna Eskew, Bev Reiter and Brianna, and Terry Lippelmann.

Connie Olson was among those attending a bachelorette party for Krista Simonsson at the home of Angie Ayers Saturday evening.

Jay and Becky Tate, Dakota and Mollie Marie, returned home Sunday from a nine-day family vacation trip. They spent two days visiting his brother and wife, Jaron and Tara Tate, Hot Springs, Ark., en route to Ponchatoula, La., where they spent the remainder of their vacation visiting her father, Patrick Ryan, and other family and friends. Enroute home on Saturday they visited her aunt and uncle, Hardy and Nancy Arnold, in Baton Rouge, La. Connie Olson was among the guests attending a bridal shower honoring Krista Simonsson Saturday afternoon at the Sappa Valley Manor.

Freezing is a popular form of food preservation. Here are some tips for better results while preserving summer's bounty.

What is blanching? Blanching is a process used to stop the maturing of fruits and vegetables, usually done before freezing the product.

These foods contain enzymes that can cause color and flavor changes. Blanching fruits and vegetables briefly in steam or boiling water will inactivate the enzymes, as well as destroy surface microorganisms, and result in a higher quality food. The blanched and frozen food will also shrink slightly, which gives increased freezer storage.

The method and length of time for blanching depends on the vegetable. It is important to follow recommended blanching times. Over-blanching will result in a cooked product that will lose flavor, color and nutrients. Under-blanching will encourage enzyme activity. This can be worse than not blanching at all.

After blanching, the vegetable must be cooled quickly to stop the cooking process. Plunge into ice water for the same amount of time as blanching.

Microwave blanching is not an effective method, since it does not save time or energy. Also, microwave ovens typically have hotspots which can result in uneven enzyme inactivation.

Can artificial sweeteners be used to freeze fruit? Adding sugar increases sweetness and helps maintain color and texture, but in general, fruits can be frozen with-



Home Time

By Tranda Watts
Multi-county Extension Agent

out sugar.

Artificial sweeteners can be used when freezing fruit. Simply follow recommendations on the sweetener package to determine the amount to use. Keep in mind that artificial sweeteners will not provide good color protection or thick syrup to protect the texture.

If freezing fruit without sweetener, it can be added after the fruit is thawed, just before serving.

Can spices and seasonings change when frozen? While some foods tend to absorb odors in the freezer, flavor changes may be happening to the spices and seasonings used in frozen food. To reduce this occurrence, season foods lightly before freezing. When ready to serve, add more seasonings to en-

hance the flavors.

Here are some examples of seasonings to be careful with:

- Pepper, cloves, garlic, green pepper, imitation vanilla and some herbs can become strong and bitter.
- Onions and paprika can change flavor.
- Celery seasoning gets stronger.
- Curry can become musty.
- Salt loses flavor and can cause rancidity in fatty foods.

Tranda Watts is multi-county extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

DIABETICS

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Medicare and private insurance welcome (sorry, HMO's not accepted).

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Decatur County Fair Days August 5 - 9 30th Anniversary of the Carnival!

- July 29** PRE-FAIR ACTIVITIES
Clothing Construction, Buymanship, & Fashion Revue Judging
- August 2** 4-H and Open Horse Show
- August 4** All decorated bales must be in place by 8:00 p.m.
- TUESDAY, August 5**
- 9:00-Noon Enter all 4-H and Open Class Exhibits (except Floriculture)
- Noon All Booths to be in place
- 6:00-10:00 p.m. Exhibit open hours
- 6:30 p.m. 4-H Food Auction
- 7:00 p.m. Carnival open to the public
- 7:30 p.m. Mutton Busters, participants check in at 6:30 p.m., grandstand

- FRIDAY, August 8**
- 8:00 a.m. Clean up livestock exhibits.
- 1:30 p.m. Pet Parade at Good Samaritan Center
- 5:30 p.m. Public Fashion Revue at the Gateway
- 6:00-10:00 p.m. Exhibit open hours
- 7:00 p.m. Carnival open to the public
- 7:00 p.m. Colgate Country Showdown
- 9:00-10:00 p.m. Release of all exhibits
- 10:00 p.m. Bale decorating contest winner announced on the midway
- SATURDAY, August 9**
- 7:00 p.m. Carnival open to the public
- 7:00 p.m. Demolition Derby sponsored by the Oberlin Lions Club

Carnival Rides Start at 7 p.m. each evening!

Tickets Only 25¢

30¢ Sinko ALL WEEK for the 30th Anniversary

Twist-Over Train, Ferris Wheel, Swinger, Octopus, Tilt-A-Whirl and Moon Walk (3 tickets)

Merry-Go-Round & Small Children Rides (1 ticket)



See Exhibits throughout the Fair
6-10 p.m. Tuesday thru Saturday

Come One, Come All, to the Grandstand to see:

Tuesday, Aug. 5, 7:30 p.m.
Mutton Busters
Participant check in 6:30 p.m.

Friday, Aug. 8, 7:00 p.m.
Colgate Country Showdown
Grandstand

Saturday, Aug. 9, 7:00 p.m.
Demolition Derby
Oberlin Lions Club

Hay Bale Decorating Contest

(Company / Club / Family / Group / Individual)

- \$50 cash prize to winner**
- \$15 entry fee (1 entry per family or club)**
- Bale must be in place of 8 p.m. Mon. of Fair Week**
- Enter at Extension Office Monday of Fair Week from 8 a.m.-5 p.m.**
- Bales released on Saturday 8 a.m.**
- Winner will be announced on Friday at 10 p.m. at the Midway**
- Maximum 3 bales as exhibit**
- Must supply own decorating supplies (Please do not use lead-based paint.)**

Decatur County Fair Board 785-475-8121

This Carnival was developed by and is operated by residents of Decatur County!

ATTENTION CRAFTERS

Be a part of the Hansen Arts & Crafts Fair
Logan, Kansas

We're looking for new and returning crafters!!
10'X10' Booth Space \$15.00

Fair Date: Saturday, September 20, 2003
For Details, call the Hansen Museum at
785-689-4846

Announcement of Child Nutrition Programs

Unified School District 294 131 East Commercial Oberlin, KS 67749

(NAME OF SPONSOR)	(ADDRESS)	(PHONE)

announces its participation in the Child Nutrition Programs administered by the Kansas State Department of Education. Local school officials have adopted the following household income guidelines for determining eligibility for Child Nutrition Program benefits.

INCOME ELIGIBILITY GUIDELINES, SCHOOL YEAR 2002-2003		
Household Size	Free Benefits	Reduced Price Benefits
1	\$ 11,674	\$16,613
2	\$ 15,756	22,422
3	19,838	28,231
4	23,920	34,040
5	28,002	39,849
6	32,084	45,658
7	36,166	51,467
8	40,248	57,276
9	44,330	63,085
10	48,412	68,894
11	52,494	74,703
12	56,576	80,512
For each additional household member add	+4,082	+5,809

Application forms and an informational letter to households are available at the principal's business office in each school. Applications may be submitted at any time during the year. An application for free or reduced price Child Nutrition Program benefits cannot be approved unless its complete.

For school officials to determine eligibility the households receiving Food Stamps, Temporary Assistance to Families (TAF), or Food Distribution Program on Indian Reservations (FDPIR) benefits must list the children's names, the Food Stamp, TAF or FDPIR case number, and the signature of an adult household member. Households not receiving Food Stamps, TAF, or FDPIR benefits must list names of everyone in the household, the amount of income each household member now receives, source of income, the Social Security number of the household member who signs the application or a statement that the household member does not possess one, and the signature of an adult household member certifying that the information provided is correct. The information is confidential and will be used only for the purpose of determining eligibility. The eligibility status may be verified at any time during the school year by school or other program officials.

In certain cases, foster children are also eligible for Child Nutrition Program benefits. If a household wishes to apply for Child Nutrition Program benefits for foster children living with them, the household should contact the school for more information.

Under provisions of the free and reduced price benefit policy, the Determining Official will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision with the Determining Official on an informal basis. Parents wishing to make a formal appeal may make a request either orally or in writing for a hearing on the decision. The Hearing Official is:

Kelly Glodt, Superintendent of Schools 131 East Commercial Oberlin, KS 67749 785-475-3805

(NAME, ADDRESS, PHONE OF HEARING OFFICIAL)

If a household member becomes unemployed or if household size changes, the household should contact the school. Such changes may make the child(ren) in the household eligible for free or reduced price benefits if the household income falls at or below the levels shown above. Households are required to report an increase in household income of over \$50 per month or \$600 per year, decreases in household size, and discontinuation of Food Stamps, TAF, or FDPIR benefits.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5694 (voice and TDD). USDA is an equal opportunity provider and employer.

Each school and/or the district's/organization's main office has a copy of the policy for free and reduced price benefits which may be reviewed by any interested party.