

Couple plan May wedding

Russell L. Chambers and Erica S. Yeckley of Oberlin plan to be married on Saturday, May 15, at Sappa Park. A reception will follow at the Oberlin American Legion Hall.



R. Chambers, E. Yeckley



A. Marshall A. Reynolds

Students make visit to Topeka

More than 180 high school students received a first-hand look at the workings of state government during Kansas Farm Bureau's Capitol Experience, on March 3 in Topeka.

Representing Decatur County were Amber Reynolds, daughter of Lyn and Marcia Reynolds, Oberlin, and Andrea Marshall, daughter of Troy and Debra Marshall, Norcatour. Both are seniors at Decatur Community High School.

Canisters coming to visit Logan museum

An exhibition of tin containers dating back to the late 1800s will be on display from April 2 through May 16 at the Hansen Museum in Logan.

"Nostalgic Tins" is the result of 50 years of collecting by Liz Knitter of Downs. She has nearly 1,600 tins and related items including tobacco, food product, pharmaceutical, candy, cosmetic, talcum, typewriter, and household tins.

A second exhibit, "Parasols and Palmettos" will be displayed at the same time. It will include the works of professional artist and illustrator Mary Lane McMillan, spanning 75 years of her life, and will range from childhood sketches, to works created during her years a professional illustrator, to paintings and drawings of the pristine landscapes of Florida made late in her life.

Hays to mark Heritage Days

The Ellis County Historical Society Museum will sponsor German Heritage Days on Friday and Saturday, March 26 and 27.

Registration is from 8:30 a.m. to 9:30 a.m. in the lobby of the museum, located at 100 W. 7th Street in Hays. Seminars will feature individual speakers, roundtable panel discussions, and demonstrations on the history of the organ grinder, learning how to polka, seeing an artist/sculptor at work and sampling German cooking.

Hours both days will be from 9:30 a.m. to 4 p.m. Admission, which includes seminars, Volga German Haus tours, bus tours and the museum, is \$5 for one day or \$7.50 for both days.

Green Eggs and Ham Day



PEACH BEIMS, (seated) kindergarten teacher at Herndon School, read "Green Eggs and Ham" by Dr. Seuss in celebration of Dr. Seuss Day and Read Across America recently. A breakfast of green eggs, ham and juice was enjoyed by students from kindergarten through fourth grade. They also enjoyed birthday cupcakes in honor of Dr. Seuss' 100th birthday. Students shown, (from left) are: Tell Arthur, John Solko, Trevor Sattler, and Max Allen. — Herndon School photo

Club News

Club hears about dolphins

"Swim with the Dolphins" was the theme of the program presented at the March 9 meeting of Monday Evening Club when Debbie Withington, a science teacher at Golden Plains School, told about a workshop which she attended at Sea World in Orlando, Fla., last March.

Funding for the grant, which enabled her to attend, came from the Thomas County Drug Seizure Program. Her experiences there enabled her to speak to students and other groups about making positive choices in life and using the opportunities available for careers.

Sixteen members met at the home of Mary Ann Erickson with

Arian Arnold as co-hostess. Plans were announced for a fundraiser for the Decatur County Stand Against Violence program to be held at The Gateway from 3:30 to 5 p.m. on Sunday, May 2, following the piano recital of students of Cheryl Metcalf. On April 12, the club will meet at the Tea Rose Parlors of Judy and Leigh Davis at 301 N. Rodehaver.

The club met on Feb. 9 at the home of Sharon Addleman with Sue May as co-hostess. Five piano students of Cheryl Metcalf, Jessica Bremer, Lora Marietta, Taylor Young, Jennifer Hirsch and Sarah Marcuson, presented the program.

Lutheran women gather

Dorothy Moore conducted the meeting of the Lutheran Women's Missionary League when they met on March 10 at St. John's Fellowship Hall.

Pam May presented the devotions, "Uplifting and Uplifted." Kelly Shields led the prayer service, "God's Mission heart," which focused on the power of the gospel and the new hearts God has given.

The state convention will be held in Wichita on April 23-25.

Delegates are Connie Olson and Janice Cundiff. The group will send a wall hanging, "Tree of Life," to Camp Tongashinga, near Junction City, to be auctioned to help fund the camp. It was decided to donate \$100 for the new sound system at the church. "Happy Birthday" was sung to Betty May and she served refreshments.

The next meeting will be a morning meeting on April 3 at Fellowship Hall.

Widows and Friends meet

Widows and Friends met at the Pizza Hut on March 10 for lunch with 22 present. Doris Sloan read the "Irish Blessing" for devotions.

Present were Beth Sebaugh, Judy Davis, Nadean Stoney, Millie Lippelmann, Bertha Schwisow, Doris Fringer, Martha Fringer, Dorothy Jackson, Alice Shirley, Ila Ray, Cecil Hess, Evelyn Olson, Eileene Grose, Mildred Holmdahl,

Bernie Fred, Veanna Orr, Ruby Wennihan, Mae Guy, Wilma May, Eula Juenemann, Doris Sloan and Cindi Sauder.

The April 14 meeting will be held at 2 p.m. at the new Tea Rose Parlors, located at 301 N. Rodehaver in Oberlin. Reservations may be made by calling Doris Sloan, 475-2445, or Judy Davis, 475-2881, at least one day in advance.

Club hears library program

Fifteen members of Zeta Nu Club met at the home of Lois Fredrickson on March 11 with Charlotte Meints as co-hostess.

The club will have the birthday party celebration at 2 p.m. on March 18 at Cedar Living Center, during which three residents will be honored. It was decided not to participate in the Decatur County

Stand Against Violence fundraiser. Marie Jean Vavroch won the hostess gift.

Ashanna Richards presented an interesting program sharing books from the Oberlin Elementary Library and also read to the group. A Dr. Seuss book was ordered for that library in memory of Martha Euhus.

Pi Alpha enjoys dinner

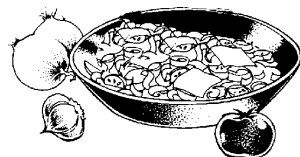
Nineteen members of Pi Alpha Club enjoyed a dinner meeting on March 8 at the Frontier Restaurant, hosted by Eileene Grose and Nora Bearley.

Cecil Hess won the hostess gift, a bouquet of fresh flowers.

The next meeting will be a prayer breakfast at 8 a.m. on Saturday, March 27, at the home of Marty Olson. Assisting will be Joan and Kristy Evans and Janette Votapka.

Lamb Fry & Ham & Scallop Dinner

Saturday, March 20
5:30 p.m. at the Oberlin American Legion
~Public Invited~
Sponsored by SAL



Happy 50th Dad & Mom

March 7, 1954

A card shower is being held to honor Chuck & Joy Votapka by their family—Charlie & Gina; Nancy, and Dan and Lisa and families.

Cards may be sent to:
Rt. 3, Box 4A
Oberlin, KS 67749



It's nearly time to grow greens

It's time to get the garden tools ready and packets of seeds bought.

Rows of green lettuce, beans, peppers and more will soon be sprouting in backyard gardens. Since March is here, why not enjoy some of those green goodies now?

Asparagus is a favorite spring vegetable. While delicious on its own, it is also used in salads and main dishes. Asparagus is a good source of dietary fiber and vitamins A, C and B6. Next to orange juice, it's the second best source of folic acid from a whole food, and is naturally free of fat and cholesterol.

Buy asparagus stalks that are firm and uniform, with closed tips. Store the stalks upright with the cut ends in water or simply wrap in a moist paper towel. Store in the refrigerator if not eaten immediately. Cook asparagus until crisp-tender.

Cabbage is another popular spring vegetable. In March, corned beef and cabbage is popular as a St. Patrick's Day meal.

Cabbage is an excellent source of vitamin C. This vegetable can be



Home Time

By Tranda Watts
Multi-county Extension Agent

eaten raw or cooked. Buy cabbage that is evenly colored, not wilted, and heavy for its size.

Another green edible to consider is the avocado, which is available in stores all year. Avocados contain 5 grams of fat per serving, which is a fifth of a fruit. Of those 5 grams of fat, 3 are monounsaturated, which contains no cholesterol or sodium. They are 60 percent higher in potassium than bananas. Avocados are also a good source of fiber, vitamins B6, E, C and folate.

Ripen firm avocados in a paper bag at room temperature. When ripe, they should be stored in the refrigerator. Avocados can be frozen as a puree. Use ripe, softened fruit.

Wash, peel and remove the pit, then puree the flesh. To prevent darkening, add 1/2 teaspoon ascorbic acid or 3 tablespoons lemon juice per quart, or 1 tablespoon lemon juice for 2 avocados. Pack in a freezer container and freeze. Use within 4-5 months. Avocado seeds are poisonous and should not be eaten.

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.

Internet Tonight! 475-2106



We won't tell you how old she is, but...

she was born on March 17, 1944!

Happy Birthday, Mom!
From the 3 B's and families



I don't know who to thank but God bless each of you. To be blessed by so many caring friends, is to have mercy multiplied beyond belief. Because of your generosity, you make my ministries possible.

May God touch you in a very special way.

God's Blessings,
Dennis M. Brown

Working Women

All about women in the work place.....

Don't miss it!
March 31st

THE OBERLIN HERALD

