

Herndon News

By Carrol Ginther

Sympathy is extended to relatives of Raymond Wahrman, who died Oct. 15. Funeral services were held Monday morning at St. Mary's Catholic Church in Herndon with Father Damian Richards officiating. Burial was in St. Mary's Cemetery. Congratulations to Chauncey Hafner, who will observe his 85th birthday on Thursday. Kirche Martin of Indianola, Neb., visited last Friday with his grandmother, Ann Martin. Recent guests of Edie Pettera were Don Pettera, Mike and Deanna Pettera, and Joseph Pettera, Mesa, Ariz.; Mike and Connie James,

Thornton, Colo.; Ross and Michelle Alord, Broomfield, Colo.; Bud and Pat Bosler, Pine, Colo.; Mr. and Mrs. Clayton Bosler, Colorado Springs; Les and Myrna Pettera, Loveland, Colo.; and Keith Pettera, Lakewood, Colo. Dinner guests last Sunday of Monica Solko were her brother, John Pochop, Colton, Calif.; Ron and Rodney Solko, Oberlin; and Tim and Tom Solko. Naida and Harlan Ginther were last Sunday dinner guests of J.R. and Carrol Ginther. Sarah and Aaron White of Norton were last weekend guests of Dave

and Judy Ketterl. Herndon preschoolers will parade downtown in Herndon between 10 and 10:30 a.m. on Thursday. The kindergarten class will parade at 1:45 p.m. on Friday. Jayme and Jan Sattler went to Oakley last Friday and Rob Sattler accompanied them to Hutchinson to visit George and Michelle Sattler and Adam. On Saturday, they all attended the Hutchinson/Garden City Community College football game. Cody Sattler, son of Rob Sattler, is a student at Garden City and plays on the team.

Let's all get on the grain train

You have many choices when it comes to eating grains, and you should vary your choices. Any food made from wheat, rice, oats, corn or another cereal is a grain product. Bread, pasta, oatmeal, cornflakes, and grits are all grain products. There are two main types of grain products: whole and refined. Whole grain products contain the entire grain kernel — the bran, germ, and endosperm. Examples include whole-wheat flour, bulgur, oatmeal, rye bread, whole corn meal, and brown rice. Refined grains have been milled — the bran and germ are removed. This process also removes much of the B vitamins, iron and dietary fiber. Refined grains include wheat flour, enriched bread and white rice. Some refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back. Fiber is not added back to most enriched grains. Many people around the world use grains as a staple. Grains are great because:

- They provide vitamins, minerals, complex carbohydrates (starch and dietary fiber) and other substances important for health.
- Whole grains, as part of a healthy eating pattern, may help protect you against many chronic diseases.



Home Time

By Tranda Watts
Multi-county Extension Agent

• Fiber-containing foods, such as whole grains (and many fruits and vegetables) promote proper bowel function.

• Fiber-containing foods also help provide a feeling of fullness with fewer calories. Grains differ in their nutrient content, so it's important to choose a variety daily. While whole grains are good sources of fiber, refined grains are not.

Fiber is best obtained from foods rather than from fiber supplements. This is because foods provide many different types of fiber and other protective substances. Use the nutrition facts label on food packages to help you choose grains that are good sources of fiber.

The Food Guide Pyramid recommends a range of servings (6-11) for the grains group.

The amount that is right for you depends on your calorie needs. Almost everyone should have at least six servings daily, and several should be whole grains. People with

high-calorie needs, such as boys and active men, need 11 servings daily. A serving is the standard amount used to help give advice about how much to eat. A portion is the amount you choose to eat. Portions and servings are not always the same. A portion could be more than or less than a Pyramid-size serving. For instance, a Pyramid serving of cooked pasta is one-half cup. A 1-cup portion of pasta equals two Pyramid servings.

You might be surprised at the number of grain servings you eat each day. They add up quickly. For example, a sandwich made with two slices of bread counts as two servings. The number of servings you eat at one time does not matter, as long as the total for the day adds up to the amount that is right for you.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu.

Selden News

By Jacque Boultinhouse

Birthdays and anniversaries: Oct. 21 - Fred Mumm; Oct. 23 - Kory Koerperich; Oct. 24 - Vicki Sulzman, Tyler Richardson, Scott Anderson; Oct. 25 - George Wessel, Yockey Jones; Oct. 26 - Julia Otter, Jacque Boultinhouse; Oct. 27 - J.R. Albers, Sam Shuler; Oct. 28 - Katherine Peter, Zane Pauls; Oct. 29 - Chris Springer, Jack McKee; Oct. 31 - Paula McKenna, Anna Albers Johnson; Nov. 1 - Jason Geisinger; Nov. 2 - Mike Neff, Daris DeGood, Helen Carman.

Gene Rogers, Leone Porsch and Paulie Neff. School calendar: Nov. 1 - Junior High academic bowl in Rexford at 4 p.m. The United Methodist Church is looking for an organist. Anyone interested should contact Shirley Emigh at (785) 386-4252. Just a reminder of our elderly, who would love to receive a card.

They include: Delores Mumm and Elma Ashley, Oberlin; Edith Carman, Lucille Shuler, Teddy Wachendorfer, Vesta Shea and Kenny Oren, Hoxie; and Amelia Juenemann and Wilber Miller, Colby. Terry Rogers of Lincoln, Neb., was home over the weekend visiting family.



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Jennings News

By Lauri Long

A benefit soup and dessert supper will be served from 6-8 p.m. on Saturday at the Jennings Community Building. Chili and potato soup, cake, coffee and tea will be served. A freewill donation will be received for renovation of the Jennings Community Building. Cards will follow in the basement.

TRICK OR TRUNK ON PENN AVENUE

Bring all the little SPOOKS down for the fun, Friday, Oct. 29th - 4 p.m.

Gather for the SPOOK PARADE at 4 p.m. at the Good Samaritan Center

Merchants and General public are encouraged to dress up on this day.

GHOULS & GOBLINS parade south to the fire truck, then trick and trunk their way back north.



BEST COSTUME contest with judging to begin at 2 p.m.

Prizes are:
\$50 - \$30 - \$20



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The Dresser Presents

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Sunday, Oct. 31st at 2 p.m. at The Gateway

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