Three Norcaturites, Katrina Wentz, Marci Matchett and Destiny Chastain, gave their hair to a good cause at the fourth annual Decatur County Relay for Life this year. Locks of Love, where donors give 10 inches or more of their hair to be used making wigs for cancer patients and others, was a new feature at the fund-raiser this year.

The Norcatur Commercial Club and Cardinal Bar and Grill has awarded three \$300 scholarships to Andrea Marshall, Justine Miller and Brandy Cook this year.

Bryce and Abigail Thornton have a new baby brother, Isaac Ray, who tipped the scales at 8 pounds, 7 was born on June 24 on the wedding anniversary of his parents, Ray and

Jennifer Thornton. Paternal grandparents are R.D. Thornton and the late Eunice Thornton. Maternal grandparents are Rita Weeks and the late Robert Weeks.

Jerry and Cheri Hill had Jerry's brother, Steve Hill of Denver, as a Colo., spent the weekend of June 18 guest June 8-13. Steve house sat for and 19 with Lula Hix. They celthem while Jerry and Cheri made a ebrated Father's Day with Wilbur trip to Boulder, Colo., for a doctor's appointment and to attend a wedding anniversary party in Glendo, Wyo. Steve entertained himself here by taking in the museum and antique stores in the area.

The first annual Norcatur pigeon round-up, held June 21, went off without a hitch, thanks to the efforts of Gerald Jackson and Denny Lane. Magers were Bill and Imogene The round-up took place at the Hahn of Denver. Bill is Dee's ounces, and was 21 inches long. He Fossilstone Farm on South Detroit brother. Avenue. No birds were harmed dur-

Birthdays and anniversaries: Laci Leichliter, Larry James - June 29; Betty Reid, Ronald Temple -July 1; Bee Nelson - July 4; Gerald and Judy Jackson - July 5.

Bill and Linda Young of Conifer, Hix on June 18.

Rea and Dee Magers, Jeff Magers and Joy Luota went fishing on Father's Day at the lake at Norton.

Lora Linn Leichliter is still undergoing tests at Mayo Clinic, and expected to have surgery on June

Recent guests of Rea and Dee

Jennings News

By Louise Cressler

of her son, Benny Bennett and family, in Denver. Sunflower Senior Citizens potluck supper will be held at 6 p.m. on Tuesday, July 12. Bingo will be

Claudine Bennett spent several

days last week visiting in the home

played following the meal. Bring a \$3 prize or \$3 cash for a prize. Everyone is welcome to join us. Reminder: The Jennings City

Council will meet at 5 p.m. on Thursday.

Dave Haury helped with harvest at the Tom and Mary Votapka farm. Family members helping with harvest at the Doyle and Kay Brown farm were Kara and Gordon Kuntz, Katie and Zach, Hays; Kurt and Valerie Brown and Millie, Quinter; and Kent and Robin Brown, Jordan and McKencie, Estes Park, Colo. All the families also visited Mildred

Ken and Julie Carter hosted a birthday party Saturday evening for Abigail and Madisen DuBois, works.

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daughters of Ann and Wes DuBois. Salina. Attending were: Dave and Tami DuBois, Idaho Springs, Colo.; Don and Mayme DuBois, Almena; Jess and Megan Carter and daughters, Oberlin; Becky Carter; arrived in LaCrosse a storm with William and Rachel Carter: Allan and Sherry Carter, Overland Park; Ann Graner, Bethany, Mo.; Karen Webber and Rachel, Columbia, Mo.; Whitney DuBois and Blake Fisher, Colby; and Max and Norma

Ward, Dave Ward, Clayton. Most of the above family members celebrated Rachel Carter's birthday Sunday at the William and Rachel Carter home on Sunday. Mike Wahlmeier and family, Hays, and Jane Wahlmeier and Amanda, Phillipsburg, also came to help Rachel celebrate.

William and Rachel Carter, and Ken and Julie Carter and family attended a cookout at Jess and Megan Carter's home in Oberlin on Monday evening and watched the fire-

Wayne and Louise Cressler went to LaCrosse on Sunday. Greatgranddaughter Adalie, daughter of Nicole and Bill Schroter, celebrated her 6th birthday. Shortly after they wind, torrential rain and hail, golf ball size and larger, hit the town.

The Cresslers sought shelter under an awning on the south side of a fast-food business, but got several dents in the trunk of their car. Throughout the town windows were broken in homes and businesses, and vehicles were badly damaged. Traveling on to Bison where their son, Russ, and family live, the Cresslers saw the same damage to their town.

Food preservation safety tips

Wednesday, July 6, 2005

Home food preservation requires some time, but advances in food safety, science, and technology have simplified the process of preserving summer-fresh fruits and vegetables at home.

Growing interest in gardening and farmers' markets, a desire to increase the number of fruit and vegetable servings for health and to trim food costs, and the popularity of television food shows are stimulating interest in home cooking and food preservation.

Preserving food at home need not be difficult. Key rules are applicable to each of the most frequently used home methods, including canning and freezing:

- Choose fresh fruits and vegetables free of dents, bruises, insect damage and mold.
- Preserve foods as quickly as possible after harvest, preferably within 24 hours.
- Choose an up-to-date, tested recipe and follow the directions exactly. Varying ingredients in a recipe can alter the chemical balance required to preserve food safely and can compromise quality.

Following directions is critical. The acid content of recipe ingredients will dictate the methods needed to preserve foods successfully. For example, high-acid foods such as those used with fruit (jelly-making) and tomato products must be boiled in a hot water bath for a specific time to kill harmful micro-organisms or pathogens that may be present.

If using a sugar substitute, choose a recipe formulated with the substitute rather than sugar.

 Read and follow directions and safety recommendations for cookware used in home food preservation. Dial pressure gauges on a pres-



Home Time

By Tranda Watts Multi-county Extension Agent

THE OBERLIN HERALD 3B

sure canner should, for example, be canned carrots, which she then checked annually. Contact your lo-Office to see if they provide this

- Use recommended food storage containers in good condition.
- Label and date home canned or dried foods and store them in a cool, dry place, such as a pantry or closet; label and date fresh frozen foods as well. As a general rule, use within a year or less.
- leaked, discard it. If food is offcolor or has an unusual texture or odor, throw it out without tasting it.

Here's a true story to make you think: A 62-year-old woman dipped a finger into the liquid of home-

tasted. She was hospitalized two cal K-State Research and Extension days later, feeling dizzy and having difficulty walking. She was still hospitalized six months later and lucky to be alive after ingesting Clostridium botulinum, one of the most deadly food-borne toxins.

Home food preservation can be safe, successful and fun, but it is important to follow directions exactly. Tranda Watts is Kansas State

• Use common sense. If the seal University extension specialist in on a canning jar has failed or a jar 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*.



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'Feeling good about Ourselves'

By Pastor Kathleen Aeillo of Almena, Clayton, and **Norcatur United Methodist Churses**

"I do not understand my own actions. For I do will rescue him from "this body of death," the weak not do what I want, but I do the very thing I hate."

These words from St. Paul make me so grateful to him. If so great an evangelist could feel like this, maybe I don't need to feel quite so badly about myself.

I'm sure we all experience this feeling that, no matter how hard we try, we just keep messing up. We love God, we want to be faithful disciples, but time and again, we fall into sin.

just a little lie. Maybe we spend too much on that new pair of shoes, or the new boat, and we can't Whatever the case, we allow ourselves to put

Maybe we get up caught up in gossip or we tell

God on the back burner, conveniently burying the

Later in this passage of Scripture, Paul asks who

flesh in which we all live. He answers the question for us when he writes, "Thanks be to God through Jesus Christ our Lord." (v. 25a)

*It is God, through Jesus, who gives us the strength to avoid sin in our lives. It is the Holy Spirit living in us who provides the voice of conscience, telling us when we're making poor decisions. That's where we derive our strength and our hope. We can't overcome sin on our own, we must rely on God to resist temptations, all those evil impulses Satan uses to pull us away from righteousness.

God provides so many means of grace to help us remain faithful — prayer and the Word, worship and communion, small groups and Christian fellowship. God provides all these and many more but it's up to each of us to accept God's grace in order to increase our faithfulness.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103

MASS: 5:30 p.m., Saturday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE The Rev. George Kochuvelikkakam MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN The Rev. George Kochuvelikkakam

MASS: 7:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH Jim Martin 120 South East, Oberlin

SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS Glenn Krebs, pastor SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.

DRESDEN SUNDAY: Morning Worship, 9:30 a.m.

PRAIRIE CHAPEL UNITED METHODIST The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST The Rev. Nolan and Barbara Pierce The Rev. George Kochuvelikkakam. SUNDAY: Morning Worship. 10 a.m.

> **UNITED CHURCH OF OBERLIN** 109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 6:30 p.m. Holy Communion, 1st Sun, United Church Women. 2nd Wed at 2 p.m. Parish Council, 2nd

Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)

Pastor: Bobby Cornelius SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7

OBERLIN UNITED METHODIST 102 North Cass - 785-475-3067

The Rev. Doug Hasty SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST Pastor: Kathy Aeillo Almena

SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

OBERLIN ASSEMBLY OF GOD The Rev. Royce Leitner

SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group. 2nd & 4th Thursdays, 2 p.m.

OBERLIN CHURCH OF CHRIST South Beaver Street - Oberlin Bill Duncan — Phone 785-475-3259 SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 & down. WEDNESDAY:

Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON The Rev. Damian Richards Phone 785-322-5560

MASS: SUNDAY, 8 a.m **HERNDON COVENANT CHURCH**

Keith Reuther, Pastor Phone 785-322-5316

SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m; Bible study, 7

NORCATUR UNITED METHODIST Pastor: Kathy Aeillo Almena SUNDAY: Worship Service, 10 a.m.;

Church School, 10:30 a.m.

LYLE UNITED METHODIST Carol Woodmaneee, Almena Lyle Lay Speaker

SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN The Rev. Heidi Wiebe 810 West Cedar, Oberlin Office Phone 785-475-2769 SUNDAY: Worship Service, 9:30 a.m; Fellowship Time, 10:30 a.m.; Sunday

LUND COVENANT CHURCH

Study, 7:30 p.m.

School, 11 a.m. WEDNESDAY: Bible

Pastor: Tom Smith 10 miles south, 4 miles west of Oberlin SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. SATURDAY: Men's breakfast & Bible Study, 7 a.m.

ST. JOHN'S LUTHERAN CHURCH 510 North Wilson

Pastor: Rev. Rick Langness Secretary: Norma Unger 785-475-2333 SUNDAY: Sunday School and Bible

class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday.

FAITH LUTHERAN CHURCH 404 North York Avenue Oberlin, Kansas

Pastor Charlotte Strecker-Baseler Church Office Phone: 785-475-2053 SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays Congregation Council, third Sunday, 10:45 a.m. Youth Group, first and third Sundays, 10:45 a.m.. WEDNESDAY: Confirmation class, 6:30 p.m.; Women's Bible Study second Wednesday at 9:30 a.m.

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