

Sympathy is extended to the family of Bill Nelson, who died June 27. Three Norcatcurites, 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.

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 guest June 8-13. Steve house sat for them while Jerry and Cheri made a trip to Boulder, Colo., for a doctor's appointment and to attend a wedding anniversary party in Glendo, Wyo.

The Norcatcur 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 ounces, and was 21 inches long. He was born on June 24 on the wedding anniversary of his parents, Ray and

Birthdays and anniversaries: Laci Leichter, 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, Colo., spent the weekend of June 18 and 19 with Lula Hix. They celebrated Father's Day with Wilbur 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 Leichter is still undergoing tests at Mayo Clinic, and expected to have surgery on June 27.

Recent guests of Rea and Dee Magers were Bill and Imogene Hahn of Denver. Bill is Dee's brother.

Food preservation safety tips

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.

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

sure canner should, for example, be checked annually. Contact your local K-State Research and Extension Office to see if they provide this service.

- 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.

Use common sense. If the seal on a canning jar has failed or a jar leaked, discard it. If food is off-color 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-

canned carrots, which she then tasted. She was hospitalized two 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 University 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.

Jennings News

By Louise Cressler

Claudine Bennett spent several days last week visiting in the home 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 played following the meal.

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 Tacha.

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

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; 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 fireworks.

Wayne and Louise Cressler went to LaCrosse on Sunday. Great-granddaughter Adalie, daughter of Nicole and Bill Schroter, celebrated her 6th birthday. Shortly after they arrived in LaCrosse a storm with 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.

'Feeling good about Ourselves'

By Pastor Kathleen Aeillo of Almena, Clayton, and Norcatcur United Methodist Churces

"I do not understand my own actions. For I do not do what I want, but I do the very thing I hate." Romans 7:15

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.

Maybe we get up caught up in gossip or we tell just a little lie. Maybe we spend too much on that new pair of shoes, or the new boat, and we can't pay our tithe.

Whatever the case, we allow ourselves to put God on the back burner, conveniently burying the guilt.

Later in this passage of Scripture, Paul asks who

will rescue him from "this body of death," the weak 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:

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HERNDON IMMANUEL UNITED CHURCH OF CHRIST
OBERLIN ASSEMBLY OF GOD
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UNITED CHURCH OF OBERLIN
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OBERLIN SEVENTH-DAY ADVENTIST CHURCH
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