

By Vicki Allison

I pray that the meaning of Christmas has been renewed in the hearts of mankind during this holiday season while celebrating through fellowship, giving, song, food, laughter, worship, and memories with family and friends.

The Red Barn Gang traveled to Hoxie, Oakley, Hill City and Quinter in December. The members enjoy playing for people in the nursing homes from Goodland, Atwood, Oberlin and all the above places on each trip.

Congratulations to the winners of the post office gift drawings: Ron Shaw, Loretta Trevino, Bill Luna, Deb Stepper, Mabel Lugo and Tammy Roehl.

Residents received a generous gift from the Rexford City Council of no city utility fees for the month of December. Thank you!

There were 42 at the Edna Colson family Christmas get-together potluck dinner held Dec. 4 at the community hall in Rexford.

Pastor Lane and Patty Purcell, David and Liz spent the week of Dec. 19-23 with Patty's parents in Minnesota.

The Rexford Community Church held a candlelight Christmas Eve service and handed out nuts and candy to everyone after the service.

Christmas Day guests of Gary and Kay Cheney were Grace Cheney; Karen and Arron Derbonne, Greeley, Colo.; and Matt and Lyn Cheney, Amanda and Amie.

Pat and Charles Williams, Ron and Janette Dible, and Dan Withers were Christmas guests of Eileen Dible at Colby.

Cindy Stepper, Kansas City, spent time with her mother, Deb. They went to Salina to visit relatives on Christmas Day and also visited Irma Hibbs while there.

Guests of Jean Hawkins on Christmas were a cousin, Jerry

Adams, Hutchinson, and aunt, Marie Adams, Colby.

Vesta Roth's children, Dan and Janice Roth, Abilene; Rick Roth, Stockton; and Eric Roth, Smith Center, were here for Christmas Day.

Hulda Wark and Sondra Barnett, Dennis and Vicki Allison and Kristin and Jami Wark were holiday guests of David and Gloria Dible in Rogers Ark., from Dec. 23 to 25. Sondra was there a few days ahead of time to help Gloria and Dave prepare for the Wark family Christmas while Hulda spent three days with her son, Roger, in Topeka. A total of thirty-three family members came for the celebration. Dennis, Vicki, Kristin and Jami also spent some time in Owasso, Okla., visiting Vicki's brother, David, and Lori Anderson, Sage and Sophie en route.

Christmas guests of Clea Moeder and Buck Harper were Robert and Marsha Moeder, Hutchinson, and son, Chris, from Yale University; Tim and Shelly, Taylor and Peyton Moeder, Colby; and Lubo from Bulgaria, a student at Colby College.

Clea Moeder and Buck Harper attended the funeral of her brother-in-law, Elmer Zodrow, in Oberlin on Dec. 27. Also attending were Robert, Marsha, and Tim.

Guests of Dennis and Vicki Allison during the week were her sister, Debbie and Dan Thompson, and son, Aaron Morton, and his friend, Clayton Arnold, of Round Rock, Texas. On Tuesday evening, Vicki and Debbie's brother, Shawn and Nikki Anderson from Kansas City, stopped by to visit.

On Saturday, Dec. 31, the Anderson family gathered at the Red Barn for their Christmas celebration. Those present were Debbie and Dan Thompson, son, Aaron Morton and his friend, Clayton Arnold, Round

Rock, Texas; Dustin and Frances Anderson, Maranda, Paige, Dustin Jr., and Brooke, Brewster; Tim Anderson, Colby; Marty Anderson and April, Colby; Dennis and Vicki Allison and Jami Wark; Kristin Wark, University of Kansas; Rebecca Wark and Chance Rains and Jaren, Hays; Chad and Desiree Wark and Morgan, Rexford; Mark Ohlrogge and Mitchell and Shane, Levant; Tina Ohlrogge, Gem; and Madonna Anderson, Gem. The Thompsons left for Texas early Sunday when the temperature was 28 degrees and arrived home to 92-degree weather.

Bev Vaughn has finished school at Hays with a bachelor's degree in business with emphasis in accounting. On Jan. 30, Bev will undergo another spinal stimulator surgery. Bev's husband, Max, will be playing with other band members at the Midwest Energy building in Hoxie Sunday afternoon, Jan. 8.

Red Barn events: There were 10 card players for Barnswallows on Dec. 26. Come on Down had two tables of pinochle players on Dec. 29. This week for Koffee Klatch there were 11 ladies including a guest, Gail Walter, of Halstead.

A change of diet is a new year resolution for many of us; I will leave you with the Italian Pasta Diet:

You walka pasta da bakery. You walka pasta da candy store. You walka pasta da ice cream shop. You walka pasta da table and fridge. May the blessing of a "Happy New Year" be a good one for each of you!

After you have make extra food to serve as "planned-overs," keep these tips in mind:

Freeze foods in portion sizes you'll need for future meals. For example, if there are two in your family and you each eat a cup of rice for a meal, freeze in two-cup portions.

Some common foods generally cited as NOT freezing well include:

- Cooked eggs.
Cooked "chunks" of potatoes (mashed and twice-baked may freeze satisfactorily).
Custards and cream puddings, by themselves or in pies.
Potato salad.
Pasta.
Raw, watery vegetables such as lettuce, cucumbers and radishes; tomatoes, celery and cabbage might be satisfactory frozen as an ingredient in an already-cooked dish such as a soup.
Yogurt and sour cream.
Mayonnaise may separate during freezing and thawing.
Sauces and gravies thickened with flour or cornstarch may separate and break down when frozen.
Fried foods may lose their crispness.
Crumb toppings, such as on casseroles, may become soggy after freezing.
Sometimes you will see these foods in a commercially frozen version of some of the above, because food companies have equipment that freezes quickly and helps retain quality better. Also, various ingredients generally unavailable to home cooks are used to help prevent frozen foods from breaking down.
Before you double a recipe for



Home Time

By Tranda Watts Multi-county Extension Agent

frozen "planned-overs," experiment by freezing a small amount of that food first. If you're satisfied with the results, prepare extra for freezing when you make the recipe again.

As a general rule, foods with a high water content such as the vegetables on our list do not freeze well. The water in these foods expands during freezing and breaks down their structure, making them mushy when thawed. This is why frozen fruit packages often advise eating the fruit while still slightly frozen.

To hasten future thawing of the food you are preparing to store, make it into a thinner, flattened shape and place in freezer bags or freezer foil.

A rounded shape takes longer to thaw through to the middle. Flatter packages also will stack better in your freezer.

Remember to cool foods to refrigerator temperature before putting them in your freezer.

Pack food fairly tight into containers or press out excess air when packing food in bags. For most foods, it's helpful to leave a little space (about 1/2 inch) between the food and the freezer package closure to allow for expansion on freezing.

Frozen food remains safe indefinitely at zero degrees Fahrenheit, but the quality deteriorates the longer it's stored.

"Freezer burn," when the food surface appears light-colored and dried out, occurs when moisture on the surface evaporates. Proper cooling, air removal, moisture-vapor resistant packaging, a tight seal and an appropriate length of storage help prevent freezer burn. While a food with freezer burn is safe to eat, the quality is lower.

Label each package with the type and amount of contents and the date it was frozen. Use the dates to assure products are eaten while the quality is still good.

If you're freezing several packages at once, leave a little space between them so air can circulate freely and they freeze faster. Move them closer together when they're frozen.

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.

Herndon News

By Carrol Ginther

Congratulations to J.R. and Phyllis Grafel, who were first-place winners in the Herndon PRIDE Christmas lighting contest. Second place went to Troy and LeeAnn Sattler, and third to the Kevin and Pam Swart home.

Visitors last week of Monica Solko were Ron and Rodney Solko, and Tom and Tim Solko.

Helen Marintzer was a Christmas dinner guest of Kent and Chris Wood. Recent visitors at her home were Don and Jo Marintzer, Hastings, Neb.; and Mike and Denise Marintzer and their son, Dylan, of Austin, Texas.

Don Pettera of Mesa, Ariz., spent the holidays with his mother, Edie Pettera. They spent Christmas Day with Jan Sattler in Atwood. Les and Myrna Pettera of Loveland, Colo., also visited a few days with Mrs. Pettera.

Erma Jones of Scottsdale, Ariz., spent the weekend with Ann Martin. The two women and Bob and Liane Martin and family were Christmas dinner guests of Dick and Betty Martin at Wilsonville, Neb.

Phillip and Keli Kleidosty spent last Friday and Saturday with Mildred Grafel. They were all Christmas dinner guests of Doyle and Kay Brown at Jennings.

Ron and Diana Solko, Kimberly and Rodney, Oberlin; Tom Solko, Ethan and Greg, and Tim Solko were Christmas Day dinner guests of Monica Solko. Sunday visitors were Tom, Patrick and Charles Solko. Monday dinner guests were Ron and Rodney Solko, Oberlin. Tuesday dinner guests at Monica's home were Ethan and Greg Solko, Atwood.

Bob and Julie Hafner spent time with their son, Jason, who recently underwent heart surgery at the University of Omaha Clarkson Hospital.

He is recovering but it will be some time before he will be able to return home to Lexington, Neb.

Herndon Senior Citizens met Dec. 21 at the Senior Center for a potluck. Debbie Rummel took blood pressures. Esther Pennington and Kay Sattler had blackout in bingo and Edie Pettera won the door prize.

'You Can, I Can'

By Rev. Royce Leitner of Assembly of God Church, Oberlin

When the New Year comes around, we have to resolve to change something in our lives, especially the things that are harming us. Well! I have some good news for you!

The Good News is, God has a plan for us, if we'll just believe in Him. In this Good News, which is the Gospel, it states that, "I can do all things through Christ which strengtheneth me." (Philippians 4:13) So you can, I can, do all things in Jesus.

If your life is messed up, Jesus can, you can't,

straighten it out. Jesus has overcome this world, so you can, I can!

Every person has a plan in detail of what we could do in Him! But somehow, we choose the wrong plan, mostly ours; our willpower, our piloting our lives, which in most cases are of ruin, and mistakes.

The Good News is that if we turn it over to Jesus, and follow Him, the Bible states that, "Nay, in all these things we are more than conquerors through him that loved us." (Romans 8:37)



Schedule of Oberlin and area church services:

Table listing church services for various locations including Oberlin Sacred Heart Catholic Church, United Church of Oberlin, Oberlin Church of Christ, LUND COVENANT CHURCH, ST. JOHN'S LUTHERAN CHURCH, ST. MARY'S CATHOLIC, HERNDON, OBERLIN COMMUNITY FELLOWSHIP, HERNDON COVENANT CHURCH, NORCATUR UNITED METHODIST, LYLE UNITED METHODIST, PRAIRIE CHAPEL UNITED METHODIST, HERNDON IMMANUEL UNITED CHURCH OF CHRIST, OBERLIN SEVENTH-DAY ADVENTIST CHURCH, JENNINGS-DRESDEN UNITED METHODIST CHURCH, CLAYTON UNITED METHODIST, OBERLIN UNITED METHODIST, OBERLIN ASSEMBLY OF GOD, and EVANGELICAL COVENANT CHURCH OF OBERLIN.

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These sponsors urge you to attend church regularly:

17th Annual WICHITA RV SHOW Special Show Prices \$5 ADULTS \$1 CHILDREN JANUARY 11th - 15th. Wednesday, January 11, 4:00-9:00; Thursday, January 12, 4:00-9:00; Friday, January 13, 12:00-9:00; Saturday, January 14, 10:00-9:00; Sunday, January 15, 12:00-6:00. Kansas Coliseum

Herndon Insurance Agency Ron Beims, Agent 785-322-5331 9 a.m.-5 p.m. Mon.-Fri.

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