

The Norcatour United Methodist Church will hold a farewell supper at 7 p.m. on Saturday, June 17, at the Educational Building for Pastor Kathy Aeillo.

Vacation Bible School will begin at 9 a.m. at the Norcatour United Methodist Church on Saturday, June 3.

Birthdays and anniversaries: Inez Jackson - May 24; Larry and Jodi Lyon - May 26; Jody Lyon, Chance Harman - May 27; Arnold Jackson - May 28; LaVerne Milner, Ron and Renee Harman - May 29; Jamie Wentz, Tad and Rebecca Hart-sough - May 30.

Marguerite Clark, Wayne and Norma McCallister joined Bee Nelson, Lula Hix and her daughter, Linda (Hix) Young of Conifer, Colo., for pizza Friday evening, May 19, at the Cardinal Bar and Grill.

Bee Nelson accompanied Ruby and Mike Cook of Clayton and their son, Todd Cook, Dakota, Quinton and Shakira, of Oberlin, to Norton for the hog roast party in honor of Jessica Cook on Saturday evening, May 20. Jessica graduated from Norton Community High School on May 21.

The Norcatour Royal Neighbors were guests of the McCook Royal Neighbors on May 16, for a Mother's Day dinner at the McCook Pizza Hut. Those attending were Estella Harold, Beth Johnson, Dorothy Woods, and Lora and Lee Arnold.

Lee and Lora Arnold had Mother's Day dinner at Jennings at the Jennings School cafeteria. It was sponsored by the Jennings Lion Club.

Kenneth and Pansy Price were May 21 afternoon visitors of Virgil and Joyce Price.

Gerald and Judy Jackson returned May 21 from a trip to Denver, combining doctor checkups with visiting children and grandchildren. They also were May 18 guests of Butch and Carol (Jackson) Salter for dinner and a tour of the new addition to their home.

Keith Anthony returned May 21, from nearly two weeks in Killeen, Texas, with his daughter Lynn. They also visited Crystal and Trinity in Austin, Texas. Trinity turned three on May 16, so they were there for her birthday party.

There were three tables for cards at Senior Citizens Friday evening, May 19. Winners were Beth Johnson, Clint Hatfield and Mary Sedlmayer. The next meeting will be at 7 p.m. on Friday at the Methodist Educational Building.

The Kenneth Prices went to the high school graduation of their grandson, Matthew Wolf, at Kensington on May 20. Matthew was recipient of the D.C. Duer Foundation Scholarship Award, and the Kansas Board of Regents Certificate of Recognition for completing the Kansas Scholars Curriculum. He plans to go to Fort Hays to study criminal law. Following graduation, the Prices attended a reception honoring Matthew. They stayed overnight with the Wolfs to celebrate Kenneth's birthday on Sunday.

Ron and Marlene Wolf attended their daughter, Erica's graduation on Friday, May 19, in Concordia. She received a plaque in recognition of outstanding performance in the agricultural department. Erica is the granddaughter of Kenneth and Pansy Price.

Norcatour will hold a city wide garage sale from 9 a.m. to 5 p.m. on June 10. Maps will be available. For information call Chris Dempewolf at (785) 693-4461.

The Norcatour Commercial Club will be giving out scholarships for students from the Norcatour area. The scholarships are available for anyone continuing their education at a vo-tech, junior college, or university. Applications may be picked up at The Bank, Norcatour Post Office, or Norcatour City Office, and must be returned by June 1.

Guests the weekend of May 20 at the Stan Miller home were Bev Morris, Hoxie; Chad, Aimee and Eli Applebury, Colby; and Casey

Morris, Lawrence. Casey has moved to Lubbock, Texas, where he will work for Oxydental Petroleum this summer until school starts this fall.

Dorothy Ward had lunch with Lora Linn Leichter at the Cedar Living Center on May 19. She also saw Velda and Frank Ward and Lowell Sebaugh.

Wava Reames took Frank Ward to Kearney, Neb., for a checkup and everything checked out okay. He and Velda are living at the Cedar Living Center. , Leslie and Lynn Ward and Wava Reames took pizza to Frank and Velda Ward on Friday evening, May 20.

Marguerite Clark returned May 15, from spending five days with her nephew, Robert and Julie Clark, in Maryland. David and Kathy Ankenman, Yucaipa, Calif., met Marguerite on May 10 at the Denver airport, and they flew to Baltimore. They were joined there by David's brother, Pat, and son, Christopher. Everyone enjoyed touring Maryland, New Jersey, Pennsylvania, and Washington, D.C.

Wava Reames left May 2, for Oklahoma to attend the eighth grade graduation of her granddaughter, Shawnda Hall.

Veda Wood and Dorothy Ward, representing the Norcatour News, attended The Norton Telegram's correspondents tea, held at Whitefields Coffee House, on May 17. The group enjoyed the afternoon, which was emceed by Carolyn Plotts. Everyone received a kitchen towel and Liza Deines cookbook, and Dorothy Ward won a geranium plant.

You can make good food fast



Home Time

By Tranda Watts
Multi-county Extension Agent

Many people with busy lifestyles may be wondering, why should they bother to cook when families can eat out so easily?

But with a little effort, you will find your home-cooked food tastes good!

Also, at home, you can control what goes into your food by cutting down on salt, fat, sugar and calories while including more fiber and nutrients.

How can you find time to cook? Here are 10 tips to help you "cook it quick."

- Cook once and eat twice. Plan two meals from the same food. Be sure to separate the extra food before serving so it doesn't stay out of the refrigerator any longer than necessary.
- Refrigerate your "planned-overs" in shallow pans so your food is no more than 2 inches deep.
- Consider shopping at supermarket salad bars when that is an option. You can purchase small amounts of cut and peeled fruits and vegetables, or individual salads.
- Remember you will be paying a price for the convenience, but it may be worth it if you have little time to prepare food. Be sure you use these ready-prepared foods within a day or two of purchase.
- Buy fruit at varying stages of ripeness. Buy some to eat now and some to ripen for later. Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears and plums continue to ripen after purchase. Refrigerate fruit after it has ripened for longer storage.
- Buy frozen vegetables in bags. Pour just what you need. You can toss these vegetables into soups,

casseroles or salads, and they are often lower in salt than canned veggies.

- Store extra bread in the freezer. Remove a slice at a time and toast as needed.
- Remember to buy some whole grain bread for added fiber. This should be about a third of all grain products you eat.
- Consider "can-do" canned foods. The nutrition in canned foods is comparable to fresh or frozen foods. They take up no refrigerator or freezer space unless you have unused portions, which should be refrigerated and used within about two days.
- Canned foods should be used within two years of the manufacture date or the date advised on the can for best safety and quality.
- The "thrill of the grill" is that foods cook fast with little cleanup. Remember to use your food thermometer to check the internal temperature of meats to assure they are cooked.
- Recommended temperatures for pork, egg dishes, hamburger and ground meats is 160 degrees while regular and ground poultry should be cooked to an internal temperature of 165.
- Make salads into main dishes.

One bag of salad usually makes two main dish salads.

Recycle leftover meat and eggs from the previous night. Salad toppings that tend to pop the flavor include grated cheese, dried fruit, fresh herbs, fruit, olives, nuts, red and green peppers, artichokes and cherry or grape tomatoes.

Remember that olives add oomph, but each medium olive also add 10 calories.

- It's a "great" thing. When grating cheeses that stick to a grater or food processor blade, make cleaning quicker by spraying grater with nonstick cooking spray before grating.
- Pasta times two. Rinse extra pasta portions under cold running water to stop the cooking process. Add a small amount of oil to help keep the pasta separate.

Reheat in the microwave or boiling water and use within no more than five days.

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.

Mount Pleasant News

By Dianne Bremer

Elwood and Elaine (Bradley) Mines attended her 65th alumni reunion with the class of 1941 at the home of Darrell and Mary Landau Saturday afternoon.

Brian and Sarah (May) Shaw, Andover, were weekend guests of Marvin May and attended her 10th reunion with the class of 1996.

Ed Waterman, Sedgwick, attended his 40th alumni with the class of 1966 on Saturday. He was a weekend guest of David and Karen Eskew, arriving Thursday and returning home on Monday.

Ernest and Nancy May, Tonganoxie, attended his 40th alumni reunion with the class of 1966 on Saturday. They and Marvin May were also Saturday lunch guests of Martin and Evelyn May.

Phil Shields, Salisbury, Md., and Jack and Kathy Truzzolino, Lakeside, Mont., were weekend guests of Gaylord and Shirley Shields. Phil attended his 25th reunion with the class of 1981, and Kathy attended her 55th reunion in Cambridge, Neb. Phil was recognized at the Alumni banquet for having traveled the farthest to attend his class reunion. Additional Sunday noon dinner guests at the Shields home were Stuart Euhus, Robert and Dana Morton, Diana Euhus, and Paul and Kelly Shields, Tyler, Cassidy, and Caitlin. Phil returned home Sunday evening and Jack and Kathy returned home Monday.

Allen and Wauneta Jeffus attended his 50th reunion with the class of 1956 on Saturday. While here, she and her sister, Wilma May, enjoyed visiting their brother, Eugene Wurm, on his farm by the Beaver Creek. They visited other relatives and friends over the weekend.

Arthur and Alice (Rezner) May attended her 70th reunion on Saturday with the class of 1936. Their class enjoyed a noon lunch at The LandMark Inn and attended the Alumni banquet that evening.

Lyndon and Linda (Bremer) Tomasch were weekend guests of the John Bremer family. She enjoyed attending the many activities planned with her class of 1961 for their 45th alumni reunion.

Stean Olson and friend, Paige, were weekend visitors at the Gerald Olson home. Stean attended alumni activities with his class of 2001.

Elaine Samuelson and her sister, Len route from Natoma to Denver, were Saturday afternoon guests of Ralph and Violet Shaw.

Ralph and Violet Shaw, Richard Shaw, and Jennifer Shaw attended the Alumni Banquet Saturday. The

Shaw family was recognized for having five generations graduate from Decatur Community High.

Norman and Joanne Wendelin, Greta and Rory, returned home Saturday from state track in Wichita where Rory competed in the shotput. Jay Cooper also joined them there. While there, they visited Bill and Bonnie Conduit in Winfield and returned home Saturday.

Robert and Dana Morton, Coffeyville, were weekend visitors of her father, Stuart Euhus.

Martin and Evelyn May, accompanied by Janice Cundiff, attended the 60th wedding anniversary celebration of Evelyn's cousins, Lela and Perry Miller, in Blue Springs, Neb., on Sunday.

Drew Zwegardt was confirmed Sunday morning at Salem Lutheran Church, St. Francis. Among those attending were Ryan and Darci Unger, Ty, Brock, and Dillon Zwegardt, and Ralph and Norma Unger. A potluck to honor the confirmands followed the service.

Fern Jording was surprised Sunday afternoon with an open house for her 90th birthday at the home of Rhonda May and Dan Nedland and family. The party was planned and attended by her daughter and son-in-law, Marjorie and Phil Law. Rhonda also helped plan the party, and Dianne Bremer helped during the open house.

Joan Loughmiller and Chris, Wellington, and Robert and Diane Muirhead, Alex, Rachael, and Erin, Hays, were weekend guests of Karolyn Muirhead.

Retired U. S. Air Force Colonel Floyd A. Badsy, Norman, Okla., spoke at the Oberlin Cemetery Memorial Day service Monday. He was a weekend guest of his father, Floyd Badsy, and is the brother of Ken Badsy. His mother was the late Nathalie Badsy.

Janet (Winkler) Waddell, Victoria, was a dinner guest of Gaylord and Shirley Shields on Monday after attending Memorial Day services at the cemetery that morning.

Among those also celebrating Decatur Community High School alumni anniversary years were Wayne Larson and Walter May, class of 1941; Shirley (Euhus) Shields and Shirley (Unger) Gaede, class of 1951; Dennis Euhus and Audrey (Euhus) Flowers, class of 1961; Joanne (Larson) Wendelin and Suzanne (Larson) Cooper, class of 1971; Gail (Euhus) Harvey and Bonnie (Larson) Kondit, class of 1976; Lori (Helmkamp) Brewer, class of 1981; and Monica Larson, class of 1996.

'Pentecost'

By Pastor Charlotte Strecker-Baseler
Faith Lutheran Church, Oberlin

The 50th day of Easter is the Day of Pentecost. This year it falls on June 4. The word Pentecost comes from the Greek, meaning "50" It was on this day in history that the promised Holy Spirit arrived and was given to the followers of Jesus, so that they had the power and courage to preach the good news of Jesus Christ.

Jesus told his disciples during the Last Supper that he had to leave, to return back to heaven to prepare a place for them. Jesus said he would not leave them alone, but would send the Comforter to be with them and to help them. This Comforter is the Holy Spirit.

In Acts 2:1-21 we read that the disciples were gathered together in Jerusalem on the Jewish harvest festival of Pentecost, which marked the 50th day after Passover. All of a sudden a great wind and tongues like fire appeared on the heads of the followers of Christ; and the Holy Spirit propelled them out into the streets speaking the languages of the earth, which astonished the inhabitants of Jerusalem.

They were able to communicate the good news of Jesus Christ to the many visitors from other countries who had come to Jerusalem for the festi-

val. The Holy Spirit gave these faithful followers of Jesus the gift in order that the message about Christ could spread beyond Jerusalem.

Scholars believe that included in the group of foreigners who heard this message were the first Christians to start the congregations in Rome, the ones whom the apostle Paul wrote to in what we now know as his Letter to the Romans.

The Day of Pentecost is still important to Christians today, as the church prays that God would send forth the flame of the Holy Spirit with an abundance of spiritual gifts that are needed to carry out the baptismal mission of the faithful. Through baptism each Christian is called to follow where Jesus has led the way.

We pray that the Holy Spirit would give us strength for our witness and the words to proclaim the bold message of God's love, grace and peace through the hope that Jesus Christ our Lord gives us.

O Spirit of God, seek us; Good Spirit, pray with us; Spirit of counsel, inform us; Spirit of might, free us; Spirit of truth, enlighten us; Spirit of Christ, raise us; O Holy Spirit, dwell in us. Amen

(By the way, red is the color of the Day of Pentecost because it represents the fire of the Holy Spirit; so wear red on June 4.)



Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 The Rev. George Kochuvelikkakam, MASS: 5:30 p.m., Saturday</p>	<p>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. AWANA 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.</p>	<p>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. WEDNES- DAY: Ladies Home Bible Study, 9 a.m.</p>	<p>LUND COVENANT CHURCH Pastor: Doug Mason 10 miles south, 4 miles west of Oberlin SUNDAY: Sunday School, 10 a.m.; Wor- ship, 11 a.m. ; WEDNESDAY: Bible Study and prayer, 7:30 p.m.</p>
<p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE The Rev. George Kochuvelikkakam MASS: 8 a.m., Sunday.</p>	<p>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist) Pastor: Fred Dycus SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m. AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.</p>	<p>ST. MARY'S CATHOLIC, HERNDON The Rev. Damian Richards Phone 785-322-5560 MASS: SUNDAY, 8 a.m</p>	<p>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 Ser- vice, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 p.m.</p>
<p>SACRED HEART CATHOLIC, SELDEN The Rev. George Kochuvelikkakam MASS: 7:30 p.m., Saturday</p>	<p>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 prac- tice, 7:30 p.m.</p>	<p>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 p.m.</p>	<p>FAITH LUTHERAN CHURCH 404 North York Avenue Oberlin, Kansas Rev. Charlotte Strecker-Baseler Church Office Phone: 785-475-2053 SUNDAY: Worship, 9:30 a.m.; Fellow- ship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study sec- ond Thursday at 9:30 a.m.</p>
<p>OBERLIN SEVENTH-DAY ADVENTIST CHURCH Jim Martin 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p>	<p>CLAYTON UNITED METHODIST Pastor: Kathy Aeillo Almena SUNDAY: Sunday School, 10 a.m.; Wor- ship Service, 11 a.m.</p>	<p>NORCATOUR UNITED METHODIST Pastor: Kathy Aeillo Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p>LYLE UNITED METHODIST Carol Woodmanee, Almena Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.</p>
<p>JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS Carrie Buhler, pastor SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.</p>	<p>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.</p>	<p>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 School, 11 a.m. WEDNESDAY: Bible Study, 7:30 p.m.</p>	
<p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p>LYLE UNITED METHODIST Carol Woodmanee, Almena Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.</p>	
<p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p>Herndon Insurance Agency Ron Beims, Agent 785-322-5331 9 a.m.-5 p.m. Mon.-Fri.</p>	<p>Paul's FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</p>	

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