Norcatur News

By the Norcatur News Committee

For now, discard raw spinach

With dangerous E. coli bacteria found in fresh spinach, packed or bunch sold in more than 20 states, consumers are being advised to discard fresh spinach with "best if used by" purchase dates before Oct. 1.

Conventional and organically grown spinach is included in the advisory as a precautionary measure to prevent further illness.

Children, whose immune systems are not yet fully developed; anyone whose immune system may be weakened by chronic illnesses or compromised by treatments such as chemotherapy; and pregnant women are the most vulnerable, but anyone can be at risk for food-borne illness. Here are some safety and health tips:

• If you have purchased bagged spinach or a salad mix that contains spinach, discard the product immediately.

• If you have purchased fresh spinach, either leaves or in a bunch, discard it. To reduce the risk of cross contamination, place the potentially contaminated spinach in a bag, seal the bag and throw it away.

• If there is a possibility that either the bagged spinach, salad mix with spinach, or any other fresh spinach has come in contact with other foods in the crisper drawer or shelf in the refrigerator, cross contamination is possible. Discard any foods that may be contaminated by touching spinach.

killed by cooking foods to 160 de- promoting fruits, vegetables and salads, either.

Bagged salad greens are typically washed three times, and even before current concerns about E. coli, food safety professionals advised consumers to wash even prewashed produce.

Continue to wash head lettuce and other greens in cool, running water and dry them with a paper towel to remove excess moisture.

Leafy greens are perishable and excess moisture reduces the quality quickly.

Only wash what will be eaten for each meal. Place a clean paper towel in the storage container to absorb any excess moisture.

When choosing fresh produce, buy only what you can use within a few days. Some produce can be frozen for future use. If produce starts to deteriorate, it should be discarded

Tranda Watts is Kansas State University extension specialist. It doesn't mean consumers Call her at 785-443-3663 or e-mail

Mary SedImayer and Sandy Gade, friends for many years, have exotic birds they will bring to give programs for schools or clubs. Sandy has a 12-year-old African Grey parrot, Domino, from the Congo of Africa. Mary has a 5-yearold Blue Front Amazon parrot, Sassy, and Friday, a Yellow Nape Amazon parrot, 20 years old. Call Mary Sedlmayer at (785) 693-8840.

A sixth birthday party was held for Bryce Thornton at his home in Hays on Sept. 10. Family members attending were Laci Leichliter, Rita Weeks, Doug, Chris and M.J. Dempewolf, Jacky Weeks and Caleb.

A first birthday party was held for Dylan Budig of WaKeeney on Sunday. Family members from the area attending were Misti and Nathan Budig, Dickie Beachel, Scott Beachel, Pat and Lonnie Shearer, Phyllis Castle, Crystal Jennings, Missy Rorabaugh, Chris and Danielle Bourland, Chris and Sharee Dempewolf, Mr. and Mrs. Jack Budig, Nick Budig and others.

Lynette Thornton Streit, a native of Norcatur and 1983 graduate of Decatur Community High, will be guest speaker at the Shriners Fall Ceremonial in Salina.

Lynn will speak during the evening banquet on Oct. 28 at the Masonic Temple. She will be telling about her experience at the Shriners hospital in Galveston, Texas, after she was burned in Oc-

tober 1970. Lynn has been a guest speaker at many Shriner meetings around Kansas, as well as speaking to the nurses at the Shriners Hospital in Galveston where she was a patient.

Charlie and Judy Easton of Quinter and Jeff Magers of Cedar Bluffs visited Rea and Dee Magers this past week.

MUSEUM TIDBITS

Carol Salter brought pictures of the 2005 Alumni and Memorial Day ceremonies which will be added to the Museum scrapbook. Norcatur business pens and pencils were brought in by Bee Nelson, including a pencil from the Citizens State Bank, phone #97.

Ronald Temple brought in Norcatur Centennial items, and Alice Barnett brought in a postcard for the M.E. Church. Bill Ladehoff of Oberlin brought in an old hymnal from the Norcatur Methodist Church, copyrighted in 1934.

from a number of Norcatur businesses.

Also new to the museum is a Jackson and Whittington plate. Does anyone know what kind of business this was, and when it existed?

Check out the new Norcatur Phil Werking visited our museum in for us. The museum will be adding many new friends.

pictures soon. Remember the museum closes Oct. 31. Stop in for a visit soon.

On Tuesday, Sept. 12, Bonnie and Dena Klein, Ralph Crim, Carol Moye, Sheryl Patterson and Veda Wood enjoyed lunch at the Cardinal Bar and Grill. Carol and Sheryl visited Veda afterward.

Wednesday, Sept. 13, was the day for Liberty Star Club at Lyle.

Ona VanGundy, Sheryl Patterson and Veda Wood visited Long Term Care and heard old-time music Thursday evening, Sept. 14.

As of Friday, Sept. 15, Dorothy Breiner's new address is Hillcrest Nursing Home, 309 W. 7th, Room 122A, McCook, Neb., 69001.

Senior Citizens met Friday, Sept. 15, with 18 players present. Winners were Bob Strevey, Leona Schoenradt and Sandy Gade. The next meeting will be Friday with a potluck supper at 6 p.m. and cards at 7. Come join us.

Ruth (Ward) Chamberlain, North Platte, Neb., has been very ill, but The hymnal shows advertising is recovering and will be moving on Friday, Sept. 22, to an assisted living facility.

Lora Linn Leichliter was a recent pneumonia patient in the Decatur County Hospital, but expected to be dismissed to the Cedar Living Center soon.

Rea and Dee Magers participated website at www.norcatur-ks.com. in the "Border to Border Kansas Treasure Hunt" and had a great time July and decided to make a website visiting old friends and making **Home Time By Tranda Watts** Multi-county Extension Agent

grees for 15 seconds, it is best not to use any fresh spinach at this time, raw or cooked.

Disinfecting the refrigerator drawer and/or shelf is important. Follow the manufacturer's instructions for cleaning the appliance (found in the owner's manual) or wipe surfaces with a solution of one quart of water mixed with one teaspoon regular (unscented) bleach.

Before and after handling raw and/or cooked foods, always wash your hands. Count to 20 as you lather and wash your hands in hot, soapy water.

These food safety recommendations are meant to reduce risks from potential contamination when handling any kind of food. This doesn't mean people need to give up eating spinach, which typically includes health promoting vitamins and minerals. The advisory does not include canned or frozen spinach that will be cooked.

• While E. coli bacteria can be should give up eating other health- twatts@oznet.ksu.edu.

Mount Pleasant News By Dianne Bremer

Lois Carlson and Edith Tate visited Bill and Myra (Carlson) Sater in Holcomb on Monday. Myra is home recuperating from recent back surgery.

Ruth Peters, Walton, Kan., was a guest of her mother, Karolyn Muirhead, Monday through Wednesday.

The neighborhood was saddened by the death of Pauline Zander Saturday morning. Funeral services were held Tuesday afternoon at St. John's Lutheran Church in Oberlin.

Eugene Wurm and Betty Bean were married Saturday evening at St. John's Lutheran church in Culbertson, Neb. Attending were his four daughters, Shanna Long, Norcatur; Judy Jordan, Oberlin; Patricia Buffum, Omaha, Neb.; and Nancy Corder, New Mexico, and their families. Also attending were Wilma May, David May, McCook, Jerry and Connie Olson, Kelly Olson, Manhattan, Stean Olson, Hays, and Justin and Wendy Scott, Garrett and Gage.

Jack Rhineshart, Hana, Hawaii, "The Biggest Loser" see the NBC

Andrew Frankforter and Stephanie May, Lincoln, Neb., were weekend guests of her parents, Elwood and Jeanie May. Zach May was a Friday overnight

guest of Brady Fortin.

Walter and Betty May accompanied the Roland May family to McCook Saturday evening and were met there by Rhonda May for dinner before they attended the Heritage Days concert at the Fox Theatre. The Oberlin Community Band was one of the groups performing at the concert. Among the members are Pam May, Rhonda May, Joanne Wendelin, and Rory Wendelin.

Lyndon and Linda Tomasch, Olathe, were weekend guests at the John Bremer home. Mildred Holmdahl and Dianne Bremer were lunch guests of Linda at the Land-Mark Inn on Saturday, and Janeil Jensen was a Sunday morning visitor at the Bremer home.

For weekly updates of the show was a Tuesday supper guest at the website. Jaron Tate is representing

'Men: Something's Missing!' By Bill Duncan, Church of Christ, Oberlin

affirmed.

Why do teen boys "show off?" They want to be affirmed.

Why do young adult men "show off?" They want to be affirmed.

Why do adult men exert much effort, and sacrifice, to excel in what they do? They want to be affirmed.

Why do many adult men feel insecure, inadequate, anxious, irritated, angry, hostile? They haven't known affirmation.

Why are some adult men unmotivated, mediocre and "don't care?" They haven't known affirmation.

Affirmation: "the assertion that something exists or is true.'

So, what is missing for most boys and men in their lives is affirmation from significant others. Moms and grandmothers are usually pretty good at this. But what the male needs are words of affirmation from the men in their lives: dads, grandads, uncles, and others. Their words have the greatest impact.

However, their words are the least experienced. father say, "I love you." (Doesn't that song "The e-mail, or see them. Cat's in the Cradle" leave a lump in your throat? It

Affirmations are words of assurance and accep-

tant, appreciated. These words support the boy's/

tance, words that the person is worthwhile, impor- Pray for God's help.

at 8 p.m.

Why do little boys "show off?" They want to be man's realization of self-worth and feelings of selfacceptance for themselves as a person, but also for their activities and talents. These words must be non-judgmental, sincere, and consistent. They should be said often.

> One man stated, "the only praise I ever got from my old man was the hell that I didn't get."

> Years ago an organization had a project to see that prison inmates could get a Mother's Day and/or a Father's Day card sent to a parent.

> The group would pay for all of it. Years later the group reported that they had "huge responses to send Mother's Day cards, but almost no requests for Father's Day cards.'

> You can see that this supports my proposition about the value/need for fathers and grandfathers bonding through affirmation. I'm sure there would be much fewer men in prison today had they had the support of the men who could and should have given them affirmation.

Fathers, do you love your sons, grandsons? Tell them this week. Call, write, e-mail or go see them, and pour your heart of gratitude out to them. It may be difficult, but vou can do it.

Sons and grandsons, do you love and appreciate your Very few men I have talked to recall having their father, grandfathers? Tell them this week. Call, write,

Are you a wife? Your husband needs to be affirmed

The Bible says: "Love covers a multitude of sins."

Don't wait until it may be too late! God bless you.

by you, not nagged at.

Schedule of Oberlin and area church services:



John Bremer home.

Karen Eskew, Shirley Shields, and grandson of Lois Carlson. Wilma May, and Connie Olson attended a Lutheran Women's Missionary League workshop at Norton on Saturday.

the state of Arkansas this season. Evelyn May, Janice Cundiff, Heistheson of John and Edith Tate,

Craig Larson played in the Christner violin quartet Sunday afternoon at Norris Park in McCook Immanuel Lutheran Church in during their Heritage Day celebration.

Midway News

By Mary Lou Olson

Olson of Maryland Heights, Mo., on the birth of a daughter, Keirgan Telia, at 9:13 a.m. on Sept. 22, 2006. She weighed 5 pounds, 6 1/2ounces. She has a brother, Corbin. grandparents are Rennie and Jeanean Olson, Irving, Texas.

Paternal great-grandparents are Bob and Sally Olson, Ludell, and Roy and Evelyn Roy, Palco.

Threlkel and Emily Holub attended Francis.

Congratulations to Jon and Daisy the homecoming game at Thomas More Prep High School in Hays on Friday, then were overnight guests at the Bob and Karen Threlkel home.

Their daughter, Kendra Threlkel, and a sister, Candalin. Paternal was a candidate for queen at the school.

On Sunday, Mr. and Mrs. Threlkel and Mrs. Erickson were among 40 relatives who attended the Magley family reunion at the home Elma Lee Erickson, Don and Em of Helene Landenberger in St.

Lyle News

The Lyle ladies sewed on Tuesday.

Toots Magers, Kathy Van Meter and June Jolly helped with the Praicoming parade and open house.

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On Merchandise Purchase

Friday evening was the Lyle Benefit Potluck Supper with 46 guests

attending. A big thank you to all who dorie Land Food distribution in Nor- nated and the entertainment was catur on Saturday. That afternoon great! Another thank you to "The Kathy attended the Hoxie Home- Prairie Dogs" for their musical entertainment.

of \$25 or more!

OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Henry Saw Lone, MASS: 5:30 p.m., Saturday

does mine.)

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE Fr. Henry Saw Lone

MASS: 8 a.m., Sunday. SACRED HEART CATHOLIC, SELDEN

Fr. Henry Saw Lone 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 Carrie Buhler, 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 Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.

UNITED CHURCH OF OBERLIN Pastor: Judy Strucker 109 North Griffith-American Baptist, **Disciples of Christ, Presbyterian USA** SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 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.

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

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: Ray Gilstrap

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

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. WEDNES-DAY: 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 p.m.

NORCATUR UNITED METHODIST Pastor: Ray Gilstrap 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 School, 11 a.m. WEDNESDAY: Bible LUND COVENANT CHURCH Pastor: Doug Mason

10 miles south, 4 miles west of Oberlin SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.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. Foundations Bible Class, Thursday, 7-9 p.m.

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.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.





These sponsors urge you to attend church regularly:

Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m. King's Kids, 6:30 Study, 7 p.m.

By Deanna Sumner

TANK

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