



Home Time

By Tranda Watts
Multi-county Extension Agent

Be sure to cook meats to safe internal temperatures. Use a food thermometer to make sure poultry or fully cooked meats like hot dogs are heated through to 165 degrees; burgers and all cuts of pork to 160 degrees; and steaks or other cuts of beef, veal or lamb are cooked to 145 degrees for rare or 160 degrees for medium.

Treat coolers with care. Use plenty of ice and store coolers out of direct sunlight. Don't open them too frequently: Try storing beverages in a second cooler to avoid exposing mom's potato salad to warm air every time you get thirsty. Also, consider making special ice to inhibit activity by adding two to four drops of bleach to a gallon of water before freezing it to keep your cooler cold.

Keep food safety in mind when shopping. Don't leave food in a hot trunk after shopping. In fact, if you shop far from home and it's an especially hot day, consider putting canned and boxed foods in your cart first, then produce, and lastly, frozen items, meats and dairy.

If you have a long trip home, wouldn't be a bad idea to store perishables in a cooler with ice or to keep them in the air-conditioned passenger area rather than the trunk.

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Due to Memorial Day, the *Norcatour News* will go out today.

Norcatour United Methodist Church will again host a one-day Vacation Bible School for area children from 4 years old through sixth grade on June 2, from 9 a.m. to 2 p.m. at the Educational Building. Lunch and snacks will be provided.

Kortney Stapp Poire received a bachelor's degree in science with an emphasis in psychology from Emporia State University, and has been accepted into the master's program at Emporia State. Her graduate school work will begin in the fall. She is the daughter of Dave and Patty Stapp, and the granddaughter of Marian Thornton and Dewaine Stapp, Oberlin.

Bee Nelson accompanied Mary Lesle to Kearney, Neb., on May 14 for a doctor's appointment.

Dorothy Ward and Marguerite Clark accompanied Bee Nelson to McCook where Bee had a doctor's appointment on May 18.

Bee Nelson accompanied Dorothy Ward to Hays for a doctor's appointment on May 21.

Senior Citizens met May 18 with 18 present. Winners were Kathy Van Meter, Wava Reames and Bee Nelson. The next meeting will be at 7 p.m. Friday, at the Educational Building.

Birthdays and anniversaries: Dewayne and Aurelia Jackson - May 23; Inez Jackson - May 24; Jodi Lyon, Chance Harmon - May 27; LaVerne Milner, Ron and Renee Harman - May 29; Jamie Wentz, Tad and Rebecca Hart-sough - May 30.

The second annual Norcatour City-wide Garage Sale was a great success. We collected a little more than necessary for advertising, and this will be donated to *Norcatour News* to help with the cost of print-

ing the maps and weekly advertising before the sale.

NEW ARRIVAL

Mr. and Mrs. Stan Miller left for Topeka April 29, to be there when their first grandchild was born. Sophia Grace DeDonder was born April 30, at the St. Francis Health Center in Topeka. She weighed 6 pounds, 2 ounces and measured 18 1/2 inches long. Parents are Curt and Melissa DeDonder.

Grandparents are Mr. and Mrs. Stan Miller, Norcatour, and Mr. and Mrs. Robert DeDonder, St. Mary's. Great-grandparents are Mr. and Mrs. John Rule, Clayton, and Mr. and Mrs. Gary Miller, Oberlin. Great-great-grandparents are Mr. and Mrs. Art Harries, St. Mary's.

Stan returned home on May 2 and Carol stayed in Topeka to help with the new baby. On May 13 Stan picked up Joel Miller in Hays and they went to Topeka so Joel could meet his new niece. Carol returned home with them on May 14.

Guests of Gerald and Judy Jackson on May 12 and 13 were Brian and Patty Jackson, Iris and Larry Smith, John and Carol Cook, and Barb and Butch Marvin. Everyone helped at the garage sale.

Sheryl Patterson arranged for the Prairie Dogs from McCook to provide a mixture of bluegrass and other music at the Educational Building at 7 p.m. on Sunday, May 27. Dwight Wood is a band member.

A Van Gundy/Huff reunion was planned for the evening of Memorial Day.

Richard Patterson underwent surgery on May 21 for knee replacement and extensive work to correct orthopedic problems. He was to remain at the McCook Hospital until May 25 and then have rehab at Hillcrest in McCook for at least 2

more weeks.

The Norcatour Commercial Club and the Cardinal Bar and Grill are offering scholarships again this year. There are three \$300 scholarships available to anyone who wants to further their education. This includes students already in college or attending vocational training. Applications can be picked up at The Bank or the Cardinal Bar and Grill, and will be accepted until June 15.

Lynn and Ralph Streit were guests of the Doug and Chris Dempewolfs May 16 and 17. Lynn talked with the Good Samaritan Center nurses on Wednesday afternoon and on Thursday spoke to the Oberlin Shriners at The Gateway. During Lynn's speech, she surprised Bob and Anita Montgomery with an angel afghan she had made, which took two years to complete. Bob and Anita did a lot for Lynn and her family when Lynn was burned in 1970, and had made it possible for Lynn to come speak to the Oberlin Shriner's group.

Residents and visitors, be aware this is snake season. Snakes have been sighted in both town and country.

Food safety is more important in summer because micro-organisms love heat. When you're cooking and eating meals outdoors and the weather warms up, take some special precautions.

First, remember the number one safety rule: **keep hot foods hot and cold foods cold.** Be sure perishable food isn't kept at room temperature (or within the "danger zone" of 40 to 140 degrees Fahrenheit) for any longer than two hours.

If you're outdoors and temperatures reach 90 degrees or more, two hours is too long. In that heat, microorganisms grow faster, spelling trouble. On a hot summer day, food safety experts say to never let food sit out for more than one hour.

Second, remember to **keep it clean.** Wash your hands before handling food, and pack sanitizing wipes for your picnic or keep them in your car.

If you're grilling, don't use the same plate and utensils for the cooked meat as you used for the raw. Take care that raw juices from beef, pork, poultry or other meats do not contaminate your perfectly grilled main dish.

Other tips:

'Disaster Brings Out the Best in Us'

By Pastor Carrie Buhler

Jennings and Dresden United Methodist churches

I pulled up the pictures of damage from the tornado that struck Greensburg on the Internet.

There was a picture of the United Methodist Church before and after. I was stunned. The only way to tell you were still looking at the church was the twisted steeple cross laying amid the debris. The website had picture after picture of the devastation, not only of Greensburg, but from all of the areas affected. I wanted to cry for them.

I went to the Kansas West Annual Conference this week after seeing those pictures, and I had the honor of shaking the hand of Rev. Gene McIntosh from Greensburg. We heard the report from Bishop Scott Jones about money already collected for the disaster area. The amount of \$230,000 has been raised in Kansas, \$10,000 from the United Methodist Committee on Relief, \$50,000 from the Louisiana United Methodist Districts and another \$70,000 from other districts.

Now, I'm not telling you these figures to toot the United Methodist horn. I'm just so proud of the people who live in this country.

Most of the time Kansans feel neglected and overlooked by the rest of the country. It's easy for us to feel sorry for ourselves and to say that we don't count very much. Maybe that has helped us to foster an attitude of independence and self-reliance.

This disaster has showed that we do count. People from all over this country are sending money and donations of all kinds to what remains of this small community. The nation is praying for them. We are once again coming together as Children of God, the way we are meant to.

As I said, I was fortunate to meet Rev. McIntosh. He personally gave thanks for all of the donations, the prayers and the volunteers that had descended upon his community. Bishop Jones spoke about the church services held there just days after the twister ripped through the town. A large tent was set up. It

didn't matter what faith you were or what church you went to, all were welcome. Songs of praise were lifted up. Songs of hope were sung. The 500 people there that day were connected by the power of God, the God who has promised to be with us through all of life's trials, leaving His footprints in the sands of life as He carries us when we can no longer bear the pain.

Pictures of the devastation of the Greensburg area are sobering. Yet, in the midst of them is a picture I have also taped to the wall in my office. It is a picture of a room torn apart by the tornado. Three walls are missing, debris is everywhere. Yet on what is left of the one remaining wall is a painting of Jesus, crown of thorns upon His head, His face turned upward to the Father.

It survived the fury of that EF-5 tornado, unscathed, still hanging upon that wall. I now have that picture up on my wall as a symbol of hope that God IS always with us. No matter how the storms of life howl around us, God is always our rock, and our salvation.

We often get overwhelmed by tragedies in life. Bad things happen to good people and we want a reason why and there isn't one. It is easy for us to get tunnel vision and only see the devastation and the debris in those dark times in our lives.

But the flame of hope lives on in each of us. We are His children. We are a family.

In the movie "Starman" there was a line that rings true: "Do you know what I find wonderful and unique about you humans? You are at your best when things are at their worst."

We ARE at our best when things are at their worst. God our Father has made us that way. He has poured His love and His hope and His grace into every one of His children, so that we can lift each other up, comfort each other, cry with each other, pray with each other and relight the flame of hope in each other.

In these ways, God shows His face to us. For we see Him in each other.

Amen.



Decatur Health Systems

By Othelia Vacura

Last Wednesday, all employees took hands-on fire extinguisher training.

A Northwest Fire Extinguisher Service employee from Colby said fire extinguishers not checked regularly could solidify and prove useless should a fire occur.

Practice is important, he said. A fire extinguisher user should position themselves between a fire and the doorway to provide an escape route if the fire gets out of control.

Old 9-volt batteries could cause enough spark start a fire in a trash can, the most common type of fire. While putting out a trash can fire, a person should stand back to prevent blow back of hot embers, which could cause injury or spread the fire.

The Golf Benefit committee will meet today to discuss plans and changes for the 2007 event. Get your reservations in early if you

plan to play.

The Diabetic Support Group meeting will be at 7 p.m. Thursday, June 7, at The Gateway, Room 3. Cheryl Timm will present a program on exercise.

Employees will be selling homemade cinnamon rolls in front of Fredrickson Insurance on Saturday. All proceeds will go to the Relay for Life.

Virginia Ziegler, the new dietetic consultant, has begun working with our dietary department in planning meals and evaluating nutritional health of residents and patients. She worked more than 15 years for the Quinter Hospital and was a consulting dietitian for other health groups in northwest Kansas. Mrs. Ziegler, from rural Hoxie, has a bachelor's degree from Fort Hays State University and holds certification from the Coordinated Program for Dietetics from Kansas State University.

Cedar Living News

Lloyd Wishon is a new resident at Cedar Living Center.

Sympathy is extended to the family of Genola Claussen who passed away at Cedar Living Center on Sunday.

Everyone enjoys all of the extra visitors the Memorial weekend brings to Cedar Living Center. Several residents also went out with family or friends to area cemeteries and family gatherings.

There were several winners at the penny card game on Monday afternoon.

Players included Elmo and Marguerite Bailey, Helena Bruggeman, Naomi Carter, Paul Sass, John Schuhart, Don Shaw, Mildred Tacha, Frank Ward, Loyl Wilson, Bea Wolfram, Nadeane Haag, and Lyle Gamblin.

Mary Ann Amack assisted with the sing-along time on Monday afternoon.

Fern Moore hosted the reading group on Tuesday morning.

John Schuhart won the first bingo Tuesday afternoon and Elmo and Bailey won the blackout game.

Pinochle players Velda Ward, Don Shaw, Helena Bruggeman, and Mildred Tacha met for a game on Wednesday afternoon. We continue to have several residents who play pinochle in the evenings. They would welcome any additional players from the community. We have one resident who would like to find someone to play pitch with as well.

Father Henry brought Communion for the Catholic residents Thursday morning.

The ZCBJLodge hosted the May birthday party on Thursday afternoon, represented by Bernie and Othelia Vacura. They served ice

cream and cookies to the residents. Those honored with May birthdays were Zola Brown, Lora Linn Leichter, and Claudine Bennett. Each received a bottle of hand lotion.

The baking group made oatmeal cookies on Friday afternoon.

Don Shaw and Paul Sass assisted Teresa Shaughnessy with planting our garden boxes on Friday. We planted four tomato plants, two peppers, and one eggplant.

Recent visitors: Rose and Shakia Domsch, Atwood; Jerry Temple, Dorothy Ward, Norcatour; Richard and Bernadine Samson, Ludell; Andy and Sarah Hurla, Alexandria, La.; Clois Fiala, Mishel Latham, Justin Soltysik, Cliff Fiala Jr., Colorado Springs;

Ron McCrory, Ellinwood; Bonnie Weber, Phoenix; Frank Cox, Jerry Wolfram, Herndon; Lloyd Harden, Goodland; Margaret Stanley, Colby; Kyle and Leah Wolfram, Manhattan; Kevin Bennett, Sioux City, Iowa; Elena Lopez, Guadalajara;

Johnnie and Christine Richards, Olathe; Dean and Sandra Lafferty, Amanda Winstead, Salina; Leanna, Bill, and Bret Roberts, Abilene; Ian Hays, Brookville; Joyce Lea Brown, Murrieta, Calif.; Rick and Tammy Shaw, Selden; Christy Wesch, Topeka; Elwood and Norine Bailey, Doyle and Kay Brown, Jennings;

Bob and JoAnn Shuler, Jody Betts, Marie Jean Vavroch, Karen Bennett, Ana and Spencer Wishon, Dolores Koerperich, LaMoine and Ruth Wolfram, Verna Mae Anderson, Lyle Gamblin, Roxie Pomeroy, Marguerite Bailey, Regina Stanley, Jan Matheny, Elvin and Orlin Beneda, Oberlin.

Schedule of Oberlin and area church services:

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

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 10 a.m., Sunday

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: Judi Stricker
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. at 8 p.m.

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 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. 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.

NORCATOUR UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Carol Woodmanee, 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 Study, 7 p.m.

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

SATURDAY: Worship, 7 p.m.; 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.

SELDEN COMMUNITY CENTER
110 North Kansas Street
Selden, Kansas
Brother John L. Paulson
SUNDAY: Worship, 3 p.m.; Fellowship 2:30-2:55 and immediately following message.

These sponsors urge you to attend church regularly:

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