

Bee Nelson took Marguerite Clark to Hastings, Neb., to the eye doctor on June 13, accompanied by LaVerne Milner and Veda Wood. Mrs. Wood visited her aunt, Alta Mae VanGundy, who is 102 and is doing well.

Mr. and Mrs. Stan Miller left June 14 for El Dorado to visit Casey and Justine Tuttle and see the house, which they are purchasing. On Saturday, June 16, they all went to Topeka to visit Mr. and Mrs. Curt DeDonder and Sophia, and attended the christening of baby Sophia on Sunday, June 17.

Rea and Dee Magers were in Lakewood, Colo., last weekend to attend the Hahn family reunion on June 10. Fifty-six family members gathered to enjoy a potluck dinner and some great visiting. They also celebrated Bob Pomeroy's birthday and got to spoil their great-granddaughter, Ryan, who is more than

3 months old. She is the daughter of Zach and Brenda Pomeroy.

Birthdays and anniversary list: Jeni Henningson, David and Patty Stapp - June 23.

Senior Citizens met June 15, with 13 present. Winners were Margaret Magers, Bob Streyve and Oran Milner. The next meeting will be Friday, July 6. It was voted not to have the potluck supper on Friday, June 29, because of wheat harvest.

Between May 24 and June 5, a family of frogs that lived under a mushroom, a solar powered turtle and a solar-powered ladybug wandered away from the residence of Don and Jean Daniels at 102 S. Detroit, perhaps with help. The Daniels moved here from Denver believing that people here were more honest than some back there. Please don't disappoint them. The yard decorations may be returned any time, no questions asked.

Gerald Jackson's brother, Delbert, of Brewster visited for a couple of days in mid-June. The boys went fishing each day at Norton Lake, but didn't have much luck.

Wava Reames visited recently in Oklahoma and helped her granddaughter, Shawnda, celebrate her 16th birthday on June 16. She took her and three of her friends out for a night in a motel with a swimming pool. Her grandson, James, accompanied her home for a visit. On June 14, they met his mother and sister in Woodward, Okla., and he returned home with them.

Don and Laverne Allmer and daughter, Debbie Keltner, arrived in Oberlin on June 17. They plan to be in the area a few weeks while they get some work done on the home they bought.

Wayne and Norma McCallister traveled on June 16 to Holcomb to catch up with Rob, Dodie, Matt McCallister and Scott Nading. They went to Sublette to cheer on Matt while he played in a basketball tournament. They returned home June 17, then Mike McCallister phoned Wayne to wish him a Happy Father's Day.

Ron and Marlene Wolf and family of Kensington came to visit Kenneth and Pansy Price at Whispering Pines in Norton on Sunday, June 17. They all went out to dinner for Father's Day, and returned to the Prices for homemade ice cream.

On Saturday, June 16, Pansy Price went to Logan to see the exhibits at the Hansen Museum, and on Sunday she attended church at Norcatour United Methodist Church.

Callers on Saturday morning, June 16, at the Dorothy Ward home were Charles and Inez Keller of Las Vegas, and Bee Nelson. They enjoyed having lunch together at the Cardinal Cafe. Charles is a former pastor of the Norcatour United Methodist Church and they are visiting their daughter, Charissa and Elden Huff, near Lyle. LaVerne Milner was an additional afternoon caller.

Pick a few peas and tomatoes

Introduced in the U.S. in 1997, the grape tomato has quickly grown in popularity. In 2001, grape tomato production grew by 142 percent.

They are a hybrid of cherry, tear-drop and Roma tomatoes. This creates a thick-skinned, sweet tomato with low water content. They grow in clusters on tomato plants, much like grape clusters.

Consumers tend to select grape tomatoes before the cherry variety because they are easier to eat and transport.

Like other tomatoes, the grape is low in calories and sodium but high in antioxidants and potassium.

An added bonus is they don't "squirt" as much when bitten into, like cherry tomatoes do. Usually grape tomatoes can be found year-round in supermarkets.

Store all tomatoes at room temperature away from light for best flavor.

Early spring gardens may include fresh peas. This cool-season vegetable can grow anywhere in the United States that has a cool spring season. There are basically three classes of peas, including garden peas (English peas), snap peas and snow peas (sugar peas). Garden peas are popped from their pods, while snap and sugar peas can be eaten with the pod.



Home Time

By Tranda Watts
Multi-county Extension Agent

For best quality, consume fresh peas immediately after harvest. Garden peas should feel swollen. Sugar peas are best when the pods start to fatten but before the peas get too large. Snow peas are generally flat but have their full length.

While best eaten fresh-picked, peas can be stored 2 to 3 days in the refrigerator in perforated plastic bags. Storage will cause the sugar to convert to starch. In fact, as much as 40 percent of the sugar is converted to starch in a few hours.

Nutritionally, garden peas are a good source of protein, iron, vitamin C, and insoluble fiber. Sugar, snap, and snow peas will have less protein, but still have the other nutrients. For best nutritional value, eat them raw or lightly cooked. Peas are a great addition to stir-fry meals and can easily be steamed or sautéed.

If you have too many peas to eat

quickly, consider freezing edible pod peas. Select bright green pods that are flat and tender. Wash and remove stems, blossom ends and any strings. Leave whole. Water blanch 1-1/2 minutes for small pods, 2 minutes for large pods. Cool, drain and package the blanched pods, then seal and freeze.

If the peas are already developed, shell and follow the directions for green peas.

If you have further questions about food preservation or to get your dial gauge canner tested, contact your local extension office.

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.

Decatur Health Systems

By Othelia Vacura

Our Relay for Life team exceeded its goal by collecting \$2,919 to benefit the American Cancer Society and again captured the honor of being the team with the highest amount of contributions. On Wednesday afternoon, cookies were served to celebrate their accomplishment.

The Benefit Golf Tournament plans for Saturday, Aug. 18, are well under way. Half of the spaces for golf teams are already filled, so if you wish to participate be sure to get your reservations in early.

Reservations to the prime rib dinner that evening will be available to the public for \$25. Items that will be on the live auction block include a K-State football autographed by Bill Snyder, a Nebraska Bill Calhahan football, an NU John Cook

volleyball, an autographed University of Kansas basketball and two Tennessee Lady Volunteer autographed basketballs. Plenty of other items will be up for silent auction throughout the evening.

Raffle items this year will be a 7-cubic-foot Crosley chest freezer, a Kodak EasyShare 10 megapixel, 3x zoom digital camera, a DeckMate fire pit, an Odyssey White Hot Putter and a Wilson Cart Bag. Watch for tickets to go on sale at banks and businesses.

Proceeds from this year's benefit will go toward the purchase of a recumbent bicycle for the Physical Therapy Department and equipment and decor for the new specialty clinic addition slated for completion in November.

Herndon News

By Carol Ginther

The first annual Herndon PRIDE Fourth of July community picnic will begin at 7 p.m. at the Herndon City Park. It will be followed by games, with fireworks scheduled at 10 p.m. Everyone is asked to bring a main dish and side dish for the potluck supper, as well as lawn chairs, and Herndon PRIDE will provide iced tea, table service and watermelon.

The family of Adam and Hester (Rooney) Haller gathered in Herndon for a family reunion on June 10 with some 110 in attendance.

Original family members present were Ann Martin, Herndon; Monica and Mike Adams, Landers, Calif.; Jake and Jeanette Haller, Richland, Mo.; Charles and Patricia Haller, Fort Lupton, Colo.; Joe Haller, Cedar City, Utah; and Francis "Pat" and Elsie Haller, Hemmingford, Neb. A sister-in-law, Leona Haller, Stratton, Neb., was also a guest.

The occasion celebrated the 70th birthday of Pat Haller, the youngest of the family. His wife, Elsie, and daughter, Chris and family of Dallas, Texas, brought a huge cake to mark the occasion.

Others honored for their birthdays were Leona Haller, who will

be 100 in September, and Ann Martin, who will be 90 in August.

Attending with Mrs. Haller were her five surviving children and their spouses. They plan a celebration for her in Stratton over Labor Day weekend.

Mrs. Martin have five generations of her family present including all of her eight children, their spouses, and other relatives. Mercedes Haller is working on the Haller family tree. A cousin, Delores (Orten) Graff, and her husband, Pete, also attended. Plans are to have another reunion in two years.

Frances (Barenberg) Jaderborg and Janice (Huffles) Sattler celebrated their 55th reunion at the Herndon High School Alumni Banquet.

Jan Sattler was a last Sunday visitor of Edie Pettera.

Recent visitors at the Don Grafel, Kyle Grafel, Kent Grafel and Keith Grafel homes were Leah and Randy Atchley, Miriam Moses, Breanna, Emily, and friend Tabbatha, all of Knoxville, Tenn. Also visiting were Kurt and Kris Grafel, Kayle and Kortney of Utica. They all enjoyed a camp out and picnic at the Grafel Springs near Herndon.

Mount Pleasant News

By Dianne Bremer

Calvin Wickersham was honored with a barbecue to celebrate his first birthday on Saturday, June 16, at his home in Council Bluffs, Iowa. His grandmother and great-grandparents, Karen Larson, and Zane and Gladys Geis, were among the many family members and friends attending. They returned home on Sunday, June 17.

Enjoying a barbecue Tuesday evening at the Norman Wendelin home were Rick and Kim Langness, Chenaniah, Sarah, Nehemiah, RuthAnn, and Esther, Justin and Wendy Scott, Garrett and Gage, and Kassia Bryan and Emily.

Ken and Jan Badsky and Regan, Floyd Arthur and Evie Badsky and Brett, Norman, Okla., and Sharyn Bodfield hosted a birthday party Saturday evening at the Ken Badsky home for Floyd T. Badsky to

celebrate his 75th birthday. Also attending were Jody Huggins, Castle Rock, Colo.; Lacey Smith and Jessica Sjolholm, Hays; Steve and Lorene Badsky, Aurora, Colo.; Tully Dupree, Colorado; Jarrett and Deb Bodfield, Brittany, Morgan, Zach, and Logan, and Shea Bodfield and friend, Amanda, Lincoln, Neb.; Elden and Marilou Long, Jenna Long, Linda Wade, Joslyn and Andrew, Janice Winters, Bob and Sharon Ream, Ralph and Violet Shaw, Richard Shaw, Bob and Betty Salem, and Derry Bishop.

Janice Cundiff, Evelyn May, Dorothy Moore, and Peggy Groneweg returned home Sunday evening from Sioux Falls, S.D., where they attended the Lutheran Women's Missionary League National Convention. Janice was the Northwest Kansas zone delegate.

'The Word of God - Hebrews 4:12'

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

The word of God, the Bible, describes itself and its work in many ways:

Isaiah 55:11 - God's word will not return to Him empty, but will do what God desires and achieve the purpose for which He sent it.

Jeremiah 23:29 - God's word is like fire, and like a hammer that can break a rock into pieces.

John 6:63 - God's word is spirit and life.

Acts 7:38 - God's word is living.

Ephesians 6:17 - God's word is part of the believer's armor: the sword of the Spirit — the word of God.

Hebrews 4:12 - God's word is living, powerful, sharper than a two-edged sword, judging people's thoughts and intentions.

1 Peter 1:23 - God's word is living and enduring; through it people are born again.

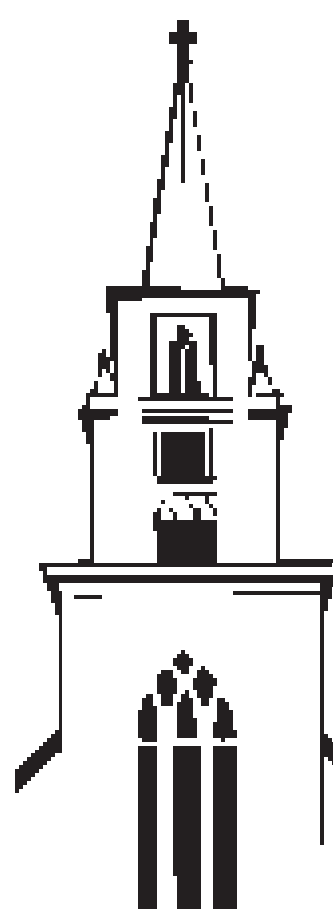
Revelations 1:16; 2:12 - God's word is a double-edged sword, coming from His mouth.

— Taken from the "Tyndale Handbook of Bible Charts and Maps" by Neil S. Wilson and Linda K. Taylor



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, LEVILLE**
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.



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