

Home Time

By Tranda Watts
Multi-county Extension Agent

black beans, spilt peas or garbanzo beans for meat in soups, casseroles and salads.

• Instead of eating fried foods choose fresh, baked, microwaved and boiled foods.

• When choosing red meats, choose lean cuts and trim away visible fat.

• Discard the skin from turkey and chicken.

• Instead of adding butter or cheese, grill or steam vegetables and add herbs and spices to flavor them.

• Substitute egg whites for whole eggs in recipes.

• Make your own salad dressing with three parts vinegar to one part

olive oil.
• Choose mustard rather than mayonnaise or margarine for sandwiches.

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@onet.ksu.edu. For more information, contact the county extension office, 475-8121.



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Congratulations to Bandy Cook and Matt Kuhlman, who were married on Saturday.

The Senior Citizens met Aug. 17 at the Educational Building with 14 present. Winners were Clent Hatfield, Veda Wood and Mary Sedlmayer.

Congratulations to Capt. Jake and Kathryn Leichliter of Great Falls, Mont., who are the parents of twin boys born Aug. 5, 2007.

The Heritage Club of Norton will sponsor a quilting presentation by Patricia Knoechel of California at 7 p.m. on Saturday, Sept. 8, at the 4-H Building in Norton.

Shawna Crum visited recently with her mother Wava Reames, her grandparents Frank and Velda Ward, and her uncle and aunt Leslie and Lynn Ward.

The Cardinal Bar and Grill will be closed on Labor Day.

flowers. On Aug. 18, Ivan Wirth and Marv Pfannenstiel of Hays visited them at Whispering Pines.

On Aug. 19, Ron and Marlene Wolf of Kensington took the Prices to Lexington, Neb., to a horse driving show.

Randy Stapp and Chris of Indiana came to visit his father Dewaine Stapp in Oberlin. On Thursday they were joined by Dave, Patty and Sam Stapp, and Leone Purton for a pizza supper.

August birthdays include: Estella Harold and Kristi Gallentine, Aug. 23; Mark Bailey, Aug. 24; Ger. Hill and Kortney Stapp Poire, Aug. 26; Wava Reames, Aug. 27; Jeff Roe, Aug. 28; and Carl Lyon, Aug. 29.

Lora Arnold was honored with a surprise birthday party, planned by Dennis Leichliter and Ruth Gill, on Aug. 18 at the Cardinal Bar and Grill.

The museum has received a telegraph made by former depot agent, Verle "Moe" Francis.

The carpet has been installed and the walls repainted. Donations are still being accepted for the cost of the carpet.

'Seven Great Character Traits to Build'
By Father Henry Saw Lone of Oberlin Sacred Heart Catholic Church

Children growing up today are headed toward some formidable challenges of this 21st century. Therefore, they must be raised to be strong.

First, faith. This is belief in God and in all that He has revealed about Himself and mankind.

Second is hope. This is the confidence that God will give us the means for our salvation, and that He watches over all our affairs with loving Providence.

Third, charity. This is the love for God, sincerely beloved as a Father and all-forgiving Friend.

Fourth, prudence. Today we call this "sound judgment." This means many things. It is the ac-

quired ability to accurately assess people, events, issues, ideas. It is the ability to evaluate human affairs in terms of causes and implications.

Fifth is justice. Today we would call this "responsibility." This means giving others what is due to them as a matter of right, starting with God.

Sixth is fortitude. Today this character-strength goes by other names: courage, perseverance, personal toughness, "guts."

Finally, temperance. This is what our society calls "self-control," "self-discipline," "self-mastery."

It is also the ability to enjoy the good delights of life in moderation. Temperance is the foundation (along with charity) of courtesy, habitual good manners.



Jennings News
By Louise Cressler

The Jennings community extends sympathy to the Leroy and Betty Brown family in the loss of their grandson Tim, son of Mr. and Mrs. Gordon Brown.

Keith and Helen Muirhead flew to Chicago to visit their daughter Teffani and Joe Zadeh, Natalia and Dylan.

They enjoyed a concert on August 17, at the Millennium Park and on Saturday an air show along Lake Shore Beach.

Firemen's Fun Day on Saturday was a huge success and the weather was beautiful. The parade theme was "Welcome BCI".

All the kolaches were sold. The ladies baked over 100 dozen on Friday in the BCI kitchen.

Sunday dinner guests of Stan and Ramona Shaw were Chris Gillespie and Tom Neff, Marion.

Men from the Norton Correctional Facility worked on Aug. 15, 16 and 21 in Jennings. The south fence row at the athletic field was cleared and the fence put back.

Mom's Lil Market will be closed until next Tuesday. Merle will be going to Missouri to spend some time with her daughter who is taking chemo treatments.

Doug Cressler, who was injured in an accident at work, is still a patient at Wesley Medical Center in Wichita. He has had surgery on his arm, but will need more.

Bill Tacha, formerly of Jennings, will undergo surgery on Wednesday at the Salina Regional Medical Center. Mail will reach him at Smoky Hills Rehab, 1007 Johnston Ave., Salina, Kan., 67401.

Mount Pleasant News
By Dianne Bremer

Rory Wendelin accompanied Duane and Pat Dorshorst and Miki, and Marlene Moxter to North Platte, Neb., on Saturday, where they watched Tricia Dorshorst, a student at Eastern Wyoming College of Torrington, play in a volleyball tournament.

Karen Larson returned home Sunday evening after spending the past week vacationing at the Paradise Guest Ranch in Buffalo, Wyo., with her son and family, Ryan and Stacy Duysen, Madison, Ashley and Taylor.

Norman and Joanne Wendelin were weekend visitors of their daughter Greta at the University of Kansas in Lawrence.

Stan and Deanie Moore, Florissant, Colo., were weekend guests of Gaylord and Shirley Shields. Stuart Euhus was an additional Saturday evening dinner guest.

John and Dianne Bremer; Greg and Janice Cundiff; Craig Cooper, Hoxie; and Jennings volunteers operated the Farm Bureau-sponsored children's pedal pull at the Firemen's Fun Day in Jennings on Saturday afternoon.

Chamber News
By Tamara Sporn

Sen. Pat Roberts visited Oberlin last Tuesday.

About 50 people came to the Business Entrepreneurial Enhancement Center to ask questions. I am sure that all who attended wished they had more time to visit with the senator.

I was quite impressed by his assistant. He was Johnny-on-the-Spot when the senator would ask him for details on a subject.

Weekend events included Fireman's Fun Day in Jennings on Saturday. The Czech Museum was also open.

The Oberlin Business Alliance tailgate fund raiser will begin at 6:30 p.m. Friday, Sept. 7, north of the high school football field.

I would like to say thank you to all who helped and welcomed me while I worked at the Chamber. My last day will be Friday.

Jo Henderson will take her position as Chamber director on Monday, Sept. 17. I wish Jo luck and happiness in her new job.

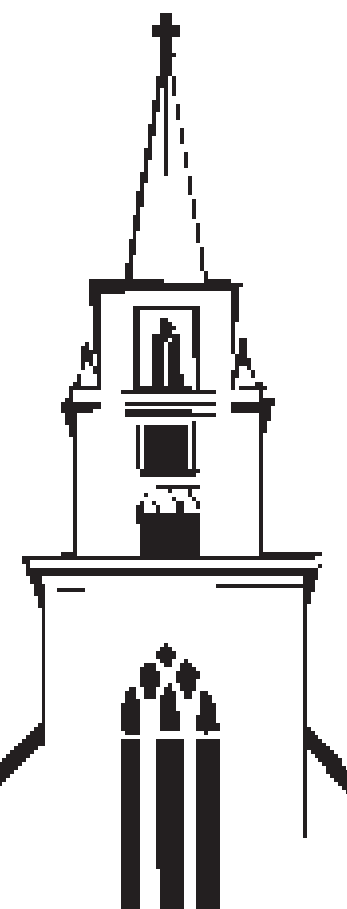
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OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
NORCATUR UNITED METHODIST
FAITH LUTHERAN CHURCH
IMMACULATE CONCEPTION CATHOLIC, LEVILLIE
OBERLIN UNITED METHODIST
LYLE UNITED METHODIST
EVANGELICAL COVENANT CHURCH OF OBERLIN
ST. JOHN'S LUTHERAN CHURCH
LUND COVENANT CHURCH
ST. JOHNS LUTHERAN CHURCH
OBERLIN SEVENTH-DAY ADVENTIST CHURCH
JENNINGS-DRESDEN UNITED METHODIST CHURCH
PRAIRIE CHAPEL UNITED METHODIST
HERNDON IMMANUEL UNITED CHURCH OF CHRIST
UNITED CHURCH OF OBERLIN
OBERLIN CHURCH OF CHRIST
ST. MARY'S CATHOLIC, HERNDON
HERNDON COVENANT CHURCH
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.



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