

# Slow cooker offers good meals



## Home Time

By Tranda Watts  
Multi-county Extension Agent

have changed, yet tasty cooked beans add protein to a soup, stew or other recipe, such as ham and beans, can be served as a side dish, or, when paired with cornbread, star on the menu.

If choosing a slow cooker, match the appliance to family size or preferred use (family dinners on week nights or entertaining a crowd are examples).

If new to slow cooking, read the manufacturers' instructions for using and caring for a slow cooker, and follow the recipes provided until familiar with the appliance and a standard product.

Heat expands, and filling a slow cooker at least half full, but no more than three quarters full, is recommended. Here are other basic slow-cooker tips:

- \* Meat and vegetable(s) should be cut similar in size, so that foods will cook evenly.
- \* Recipes typically call for arranging vegetables in the bottom of the cooking pot because vegetables cook more slowly.
- \* Most recipes also call for adding liquid (beef, chicken or vegetable broth, wine or water) for slow, moist cooking; about one inch of liquid (in the bottom of the cooker)

is recommended.

- \* Once the cooking process is started, keep lifting the lid to a minimum, as each time a lid is opened or lifted, the temperature in the slow cooker can drop as much as 20 to 30 degrees F and add 20 (or more) minutes to cooking time.
- \* Once familiar with a standard slow-cooked product, try allowing four hours on low or 2 hours on high for each one hour of conventional oven cooking time as a general rule in converting traditional family recipes.
- Using a slow cooker to reheat cooked leftovers is not recommended. Leftovers are more likely to remain safe and retain flavor and quality if reheated more quickly in the oven, in a pan on the range top, or in the microwave.
- More information on food, food safety, nutrition and health, and managing family meals is available at your local K-State Research and Extension Office. Tranda Watts is a 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@ksu.edu., or call county office at 785 475-8121.

Mr. Wiggles brought a new buddy to Norcatat from Independence, Mo., for the Christmas holiday. DJ (black lab) made his first acquaintance to Norcatat. Tara and Anita were the official chauffeurs for the dog's trip to see Grandma Bee Nelson. Tara, Anita and Bee also visited Rea and Dee Magers, Wava Reames Dorothy Ward, Mary Leslie and the McCallister family during the Christmas vacation.

I'm sure Ron Temple was secretly glad to see them go home. On Christmas Eve morning, Wiggles thought he had been given the task as the new greeter at the post office. Ron was the first recipient of Wiggles' misunderstanding.

Eleven Senior Citizens braved the freezing weather to play cards on Friday afternoon, Dec. 31. Winners were Shirley Wilcox, Eleanor Jensen and Virgil Price.

Jeff Magers and his girl friend, Joy Luoto, Cedar Bluffs, visited his folks on Sunday. They brought the makings for a pork loin dinner and cooked it for everybody to celebrate a late Happy New Year. It was very delicious and they followed that with some scrabble games and football watching.

Gary and Cathy Anthony had as dinner guests home on Christmas, Keith Anthony and Windy and Chris Kuhlman, Jack, Tony and Dillon.

It's been a year now since Gary Anthony came home from the hospital and started dialysis in McCook. Many have offered help in driving him to McCook on treatment days and we are very thankful to all who helped.

Lacey Roe received the second half of the 2010-2011 scholarship from the Norcatat Commercial Club. She has been offered the internship with Kansas City Chiefs this semester. She will be working one on one with their graphic designer. Her projects will include: Web graphics; Brand Management (Logo); Event support (invitations,

signage); Illustration and photography and assist Graphic Designer as needed.

Guests of Dave and Patty Stapp on Dec. 23 for a pre-Christmas supper and gift exchange were: Sam Stapp, Kaitlyn Stapp, Michael Schamberger, Hoxie, Marian Dempewolf and Dewaine Stapp, Oberlin; Dave and Linda Schliep, Spencer and Addison, McCook. Dave and Patty Stapp, Sam Stapp and Dewaine Stapp spent Christmas Eve and Christmas Day with Jerrod and Kortney Poire and Kynleigh at Erie. They attended Christmas Eve service at the Erie United Methodist Church then celebrated Kynleigh's first Christmas on Christmas morning.

Lora Arnold and John and Brenda Arnold were supper guests on Dec. 25 of Mark and Julianna Baker and Noah.

Happy Birthday to Mike Mapes, Jan. 6; Debra Helm, Jan. 7 and Clint Hatfield, Jan. 10.

Results of the pool tournament at the Cardinal Bar and Grill on Dec. 22 were: James Dalziel, first; Larry Lively, second. Results of the pool tournament Dec. 29 were: Don Relaford, first; James Dalziel, second, and Matt Wilson, third.

Stan Miller went to El Dorado on Dec. 19, to bring Carol home after spending 10 days with Mr. and Mrs. Casey Tuttle and new grandbaby, Jade. Mr. and Mrs. Curt DeDonder and Sophia, Topeka, joined them at the Tuttle home for an early Christmas celebration for Stan, Carol and their family since the DeDonders will not be back this year for Christmas. Stan and Carol returned home on Monday, Dec 20 in time to attend a Christmas party with Carol's mother, Lila Rule, at Whispering Pines in Norton.

Christmas dinner guests at the Stan Miller farm were Lila Rule, Norton; Mr. and Mrs. Gary Miller, Oberlin; Mr. and Mrs. Rocky DeLano, Wichita; Casey Morris, Lubbock, Texas, and Derrick Bol-

liger, Oxford, Neb. Other guests on Friday were Aimee Applebury, Eli and Karyssa, Colby, before all went to Oberlin to have supper and a gift exchange at the Gary Miller home. Mr. and Mrs. Casey Tuttle and Jade also joined them there.

Mr. and Mrs. Casey Tuttle and Jade, El Dorado were guests at the Stan Miller farm from Dec. 27-Dec. 30. They went to Norton on Dec. 28 to visit Grandma Lila Rule. Gail Brooks was a visitor on Dec. 29.

Wava Reames' grandchildren, Shawnda and James, arrived Monday, Dec. 20, just in time for the Christmas party at Whispering Pines with Frank Ward. They won two free dinners by having the most family there with him.

Shawnda could only stay until Thursday before having to get back to Oklahoma, but James stayed until New Year's Eve when they met Shawnda in Great Bend. He also enjoyed playing with Brynden Wentz.

They had Christmas Eve dinner and Christmas supper with Ruby Pflieger. Guests were Keith Ward, Frank Ward, Leslie Ward, Robert and Kaley Daniels, and Wava Reames. Additional guests for Christmas Day were Kevin McMurry, Cheryl McMurry, Patrick McMurry, and Karen Deresa. Wava, James, and Bee Nelson ate lunch with Frank Ward at Whispering Pines on Tuesday. Wava also ate with her Dad on Sunday, Jan. 2.

Mark, Debby and Brandon Ward of Hugo, Colo., spent Christmas weekend with Dorothy Ward. Mark was entertaining a cold.

## Christmas Decorations Doug Mason, Lund Covenant Church

When do you take down Christmas decorations? Immediately after Christmas or do you wait until after New Year's? Anybody wait longer than that? For our house it's just a matter of when we find time to do it. But, there is a tradition in some places to wait until after the Epiphany. Officially it's 12 days after Christmas and it's to commemorate the arrival of the Magi

Now if you understand the definition of Epiphany you might wonder why this day is called "Epiphany." To have an epiphany is to have, in simple terms, an "aha" moment—a realization that brings understanding. The Catholic Church started this tradition because the Magi were "Gentiles"—non-Jews—and they came to understand that moment to be the manifestation of Christ—the Messiah—to Gentiles. In other words it was an "aha" moment for Gentiles.

We've all had moments of epiphany. It's cool when we have those experiences that maybe give more meaning and purpose to our lives, like when you discover the person you want to spend the rest of your life with, or that piece of scripture whose meaning has eluded you for so long and then the Holy Spirit reveals it to you and it brings renewed vigor to your Christian walk. An important Epiphany might be God saying to you, "I have plans for you. I am calling you into my service."

Could God be calling you into ministry? I can already hear your minds clicking... "I'm too old. I'm too young. I have too many responsibilities. I'm too ignorant of the Bible. I'm just not smart enough. I don't have any talent in those areas. I already know what I want to do. I'm not that "holy". I have a thought life that makes me unqualified."

To all those I ask...

Do you believe that God created the heavens and the earth? Do you believe that Christ came in the flesh? Do you believe Jesus when he said he would return? Do you believe that with God all things are possible? Then why is it so hard to believe that God could use you as a minister of his. Compare changing you into God's servant to the creation of the universe. Doesn't that seem rather microscopic in comparison?

Where is your level of faith? Assuming you were a Christian when you graduated from high school, did you ever consider going into ministry? No. You considered a thousand different possible career fields, but most likely, never considered becoming a pastor, or a missionary, or a college bible teacher for that matter. Why? "Because that's just not me." And you know what? You are right! It's not you. It wasn't me either.

When the idea was put forth when I was in college, by one of my professors I thought he was nuts! I wasn't preacher material and I was right! But what I didn't consider was what God could do through me if I just let Him. I'm a slow learner. The line I liked to use is "I'm slow, but I get there!" Eventually I got there, but it took too many years. It's a good thing that we serve a patient God!

It's time for an epiphany! Is God calling you into ministry? God does not call everyone into ministry. He does call everyone into service, but not into full-time ministry. It's a special calling. It doesn't take special skills, but it does take a willing heart.

Could God be speaking to you? Don't be too quick to say no. The power in living a Christian life is not found in us, but in God. Our life - our strength - our hope is in Him. Amen?



## Chamber News

By Carolyn Hackney

I hope you were all prepared for this cold snap! It sure feels good to stay inside, and look at all the garden magazines that keep arriving in the mail.

I hadn't looked at any until Sunday, because I knew if I did I would get the fever.

Speaking of growing things, I want to encourage you to participate in our Farmer's Market if you have room to grow vegetables and flowers. There is a world of food that could be grown as a hobby or for a second income.

Our market has been pretty small the last few years, so I am looking for participants. Even if you only grew one or two things, you might be surprised at the demand you might find.

I love pickled okra, and I found a recipe in one of my new garden catalogs. I will be planting a patch of okra just for a few pickles. I hope to have enough to sell at the market also (not the pickles, just the fresh okra).

Some of you may not be aware of some regulations that are in place about selling at Farmer's Markets in Kansas. When I attended a conference in Dodge City a few weeks ago, I brought home two publications, "Growing for Market - Selling at Farmers Markets," and "Rules, Regulations and Resources for Kansas Farmers Markets."

I have several copies in my office for anyone who will be participating in our market this year. Please stop by and pick these up to help give you

some ideas to sell and also to stay within the regulations.

I visited the airport this morning, which is a place I have never been to in all my years of living in Decatur County. Back in 1946, Bob Fraker and Ray Lohofener began working together at the airport. Bob was a flight instructor and also did crop spraying. At one time, Bob said, 20 to 22 planes were stored at the airport, but today there are only eight. With the economy and lower population, the numbers have been down, but there are signs of growth as you drive to the office.

Bob showed me the new weather station that was set up to help pilots land safely. A credit-card fueling facility is in place, which allows for 24-hour fueling, and you see a new hangar being built to accommodate a new airplane.

Although Bob is no longer a flight instructor or sprayer, he still keeps active in the office and helping his son Phil with the mechanics and maintenance on the airplanes when needed. Phil was busy clearing away snow around the buildings.

Bob says that the Decatur County road crew does a good job of clearing the runway and taxi areas for incoming planes. Marian, his faithful secretary, says she is usually the first one at the office each morning to have the coffee ready. I saw the coffee pot in the corner of the room and several cups with names on them, so there seems to be a coffee regular hour.

## Herndon News

By Julie Hafner

Tim, Alicia and Wyatt Rippe were able to spend the Christmas holidays at home among family and friends. Alicia will continue with her medical treatments in North Carolina on January 10. Their new address is: 8410-Q Dunmore Dr., Huntersville, NC 28078.

Trevor Frick, Denver, spent the weekend with Laverne and Sharon Frick, enjoying some hunting and visiting.

St. Mary's Christian Mothers and special helpers will celebrate their Christmas party at Roger's Bar and Grill in Herndon Sunday, January 16 at 5 :00 p.m. Members are reminded to bring two cans of soup for the Rawlins County Food Pantry.

Herndon seniors will gather for the monthly senior citizen dinner on Wednesday, January 19 at noon. Entertainment will follow dinner. All residents are welcome to attend

for a warm, tasty meal and an afternoon of fun.

Services were held Friday, January 6, 2011 for Martin Heyen of Oakley. Martin was born November 26, 1954 to Elmer and Wilma Jean (Eby) Heyen. Martin died Friday, December 31, 2010. Services for nephew of Roseanna Stoney, Herndon, were held at Kennedy-Koster Funeral Home with Roseanna and Lewis Stoney attending.

Family celebrating Emma Lou Sattler's birthday on January 31 were John Sattler and family, Caleb, Audrey, Hannah with friend, Adam, and Cassie with friend Chris, all of Derby, Ks and Teri Dechant of LaSalle, Co. They all went to Roger's Bar and Grill wishing Emmy a happy birthday and a good year.

sleighs, farm and freight wagons beginning in 1852. They began in 1904 building American automobiles.

## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 10:30 a.m., Sunday

**IMMACULATE CONCEPTION CATHOLIC, LEVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 5:30 p.m., Saturday

**JENNINGS-DRESDEN UNITED METHODIST CHURCH**  
Pastor: Barbara Patterson  
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. Linda Willey  
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 Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

**OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)**  
Pastor: Gene Gee  
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m.; WEDNESDAY: Service, 7 p.m.,

**OBERLIN UNITED METHODIST**  
102 North Cass — 785-475-3067  
The Rev. Linda Willey  
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

**CLAYTON UNITED METHODIST**  
Pastor: Ed Woods  
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.

**OBERLIN CHURCH OF CHRIST**  
South Beaver Street - Oberlin  
Bill Duncan — Phone 785-475-3259  
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

**ST. MARY'S CATHOLIC, HERNDON**  
Fr. Nick Parker  
Phone 785-322-5560  
MASS: SUNDAY and THURSDAY 8:30 a.m.

**HERNDON COVENANT CHURCH**  
Pastor: Keith Reuther  
Phone 785-322-5316  
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

**NORCATAT UNITED METHODIST**  
Pastor: Ed Woods  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

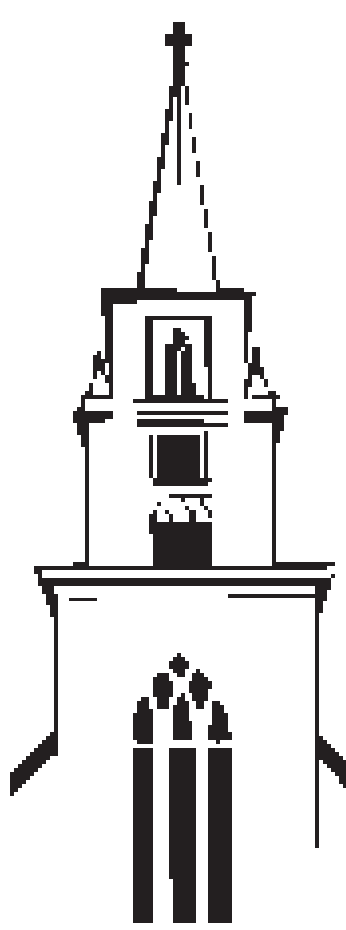
**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
Pastors: Chris and Sharon Nelson  
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  
Interim Pastor: Kevin Schnakenberg  
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..

**FAITH LUTHERAN CHURCH**  
404 North York Avenue  
Oberlin, Kansas  
The Rev. Charlotte Strecker-Baseler  
Church Office Phone: 785-475-2053  
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



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