

You can freeze raw tomatoes



Home Time

By Tranda Watts
Regional Extension Agent

It is possible to quickly freeze raw tomatoes without blanching them first. They may be frozen without their skins or frozen whole with their skins. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Colby, joined them on Saturday for the fair. They also helped Stan and Carol celebrate their 35th wedding anniversary on Sunday.

Those who attended the Magers family reunion on Aug. 7 at the Educational Building in Norcatour were: Margaret Magers, Lyle; Judy and Charlie Easton, Quinter; Janie Engelhardt, Norton; Tim and Dianne Carrol, Sedalia, Colo.; Dale and Leoti Goss, Norton; Mary, Rick, Jenny and Piper Hoover, Denton, Neb.; Opal Palmer, Cambridge, Neb., and Rea and Dee Magers, Norcatour.

A combined church service of the Almerna, Noratur and Cyton churches, including the Lyle congregation, enjoyed services on Sunday morning, Aug. 7, at the Norton dam. Ed Wood gave the message.

Dorothy Ward accompanied Bee Nelson to the church services, then attended the 40th anniversary party for Bob and Kay Strevey at the Norton Senior Center.

There were 12 players at Senior Citizens on Aug. 5. Winners were Jackie Porter, Joyce Price and Dorothy Ward. The next gathering will be at 1 p.m. Friday.

Tomatoes may be frozen whole, sliced, chopped, or pureed. Additionally, you can freeze them raw or cooked, as juice or sauce, or prepared in the recipe of your choice. Thawed raw tomatoes may be used in any cooked-tomato recipe. Do not try to substitute them for fresh tomatoes, however, since freezing causes their texture to become mushy.

Tomatoes should be seasoned just before serving rather than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion, and herbs.

Step 1. Preparation and Selection
Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled.

Step 2. Wash Tomatoes
Tomatoes should be washed before cutting. To wash, wet each tomato with water, rub it's surface, rinse it with running water, and dry it with a paper towel. After washing, cut away the stem scar and surrounding area and, discard it before slicing or chopping the tomato.

Step 3. Freezing Whole Tomatoes With Peels
Prepare tomatoes as described above. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove

them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

Freezing Peeled Tomatoes
If you prefer to freeze peeled tomatoes, you can wash the tomatoes and then dip them in boiling water for about 1 minute or until the skins split. Peel and them freeze as noted above.

Storage time
To extend the time frozen foods maintain good quality:

- Package foods in material intended for freezing.
- Keep the temperature of the freezer at 0 degrees Fahrenheit or below.
- It is generally recommended frozen vegetables be eaten within about 8 months for best quality.

Source: Alice Henneman, MS, RD, UNL Lancaster County Extension - Cook It Quick.

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@ksu.edu. For information, contact the Decatur County extension office, 475-8121.

Rawlins Clinic in Atwood

Rodney Dill, MD
Charles Zerr, MD
Dana Jewell, PA-C
Deaun Carpenter, ARNP



Monday-Friday
9:00 a.m. - 5:00 p.m.
Saturday 9:00 a.m. - Noon

707 Grand Street
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Herndon News

By Julie Hafner

Descendants of Henry and Mertie Grafel gathered on August 6, at the Grafel homestead, where Kyle and Cindi Grafel and family live. All enjoyed a potluck lunch, supper, games, swimming and horseback rides.

Those attending were Kyle and Cindi Grafel, Sarah and Rachel, Ben and Mariah Grafel, Don and Joan Grafel, Keith and Roma Grafel, Rusty, Teryn and Saeger, Kent Grafel, Kris and Kristyn Clapp, Kamryn and Kloe, Kurt and Kris Grafel, Kourtney and Kayla, Reese LaToush, Keaston, Danielle Grafel and Carter, Randy and Leah Atchley, Miriam and Moses, Leon and Marita Portschy, David and April Sattler and Lauren, Charlotte Smith, Danny Joe Leitner, Jennifer Leitner, Jeff and Danielle Leitner, Isabelle and Tessa, Stan Brenning and Brad Brenning; also friends of Saeger Grafel, Brock Finch, Tanner Zimmerman, Chad Williams, Dakota Soderlund and Keithen Fortin.

Afternoon callers were Brian and Tracy Franke, Ellen and David. Kenny and Kathleen Jankovitz of Culbertson, Neb., stopped by for a visit with Kent and Chris Wood on Friday evening.

Recent guests in the Bonnie Franke home were Brian, Tracy, David and Ellen Franke of Albuquerque, N.M.; Brenda, Candaesa,

and J.D. Van Horn of Ottawa; Cody Fisher of Lawrence and Jerry Bennett of Nashville, Tenn.

Sharon Ecker, Chris Wood and Julie Hafner joined Pat Prochazka and Judy Begley in volunteering at the Good Samaritan beauty salon in Atwood on Friday morning. All was going fine until some joker found his way into the salon chair and wanted attention. The gals were happy to oblige, giving him the latest fashion look with plenty of hair spray to last the day!

Richard and Theresa Rippe; Kevin and Megan Rippe and girls and Tim Rippe and Wyatt attended the Haller-Schmid reunion on Saturday at the Columbian Hall in Atwood. Descendants of Martin and Eva (Haller) Schmid met for a potluck and fun day of visiting. Martin and Eva were parents of Richard's mother, Verneda.

St. Mary's service and burial for Jannette Martha Hutfles was held August 11, 2011, in Herndon. Relatives and friends gathered after the burial for a luncheon at the Herndon Senior Center. Gene Hutfles and daughter, Dee Dee and Brian spent a few days with relatives in the area before returning home to Arvada, Colo., on Saturday.

Thanks to the tales and true accounts about the cowboys, cattle and watering holes, The Greatest

Texas Cattle Trail, by Gary and Margaret Kraisinger, Herndon is preparing for its post marker in the coming months. The trail passed between Elephant Rock and the present-day Herndon. Volunteers, along with the Herndon Pride and the Herndon Chamber, are planning some festivities. Watch for details in the coming weeks.

When the 180 house reopened up on the hill I wasn't too happy about the idea. I remembered the guys that came before that wanted nothing to do with Oberlin residents. They were stealing and fighting, they were disrespectful, wearing their "pants on the ground" and were just not at all friendly.

Then, when the new batch of guys showed up this last spring, I got a call to ask about bringing the guys to TFC meetings. While I agreed to this I have to admit that I was skeptical. The first night these guys showed up most of them were very distant. The Hispanic guys were very cliqueish and obviously didn't want to be there. The TFC regulars didn't know what to make of them.

While doing substitute teaching I observed that most of the students at DCHS didn't accept these guys either. I could even see teachers bristle and, while they did what they needed to do to help these guys, there was this aura that was so strong that I could sense it. An immediate wall went up. I could relate to that feeling because, admittedly, I did the same - at first.

But guys...please try to imagine a life where you had no support and security coming from your family. Imagine having alcoholics and drug addicts for parents. Imagine living in an area that if your weren't "street tough" you would be eaten alive so to speak. Imagine having to steal to survive. Yah a lot of these guys are coming from gangs. They did some bad stuff and if they don't turn their lives around, are going to end up in prison or dead. That's why they are here - it's an effort to help them change.

If you are not accepted you tend to find a way to

We need to welcome 180 guys Doug Mason, youth minister Oberlin Teens for Christ

protect yourself - you find a way to survive. What I discovered as I spent more time with these guys is that they don't really want to be hard and tough, they just have had to. Each guy comes in with the mask on. But that mask is really their suit of armor - their protection. Once they feel safe and accepted the mask comes off and - you know what? They are great guys!

The young men at the 180 house need to experience a different life. If we keep not accepting them they are going to see Oberlin, Kansas as just another place to be rejected. Jesus focused, not on the "good" people, but on the lost and hurting - the not-so-nice-people. In the Gospel of Matthew Jesus said, "34 "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. 35 For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36 I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'"

That is what we are to do. We need to care for the 180 guys. It will make a huge difference for them. Will some of them cause trouble in town? Yes. But we can't stop because of that. We need to understand where they have been, take a real interest in each one and love them. That's the Jesus model. If we don't - we aren't being Christian - plain and simple, and Jesus will judge us for that. In His words - "depart from me!"

Let's matter to these guys.

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Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 5:30 p.m., Saturday</p>	<p>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</p>	<p>NORCATOUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p>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.</p>
<p>IMMACULATE CONCEPTION CATHOLIC, LEVILLE Fr. Mark Berland, MASS: 8 a.m., Sunday.</p>	<p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p>LYLE UNITED METHODIST Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p>	<p>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.</p>
<p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 10:30 a.m. Sunday</p>	<p>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, open Bible Study, 10:30 a.m.; TUESDAY: Ladies Bible Study, 9 a.m.</p>	<p>LUND COVENANT CHURCH Chairman Brad Marcuson 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.</p>	<p>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..</p>
<p>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.</p>	<p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Linda Willey SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p>PAUL'S FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</p>

Good Samaritan Center

By Lisa Paulson

For I know the plans I have for you," says the Lord, "Plans for good and not for evil, to give you a future and a hope". Jeremiah 29:11

This is the message I try to remind the residents of often because so many believe that God is done with them; that their life and service for the Lord is over.

It is my prayer that you will begin to see these precious people through new, loving and compassionate eyes - the way that Jesus sees them.

This week the 180 House boys came to visit. These six capable, strong young men sat in a circle alternating between Amy Rehm, Edla Olson, Mary Waldo, Loren Schrock, Walt and Betty May and Dorothy Pryor.

Questions were asked and then answered by the two generations. One of the questions was "What do you have in common?" Some of the answers were comical like sharing the same hair style with Loren, but other answers touched a deeper chord of commonality.

For the boys, their choices and the consequence of those choices placed them in a situation where they would rather not be. For the residents, age and declining health has placed them the same boat; a situation where they would rather not be.

Both have lost some freedom, both have lost loved ones, both have lost homes and opportunities, but what is sure and steadfast is God's love for them all.

This particular inter-generational partnership with the 180 House is such a good match, because our mission statements are very similar.

Both homes believe in sharing the love of Christ in word and deed with the residents we serve, making Him the foundation and reason we do what we do with both striving to help those living within our walls

to understand and fulfill God's plan for them.

Will you please join with us as we commit to pray for them - residents and boys?

The club happenings this week included the Courtyard Café where the "In House Club" enjoyed Italian fare. Anita served eggplant parmesan made with eggplant fresh from her garden.

The "Artsy Craftsy" crew gathered to paint wooden train banks put together by the men's "Praying Mantis" club.

The "Humming Bees" met one-on-one with Anita to hum, sing and sway to music, and the "In House Club" sang full blown with Coleen in preparation for a social hour performance next week.

Poker Club met on Friday where Myrtle Waldo took the trophy for the third time in a row!

Visitors were: Murry and Audrey Pavlicek for Mary Lemman, Edie Tate for Lois Carlson, Eunice Martin for Glenn Martin, Carolyn Strevey and Von and Joy Johnson for Crystal Moore, Marilyn Horn for Myrtle Ross,

Jody Betts for Mary Waldo, Max Carman for Myrtle Waldo, Arian Arnold from Herndon and Galen Olson for Edla Olson, Marvin and Sharon Slabaugh for Opal Bryan, Mert McEvoy for Lucy Schissler, Reva Marshall and Penny Fringer for Dorothy Hunt, Jerry Hill for Cheryl Hill, The Scott family for Evelyn Olson and Cheryl Miller for Loren Schrock.

Eulaine Benda enjoyed an outing with her daughters.

Thank you all again for your constant love, friendship and service to those who live and work here and fulfilling our motto; In Christ's Love, Everyone is Someone.

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.

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.