

Food Safety tips to follow



Home Time

By Tranda Watts
Regional Extension Agent

Most consumers are aware of food recalls involving meat and poultry, as well as alerts in recent years concerning spinach and cantaloupe.

Meat and poultry juices make them attractive as hosts for food borne pathogens.

Spinach, cantaloupe, other melons and garden crops can be vulnerable because they either grow on the ground or close to it, and are often harvested by hand.

The Centers for Disease Control and Prevention estimates that one in six Americans (about 48 million people) will experience food borne illness each year. About 3,000 will die from it.

Fifty-eight percent of food borne illnesses have been attributed to Noroviruses. This form of food borne illness has been traced to eating contaminated food. It also can be spread by contact with someone who is sick or not properly cleaning up vomit and feces.

Symptoms typically include vomiting and diarrhea. Seek medical treatment if this persists for more than one to two days, or more quickly, if symptoms are severe.

Dehydration is a concern and children under the age of five can be at greater risk because their immune systems are not fully developed. Adults ages 65 and older also can be

at greater risk because their immune systems can be compromised by the aging process, chronic illness and medical treatment.

Nearly 100 percent of food borne illness can be prevented with a back-to-basics approach that begins with hand hygiene and cleaning and sanitizing surfaces. We're not washing our hands often enough with soap in warm water.

Here are tips for keeping food borne illness at bay:

- Work up a lather and scrub to produce the friction needed to remove bacteria and viruses. Rinse thoroughly and dry completely.
- Clean and sanitize counters and work surfaces in the kitchen. A homemade sanitizer can be made by mixing one tablespoon of regular unscented household bleach with one gallon of warm water. Wipe down the surface with a clean paper towel. The surface should be washed before sanitizing or the sanitizer will be not effective.
- Using a clean towel is preferable to a sponge. Sponges, though absorbent, are subject to potential contamination. Most people don't wash or sanitize sponges, which creates a good environment for microorganisms.
- Read care instructions for counters and other work surfaces, as mild bleach and some cleaning agents

may harm surfaces. Reading the labels on commercial cleaning products or cloths also is advisable, as some are not recommended for use in the kitchen.

- Re-usable grocery bags also can harbor potentially harmful bacteria. When shopping, place meats, poultry and fresh produce in individual plastic bags before placing them in a cart (to prevent cross contamination) and at check out, in a grocery bag. Wash re-usable grocery bags after each use, and don't use them for other purposes, such as hauling the kids' dirty sneakers home from the ballpark.

- Scrub fruits and vegetables just like you do your hands, but without the soap. Use a clean knife to cut into them to avoid transferring bacteria that could be present on the skin to the edible flesh.

- Improper handling of leftovers can increase food safety risks. A home refrigerator will not have the cooling capacity of a commercial blast chiller. Transfer leftovers to shallow pans to speed cooling.

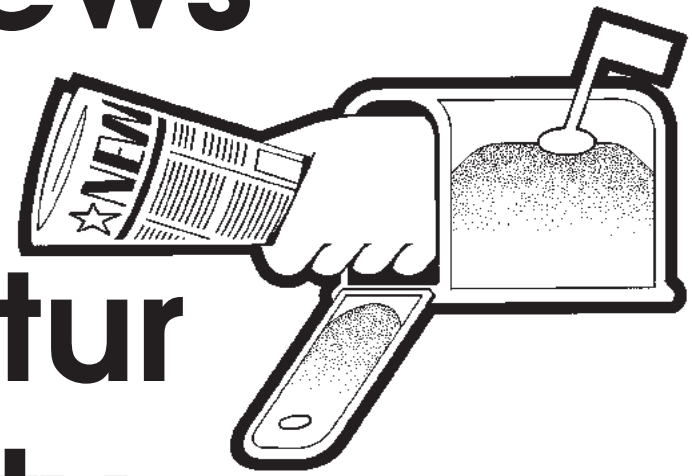
- Wait to cover leftovers until the food has cooled. Covering cooled foods completely can protect food quality and prevent cross contamination. Leftovers should be used in three to four days, frozen for future meals, or discarded.

- Reheat leftovers to 165° F. If food chilling and storage has not been handled properly, reheating may not kill toxins that could develop, such as Staphylococcus or Clostridium perfringens.

If unsure of food safety and quality, food should be discarded and not eaten.

Please feel free to call your local K-State Research and Extension Office if you have questions about food safety.

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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 office of Twin Creeks Extension, 475-8121.

Mount Pleasant News

By Dianne Bremer

Jan (Orthmann) Cappel, Holdrege, Neb., Cindy (Orthmann) Hilliard, Beeville, Texas, Evelyn May, Janice Cundiff, Carol Smith, Joy Votapka, Jill Reichert, Shayla Williby, Marian Fraker, Charlotte Meints and Dianne Bremer met for lunch Wednesday noon at an area restaurant.

Zach and Hannah May, Kaine Fredrickson, and Miki Dorshorst, Oberlin, were among the approximate 250 youth on the Kansas-Kansas City Ambassadors of Music 2013 trip. Hannah performed on tour with the band and choir groups, and Zach, Kaine, and Miki performed with the choir group. Also traveling with the Oberlin youth were parents, Roland and Pam May, and sponsors, Susan and Makenzie Nelson. They flew out of Kansas City June 12 and flew back to Kansas City on June 27. The Ambassadors' three performing groups, orchestra, band and choir, performed in England, France, Switzerland, Austria and Germany, in that order.

After leaving Switzerland, the group had a short visit to Liechtenstein but didn't perform while there. While in Austria they took a day trip to Venice, Italy, where

the choir sang two numbers at the Patriarchal Cathedral Basilica of Saint Mark, commonly known as St. Mark's Basilica.

While in London on the European trip, the group watched "Trooping the Colors; the Queen's Birthday Parade," an annual event held on the first Saturday in June to celebrate the Queen's unofficial birthday. The Queen rode in a closed carriage accompanied by Prince Charles, the Prince of Wales, since her husband, Prince Phillip, the Duke of Edinburgh, was ill. Prince Harry, Camilla, the Duchess of Cornwall and Catherine, the Duchess of Cambridge, rode in an open carriage. Prince William, the Duke of Cambridge, rode on horseback.

At the Goodland swim meet Saturday, Mollie Tate placed sixth in the 50-yard freestyle, fourth in the 50-yard backstroke, second in the 50-yard breaststroke, and her team placed fifth in the freestyle relay and second in the medley relay. Grace Tate placed third in the 25-yard butterfly, sixth in the 25-yard breaststroke, seventh in the 100-yard individual medley, and her team placed second in both the freestyle relay and the medley relay.

Herndon News

By Julie Hafner

A memorial service for Ann Fleckenstein will be held at 10 a.m., Friday, July 12, at the Immanuel United Church in Herndon. Graveside services will follow at the Evangelical Cemetery. Lunch will be served at the Herndon Senior Center for family and friends.

The 2013 harvest has begun in the Herndon area. The first truck load of wheat hit the Co-op last week.

Bonnie Franke has been traveling the last three weeks with John and Norma Stratton from Iowa in their motor home to upper Michigan, across Canada to Maine, then to Pennsylvania to visit Texas friends. They attended the production of "Noah" at the Sight and Sound Theater in Lancaster, Pa. She is now visiting Dean, Carrie, Heidi and Abbie Franke in Jefferson City, Mo. Donna Mullanix of McCook and Bonnie will spend next week attending shows in Branson, Mo. She will be back to Herndon to get ready for a moving sale which will be held in McCook on July 19 and 20.

Decatur County Museum brown bag and learn program is held at noon on the third Friday of each month. Bring your brown bag lunch and a friend to the museum's Bohemian Hall for an educational hour-long program. The July 19 program will be a presentation by Liane Martin of Herndon on aprons. Everyone is invited.

Here's wishing everyone a happy and safe Fourth of July.

Julie's Memory Joggers
The Citizen-Patriot
Thursday, Aug. 24, 1967
Karl Wendelin injured
Karl Wendelin, farmer living on the county line east of Herndon, was injured Tuesday morning while working in the field. Karl was applying liquid fertilizer when a hose connection broke and the liquid struck him in the face, causing painful injuries. He was able to drive his tractor back to his home, then was brought to the Rawlins County Hospital for treatment. He is a patient there at this time.

John Schissler Sale
Sale bills will be prepared the latter part of this week for the John Schissler farm sale, to be held at Traer. Francis Jensen will auction the sale.

You are what you love

How many sermons have you sat through in your life? How many church services? Hundreds? Thousands? Now how many of those do you remember? How many really changed the way you live?

In two recent books, James K. A. Smith explores how worship forms us - how going to church might change your life - but it may not be in the way you would think. This month we'll look at what Smith's *Desiring the Kingdom* and *Imagining the Kingdom* have to say about worship and spiritual growth. Each week I'll also provide some follow-up questions that you can reflect on alone or with a group.

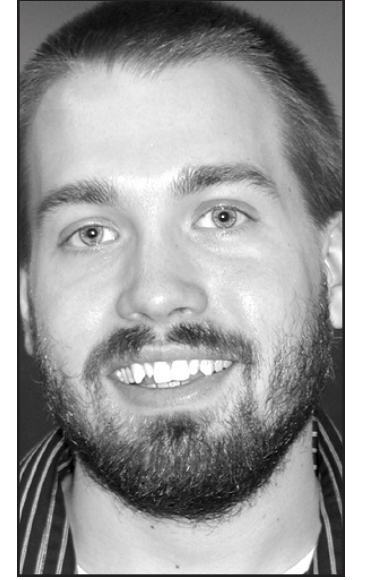
Smith opens with the claim that "we are what we love." The way we live is shaped first of all not by what we know or believe, but by what we desire: the image we have of what it means to live the good life, our vision of the way things ought to be. A convincing argument may win over our minds, but it is the picture that best captures our hearts and imaginations that will go furthest to determine what kind of people we will be.

This means that becoming a disciple of Jesus is less about filling our heads with the right ideas and doctrines and beliefs (important as they may be) and more about learning to better love God and our neighbor - what Jesus called the greatest commandments.

This gives us some insight into what happens when we worship. Worship is more about formation than about information. It matters little whether you remember the second point of last week's sermon. What matters is are you developing a taste for God's kingdom? Is your imagination being captured by a world in which the lion lies down with the lamb? Is your heart coming to yearn for a time when the nations will beat their swords into plowshares and their spears into pruning hooks? Do you long to see people from every tribe, every tongue, and every nation worshipping together before God's throne?

Worship is where we learn to pray, "Thy kingdom come," to desire God's intentions for this world. Through the telling of the story, through the rhythms and rituals and routines, through scripture and song, worship is where we learn to love what God loves.

What elements of worship at your church speak mostly to your head? Your heart? What elements speak to both? What does 'the good life' mean to you and your family? How would you describe the kingdom of God?



Pastor Chris Nelson
Evangelical Covenant Church of Oberlin


Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 5:30 Saturday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE Fr. Mark Berland, MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 10:00 a.m. Sunday</p> <p>JENNINGS-DRESDEN UNITED METHODIST CHURCH Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.</p> <p>DRESDEN SUNDAY: Morning Worship, 9:30 a.m.</p> <p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Nancy Proffitt 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>OBERLIN UNITED METHODIST 102 North Cass - 785-475-3067 The Rev. Nancy Proffitt SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.</p> <p>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.</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>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.,</p> <p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>OBERLIN CHURCH OF CHRIST 208 Beaver Street - Oberlin Bill Duncan - Phone 785-475-3259 SUNDAY: Fellowship and coffee time, 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.</p> <p>ST. MARY'S CATHOLIC, HERNDON Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p>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.</p> <p>NORCATUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 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>LUND COVENANT CHURCH Pastor Roy Matthewson 10 miles south, 4 miles west of Oberlin. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</p> <p>ST. JOHN'S LUTHERAN CHURCH 510 North Wilson Interim Pastor: Brad Rick SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays..</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> 
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