

Koreans of 60-years-ago grew lots of cabbage

By Kay Melia
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kay melia
• the gardener

In 1952 and most of 1953, I was a buck Private in the U.S. Army. I trained as a Signal Corp Cryptographer at Fort Gordon, Ga., and eventually deployed to the 25th Signal Company of the 25th Infantry Division in Korea. The 25th was known as the "Tropic Lightning" division and has served the nation from 1941 through its present assignment in Afghanistan. While in Korea, it was the most decorated division of them all with some 14 Medal of Honor winners. I was not one of them.

mostly after the fighting had subsided. Our job then became one of alert, and training of Republic of Korea troops.

As such, I became better acquainted with the Korean people and their culture. Most of the civilian population were small farmers, with rice as their dominantly produced crop and just about every family in the land maintained a garden on the

little piece of land they called home. We of course understand that every nation enjoys their own unique set of historical doctrine, not only in how they live, but in what they eat.

The Asian population has always thrived on rice, vegetables and to a lesser extent on, meat. Each family of Koreans grow most of what they eat, although in today's modern South Korea, large supermarkets are everywhere and fresh fruits and vegetables are offered to the public, as in other modern nations.

But when I was there 60 years ago, the people had to grow what they ate, and it didn't take long for me to realize that they grew lots of cabbage.

But not the kind of cabbage we grow in our gardens for slaw or kraut. They grew scads of what we refer to as Chinese cabbage, or Asian cabbage, or sometimes referred to as Pak Choi, or Bok Choi.

We will occasionally use those types of cabbage in stir fries, or maybe to give a green salad a little more flavor. It has a much stronger taste than regular cabbage.

But in Korea, much of the crop is sliced up and packed into large

glass jars, highly seasoned, and allowed to ferment for a few days. The finished product is called Kimchi, pronounced KIM-chee, and if South Korea has a national food, it is indeed Kimchi. Everybody there loves it!

Walk down the street of any town or city and the aroma of Kimchi will have your olfactory nerves working overtime! It permeates clothing, home furnishings and local stores. Among Republic of Korea mess halls, Kimchi was always available, everyday.

I have a recipe for Kimchi, but have never used it, and I don't intend to start now.

Its ingredients include the Chinese cabbage, water, salt, fresh ginger, fish sauce, chile paste, green onions, daikon radish and a bit of sugar.

You are advised to eat it within three weeks or it can become overly fermented. I can only imagine.

I firmly believe that Kimchi should not be ingested. But then, that is my culture speaking. Koreans are probably not too keen on mashed potatoes and gravy.

But if you would like to have my Kimchi recipe, let me know. And then, you're on your own!

Pen pals' friendship continues after 42 years

By Dee Ann Ihrig

When Dee Ann Arnold of Hoxie received a letter from Karen Stahl of Pittsford, N. Y., dated Sept. 3, 1969, she had no idea a lasting friendship was about to be created! The two girls were matched by "Teen Magazine" through a pen pal program because of their similar interests. They began writing each other when stamps cost six cents!

Forty-two years later Dee Ann Ihrig of Goodland along with her husband Lynn flew to Green Bay, Wis., this past March 30 where they spent six amazing days visiting Karen and husband Ed Blazejewski. Dee Ann describes the visit as being a very emotional experience! From the days before the Ihrig's left for their visit Dee Ann was overwhelmed with excitement all the way through the minute Dee Ann and Lynn were met with Karen's welcome hug.

Emotions were felt again as the two women talked about their friendship as Fox 11 camera man and reporter interviewed the once open pals, now friends. When asked why the two felt their friendship has continued as it has, Karen said it was this type of friendship that helped her get through a very difficult time in her life. In 1990 Karen was diagnosed with Hodgkin's Lymphoma, a cancer of the lymph nodes. She survived, she said because of a bone marrow transplant, and because of the constant friendship of a person in Kansas she'd never met. Dee Ann sent Karen a pack of self addressed post cards (this was before computers) so Karen or her family members could update Dee Ann weekly on Karen's progress. The bout with the illness changed both Karen and Dee Ann's outlook on life.

Karen later told Dee Ann if she survived her battle she would travel to Kansas to meet her pen pal that had made a difference in her life. Three years later Karen flew into Goodland where the two spent five wonderful days along with Dee Ann's family, to finally realize a dream that they had only written about.

Through the first 24 years of pen paling the two shared many things in their letters, from high school and

college days and graduation to their wedding day. What dominated their correspondence, however, are the lives of their children. It began when Dee Ann and her husband Lynn had their first child Lyndee. Six weeks later, Karen and her husband Ed had their first child Nathaniel. Later, the Ihrig's had their second daughter, Tranda. Again six weeks later the Blazejewski's had their second son, Benjamin. The Ihrig's had two more children, Kelsi and Darrick while the Blazejewski's told the Ihrigs "Congratulations!"

News of their antics, their growth and their success, as well as countless photos traveled through the mail between Kansas and New York.

When Karen visited the Ihrig's December 1993 the women were amazed at how many similarities they had. It was surprising how many people asked if the two were sisters! They both having short dark hair, similar builds, plus they got along wonderfully!

Karen enjoyed many Kansas opportunities including a trip to Hoxie, where she met Dee Ann's parents Don and Doris Arnold, as well as other family members and friends.

One and a half years later while the Ihrigs were at the Kansas State Fair, Dee Ann won a cruise to the Bahamas. Her husband couldn't go. Karen was next on Dee Ann's list. Karen gratefully accepted the invitation. Once again a very special time was spent between the two women as they celebrated 25 years of pen paling by cruising to the Bahamas. Dee Ann also had the opportunity to meet and spend time with Karen's parents, Fredrick and Harriet Stahl in their Florida winter home.

Strong emotions were once again experienced as Dee Ann went with Karen to Green Bay's Relay for Life 2012 during their visit. The two felt very blessed to have the opportunity to walk together sharing Karen's 22 years of being cancer free, and her husband Ed's six year remission of bladder and pancreatic cancer.

Dee Ann and Karen were once again given the opportunity to share something they both enjoy, cooking and entertaining together. Karen

hosted a Sunday afternoon tea party in Dee Ann's honor. What a wonderful occasion for Dee Ann to meet Karen's friends, and vice versa.

Of course no trip to Green Bay could be made by a football fan without visiting Lambeau Field.

The friendship continued to grow as they enjoyed a Stadium Tour, Packers Hall of Fame and a shopping trip in the two story Packers Pro Shop of the Green Bay Packers together!

Fox 11 is putting together a story of the truly amazing friendship that

will air in May, date at this time is unknown. It may also be seen by going to "fox11online.com".

Emotions continued as Lynn and Dee Ann told their friends Ed, Karen and son Ben goodbye as they prepared to board their plane to

return home. A truly unique bond was formed through this visit. The four friends made plans for their next visit which hopefully will be in the next few years as there are many more dreams yet to fill!

Worship warms the heart

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| <p>Calvary Gospel Church Pastor: Randy and Mary Payne Fourth & College • 890-3605 Sunday: Kid's Church: 10 am Morning Service: 8:30 and 10:30 am Prayer and Praise: 5:00 p.m. except last Sunday of the month Wednesday: Royal Rangers, Missionettes 6:30 p.m. during school year Youth @ the Rock House, Sixth & Caldwell: 6:30 p.m. Life Groups - Call for information Join us on Facebook www.calvarygospel.net</p> | <p>Our Lady of Perpetual Help Celebrant: Father Norbert Dlabal 307 W. 13th • 890-7205 Sacrament of Reconciliation: 5-5:45 p.m. Saturday or by appointment Mass Schedule: Saturday: 6 pm, Sunday: 10:30 am Spanish Mass: Sunday: 12:30 pm</p> | |
| <p>Goodland United Methodist Church 1116 Sherman 899-3631 Pastors: Dustin and Shelly Petz Saturday: Worship: 5:30 p.m. Sunday: Adult Classes: 9:15 a.m. Worship: 10:30 a.m. Wednesday: Wednesday Nite Live 5:45 - 6:45 p.m. Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages</p> | <p>Pleasant Home Church Serving the rural community for over 120 years Rt. 1, Box 180 • 3190 Road 70 (785) 694-2807 Pastor: Perry Baird Sunday: Worship Service: 9 a.m. Sunday School: 10 a.m.</p> | |
| <p>Bible Baptist Church Pastor: Clifford Middlebrooks Fifth & Broadway 890-7368 Sunday: Sunday School: 9 a.m. Morning Service: 10 a.m. Evening Service: 6:30 p.m. Wednesday: Evening Bible Study: 7 p.m.</p> | <p>Church of Jesus Christ of Latter-Day Saints 1200 15th Street • Burlington, CO (719) 346-7984 Sacrament Meeting: 10 a.m. Sunday School: 11:15 a.m. Priesthood/Relief Society: 12 a.m.</p> | |
| <p>United Methodist Church Brewster: Pastor: Dorine Chambers Worship Service: 10:45 a.m. CST Sunday School: 9:45 a.m. CST Winona: Minister: Sheryl Johnson Worship Service: 9 a.m. CST Sunday School: 10:15 am CST</p> | <p>First Christian Church (Disciples of Christ) Pastor: Rev. Carol Edling Jolly Eighth & Arcade • 890-5233 Sunday: Church School - All ages 9:15 a.m. Worship 10:30 a.m. Youth Group: 1st and 3rd Sundays 5-7 p.m. Thursday: Prayer Class - Noon Pastor Carol's Class 5:30 p.m. www.goodlandfccdoc.org</p> | |
| <p>Church of the Nazarene Pastor: Bob Willis Third & Caldwell 899-2080 or 899-3797 Sunday: Sunday School: 9:45 a.m. Worship Service: 10:50 a.m. Evening Service: 6 p.m. Wednesday: Evening Service: 7 p.m.</p> | <p>St. Paul's Episcopal Church Celebrant: Father Don Martin 13th & Center Church 890-2115 or 890-7245 Services: 5 p.m. Saturday evening</p> | |
| <p>First Baptist Church Pastor: Travis Blake 1121 Main 890-3450 Sunday: Coffee fellowship: 9:30 a.m. Morning Worship: 10 a.m. Sunday School: 11:15 a.m. Thursday: Bible study 9:30 a.m. Wheatridge Center</p> | <p>H2O Church.TV Pastor: Craig Groeschel 1022 Main (785) 728-0123 Experience Time Sunday: 10:30 a.m.</p> | |
| <p>Seventh Day Adventist Church 1160 Cattletrail Pastor: Jerry Nowack Saturday: Sabbath School: 9:30 a.m. Worship Service: 11 a.m.</p> | <p>Emmanuel Lutheran Church 13th & Sherman • 890-6161 Pastor: Darian Hybl Sunday: Christian education/fellowship: 10:15 a.m. Worship Service: 9 a.m.</p> | |
| <p>The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:</p> | | |
| <p>Short & Son Trucking Hwy. 24</p> | <p>Koons Funeral Chapel North Main</p> | <p>Good Samaritan Center 208 W. 2nd</p> |
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sunflower 4-h

The Sunflower 4-H Club held its yearly Parent's Night Meeting on Monday, April 16, at Edwards Hall. President Leon Volk called the meeting to order and Vice President Jon Anderson led the club in the flag salute and 4-H Pledge. Roll call of "What do you want to be when you graduate?" was answered by 12 members, six parents and one leader. Kari Whittington led the club in singing a song entitled "Bug Juice."

Following a short business meeting, President Leon turned the meeting over to Vice President Jon

Anderson for the program. Tina Anderson shared a current event about the recent tornadoes in Sedgwick and Rice counties and Jon Anderson read a poem entitled "Why." After the program, President Leon Volk declared a short recess for recreation. Mary Volk led the club in a fun rendition of the club skit "Boom Chicka Boom."

Leon and Mary Volk served refreshments after the meeting. The next club meeting will be the held on Monday, May 21.

Peggy Berls, reporter

lincoln larks

A pizza party by the Lincoln Larks was held at noon in March when Melinda Daily gave the lesson on Social Networking: Making the Connection to Generation Next.

Those attending were Ladona Frerichs, Colleen Rall, Cinda Hatcher, Colleen Duell and Arbutus Topliff.

Topics discussed were the history of social networking with the first form of social networking being a bulletin board. People can feel connected by Facebook, My space, Linked In and others.

The Pew Study found few places online or off line where Generation Next, Generation Next Baby Boomers and the Silent Generation could all come together. Social network usage by digital immigrants has increased Internet users 22 to 42 percent in one year.

Stay safe on social networking sites. Beware of scams, maintain privacy settings on the sites and don't open any e-mails from people you don't know. Don't give out financial information, bank accounts, credit cards or social security numbers.

Don't fall for something too good to be true. One social networking website is Facebook and one needs to be careful. In closing social networks include both public and private methods of communications between "friends."

There was announcement of recognition Thursday, April 19, at Sharon Springs.

We plan to meet later in the year to review lessons and plan a fair display.

Arbutus Topliff