



EXTENSION SPECIALIST Tranda Watts (above) watched as Mason Urban made sure he perfectly measured his dry ingredients for biscuits at the 4-H Kids-a-Cookin' class Wednesday. Cheyenna Hale (left) practiced kneading play dough before moving on to the real stuff while Clayton Carter (below left) and Madelanie Johnson watched Gabrielle Johnson knead her dough.

— Herald staff photos by Stephanie DeCamp



MACKENZIE URBAN STIRRED while Alyssa VanVleet (middle) and Alana Castle gave suggestions during the cooking lessons.

Youngsters learn baking techniques

By **STEPHANIE DeCAMP**
sdecamp@nwkansas.com

Kids came together last Wednesday for a Kids-a-Cookin' program at the 4-H room at the Decatur County fairgrounds.

Everyone was outside playing with bouncy balls at first, and then the kids jumped head-long into practicing on play dough what they would shortly do with real dough.

The group focused on two recipes: biscuits and an orange drink.

This was the second of two classes the 4-H does every year. It was taught by Byron Hale, district extension director,

and Tranda Watts, regional extension specialist for foods, nutrition, health and safety.

"You should have seen the flour fly!" Ms. Watts said later.

"It's to teach kids a healthy and nutritious way of cooking for themselves," said Keri Bryan of the Twin Creeks Extension District, adding that they usually do a craft, too.

The classes are held every year, usually in June, Mrs. Bryan said. All kids are welcome, and it's usually best to sign up for the classes at least a week beforehand.

School projects target lighting

The Oberlin School Board approved three improvement projects the staff plans to do over the summer, including two to replace lights with more efficient units, and remodeling at the high school library.

All the work will be paid from the capital outlay fund, used to finance equipment purchases and building improvements.

Superintendent Duane Dorshorst said a lighting project, which includes the senior high gym, junior high gym, the main hallway and two class hallways at the high school, will cost \$10,931.

At the grade school, he said, the crew plans to start with replacing lights in the cafeteria and then get to the classrooms as they can. The project will cost \$2,411.

At the high school, said Mr. Dorshorst, they plan to

revamp the library, adding more computers and making supervision on the computers easier for the staff. The only part of the project that won't be done by the district crew is the electrical work, which will cost \$950.

The total cost of the project is \$4,330, which includes six new computers and monitors.

Another project the board approved was a new garage door for the Anderson House, east of the school, which the district uses for storage. The cost, said Mr. Dorshorst, is \$362.

A final project, said Mr. Dorshorst, was for new insulation and plaster below the windows on the east side above the shop and the courtyard at the high school, which would have cost \$100,000. A bid from Roger Goltl was rejected.

County replacing old pavement

Workers planned to finish repaving the curb and parking area on the south side of the Decatur County courthouse by Wednesday.

The county commissioners decided last Tuesday that instead of simply patching up the pavement, which had been damaged while workers laid new water pipe down Hall Street, they would take the opportunity to lay fresh concrete from the sidewalk to the brick street,

providing a better curb and more efficient drainage for rain.

David Blau of Miller and Associates, a McCook engineering firm working with the city, took commissioners out to look at the area. The work will cover the length of the block, he said.

Mr. Blau "very roughly estimated" the price at \$6,600. The concrete costs \$55 per square yard, he said, and it looks like it will be about 120

yards total. By the end of the meeting commissioners approved a motion to carry through with the idea after Mr. Blau assured them that the cost would be under \$10,000.

The contract is actually with the city, Mr. Blau said, but they needed approval from the commissioners to start. He said that the problem wasn't so much the cost but coordinating between the county and city.

Truck backs off edge and has to be unloaded

A semitrailer owned by Amber Waves Trucking from Burnt Cabin, Pa., was loaded with about 1,100 bushels of wheat when it backed up too far and rolled over the edge of the parking area just north of Subway last Monday evening.

The wheat came from Rawlins

County from land farmed by Robbie Henningson of Norcraft.

ASC Towing and Trucking was called to help pull the 65,000-pound load back onto flat land. Chuck Harms and Chris Schiessler responded to the call. It became apparent that the load would have to

be lightened. With the assistance of a May Family Farms truck, and with a suction device mounted on the back of a tractor, the grain was transferred from one truck to the other, then delivered to Decatur County Co-op.

No accident report was filed.

| This month at Decatur Health Systems | July 2012 | | | | |
|--|---|---|--|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Providers Dr. Steven Albert DO Sean Conroy PA-C Lynnetta Ward APRN-BC Tricia Carney APRN-C Cardiac rehab Cardiology Schedule appointments with the Family Practice Clinic at 475-2208. Schedule appointments with the hospital and Specialty Care Clinic at 475-2208. The Fitness Center is open daily from 6:30 a.m. to 8:30 p.m. Call 475-2208 for membership information. | 2 Dr. Albert Sean Lynnetta Cardiac rehab | 3 Dr. Albert Lynnetta Tricia Cardiology | 4 Clinic closed: Have a Happy & Safe 4 th of July! Surgery Sonogram Cardiac rehab | 5 Sean Lynnetta MRI | 6 Sean Lynnetta Cardiac rehab |
| | 9 Dr. Albert Sean Lynnetta Cardiology Oncology Cardiac rehab | 10 Dr. Albert Lynnetta Outreach clinics | 11 Dr. Albert Sean Surgery Sonogram Cardiac rehab | 12 Dr. Albert Sean Lynnetta MRI | 13 Dr. Albert Sean Lynnetta Cardiac rehab |
| 16 Dr. Albert Sean Lynnetta Cardiac rehab | 17 Dr. Albert Lynnetta Tricia Cardiology Bone Density | 18 Dr. Albert Sean Surgery Sonogram Cardiac rehab | 19 Sean Lynnetta MRI | 20 Sean Lynnetta Cardiac rehab | |
| 23 Dr. Albert Lynnetta Cardiac rehab | 24 Dr. Albert Lynnetta Outreach clinics | 25 Dr. Albert Surgery Sonogram Cardiac rehab | 26 Dr. Albert Lynnetta MRI | 27 Dr. Albert Sean Lynnetta Cardiac rehab | |
| 30 Dr. Albert Sean Lynnetta Cardiac rehab | 31 Dr. Albert Sean Tricia Cardiology | Emergency care available 24 hours a day, 7 days a week. | | | |

