

WILSONVILLE

By **VELMA HOLTZE** and **Laurie Laws**

Jim and Becky Holtze spent Monday and Tuesday in Lincoln where Becky had a check up with her doctor.

Several in the community, including Dean Brown, have been fighting bad colds and the flu.

Avis Wolfe had hip replacement surgery in Lincoln on Wednesday. Her son, Arlen and Judy Wolfe, accompanied her to Lincoln. Son, Gale and Mary Wolfe visited her on Wednesday. She returned to Holdrege Monday to recuperate at the Care Home there.

Kendall Rice was a surgical patient in McCook on Wednesday. He returned home on Friday.

In spite of the cold on Wednesday evening a few braved it to attend the Baptist-Christian Church congregational meeting. Annual reports were distributed and discussed. Everyone is urged to make plans for the pancake supper on Sunday Feb. 13. Special music will be provided by a men's group from McCook. The vestibule and sanctuary have been given a face-lift with new paint. The laying of the carpet began Jan. 17. A weekly bible study on the book of Proverbs began Jan 19. This is for anyone in the area who is interested in such a study.

A phone call on Saturday morning from Ann Marie Shaw, Santa Fe, N. M. brought news of the death of her aunt, Eldred Shaw Thomas, of Colorado. An obituary will be sent for next week's paper. Eldred, the daughter of Fred Shaw, lived at Devizes. She lived with her brother, Clifford Shaw and wife Helen while attending high school in Wilsonville, graduating with the class of 1932.

Pat Yost and Margene Holtze enjoyed dinner with Velma Holtze on Sunday following church.

The Rev. Malchow was able to be back with his congregation at the Methodist Church on Sunday. Last Sunday enroute to Wilsonville for services from

his home in Franklin, he had the misfortune to loose control, evidently hitting a slick icy place, and rolled his pickup. He was taken to the Holdrege hospital where he was released later that day. He suffered only a few scratches. His congregation went ahead with the service as he had planned it except for the sermon. It was the Sunday for the fellowship dinner which Charles and Nadeane Haag were hosting, so they had it as planned.

Baptist-Christian Women Meet

Ten members and one guest braved the cold on Monday Jan. 10 for the meeting at the Baptist-Christian Church. An interesting devotion on "Beginning a New Year" was given by Maxine Parish.

The program was given by guest, Dixie Landreth, one of Wilsonville's emergency medical technician crew members. She showed some of the equipment; talked about the importance of calling 911 when one has symptoms of a heart attack or stroke. She listed several of these symptoms. She told of the need for certified medical technicians and encouraged them to contact Dixie, Sharon Tillotson, Bob Holliday, Jim Park or any of the other crew members.

Nadeane Haag, music chairman, led the group in a couple of cute winter songs as well as leading in the birthday song for Maxine Parrish. Connie Wilson and Barb Baca also had December birthdays, but were absent. Each of the three received a fortune cookie.

During the business meeting led by President Mary Wilson, Pat Yost gave some information on the importance of walking and several incentives to help. For roll call each woman told how she would try to increase her walking this coming year. The meeting closed with the collect.

The women enjoyed the tasty refreshments served by hostesses, Connie Holliday and Sue Bethel as well as a time of visiting.

Oatmeal is good source of fiber

Grandmother was right. Oatmeal is good for us!

Oats are an excellent source of soluble fiber. As soluble fiber moves through the gut, it collects water and forms a gel. This interferes with the absorption or metabolism of cholesterol, thus helping to lower blood cholesterol levels. Since too much cholesterol in the blood is associated with increased risk of heart attacks, anything that lowers cholesterol is thought to reduce the risk of heart disease.

However, to be effective, oats need to be consumed as part of a total diet low in fat and cholesterol. Just adding a bowl of oatmeal to a breakfast of bacon and eggs isn't enough; we must include the oats in a diet that is low in saturated fat and cholesterol.

After testing, the Food and Drug Administration has concluded that beta-glucan soluble fiber is primarily responsible for the total and LDL blood cholesterol-lowering effects seen in studies evaluating the effect of whole oats on heart disease risk.

Oats, oat bran and oat flour are not the only sources of beta-glucan soluble fiber. Barley also

Home ed
Tranda Watts,
Extension
specialist



is a good source of beta-glucan. Certain soluble fibers other than beta-glucan also are likely to affect blood lipid levels. Dried beans, lentils, green peas, corn, prunes, and fruits and vegetables are good sources of soluble fiber in general.

Studies indicate people need around three grams of soluble fiber per day to affect cholesterol levels. Look for foods containing whole oats that provide at least one-fourth of this amount, or 0.75 grams of soluble fiber, per serving. Oatmeal has four grams of soluble fiber per cup.

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@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Worship At The Church Of Your Choice This Week

NORTON FIRST UNITED METHODIST CHURCH

The Rev. Lew Van Der Wege, Pastor

804 W. Wilberforce, Norton 877-2196

SUNDAY — 8 a.m. Early Service
9:15 a.m. Sunday School for all ages
10:30 a.m. Worship Service
5 p.m. Sr. UMYF
7 p.m. Bridge Service
MONDAY — 6:30 p.m. First Place
WEDNESDAY — 10 a.m. Missions Committee
4 p.m. Children's Choir
7 p.m. Chancel Choir, Confirmation
8:15 p.m. Bell Choir
THURSDAY — 6 p.m. Bridge Band Rehearsal

EDMOND UNITED METHODIST CHURCH

Rev. Lew Van Der Wege, Pastor

SUNDAY — 9 a.m. Worship Service

TRINITY EPISCOPAL CHURCH

Georgia Briery, Senior Warden

102 E. Waverly, Norton 877-2589

SUNDAY — 9:30 a.m. Christian Education
10:30 a.m. Holy Eucharist, Celebrant Fr. Dennis Gilhousen; Lay Reader, Connie Johnson
11:30 a.m. Brunch and Annual Meeting
3-4 p.m. God's Pantry, Marshall Henderson

COMMUNITY FULL GOSPEL CHURCH

Pastor Terry Laughlin

e-mail: laughlin@ruraltel.net
313 W. Lincoln

SATURDAY — 7 a.m. Men's Prayer at the church
SUNDAY — 9:15 a.m. Christian Education
10:30 a.m. Morning Worship
6 p.m. Royal Rangers
WEDNESDAY — 7 p.m. "Created For His Glory" Bible Study

ST. FRANCIS OF ASSISI CATHOLIC CHURCH

Father Vincent Thu Laing 877-2234

stfanci@ruraltel.net
108 S. Wabash, Norton

Mass Schedule
Sunday 10:30 a.m.
Monday 7:30 a.m.
Tuesday No Mass
Wednesday 7:30 a.m.
Thursday 8 a.m. Mass
Friday 7:30 a.m.
Saturday 7 p.m.

Sacrament of Reconciliation

4 p.m. Saturday, 30 minutes before Mass or by appointment
TUESDAY — 7 p.m. Bingo
WEDNESDAY — 7 p.m. SYF (K-8)
First Friday of the Month — Adoration following Morning Mass
First Saturday of the Month — 8 a.m. Marion Devotions
K of C Third Monday of Month at 7:30 p.m.

NORTON MINISTERIAL ALLIANCE

Hospital chaplain, Monday through Sunday, Rostek
Sunday Services, 2 p.m. Andbe Home; 3 p.m., Norton Manor, Aeillo

PRAIRIE VIEW REFORMED CHURCH

The Rev. Jeffrey Van Der Weele 410 Holland, Prairie View 973-2794

SUNDAY — 9 a.m. Morning Worship Services.
10:15 a.m. Sunday School
2 p.m. Afternoon Services at Luctor Christian Reformed Church
WEDNESDAY — 6:30 p.m. Pioneers at Prairie View Reformed Church
7 p.m. Youth Group at Luctor Christian Reformed Church
8 p.m. Easter Cantata Practice at the Luctor Christian Reformed Church

LUCTOR CHRISTIAN REFORMED CHURCH

2 miles east and 3 miles north of Prairie View

The Rev. Jeffrey Van Der Weele 973-2794

SUNDAY — 10:30 a.m. Morning Worship
2 p.m. Church Services at Luctor Christian Reformed Church
MONDAY — Council Meeting
TUESDAY — 6:30 p.m. Group to Logan Manor
WEDNESDAY — 6:30 p.m. Pioneers at Prairie View Reformed Church
7 p.m. Youth at Luctor Christian Reformed Church
8 p.m. Easter Cantata Practice at the Luctor Christian Reformed Church

REDEEMER EVANGELICAL LUTHERAN CHURCH

Pastor Timm O. Meyer

e-mail: timmomeyer@ruraltel.net
805 W. Holme, Norton 877-3138

SUNDAY — 9:05 a.m. "Goodness From the Good Shepherd" Radio Broadcast, KQNK 106.7 FM & 1530 AM
10 a.m. Worship Service
11:15 a.m. Sunday School and Bible Study
WEDNESDAY — 7 p.m. Bible Study
8 p.m. Evangelism Meeting
SATURDAY — 2 p.m. Ladies Mission Society

NORTON CHRISTIAN CHURCH

Jeff Nielsen, Minister

Cody Shepherd, Youth Minister

e-mail: ncc_office@sbeglobal.net
208 N. Kansas, 877-2871

SUNDAY — 8 a.m. Early Worship
9:30 a.m. Sunday School
10:40 a.m. Worship Service
2 p.m. Cantata Practice
4:30 p.m. Bible Bowl
7 p.m. Jr./Sr. High Youth
TUESDAY — 7 p.m. Cantata Practice
WEDNESDAY — 6:30 a.m. Men's Prayer Breakfast
9 a.m. Prayer and Fellowship
6 p.m. AWANA Supper
6:25 p.m. AWANA
6:30 p.m. Bible Bowl
7 p.m. Upper Room Prayer Group
THURSDAY — 8 a.m. Cabinet Meeting at Town and Country
SATURDAY, FEB. 5 — Bible Bowl in Wichita

FIRST CHURCH OF GOD

Pastor Terrill Worthington 1010 Churchill Dr. 877-2181

SUNDAY — 9:15 a.m. Time of Prayer (Adults)
9:30 a.m. Time of Prayer (Children in kitchen)
9:45 a.m. Sunday School
10:45 a.m. Morning Worship
6 p.m. Choir Practice
7 p.m. Evening Service
WEDNESDAY — 6 p.m. 3D at Parsonage
7 p.m. Adult Bible Study, King's Kids, Jr. High and High School
8 p.m. Committee Meetings, Worship Team Practice
2nd THURSDAY of each month — 7 p.m. Women of the Church of God
3rd SATURDAY of each month — 8 a.m. Men's Breakfast

IMMANUEL LUTHERAN CHURCH

The Rev. Rick Rostek 814 N. Second, Norton 877-2430

SUNDAY — 9 a.m. Sunday School, Bible Class
10:30 a.m. Worship
WEDNESDAY — 2 p.m. Andbe Home
3:45 p.m. Midweek
5:15 p.m. Choir
6:30 p.m. Confirmation
THURSDAY — 9:30 a.m. Bible Study (Deines)

CONGREGATIONAL CHURCH, ALMENA

Kirk Kason, Pastor

e-mail: congo@ruraltel.net
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Church Services

4:30 p.m. Membership Classes
7 p.m. TFC
MONDAY — 3:30 p.m. Good News

TUESDAY — 7:15 a.m. Teen Women's Discipleship
WEDNESDAY — 7 p.m. Kirk and Kim's Small Group
7:30 p.m. Women's Fellowship
THURSDAY — 7:15 a.m. Teen Men's Discipleship

ST. JOHN'S CATHOLIC CHURCH, LOGAN

Father Allen Scheer

SUNDAY — 8:30 a.m. Mass
MONDAY — 5:30 p.m. Mass

FIRST CHRISTIAN CHURCH OF LOGAN

Pastor Troy Buss

SUNDAY — 9:30 a.m. Sunday School

10:30 a.m. Church services
WEDNESDAY — 7 p.m. Bible Study

CLAYTON UNITED METHODIST CHURCH

Pastor Kathy Aeillo 669-2554

SUNDAY — 10 a.m. Church School

11 a.m. Worship Service

LENORA CHURCH OF GOD

SUNDAY — 10:30 a.m. Worship Service

WEDNESDAY — 7 p.m. Bible Study

FAITH LUTHERAN CHURCH

404 N. York Avenue, Oberlin

SUNDAY — 9:30 a.m. Worship

10:45 a.m. Fellowship and Educational Hour
Holy Communion, first and third Sundays
7:30 p.m. Congregation Council second Wednesday

NORTON SEVENTH DAY ADVENTIST CHURCH

105 S. Case Street

Pastor Marion Miller

SATURDAY SERVICES — 9:45 a.m. Church Services

10:45 a.m. Sabbath School

LONG ISLAND UNITED METHODIST CHURCH

The Rev. Shelly Cox 554 Washington, 854-7626

SUNDAY — 11 a.m. Sunday School

11 a.m. Morning Worship
FIRST SUNDAY — 12 noon Fellowship Dinner
1 p.m. Administrative Council Meeting

FIRST WEDNESDAY — 2 p.m. United Methodist Women's Meeting in Fall, Winter and Spring

NORTON FIRST BAPTIST CHURCH

Pastor Charles Ross 112 S. Archer, 877-5214

SUNDAY — 11 a.m. Worship Service

6 p.m. Evening Service
WEDNESDAY — 7 p.m. Mid-Week Prayer Meeting and Bible Study

LIVING HOPE FELLOWSHIP

One mile south of Norton at corner of PDRA road
Pastor Jerry Cummings 877-2426

SUNDAY — 10 a.m. Worship and Praise Service.
WEDNESDAY — 7 p.m. Youth and Children's Programs
7 p.m. Adult Home Bible Study
THURSDAY — 7 p.m. Prayer Meeting

SUNDAY — 9:15 a.m. Worship
10:30 a.m. Sunday School
9:15 a.m. Fifth Sunday song service
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

UNITED PARISH OF LENORA

The Rev. Jack Kersenbrock 140 E. Iowa, 567-4420

SUNDAY — 10 a.m. Sunday School
11 a.m. Worship Services

LYLE UNITED METHODIST CHURCH

Carol Woodmansee

SUNDAY — 8:00 a.m. Worship Service

MAPLE GROVE CHURCH OF THE BRETHREN

9 miles west

4 1/2 miles north of Norton

Pastor Leon Neher

SUNDAY — 10 a.m. Sunday School

11 a.m. Worship Service
4th Tuesday, Women's Fellowship

3rd Sunday, Noon, carry-in dinner

ST. JOSEPH CATHOLIC CHURCH, NEW ALMELO

stjoseph@ruraltel.net

Father Vincent Thu Laing

Pastoral Administrator, Stan Chapin

Sunday 8:30 a.m. Mass

Friday and Monday 8 a.m. Scripture Communion Service

Weekday Mass Tuesday 8:30 a.m.

ALMENA UNITED METHODIST CHURCH

Pastor Kathy Aeillo 669-2554

SUNDAY — 8:30 a.m. Worship

9:30 a.m. Sunday School
WEDNESDAY — 7 p.m. Bible Study in Fellowship Hall

2ND SUNDAY — Noon Fellowship Dinner
1:00 p.m. Administrative Board Meeting

3RD THURSDAY — 1:30 p.m. United Methodist Women in Fellowship Hall

HENDLEY/WILSONVILLE UNITED METHODIST CHURCHES

The Rev. R.L. Malchow

10 a.m. Sunday Worship Hour

1st and 3rd Sundays, Hendley

2nd and 4th Sundays, Wilsonville

Coffee Fellowship after service

3rd Thursday U.M.W.

LIVING WORD BAPTIST CHURCH

308 West Crane

Interim Pastor Terry Laughlin

SUNDAY — 9 a.m. Morning Worship

10:15 a.m. Sunday School

MONDAY — 7 a.m. TFC

Ministry Team Breakfast

7 p.m. TFC Connection

WEDNESDAY — 7 p.m. Prayer and Praise Time

WILSONVILLE UNITED BAPTIST CHRISTIAN CHURCH

Minister, Keith Theobald

SUNDAY — 9:45 a.m. Sunday School

11 a.m. Worship and Communion
1st Thursday, B.C.W. 9 a.m.

NORCATUR UNITED METHODIST CHURCH

Pastor Kathy Aeillo 693-4519

SATURDAY — Soup Supper Benefit, 5:30 p.m. at Ed Bldg. New Harvester Singers at 7 p.m. Proceeds to help Kim and Randall Mayo rebuild after their house fire Jan. 18.

SUNDAY — 10 a.m. Worship Service

11 a.m. Sunday School

SOUP SUPPER

at the Norton Senior Center

5-8 p.m. — Sat., January 29

Soup, Sandwiches and Desserts

FREE WILL OFFERING