

Food color can be important

The color of food can indicate many characteristics to consumers. It helps identify food, such as yellow for bananas or red for apples. It can also indicate food spoilage, such as browning of lettuce.

Recent research has discovered other beneficial aspects of color. Purple, blue and red foods provide antioxidant properties that benefit health. Small animal studies have shown that antioxidants seem to block cancer-causing chemicals, suppress growth of tumors, help heal wounds and help prevent cardiovascular disease.

One of the most beneficial fruits or vegetables you can consume is blueberries, and recent research on strawberries indicates phytochemicals (plant chemicals), including anthocyanins, can benefit the aging brain.

There are many fruits and vegetables in the blue, purple, and black color group that offer benefits including purple grapes, blackberries, elderberries, boysenberries, figs, raisins, purple cabbage, eggplant, plums, prunes, black currants and purple sweet pepper.

These dark food colors are in the pigment group called anthocyanins. There are around 300, each high in antioxidant activity.

Food processing and acid content can change these dark colors. In high acid levels, dark purple colors turn red. When red foods are in an alkaline environment, they become blue or purple.

Home ed Tranda Watts, Extension specialist



Metal cans also cause color changes. This is the reason some cans have a lacquer finish inside — to help maintain color quality.

Another way to improve nutritional status is to vary the fruits and vegetables you eat within the same color group. Each fruit or vegetable provides the human body with different phytochemicals, and thus provides different benefits.

Remember to eat fruits and vegetables from all five of the color groups (red, orange-yellow, green, blue-purple-black, and white-tan-brown), as well as a variety from within each group.

To get the most phytochemicals, you need to eat the fruits and vegetables themselves. Nutrient supplements do not provide these in the same way, so eating fruits and vegetables is important.

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.

NEW ALMELO

By BETTY OTTER

Funeral services were held Feb. 8 for Delores (Gallentine) Slipke at St. Joseph Church, New Almelo with Fr. Vincent Thu Laing and Deacon Stan Chapin officiating. Burial was in the St. Joseph Cemetery.

She attended school in Clayton, graduating from high school there in 1951.

She was an accomplished musician, playing the piano and organ as well as other instruments. She began playing the organ at church and school functions when she was 12 and continued to share her gift throughout her life. After her sons were raised she became a licensed practical nurse.

She was preceded in death by her husband, Francis and her parents, Ivan and Thelma Gallentine. She is survived by her two sons and their wives, John and Bridget Slipke, Simpsonville, S.C., and Curtis and Paula Slipke, Batavia, Ill.; two brothers and their wives, John K. and Ann Gallentine, Clayton, and Jerry and Shirley Gallentine, Rapid City, S.D.; three grandsons and two granddaughters.

On February 10, funeral services were held at St. Joseph Church, New Almelo for Alfred Mindrup, 76. Burial was in St. Joseph Cemetery, New Almelo, with military services by Harmonson-Redd American Legion Post No. 63.

He was drafted into the army in 1950. He was with the mortar division of the 2nd Infantry Division of Korea. He was with the men who fought at Heartbreak Ridge. During his stint in Korea he earned two Purple Hearts, a Bronze Star, the Combat Infantry Badge for

bravery under fire and the Korean War Medal. After returning to the States, he worked in the oil fields as a driller and a pumper. He farmed and with his electrical knowledge helped friends and neighbors solve their electrical problems. After a winter storm, he would spend hours on his tractor clearing roads, driveways and the church yard. Survivors include his wife, Dorothy, his two sons and their wives, D. Mike and Arleen Mindrup and David and Mary Mindrup all of Olathe; four grandchildren, two brothers, Bernard Mindrup, and Bob and Myrna Mindrup, all of Lenora; five sisters, Rosalie and Doral Allen, Agnes and Dale Lyon, Jennie and Elmer Van Fleet, Mary Ann Grawey, Bernice and Dennis Miles; and one brother-in-law, Joe De Santi.

World Marriage Day was celebrated during Mass Feb. 13 at St. Joseph Church. All married couples were acknowledged and asked to stand with their year was announced. The couples were blessed by Fr. Vincent Thu Laing. The couples married 50-60 years were given a red rose. Those couple were Gilbert and Mathilda Bollig, 58 years; Ernie and Mary Lou Long, 57 years; Stan and Sonya Chapin, 50 years; Marion and Lorraine Long, 66 years; Allie and Ruth Vahling, 61 years; and Jim and Wilma Mader, 60 years.

Tom and Jan Long, Hays, visited Marion and Lorraine Long on Sunday. Connie and Charlotte Otter, McPherson, came to New Almelo to attend the funeral for Alfred Mindrup and to visit his mother, Sophia Otter in the Norton hospital.

PRAIRIE VIEW

By VIVIAN JANSONIUS

Six people from the area took time out of their busy schedules to donate blood in Phillipsburg on Feb. 3. They were: Todd Slavik, Long Island; Rodney Jansonius, Willard Jansonius, Derek Kats,

Donna Kats and Kenneth Schemper, all of Prairie View.

Sam and Donna Stuteville, Hillsdale, came last Friday to spend some time at their home here. They have sold the house and will be missed.

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
2 p.m. Andbe Home
3 p.m. Manor
5 p.m. Sr. UMYF
7 p.m. Bridge Service
MONDAY — 6:30 p.m. First Place
WEDNESDAY — 10 a.m. Missions
4 p.m. Children's Choir
7 p.m. Chancel Choir
7 p.m. 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. Lenten Studies and Inquirers Class
10:30 a.m. Holy Eucharist, Celebrant Fr. Dennis Gilhousen; Lay Reader, Georgia Briery
11:30 a.m. Coffee Hour, Host: Alberta Slaby
3-4 p.m. God's Pantry, Georgia Briery

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 8 a.m.
Tuesday No Mass
Wednesday 8 a.m.
Thursday 8 a.m. Mass
Friday 8 a.m.
Saturday 7 p.m.
During Lent, Fridays, 6 p.m. Soup and Bread Supper
7 p.m. Stations of the Cross and Exposition

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, Cummings
Sunday Services, 2 p.m. Andbe Home; 3 p.m., Norton Manor, Van Der Wege

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
7 p.m. Evening Services
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

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
7 p.m. Joint Evening Services at Prairie View
TUESDAY — 6:30 p.m. Services at 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
MONDAY — 6 p.m. Confirmation Class at Alma
7:45 p.m. Worship Service, Alma
WEDNESDAY — 6:15 p.m. supper; 7 p.m. Lenten Services
SATURDAY — 1 p.m. Evangelism Meeting
2 p.m. Ladies Mission Society

NORTON CHRISTIAN CHURCH
Jeff Nielsen, Minister
Cody Shepherd, Youth Minister
e-mail:
ncc_office@sbcglobal.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 Group
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. Bible Bowl and AWANA
7 p.m. Upper Room Prayer Group
THURSDAY — 8:30 a.m. Cabinet Meeting
FRIDAY — 7 p.m. Pack Boxes for service people in kitchen
Friday through Sunday — Velocity at Camp Lakeview for senior high youth
SATURDAY — Bible Bowl in Norton

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 Worship
8 p.m. Committee Meetings, 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
6:30 p.m. Bible Study, Shirk
MONDAY — 6:30 p.m. Confirmation
WEDNESDAY — 2 p.m. Andbe Home
3:45 p.m. Midweek
5:15 p.m. Choir

6 p.m. Soup Supper
7 p.m. Worship
THURSDAY — 9:30 a.m. Bible Study (Deines)

CONGREGATIONAL CHURCH, ALMENA
Kirk Kasson, 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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
Phillipsburg Branch
Noel Krouse, Bishop
620 7th Street
SUNDAY — 10 a.m. Sacrament meeting

11:15 a.m. Sunday School
11:15 a.m. Primary
12:05 a.m. Priesthood meeting
12:05 a.m. Relief Society
Visitors welcome.

LOGAN UNITED METHODIST CHURCH
Shelly Cox
303 W. Church, 689-4350
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
SUNDAY — 10 a.m. Worship Service
11 a.m. Sunday School

The paper you read for the news you need!

THE NORTON TELEGRAM

