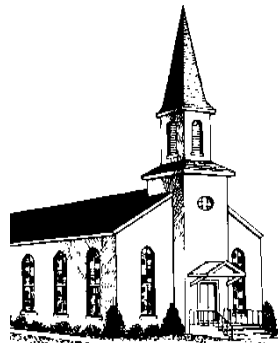


Attend Church Regularly

...and read your Bible daily



WEEKLY SERMONETTE

By Pastor Terry Worthington, First Church of God, Norton
"Tired"

According to a legend, when the bird was created, it didn't have wings at first, but was content only to walk around on the ground. When the Master Designer placed the new wings on the back of the bird, it wasn't at all happy! The wings were so heavy and

burdensome that it tried to sluff them off. It was only through gentle coaxing that the bird finally flapped those burdensome wings and was able to fly up to a freedom it had never known before.

Often, we react the same way when problems come our way! We fret and fume, trying to unload the

problem, when all along God had sent that burden for a purpose — to conform us more completely to the character of His Son Jesus.

God is not content to allow us to walk around underneath our circumstances when we could be flying above them. God strives for excellence in our character, not

mediocrity. When problems come your way, remember, God sent them as wings to help you fly to a deeper knowledge of Him. Greet each new frustration with a smile and with a question — "How does God want to change me into a more Christ-like person through this?"

Discover the Promise



There's a whole new world to explore outside the window! It's a bright, happy, wonderful day and there's a pal to share it with. It's a world of promise. In every life the future holds a world of promise. Whether it lives up to our expectations really depends less on what is outside than on how we feel on the inside. Our attitude can influence how we perceive the events and experiences of life. How do we develop a positive attitude? Just as a window lets light shine in, the teaching of moral and religious truths lets faith enter into every heart. With faith we can grow up with an attitude of gratitude. To discover all the promise in this world, begin by learning the promises of God. "Faith comes from hearing the message...." (Romans 10:17) Visit your local house of worship this week.

Sunday Luke 24.1-12	Monday Luke 24.13-35	Tuesday Luke 24.36-53	Wednesday 1 Corinthians 15.1-11	Thursday 1 Corinthians 15.12-34	Friday 1 Corinthians 15.35-58	Saturday Psalm 16
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Scriptures Selected by The American Bible Society
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Artificial sweeteners can replace sugar

The battle of the bulge. For many, it is a daily struggle to keep in shape by balancing food intake and burning calories. To help fight the battle, five artificial sweeteners are available to consumers to replace sugar. They can help reduce calorie intake, manage diabetes, prevent cavities, and control weight.

The five artificial sweeteners are aspartame, saccharin, acesulfame-K, neotame, and sucralose. Each has been approved as safe by the Food and Drug Administration (FDA). The FDA evaluates the composition and properties, how much would be consumed, and the safety of the ingredient. The typical amount consumed is well within the "acceptable daily intake levels" that a person would safely eat each day over a lifetime. Here are the five sweeteners:

Aspartame- This is 200 times sweeter than sugar. It has a caloric value of 4 kcal/g, like sugar. Because of the higher sweetness value, the amount used is much less, making it essentially free of calories. In the grocery store, it is sold as NutraSweet® and Equal®. It was first approved by FDA in 1981. Concerns arose in the mid-1900s about its link to causing leukemia and lymphoma. Both of these have not been proven. People with phenylketonuria should not consume aspartame because it contains phenylalanine.

Saccharin- This is 200-700 times sweeter than sugar and has zero calories. In the grocery store, it is sold as Sweet 'N Low®, Sweet Twin, and Necta Sweet®. Saccharin was discovered in 1879. In 1977, it was linked to causing bladder cancer in rats after eating large amounts. Foods using saccharine had to carry a label warning that it could be a health hazard. Extensive studies have since proven that saccharin did not cause cancer in humans. In 2000, the National Toxicology Program determined saccharin to be safe and in 2001, the label warning was removed.

Acesulfame-K (potassium)- This is 200 times sweeter than sugar. In

Home ed
Tranda Watts,
Extension
specialist



the grocery store, it is sold as Sunett® and Sweet One. It has zero calories. The FDA first approved acesulfame-K in 1988. It has since been approved for use in all foods except meat or poultry. More than 90 studies using acesulfame-K prove it is safe for human consumption.

Neotame- This powerful sweetener is 7,000 to 13,000 times sweeter than sugar. It has zero calories. Neotame was approved by the FDA in 2002. It is chemically similar to aspartame but with a very low to no health risk for people with phenylketonuria. More than 100 animal and human studies were reviewed to show there are no dangers in consuming neotame at appropriate levels.

Sucralose- One of the most widely used artificial sweeteners is sucralose, more commonly known as Splenda®. It is 600 times sweeter than sugar and has zero calories. The FDA approved the use of sucralose in 1998 in 15 food categories. A year later, it was approved as a general-purpose sweetener for all foods.

This information is provided by the FDA Consumer magazine, July-August 2006. All information is provided with no intention of promoting any one product above any other product.

If you have further questions, please contact your local K-State Research and Extension Office of e-mail: twwatts@oznet.ksu.edu.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twwatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

ALMENA NEWS

By ESTHER MARBLE
Easter weekend guests of Rita Bieber, Calvert, were family members from different areas. Barbara Wassinger and daughter, Meghan Rupp, Ness City, came Saturday. John and Christopher Bieber and Sharon Iney, Wichita, arrived Friday night also with Jennifer Bieber, Overland Park. Jennifer met her

family at Salina and they came together. Eddie Wassinger came on Sunday. All those who were here attended Easter Vigil services Saturday night at St. Francis of Assisi Catholic Church in Norton. It was a great family weekend. The young men folk had yard work planned but the weather didn't cooperate.

PUBLIC NOTICES

Estate of Wilma Nadine Dick

Published in The Norton Telegram on Friday April 6, 13, 20, 2007. (3T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS PROBATE DIVISION
Case No. 2000-PR-14
In the Matter of the Estate of WILMA NADINE DICK, Deceased.
NOTICE OF HEARING
The State of Kansas To All Persons Concerned:
You are hereby notified that a Petition was filed in this Court by Martha E. Scheiwe, duly appointed, qualified and acting Executrix of the Estate of Wilma Nadine Dick, deceased, praying Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the court finds the allowances requested for attorneys and administrator's fees and expenses are reasonable and should be allowed; the

costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executrix of the Estate of Wilma Nadine Dick, deceased, and the Petitioner be released from further liability.
You are required to file your written defenses thereto on or before May 3, 2007, at 10:00 o'clock a.m. in the district court, Norton, Norton County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.
Martha E. Scheiwe
Petitioner
John F. McClymont, #09379
RYAN, WALTER & McClymont, Chtd.
120 S. State - PO Box 364
Norton, Kansas 67654
785 877-5183
Attorney for Petitioner

Estate of Agnes P. Marx

Published in The Norton Telegram on Friday, April 6, 13, 20, 2007. (3T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
Case No. 2007-PR-14
In the Matter of the Estate of AGNES P. MARX, Deceased
NOTICE OF HEARING AND NOTICE TO CREDITORS
The State of Kansas To All Persons Concerned:
You are hereby notified that on March 30, 2007, a petition was filed in this Court, by Robert J. Marx, as heir, devisee and legatee, and as executor named in the Second Codicil to Last Will and Testament, dated March 2, 2004, of the decedent, praying that said Will and First and Second Codicils filed with the Petition be admitted to probate and record; that petitioner, Robert J. Marx, be appointed as Executor, without bond; and that petitioner, Robert J. Marx, be granted Letters Testamentary.
You are required to file your written

defenses thereto on or before April 30, 2007 at 11 o'clock a.m., in the District Court, Norton, Norton County, Kansas, at which time and place said cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said Petition.
All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of this Notice under K.S.A. 59-2236, and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.
Robert J. Marx,
Petitioner
Robert M. Berland #21856
105 East Cherry, P.O. Box 38
Hill City, KS 67642
(785) 421-2144
Attorney for Petitioner