



Home Time

By Tranda Watts Multi-county Extension Agent

soluble fiber in general. Studies indicate people need around three grams of soluble fiber per day to affect cholesterol levels.

Sympathy is extended to the family of Lloyd J. F. Ritter, 84, who died Dec. 31, at Good Samaritan Hospital in Kearney, Neb.

Bunker, over Christmas. Everyone went to the Good Samaritan Center Christmas afternoon and enjoyed a visit with Ivah Alexander.

Alexander, writes that he is still painting pictures and also goes to McDonald's to keep himself busy.

Grandmother was right. Oatmeal is good for us! Oats are an excellent source of soluble fiber.

He married Ida Marie Schoen on Nov. 1, 1943 and they lived near Reager until moving to Whispering Pines in Norton.

FUNDRAISER

The fourth annual Pizza Fund Raiser will be held by the Norcatour Rural Fire Department later this month. Pizzas must be ordered by Friday, Jan. 21.

Erica Wolfe, Kensington, came Jan. 9 to spend a few days with her grandparents, Pansy and Kenneth Price.

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.

Mr. and Mrs. Charlie Glass of Oklahoma City spent from Dec. 22-27 with Beth Johnson and Fred Molzahn.

Contact any of these members of the Norcatour Fire Department to place an order: Carl Lyon, Rex Knapp, Darren Wentz, Doug Dempewolf, Tad Hartsough, Galen Wentz, Jeff Roe, Scott Hartzog, Grant Bailey, Pat O'Hare, Troy Wentz, Mark Bailey.

Ramon and Marilyn Brown wrote that his aunt, Juanita Eckhart, sent an article from the Norcatour News recently, and they really enjoyed it.

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

Brenda Glass and Beth Johnson visited Marguerite Fullerton at the Good Samaritan Center and Eva Marie Vacura at the Cedar Living Center in Oberlin on Dec. 24 morning.

Beth Sebaugh, and Jim and Tammy Bunney left Garden City on Thursday, Dec. 23, for Kansas City to spend the Christmas holidays.

'How Big is Your God?'

By Pastor of Doug Hasty of Oberlin and Prairie Chapel United Methodist Churches

Another of his disciples, Andrew, Simon Peter's brother, spoke up. "Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

after everyone was full. I like the image of Jesus praying over the five loaves of bread and the two small fish and seeing them multiply until fish are everywhere and loaves of bread are rolling down the hillside.

Mr. and Mrs. Charlie Glass of Oklahoma City, Beth Johnson, Fred Molzahn, Ron Cooper and Myrna Wilson were dinner guests of Mr. and Mrs. Kevin Cooper, Dalton, Kolton and Dallas on Dec. 28.

Beth Sebaugh, and Jim and Tammy Bunney left Garden City on Thursday, Dec. 23, for Kansas City to spend the Christmas holidays.

Let me set the scene for the scripture above. Jesus' fame had been spreading across the whole region and people were routinely looking for him.

Think of the little boy who was willing to share. Imagine what that might have meant to him for the rest of his life to remember that because he was willing to give what he had, over eight thousand benefited.

Mr. and Mrs. Loyd Waldo, Don Claussen, Cale Claussen, Chris Claussen, Angie Johnson, Delphyn Biggs and Beth Johnson were luncheon guests of Cathy Claussen on New Year's Day.

Nathaniel Martin has been named to the Honorable Mention Honor Roll at North Central Kansas Technical College in Beloit. The son of Hank and Lorri Martin, he is enrolled in the Auto Collision Repair program.

The crowds happened to find him in a remote place. He shared his teaching with a group that numbered over 5,000 men, not counting the women and children.

Is your God bigger than your life? People in the crowd that day heard Jesus telling them that the God who made heaven and earth reaches out to touch their lives with a deep and abiding love.

Birthdays: Dean Railsback, Dorothy Lawn, Maryllin Locy - Jan. 17; Marguerite Fullerton, Dean VanGundy - Jan. 18.

Mrs. Dennis Lehman, and Mr. and Mrs. David Lehman, Tribune; Mr. and Mrs. Martin Lehman and daughters, Syracuse; Butch and Lucy Evans, McCook; Hank and Lorri Martin and boys, Herndon; Grant Jones and friend, Wichita; and Tonia Johnson and friend, Bellevue, Neb.

Some say when the crowd saw that the boy was willing to share they decided they also would share what little food they brought with them.

That is the kind of God I believe in. How about you?

The Norcatour Rural High School Alumni Banquet will be held on Saturday, May 28.

Jan Sattler of Atwood and Julie Hafner of Herndon called on Edie Pettera last Sunday afternoon.

Andrew happens to know there is a boy in the crowd who has brought his lunch. Not a fancy lunch, just five small loaves of bread and two small fish.

God is bigger than broken relationships. God is bigger than mortgage payments. God is bigger than sickness and disease.

Herndon News

By Carol Ginther

Sympathy is extended to the family of Elaine Schilz of McCook, who died on Jan. 8. She was the former Elaine Berger, daughter of the late Paul and Ann Berger, and was a 1939 graduate of Herndon High School.

Nicholas Kleidosty of Elm Creek, Neb., was a recent weekend guest of his grandmother, Mildred Kleidosty. They were New Year's dinner guests of Monica Solko at the Down Home Cafe.

Some say when the crowd saw that the boy was willing to share they decided they also would share what little food they brought with them.

When Jesus fed the huge crowd he wasn't just feeding them, he was extending God's steadfast love to them.

Ann Martin hosted a family Christmas dinner at the Senior Center on New Year's Day.

Nathaniel Martin has been named to the Honorable Mention Honor Roll at North Central Kansas Technical College in Beloit.

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Guests were Bob and Liane Martin, Nick and Anikka; John and Julie Geisinger, and Mr. and Mrs. Jason Geisinger and children, Mr. and Mrs. Mike Wiens, Colby; Dick and Betty Martin, Wilsonville, Neb.; Susie Martin, Colorado Springs; Ron and Cecilia Lehman, Mr. and

Arthur and Alice May were Sunday noon dinner guests at the John Bremer home. Additional afternoon guests for coffee and desserts were Lois Carlson, Louise Pollnow, John and Edith Tate, Warren and Jan Bainter, and Jay and Becky Tate, Dakota, Mollie, and Jessie Grace.

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Mount Pleasant News

By Dianne Bremer

Mike and Gail Harvey and Zeb, Lamar, Colo., and Dana Morton, Sheena and Shad, Garden Plain, were weekend guests of Stuart Euhus. They watched Brock Euhus wrestle in the Oberlin Invitational Wrestling Tournament on Saturday.

They celebrated Arthur, Alice, and Edith's January birthdays and Louise's upcoming February birthday.

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Advertisement for 'Worth the Wait' RV sale with coupon for \$1 off admission. Includes details about the sale dates and location.

Advertisement for 'How Big is Your God?' featuring a portrait of Pastor Doug Hasty and text about the sermon.

Large advertisement for church services in Oberlin and area, listing various churches and their service times.

Advertisement for Herndon Insurance Agency, Fair Chiropractic Clinic, and Paul's Funeral Homes.