Norcatur News

By the Norcatur News Committee

Nutrients in oatmeal valuable

Sympathy is extended to the famly of Lloyd J. F. Ritter, 84, who died Dec. 31, at Good Samaritan Hospital in Kearney, Neb. He was the son of Ettsel and Muriel (McCabe) Ritter and was born March 28, 1920, in the Reager community of Norton County. He graduated from Norcatur High School.

He married Ida Marie Schoen on Nov. 1, 1943 and they lived near Reager until moving to Whispering Pines in Norton. Funeral services were held at Enfield Funeral Home in Norton with burial in the Norcatur Cemetery.

Chris Dempewolf, with the help of her father, R.D. Thornton, started putting the paper together on Jan. 4. Dee and Rea Magers, and Bee Nelson, made it down to help them finish. Since the weather was bad, we kept the rest of the volunteers at home.

Mr. and Mrs. Charlie Glass of Oklahoma City spent from Dec. 22-27 with Beth Johnson and Fred Molzahn. Cathy Claussen was a guest for supper and a gift exchange on Thursday.

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 morn-

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

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.

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

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

Jay and Maryllin Locy entertained their daughter and sons, Shelley Schires, Aaron and Derek

went to the Good Samaritan Center Christmas afternoon and enjoyed a McDonald's to keep himself busy. visit with Ivah Alexander.

Donations are being accepted for the upcoming resealing of the highway this summer. This will cost approximately \$7,000-10,000. They will also need to put more gravel on the city streets before Jan. 9 to spend a few days with her Memorial Day weekend, which is also the time of the alumni banquet. Donations may be sent to the Highway Fund, c/o Jay Locy, RR 1, Box 93A, Norcatur, Kan., 67653, or you Building. can go through the Citizens Alliance.

FUND RAISER

The fourth annual Pizza Fund Raiser will be held by the Norcatur Rural Fire Department later this month. Pizzas must be ordered by Friday, Jan. 21, with delivery date Sunday, Jan. 30. All pizzas are 12", and can be made from any combination of beef, sausage, pepperoni, cheese, onion, mushrooms, green pepper, black olives, and sauerkraut. The pizzas may be delivered hot and ready to eat, or ovenready to freeze for later use.

Contact any of these members of the Norcatur 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. Proceeds, by donation only, will be used to update firefighting and safety equipment.

Beth Sebaugh, and Jim and Tammy Bunney left Garden City on Thursday, Dec. 23, for Kansas City to spend the Christmas holidays. Jeslyn Gilcrest, from KU and Jill Bunney flew in from New York City to spend Christmas with them. Jill is being transferred to California by General Electric to work in the Pleasanton, Calif., office. They all returned home Dec. 27.

Gary and Linda Matson of Norton were lunch guests of Rea and Dee Magers on Jan. 8.

"Grampa Kansas", alias Glenn

Herndon News By Carrol Ginther

Sympathy is extended to the family of Elaine Schilz of McCook, who died on Jan. 8. She was the and Mrs. Martin Lehman and former Elaine Berger, daughter of daughters, Syracuse; Butch and the late Paul and Ann Berger, and was a 1939 graduate of Herndon Lorri Martin and boys, Herndon; High School. Funeral services were Grant Jones and friend, Wichita; held Wednesday morning at St. and Tonia Johnson and friend, Patrick's Catholic Church in Bellevue, Neb. McCook

dinner guest of Monica Solko. Ron Pettera last Sunday afternoon.

Mrs. Dennis Lehman, and Mr. and Mrs. David Lehman, Tribune; Mr. Lucy Evans, McCook; Hank and

Jan Sattler of Atwood and Julie Tom Solko was a last Saturday Hafner of Herndon called on Edie

Bunker, over Christmas. Everyone Alexander, writes that he is still painting pictures and also goes to

> Marguerite Fullerton's birthday was Tuesday, Jan. 18. She has been in and out of the hospital again recently. Mail will reach her at 108 E. Ash, Oberlin, Kan., 67749.

Erica Wolfe, Kensington, came grandparents, Pansy and Kenneth Price.

Senior Citizens will be held at 7 p.m. Friday at the Educational

Ramon and Marilyn Brown wrote that his aunt, Juanita Eckhart, sent an article from the Norcatur News recently, and they really enjoyed it. Ramon was born in Norcatur to Frank and Bertha (Eckhart) Montgomery in 1930; Bertha died shortly thereafter and Ramon was adopted by Lyle and Wilma Brown. His grandfather was Loton "Lote" Montgomery. Aunts and uncles were Lewis and Ruby Montgomery, "Cotton" and Juanita Eckhart, Lucy Wright, Ben and Grace Eckhart, and Bess and Frank Lake, and there are other Brown relatives still in and around Prairie View. They think of Kansas often and have been here three times, but don't think they will be able to make it again. They send greetings to relatives in the area. Ramon and Marilyn Brown live at 1679 Old Milton Highway, Walla Walla, Wash., 99362.

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 is a good source of beta-glucan. Certain soluble fibers other than betaglucan 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.

around three grams of soluble fiber food, nutrition, health and safety for per day to affect cholesterol levels. Decatur, Gove, Norton, Sheridan, 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 Studies indicate people needs University extension specialist in 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.



'How Big is Your God?'

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

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?" (John 6:8-9 NIV).

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. However, Jesus wanted some time alone, to be refreshed and refocused.

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. The scriptures say that Jesus had compassion on the people. He turned to his disciples and asked how they might feed so many, since there wasn't a Howard Johnson's or McDonald's within a day's walk from that place.

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. Now you and I wouldn't even think of feeding our whole family with that small amount. But Jesus took two fish and five loaves of bread and turned it into a miracle, feeding more than 5,000 people — up toward 8,000 to 10,000. I call it a miracle; that's how the Bible presents it.

Some say when the crowd saw that the boy was believe in the power of God to feed that huge crowd, of God's love. and not only that but have 12 baskets of leftovers

Another of his disciples, Andrew, Simon Peter's 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. How big is your God?

> 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. Can you imagine that God's love surrounded him and lifted up his spirits and gave him confidence, strength, hope and a great joy?

> 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. To see God's love demonstrated by filling their empty tummies with bread and fish is a powerful connection. If God is able to meet this need for you, what about the other areas of your life that you struggle with?

> God is bigger than broken relationships. God is bigger than mortgage payments. God is bigger than sickness and disease. God is bigger than any problem you can face in your life. Sometimes God doesn't choose to smash our problems and make them disappear; instead God may choose to take our hands and walk with us so that we learn we can trust the Lord.

When Jesus fed the huge crowd he wasn't just feedwilling to share they decided they also would share ing them, he was extending God's steadfast love to what little food they brought with them. I prefer to them. Jesus wants to feed you and wrap you in the arms



Solko of Oberlin and Tim Solko were callers.

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

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; enrolled in the Auto Collision Re-Ron and Cecilia Lehman, Mr. and pair program.

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.

Nathanial 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

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 Wresting Tournament on Saturday.

Martin and Evelyn May were Sunday evening guests of Jack and Mildred Fortin and Charles. They enjoyed dessert and coffee and helped Charles celebrate his birthday which was on Saturday.

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.

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



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

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 The Rev. George Kochuvelikkakam, MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE The Rev. George Kochuvelikkakam MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN The Rev. George Kochuvelikkakam MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH Jim Martin 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS Glenn Krebs, pastor SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. DRESDEN SUNDAY: Morning Worship, 9:30 a.m.

PRAIRIE CHAPEL UNITED METHODIST The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST The Rev. Nolan and Barbara Pierce SUNDAY: Morning Worship, 10 a.m.

UNITED CHURCH OF OBERLIN 109 North Griffith-American Baptist, **Disciples of Christ, Presbyterian USA** Rev. Barbara and/or Nolan Pierce SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 7:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist) Pastor: Bobby Cornelius

SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.

OBERLIN UNITED METHODIST 102 North Cass - 785-475-3067 The Rev. Doug Hasty SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST Pastor: Kathy Aeillo Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

OBERLIN ASSEMBLY OF GOD The Rev. Royce Leitner SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 p.m.

OBERLIN CHURCH OF CHRIST South Beaver Street - Oberlin Bill Duncan — Phone 785-475-3259 SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 & down. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON The Rev. Damian Richards Phone 785-322-5560 MASS: SUNDAY, 8 a.m

HERNDON COVENANT CHURCH Keith Reuther, Pastor Phone 785-322-5316 SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m; Bible study, 7 p.m.

NORCATUR UNITED METHODIST Pastor: Kathy Aeillo Almena

SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST Carol Woodmaneee, Almena Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN The Rev. Heidi Wiebe 810 West Cedar, Oberlin Office Phone 785-475-2769 SUNDAY: Worship Service, 9:30 a.m; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7:30 p.m.

LUND COVENANT CHURCH Pastor: Tom Smith 10 miles south, 4 miles west of Oberlin

SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. SATURDAY: Men's break fast & Bible Study, 7 a.m.

ST. JOHN'S LUTHERAN CHURCH 510 North Wilson Pastor: Rev. Rick Langness Secretary: Norma Unger 785-475-2333

SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday.

FAITH LUTHERAN CHURCH 404 North York Avenue Oberlin, Kansas

Pastor Charlotte Strecker-Baseler Church Office Phone: 785-475-2053 SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. Congregation Council, third Sunday, 10:45 a.m. Youth Group, first and third Sundays, 10:45 a.m.. WEDNESDAY: Confirmation class, 6:30 p.m.; Women's Bible Study second Wednesday at 9:30 a.m.

These sponsors urge you to attend church regularly:

Herndon Insurance Agency Ron Beims, Agent 785-322-5331 9 a.m.-5 p.m. Mon.-Fri.



