### **Norcatur News**

Pastor Kathy Aeillo will begin including Carl Lyon, Rex Knapp, Christian education class for the children at 4:30 p.m. next Tuesday. All children pre-school through

sixth grade are invited. Linda Young, Conifer, Colo., spent New Year's Eve weekend with her mother, Lula Hix.

Trudi, John and Elissa McCollum, Platte City, Mo., came to the Strevey home for Christmas. Late Saturday, Wendy, Loren and Ivalea Tien of Andover joined them. Hollie, Justin and Jared of Andover joined everyone for church Sunday.

Casey Morris of Lawrence was a houseguest at the Stan Miller home during the KU holiday break. Other weekend guests were Mr. and Mrs. Curt DeDonder, Topeka; Joel Miller, Emporia; Justine Miller, El Dorado; Casey Tuttle, Salina; Mr. and Mrs. Chad Applebury and Eli, Colby; and Bev Morris, Hoxie. Lila Rule of Clayton was there for Christmas dinner and John Rule Jr. of Hays visited on Saturday.

Mr. and Mrs. Stan Miller went to Quinter for supper at the Rodney Tuttle home to help Casey Tuttle celebrate his birthday on New Year's Eve.

Betty Reid visited Minh and Wanda Nguyen in Lone Tree, Colo., from Dec. 23-30. They spent Christmas Eve at the Chanh and Lien Nguyen home. Also visiting were Nu and Earl of North Carolina and Sue and Mike from Texas. On Dec. 26, they visited Linda Young in Conifer, Colo.

Turning 99 years old was made extra special for Glenn Alexander when family and friends gathered Dec. 14 for a surprise celebration at McDonald's in Syracuse, Ind. He lives there during the winter while visiting his daughter, Bev Lintz.

The Norcatur Rural Fire Department will hold its fifth annual Pizza Fund Raiser later this month, with a delivery date of Sunday, Jan. 29. Pizzas must be ordered by Friday,

Darren Wentz, Doug Dempewolf, Galen Wentz, Jeff Roe, Scott Hartzog, Pat O'Hare, Troy Wentz, update fire fighting and safety Christmas Eve.

Christmas dinner guests of Francis and Arlene Hix were Lloyd and Sharon Stanton, Salina; Ed and Lynn Wedow, Scottsdale, Ariz.; Gail, Denise and Lucas Bailey, Lula Hix, and Mark and Shayle Bailey, Norcatur. Veryl Van Der Wege, Norton, was an afternoon caller.

Keith and Linda Jurey, Albuquerque, N.M., and Richard Jurey, death of her uncle, Glenn Huff. He Edmond, Okla., spent Christmas with Virgil and Joyce Price. Keith and Linda and Jason, and Kathy, Connor and MacKinzey Jurey of Kennard, Neb., spent New Year's weekend.

Jan. 2, 2006, at the Kearney, Neb., hospital to Jason and Staci (Cuthbertson) Breiner. She is the granddaughter of Dorothy Breiner, and the late Reid Breiner.

Norcatur United Methodist Church until Monday, Jan. 23.

Winners at senior citizens on Jan. 6 were Twila Henry, June Jolly, and Kathy Van Meter. The next meeting will be at 1 p.m. on Friday at the Educational Building.

Oberlin, visited Oran and LaVerne Gilcrest. Jill Bunney flew in from Milner on Friday.

ment will hold its fifth annual Pizza ing from staph infection. Jim Fund Raiser later this month, with a delivery date of Sunday, Jan. 29. Contact any member of the fire department to place an order. Payment Tammy. is by donation only.

The family of Lowell Sebaugh hosted an open house for him at the Cedar Living Center for his birthday. Terry had a special dinner with him before the open house, and Jan. 20. Contact any member of the Terry, Janice, Linda, Mary and fire department to place an order, Kayla took him to the Pizza Hut for

## **Midway News**

By Mary Lou Olson

Dick and Donna Kelley returned Olson and Scott Olson. Mrs. home Saturday from Kearney, Neb., where he had undergone hip replacement surgery on Tuesday. Their son, Sheldon Kelley of Frederick, Colo., has been visiting

Dinner guests of Francis and Florine Hurst on New Year's Day were Gary and Dianna Kastens, and Brooks and Susan Brenn and Avia, Herndon; A.J. and Jodi Hurst, Colby; Caleb and Sarah Hurst, Breanna, North Platte, Neb.; Sylvester and Lynda Hurst and Daniel, Oberlin; Jared Hurst, Lidia, Samuel and Kathryn, Jennifer Hanzlick, Matt and Katie, Roger and Tracey Doty, Dana and Matthew, Atwood; and Nic and Tammy Foster, Shayla and J.D., Colby.

Richard and Maureen Anderson and family returned home last Tuesday from Denver, where they enjoyed the Western Stock Show and also visited relatives and friends.

Covenant Women met for a missionary work day on Thursday at the Herndon Covenant Church. New officers are Betty Hafer, president; Beth Holle, vice president; Elma Lee Erickson, secretary; and Melinda Bell, treasurer.

Pastor Keith Reuther, Bob, Becca and Beth vacationed last week with relatives in Michigan and enjoyed skiing and snowboarding in the

Boyne Mountains. weekend guest of Bob and Sally on her sixth birthday.

Mary Lou Olson. Weekend guests of Dave and

Perkins and Mrs. Olson were Sun-

day afternoon visitors of Keith and

Sherry Bergling were Larry Gilbert, Manhattan; Doug Jackson, Goodland: Dave Jackson, Grinnell: and Rick Jackson, Palmer, Neb. They were joined by Ron and Linda Vrbas of Colby for hunting pheasants, quail and rabbits.

Officers elected at the annual Jonathon, Emily and Kaitlyn, Ober- meeting of the Herndon Covenant lin; Nathan and Stacy Hurst and Church on Sunday were: Mark Olson, chairman; Steve Noren, vice chairman; Melinda Carlson, secretary; Mary Lou Olson, assistant secretary; Gayle Anderson, treasurer; Mark Olson, assistant treasurer; Clay Anderson and Kyle Grafel, trustees; Greg Jones and Chris Schmidt, deacons; Gwen Jones and Sherri Schmidt, deaconesses; Orrin Holle and Greg Jones, auditors; Connie Noren, Maureen Anderson, Dick Kelley, Christian education board; Margaret McEvoy, financial secretary; Barbara Olson, assistant financial secretary; Cindi Grafel, Beth Holle, Gail Bergling, music committee; and Mark Bergling, Gary Erickson, Clay Anderson,

> J.R. and Carrol Ginther, and Harlan Ginther spent the weekend in Springfield, Mo., to look at a horse for a client of Ginther Stables.

Florine Hurst attended a party at the bowling alley in Colby on Jan. Ava Perkins of Wichita was a 8 which honored Emily Howland

#### **Selden News**

By Jacque Boultinghouse

Birthdays and anniversaries: Jan. 12 - Joe Bainter; Jan. 13 - Sherry Carman, Harold Sulzman, Joe Trembley; Jan. 14 - Bernie Ritter, Angel Lobato, Dorothy Stacey; Jan. 15 - Dave Wachendorfer; Jan. 18 -Renee Wilson; Jan. 19 - Bodie Sauvage, Ricky Bullock, Myrtle Shaw, Anogene Rogers; Jan. 20 -Jessica Shaw; Jan. 22 - Shirley Emigh; Jan. 23 - Frank Neff, Matthew Geisinger, Shawn Boultinghouse; Jan. 24 - David Bainter, Julia Rogers; Jan. 25 - Diane Aumiller, George and Lola Wessel.

On Jan. 5 at Senior Citizens, Edna Schiltz won high and had the most aces, Ann Hazlitt took second, and Shirley Emigh got low. Other members present included Cecelia Ottley, Hilda Rall, Carol Shaw, Anna Albers, Alfred Albers, Paulie

Neff, Julie Pope, Leone Porsch, Lola Cook and Jeanie Spresser. On Jan. 7 Nick Koerperich, Darrel Bruggeman, J.R. Albers, Larry at Weskan.

Alstrom and Jacque Boultinghouse managed to get about 97 percent of the community center building insulated but there is still a bit yet to do before we can put on sheet rock.

On Jan. 12 at Senior Citizens Lola Cook won high, Betty James took second, Carol Shaw got low and Cecelia Ottley had the most kings. Other members present included Hilda Rall, Anna Albers, Alfred Albers, Jeanie Spresser, Edna Schiltz, Ann Hazlitt, Paulie Neff and Leone Porsch.

School calendar: Jan. 19 - 3 p.m., junior high basketball at Tribune; Jan. 20 - 4 p.m., high school basketball in Rexford with Brewster; Jan. 23 - 4:30 p.m., high school scholar bowl in Rexford with Brewster; Jan. 24 - 4:30 p.m., high school basketball in Rexford with Healy; Jan. 25 - School will be dismissed at 1:30 p.m. due to a teacher in-service, and at 12 noon, junior high scholar bowl

#### By the Norcatur News Committee

Rea and Dee Magers spent Christmas with their daughter, Cheri and Bob Pomeroy, Zach and Mark Bailey, Gail Bailey, or Tad Brenda and Matt, in Denver. Jeff Hartsough. Proceeds will be used to and Joy Magers joined them for

Oran and LaVerne Milner spent Christmas in Denver with Vera Bishop and Bruce Bishop. Everyone was especially glad to have Kim Bishop present. Kim is teaching in Costa Rica.

Dean Van Gundy is with his son, Bob Van Gundy at 107 Arundel Court, Lexington, S.C., 29073.

Veda Wood received word of the was a brother of Hazel Van Gundy and Alta May Van Gundy.

Christmas Eve guests of Esther Miller were Mike Miller, Prairie Village; Annette Miller, Oberlin; Carol Miller, Norcatur; Justine Tana Renee Breiner was born Miller, El Dorado; Casey Tuttle, Salina; Melissa and Curt De Dondee, Topeka; Aimee and Chad Applebury and Eli, Colby; Casey, Morris, Lawrence; and Bev Morris, Hoxie. Gary Miller was in the There will be no Bible study at the Kearney hospital and Stan Miller had the flu.

New Year's guests of Bee Nelson were daughter, Tara, and friend, Anita Volskay, Independence, Mo. New Year's Eve was spent with Wayne and Norma McCallister.

Beth Sebaugh spent Christmas in Larry and Brenda Fought of Kansas City with Tom and Jeslyn California. Tamara Bunney is still The Norcatur Rural Fire Depart- in the hospital in Wichita, recover-Bunney spent Christmas with Tamara. On Christmas Eve, Telia, Beth and Jill spent the day with

# Tips to reduce fat in your diet

Did you know that food labels are changing? In 2006, nutrition fact labels on foods will be required to identify the presence of trans fats. The requirement has prompted some companies to re-formulate foods to eliminate trans fats. Many cookies and crackers are now being touted as having "zero trans fats."

Trans fats, which typically add flavor and prolong the shelf life of commercially prepared foods, have been implicated in increased heart

We all need some fat, however. Like carbohydrates, fat is used by the body as an energy source. It also is key in delivering fat-soluble vitamins A, D, E and K. Fat adds flavor to foods and improves the "mouth feel." Mouth feel describes the texture

or the smoothness fats add to our foods. Fats also add satiety — a feeling of being satisfied after we eat. Peanut butter is an example. It's the fat in peanut butter that makes it smooth, creamy and filling; it sat-Too much fat can add extra calo-

ries that add up to extra pounds and

contribute to a long list of health problems including obesity, heart disease, diabetes and some cancers. Here are some fat-reducing tips for your diet to help prevent added • Read food labels; look at the

- type of fat and the percent of calories that come from fat.
- A little fat can go a long way in flavoring food, so look for reducedfat versions of favorite foods such as a reduced-fat butter-like spread that combines an unsaturated fat (like canola oil) with a saturated fat (butter) to reduce fat in a spread..



## **Home Time**

By Tranda Watts Multi-county Extension Agent

cheese and even fat-free half and half can reduce saturated fats in the diet without sacrificing flavor.

- Serve salad dressings, sauces and gravies on the side so you can choose how much of these foods, often high in fat, to eat. • Choose lean cuts of meat and
- poultry. Trim visible fat and use cooking methods that do not add fat, such as oven roasting, broiling, poaching, steaming, baking or grill-
- Cook at home if you can, so you'll know exactly what you're eating and how it was prepared.
- If eating out, choose menuitems and/or described with words such as baked, broiled or lean grilled.
- Increase fruit and vegetable servings. Though these are typically low-fat foods, it's important not to add fat when cooking or serving them. It's the add-ons, a chunk of butter or a dollop of sour cream, rather than the fruit or vegetable itself that are at fault.
- Look for recipes that call for oil rather than solid fats.
- some of the fat in a brownie recipe information, contact the county exwith applesauce or use reduced-fat spread or nonfat yogurt to replace high-fat toppings for baked pota-

Reduced-fat salad dressings, cream toes. Look for little ways to lower fat without giving up favorite foods. Choose skim milk over whole milk or a graham cracker crust over a traditional pie crust prepared with lard. Make fruit pie, which typically has a double crust, with just one crust and/or a crumb topping or lattice crust to reduce fat, not flavor. • Eat recommended portions and,

if still hungry, opt for seconds in

foods that are filling (fruits and veg-

etables), but low in calories and fat, rather than loading up on fat-laden foods. If the family still wants Grandma's favorite cookie or birthday cake that's high in fat, make smaller cookies and eat one or two that are marked as healthy choices rather than several, or serve a smaller piece of cake. Don't expect to change your diet

overnight. Gradual changes can lead to a health-promoting lifestyle and often last longer than going cold 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 • Use fat replacements. Replace twatts@oznet.ksu.edu. For more tension office, 475-8121.

# "The Bearing' Message"

#### By Rev. Royce Leitner of Assembly of God Church, Oberlin

In the Galatians epistle, Apostle Paul wrote to marks (or brands) of the Lord Jesus." (6:17) strengthen the church. In some of his directional writings, he brought the "bearing" messages:

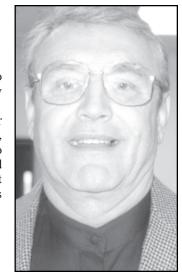
fruit-bearing: "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance..." (5:22, 23)

burden-bearing: "Bear ye one another's burdens, and so fulfill the law of Christ." (6:2) seed-bearing: "...for whatsoever a man soweth,

that shall he also reap." (6:7) brand-bearing: "...for I bear in my body the to call on to help us.

In the wonderful world we live in, there is much to do to bring forth this bearing of fruit, which is highly rejected by some.

We must know that we are bearing something in our ever so visual lives. We make impacts of some kind, so we ought to check what we are bearing from time to time, in fruit, burdens, seed, and whether we could stand the body brands as whippings, or stones thrust at our souls. We have the everlasting God through Jesus



## 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 Carrie Buhler, 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.;

**HERNDON IMMANUEL** UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.

Sunday School, 8:30 a.m.

UNITED CHURCH OF OBERLIN 109 North Griffith-American Baptist. Disciples of Christ, Presbyterian USA SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 6:30 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

**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.

**ORERLIN 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 NORCATUR UNITED METHODIST

Pastor: Kathy Aeillo Almena SUNDAY: Worship Service, 10 a.m.;

LYLE UNITED METHODIST Carol Woodmaneee, Almena Lyle Lay Speaker

Church School, 10:30 a.m.

SUNDAY: Morning Worship 8 a.m. **EVANGELICAL COVENANT** CHURCH OF OBERLIN

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.

The Rev. Heidi Wiebe

**LUND COVENANT CHURCH** Pastor: Doug Mason 10 miles south, 4 miles west of Oberlin SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible

Study and prayer, 7:30 p.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. Foundations Bible

Class, Thursday, 7-9 p.m. **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.

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785-475-3127 — Oberlin 785-386-4311 — Selden **Derek Riner** 

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