

Sympathy is extended to the family of Margaret L. Clark, who died July 20 in Bucklin. She was born in Kirk, Colo., in 1922, the daughter of Bob and Maggie Mavity. The family moved to Norcatour in 1928 and she graduated from Norcatour Rural High School in 1928. She married Harold Clark in 1941. They operated Clark Printing after moving to Greensburg in 1959. Graveside services were held July 22 at the Norcatour Cemetery with the Rev. Ray Gilstrap officiating.

Phyllene Weets writes that she appreciates the Norcatour Museum, and is glad for a nice place to leave things collected by her mother, Johanna Hansen, who had lived in Norcatour most of her life. She and her husband, Jim, retired in Rapid City, S.D., almost 10 years ago. They celebrated their 50th wedding anniversary this year, and in June they went to Hastings, Neb., for her 50th anniversary since she graduated from nurses training. Phyllene graduated from Norcatour Rural High School in 1952.

Bee Nelson was accompanied by Lula Hix of Norton on a trip to Hastings, Neb., on July 17, where Bee had a cataract removed.

Visitors at the Dave and Patty Stapp home on July 18 were her uncle and aunt, Myron and Dianne Kleidosty, Semi Valley, Calif.

Dave and Patty Stapp attended the Comstock Rock Concerts at Comstock, Neb., July 13-16. Kortney Stapp arrived at the Dave Stapp home on July 21 to finalize wedding plans. Kortney and Jerrod Poire on Saturday.

Norcatour Cardinal Kids Connection preschool is looking for students for the fall classes. If you have a child ages 3-5 and would be interested in sending them, contact Lois Wentz at (785) 693-4558, or Deb Marshall at (785) 693-4344. The school must have a minimum of three children to operate.

Gen Brunk accompanied her daughter, Barbara and Wilbur Stites, to Colorado on July 14. Barb and Wilbur flew out of Denver to join a group for a cruise to Alaska. Gen spent time with a daughter, Malea and her husband, Tom, in Lakewood, Colo. Malea took Gen

to Parachute, Colo., to visit a classmate, Marie "Moler" Miller. Gen and Marie graduated with the Norcatour Rural High School class of 1940, and hadn't seen each other for several years.

July 22 guests of Marguerite Clark were Harold Clark, Greensburg; Anita Whiteside, and Jon, Saskatoon, Canada; Loyal Temple, Disney, Okla.; Mr. and Mrs. Bob Pinsince, Manhattan; Jim and Shelley Clark and Courtney, Lawrence; Dick and Betty Lynch, Claypool, Ind.; and Janet Rippe and children, McCook. They were here for the funeral services of Harold's wife, Margaret Clark.

Bee Nelson, Marguerite Clark, Lula Hix and Betty Reid attended the 75th birthday party for Helen McVay on July 23 at the Catholic Church parish hall in Norton.

Dwight Doggett of Apopka, Fla., and his daughter, Julie and Phil Working, are here visiting relatives. Lee and Lora Arnold and Dwight Doggett, Julie and Phil Working had supper at the Cardinal Bar and Grill in Norcatour Thursday evening, July 20, then toured the countryside. On Friday morning, they toured the Norcatour Museum and found many items of interest. Dwight is the grandson of Samuel Arnold.

Saturday evening, July 22, Lee and Lora Arnold hosted a supper at the Cardinal Bar and Grill. Guests were Dwight Doggett, Julie and Phil Working, Julianna, Mark, Nathan, Marissa, and Jordan Baker and Tiffany Wheeler, Mary Arnold, Dianna and Michael Ayles, Dorothy Ward and grandson, Brandon Ward, and John and Brenda Arnold.

Frank and Velda Ward and Leslie Ward were dinner guests of Wava Reames on July 19. Frank was doing some chores around their house and Velda helped with husking corn. Marguerite Clark helped with the husking then missed the fruits of her labor when she went with Orin and LaVerne Milner to Norton, visiting with Betty Reid and Lula Hix where she got in on another husking bee. So if you need some corn husked, call the expert - Marguerite!

Birthdays: Doris Auker - July 27;

Kaitlyn Stapp - July 28; Carolyn Kelley-Plotts - Aug. 1; Claire Leslie - Aug. 2.

Senior citizens met July 21, with 18 players present. Winners were Joyce Price, Margaret Magers and Mary Sedlmayer. The next meeting will be at 7 p.m. Friday Aug. 4, at the Educational Building.

Ted and Jean Lee, Louisville, Ky., were July 24 visitors of Oran and LaVerne Milner. On July 22, Rob and Brenda Schwarze, Marian, Ind., stopped by the Milner's for a short visit.

Congratulations to Bob and Kay Strevey on the birth of their grandson, Andrew John Tien, born July 14. Parents are Wendy and Loren Tien of Andover.

On July 13, Kenneth and Pansy Price met Marlene and Ron Wolf, and Ron of Kensington in Norton for lunch.

Dorothy Ward, accompanied by Veda Wood, drove to Colby on July 19 to meet her grandsons, K.J. and Brandon Ward of Hugo, Colo. K.J. continued on to Hillsboro where he is employed, and to visit his maternal grandparents. Brandon came to Norcatour to spend some time with his Grandmother Ward.

News from Marylline and Joy Locy is that she is at home but on IVs 16 hours a day, which is how she gets her nourishment and medication. Jay is her caretaker. We wish her a speedy recovery. They appreciate company, if anyone is over that way. Their address is 1104 E. 56th St. #20, Kearney, Neb., 68847, and the phone is (308) 338-2099.

Rea and Dee Magers enjoyed a late anniversary dinner on July 21, which was prepared by Jeff Magers and Joy Luoto of Cedar Bluffs. Rea and Dee also checked out their huge garden, and the yard. Jeff and Joy have planted more than 80 trees since moving there about three years ago.

Agnes Pruitt will celebrate her 90th birthday on Aug. 7. She lives at 209 S. Dexter Ave., Norcatour, Kan., 69653.

# Five products 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.

The federal agency 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.

**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.

It was first approved by FDA in 1981. In the grocery store, it is sold as NutraSweet and Equal.

Concerns arose in the mid-1900s about a possible link in causing leukemia and lymphoma. Neither has been proven.

People with the inherited disorder phenylketonuria (commonly known as PKU) should not use aspartame because it contains phenylalanine, which could increase the amount of this amino acid to harmful levels in their blood. For those with this disorder, excessive levels of phenylalanine can cause mental retardation and additional health problems.

**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 bladder cancer in rats after they consumed large amounts. Foods using saccha-



## Home Time

By Tranda Watts  
Multi-county Extension Agent

rine had to carry a label warning that it could be a health hazard.

Extensive studies have since proven that saccharin does 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 the grocery store, it is sold as Sunett and Sweet One. It has zero calories.

The agency 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

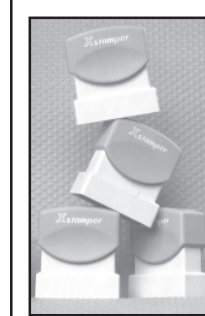
animal and human studies were reviewed to show there are no dangers in consuming neotame at appropriate levels.

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

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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.



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## Selden News

By Jacque Boulinghouse

Birthdays and anniversaries: July 28 - Betty Pauls; July 29 - Marcia Schlageck; July 30 - Josh Miller, Arvilla Juenemann, Tex and Charlene Shaw; July 31 - Sarah Emigh; Aug. 1 - Mitch and Dodie Miller, Loretta Rodriguez, Ben and Renee (Bruggeman) Filmore; Aug. 2 - Edith Carman (who will be 102); Aug. 4 - Karly Miller; Aug. 5 - Sara Juenemann, Marilyn Kaus, David Kruse, Corey Shaw; Aug. 6 - Dick and Pat Stevenson; Aug. 7 - Laura Ritter, Jesse Mumm, Cory Wurm; Aug. 8 - Clara Gillum, Rick and Tammy Shaw; Aug. 9 - Ty Gillum, Robynn Wessel.

On July 20 at Senior Citizens, Paulie Neff won high, Alfred Albers took second, Leone Porsch got low and Edna Schiltz had the most queens. Other members present included Carol Shaw, Lola Cook, Betty James, Cecelia Ottley, Jeanie Spresser, Shirley Emigh, Anna Albers and Julie Pope.

On July 27 at Senior Citizens, Paulie Neff won high, Alfred Albers took second, Ann Hazlitt got low and Anna Albers had the most jacks. Other members present included Edna Schiltz, Lola Cook, Carol Shaw, Jeanie Spresser, Shirley Emigh, Betty James, Leone Porsch, Julie Pope and Gail Mumm.

On Saturday there was a fire south of town near the Russ Emigh farm. Two brothers, Arkie and Ed Sandoval, were using a torch to cut iron when sparks ignited nearby grass. Sheridan County Rural Fire departments (Selden, Hoxie and

Menlo) responded.

With temperatures in the 100s it is easy for personnel to suffer from the heat so it is good to have the help so no one has to spend too much time at the scene. Selden firefighters responding included Steve Rogers, Jackie Schulte, Dave Brantley, Darrel Dipman and J.R. Albers.

Coordinator of the Kids Summer Softball program, Shirley Emigh, has reported that Thursday will be the last night for softball. She was happy to see the kids turn out this year and wishes them all a great school year.

Library personnel have asked me to post a note saying the Library System van from Norton will be here in the very near future. There are lots of books and videos that have not been returned from summer reading. Please get them back as soon as possible so they can be turned in when the library van is here.

The Selden Community Center is just about finished. Last week the guys started laying the carpet and should finish that up this week. There are several things that need to be done before we have the final inspection. Anyone with a few minutes to spare is welcome to help. Contact Darrel Bruggeman or Nick Koerperich for the list.

Helen Karls spent this past weekend with her daughter, Barbara Wenger, and family in McPherson. On Sunday they attended a baby shower for Helen's granddaughter, Tara (Wenger) Ingram.

## 'Teens in Church'

By Pastor Doug Mason, Lund Covenant Church

"I don't want to go to school today!" Have you heard that from your child before? I'm sure you have. What was your response as a parent? "Oh, OK, honey, you're old enough to decide for yourself if you go or not." No, I don't think so! You told that child to get his or her butt out of bed and get ready for school. Any good parent would make sure their child is in school.

The rules seem to change, though, with church. When the junior or senior high child says, "I don't want to go to church," many parents respond, "Well, OK, you're old enough to decide for yourself."

I ask this question: "Why?" Why are they not old enough to decide about their education, but are old enough to decide about eternal matters? Why are they not old enough to drink or vote, but old enough to decide whether church is important or not?

Education is temporary, but God is eternal. Yes, education is important, but aren't their eternal souls more important?

When I was growing up there was no discussion about whether we were going to church or not. We just went. No questions asked.

If your child doesn't want to go to church maybe it's because Christ isn't seen in the home, or maybe the church doesn't meet the needs of the child. It may be that the family needs to reconsider where to go to church.

Parents: do not shrug your God-given responsibility! If your child is just too busy and needs a morning to rest, try Saturday or make that child less busy. Don't cost them their eternal destination.

Beyond that, don't just drop them off at Sunday school - go yourself!

That will show them how important it is to you.



## Schedule of Oberlin and area church services:

- OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Henry Saw Lone, MASS: 5:30 p.m., Saturday
- IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**  
Fr. Henry Saw Lone  
MASS: 8 a.m., Sunday.
- SACRED HEART CATHOLIC, SELDEN**  
Fr. Henry Saw Lone  
MASS: 7:30 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.; Sunday School, 8:30 a.m.
- HERNDON IMMANUEL UNITED CHURCH OF CHRIST**  
Pastor: Dennis Brown  
SUNDAY: Morning Worship, 9 a.m.

- UNITED CHURCH OF OBERLIN**  
Pastor: Judy Strucker  
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA  
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 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: Fred Dycus  
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. 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.
- NORCATOUR UNITED METHODIST**  
Pastor: Kathy Aeillo  
Almena  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.
- LYLE UNITED METHODIST**  
Carol Woodmanee, 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 p.m.

- 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  
Rev. 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. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.

## Herndon News

By Carol Ginther

Congratulations to Norma Grafel, who was honored with a retirement open house Saturday evening at the Herndon City Park. She had served as Herndon City treasurer for 35 years.

Recent visitors of Helen Marintzer were Myrna Pettera, Loveland, Colo., and Collette Kramer, Coeur d'Alene, Idaho; and Dan and Jo Marintzer, Hastings, Neb.

Les and Myrna Pettera, Robert and Collette Kramer, and Keith, Tress, Alyssa and Matthew Pettera, Lakewood, Colo., were recent visitors of Edit Pettera.

Jan Sattler was a recent visitor of Edit Pettera.

Judy Solko of Larned spent last weekend with her mother, Monica Solko. Ron and Rodney Solko of Oberlin were Sunday dinner guests. Monica Solko has returned home after spending a few weeks in Hays with her children, Doug and Pat Marrs, and Carol and Kenton Koliff.

Nicholas Kleidosty of Elm Creek, Neb., spent last weekend with his grandmother, Mildred Kleidosty.

Senior citizens met for a potluck at the Herndon Senior Center on July 19. Edie Pettera and John Eby won blackout in bingo and Beth Chartier won the door prize.

These sponsors urge you to attend church regularly:

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