

Norma McCallister, Marguerite Clark and Bee Nelson attended the Prairie Land Electric Cooperative Inc. annual dinner and meeting March 6 in Norton.

Bee Nelson accompanied Mary Lesle to McCook on Sunday, March 11, for dinner and shopping. Birthdays and anniversary: Sha-ree Dempewolf - March 14; Jason Breiner, Jim Plotts - March 15; Clint Johnson, Marilou Long - March 16; Bob Sawdon - March 17; Norma McCallister - March 19; Dorothy Ward - March 20.

Jerry and Cheri Hill went to the Denver area on March 3 to visit children and grandchildren, and for doctor appointments, returning on March 7. The Hills went to Hays on March 12 to pick up their repaired trailer, which had been "harpooned" by a tree limb during the winter ice storm.

Sheryl Patterson, Carol Moye, Tielia and Aubrey High visited

Veda Wood on March 9, which was Sheryl's birthday. Carol, Tielia, Aubrey and Veda had lunch at the Cardinal Caf .

Leland Vernon of Arvada, Colo., called to say that his wife, Twila, was in intensive care at the Lutheran Hospital in Denver. Twila is Sheryl and Veda's sister. She had tests, then returned home on Sunday, March 11.

Rea and Dee Magers are very happy to tell all who will listen that they are the proud great-grandparents of Ryan Korin Pomeroy, born March 6. Her parents are their grandson, Zach and Brenda Pomeroy of Lakewood, Colo. They hope to make a trip to Denver soon to see her.

Rea and Dee Magers made a trip to Hays on March 8 for appointments. While there, they visited Dee's aunt and uncle, Lorraine and Marion Long, at St. John's nursing home. They came through Quinter

on the way home and met Charlie and Judy Easton for supper at the Q Inn.

Museum Tidbits

Beth Sebaugh brought in pictures of the Norcatour Rural High School Classes of 1937 and 1939.

Ron and Gerry Temple made a donation in the memory of Nan Cook. Nan's name will be placed on the plaque now hanging in the museum.

Jerry Hill and the Norton Correctional crew picked up and hauled all the big piles of tree limbs all over town, left from the winter storms. Doug Dempewolf also helped with this project.

On May 17, Lynn Thornton Streit will speak at The Gateway in Oberlin. She will tell about when she was burned and what the Shriners did for her. Her speech is awesome and inspiring. Watch the Norcatour News for more details later on.

Clarification of dietary fats



Home Time

By Tranda Watts
Multi-county Extension Agent

Which is healthier - butter, margarine or vegetable oil? What is trans fat and why is it bad for me? Is it better for my heart to replace butter with margarine? Should I try to cut out fats?

The 2005 Dietary Guidelines for Americans recommends keeping total fats between 20-35 percent of our total calories. Most of these fats should come from sources of polyunsaturated and monounsaturated fats such as fish, nuts, and vegetable oils.

Intake of saturated and trans fats should be limited; saturated fat should be kept to less than 10 percent of total calories and trans fat kept as low as possible.

The majority of Americans consume too much saturated and trans fat. Most of the fats you eat should be poly and monounsaturated.

The main concern with trans fat is that it raises the risk of coronary heart disease by increasing LDL cholesterol (bad cholesterol) and lowering HDL cholesterol (good cholesterol).

Butter is high in both saturated fat and cholesterol. Too much saturated fat in the diet has been shown to raise total blood cholesterol and LDL cholesterol (bad cholesterol), which can lead to an increased risk of heart disease.

Margarines or spreads are made from a blend of healthy oils like soybean, canola and sunflower. These vegetable oils are low in saturated fats, contain no cholesterol and are rich in polyunsaturated and monounsaturated fats. Margarine and spreads are usually low in saturated fat; however, some may contain trans fat. Check the Nutrition Facts panel on the label.

Fats rich in saturated and trans fats have been shown to be harmful to health, while research shows that fats and oils rich in polyunsaturated fats and monounsaturated fats are

beneficial to health. Saturated fats and trans fats are known to raise blood cholesterol, which can increase the risk of heart disease.

Replacing saturated fat in the diet with polyunsaturated fat has been found to reduce LDL cholesterol levels. Clinical trials show that substituting polyunsaturated fats for saturated fat reduces risk of heart disease. In addition, consuming omega-3 polyunsaturated fats from fatty fish (such as salmon or trout) or vegetable oils (such as canola, walnut or flaxseed oil) may also help reduce the risk of heart disease.

Monounsaturated fats are the primary fat in olive, canola, and peanut oils, as well as nuts. Research indicates that monounsaturated fat may be useful in controlling blood sugar levels and have a mild cholesterol-lowering effect when substituted for saturated fat.

Within the category of polyunsaturated fats, linoleic acid and alpha-linolenic acid (from the omega-6 and omega-3 families respectively) are essential dietary components since they cannot be produced by the body.

Trans fat is naturally present in meat and dairy products. However, the main sources of trans fat in the U.S. diet are from partially hydrogenated (hardened) oils found in foods such as cookies, crackers, pastries and fried foods. These fats are added for taste, texture and to maintain freshness.

Partially hydrogenated oils and tropical oils give margarine its firmness and spreadability. While tropical oil such as palm oil increases the saturated fat content of the product, only a very small amount is necessary to provide the right texture. The amount per serving varies among brands.

It is important to consider the total saturated fat plus trans fat in a food item. Choose foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease.

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. For more information, contact the county extension office, 475-8121.

Jennings News

By Louise Cressler

On Monday, March 12, the Watershed Restoration and Protection strategy meeting held in the Sunflower Senior Center was attended by approximately 50 people. Christa Mulder from Norton gave an informational presentation concerning Prairie Dog Creek and the Keith Sebelius Lake. Water samples brought by some were tested. Merle Snyder catered a noon lunch of soup, sandwiches and mixed fruit shortcake.

Sunflower Senior potluck supper held March 13 was an enjoyable evening. Charlotte Hinger of Hoxie gave a report on writing her book "Come Spring," and other books she has written which have not yet been published. Twenty-four people attended including some members of the Jennings Book Club.

Keith and Helen Muirhead spent last weekend with their daughter,

Tamala Schulze, and grandchildren Kolten and Kallista. Bill and Betty Kelley of Junction City joined them on Saturday, March 10. They celebrated Helen's birthday which was March 7.

Tracy and Wendy Montieth and Vivian, Littleton, Colo., visited at the Votapka farm Saturday, March 10, after attending the Frances Montieth auction at Stockton. Ann Rowh of Cimarron came up and accompanied Mary Votapka to the auction. Frances Montieth has moved from Littleton, Colo., to the home of her son, Monty Montieth, in Morgantown, Tenn.

Jordan and McKenzie Brown, children of Mr. and Mrs. Kent Brown, Estes Park, Colo., visited their grandparents, Doyle and Kay Brown, last week while on spring break. Doyle and Kay Brown visited Bill and Janiece Dowell of Colby and their grandchildren,

Tyler and Leah Dowell, one day last week.

Millicent and Dashiell Brown, children of Kurt and Valerie Brown of Quinter, visited their grandparents, Kay and Doyle Brown, on Monday.

Jennings Housing board met Wednesday evening with Doug Bruggeman of Hays, area specialist on rural development, at Friendship Village. He came to give the board some guidelines concerning the sale of the housing project. Their regular monthly meeting was held afterward.

Water meters will be read Saturday. If your meter is inside your house, please post reading on front door.

Mount Pleasant News

By Dianne Bremer

Funeral services were held Monday afternoon, March 12, for Bonnie (Shaw) Olson in Boulder, Colo. Attending their sister's funeral were Ralph and Violet Shaw, Oberlin; Joe Shaw, Durango, Colo.; Dee and Elna (Shaw) Fortin, Brighton, Colo.; and Garry and Jean Shaw, Longmont, Colo. While there, they visited with Bonnie's children and families, David Olson, Lyons, Colo.; Donna Pogreba, Willow Creek, Mont.; JoAnn Nykamp, Greeley, Colo.; as well as Joe's children, Kenton Shaw and Maryanne Kriss and families, who also attended the funeral. Ralph and Violet were houseguests of Garry and Jean Shaw and returned home late Tuesday afternoon. Our sympathies to Ralph and Violet and their family.

Zach and Hannah May, Elizabeth Nedland and Ryan May competed in Regional 4-H judging in livestock, photography, life skills, entomology, crops, and plant identification Saturday at the Fort Hays

State University campus. Zach placed eighth overall as an individual in the intermediate class in livestock judging. The youths have not been notified yet on the results in the other judging events.

Lois Carlson, Brandon Bryan, and Dianne Bremer were three of the six presenters at the Decatur County Farm Bureau-sponsored Ag in the Classroom activity for the Oberlin Elementary 5th and 6th graders Friday morning.

Lois spoke on wheat and demonstrated wheat weaving; Brandon talked about his livestock operation and brought with him a bottle fed calf, and Dianne talked to the students on beef by-products. The other presenters were Steven Noren on soil science, Christa Mulder from the Norton County Soil Conservation District, and local FFA Sentinel, Kayla Zadow, on leadership in agriculture. Funding assistance was also provided by the Kansas Farm Bureau Foundation for Agriculture.

Midway News

By Mary Lou Olson

Sympathy is extended to the family of Delos Holle, 68, who died Friday at his home in Atwood. He was a brother of Fran and LaVern Holle and other survivors include three sons, Roger, Jeff and Ken Holle and a daughter, Kim Staroscik, and families. Memorial services will be held at 10 a.m. Friday at the First Christian Church in Atwood. Inurnment will follow at the Atwood Fairview Cemetery.

Quentin Bergling was honored with a dinner on Sunday at Park Hill in Atwood in observance of his 88th birthday. Others present were Mac and Jeri McPheeters, Colby; Richard Bergling, Ness City; and Dave and Sherry Bergling. They enjoyed birthday cake and ice cream later at the Quentin and Olive Bergling home.

Dick and Donna Kelley visited

over the weekend with their son and family, Kevin and Debbie Kelley, in Topeka.

Covenant Women will meet at 9 a.m. Saturday at the Herndon Covenant Church for a "Rip and Roll" missionary work day. Lunch will be furnished.

Gary and Mary Ann Erickson returned home last Tuesday after spending several weeks in Tucson and Yuma, Ariz.

Tami Gillespie, who was married to Bradley Greve on March 3 in Anthony, is the daughter of Chuck and Tonya (Lang) Gillespie of Mulvane, not Sonya Gillespie as stated in last week's news.

Gerald and Patti Benda were Saturday visitors at the home of J.R. and Carol Ginther. Brady Ginther of Menlo was a weekend guest.

'The Tomb Was Empty'

By Pastor Doug Mason, Lund Covenant Church

This story is borrowed from the publication Leadership.

Little Philip, born with Down's syndrome, attended a third-grade Sunday school class with several eight-year-old boys and girls.

Typical of that age, the children did not readily accept Philip with his differences, according to the article in Leadership magazine. But because of a creative teacher, they began to care about Philip and accept him as part of the group, though not fully.

The Sunday after Easter the teacher brought pantyhoose containers, the kind that look like large eggs. After each receiving one the children were told to go outside on that lovely spring day, find some symbol for new life, and put it in the egg-like container. Back in the classroom, they would share their new-life symbols, opening the containers one by one in surprise fashion.

After running about the church property in wild confusion, the students returned to the classroom

and placed the containers on the table. Surrounded by the children, the teacher began to open them one by one.

After each one, whether flower, butterfly or leaf, the class would ooh and ahh. Then one was opened revealing nothing inside.

The children exclaimed, "That's stupid. That's not fair. Somebody didn't do their assignment."

Philip spoke up, "That's mine."

"Philip, you don't ever do things right!" the student retorted. "There's nothing there!"

"I did so do it," Philip insisted. "I did do it. It's empty. The tomb was empty!"

Silence followed. From then on Philip became a full member of the class.

He died not long afterward from an infection most normal children would have shrugged off.

At the funeral, this class of eight-year-olds marched up to the altar not with flowers, but with their Sunday school teacher, each to lay on it an empty pantyhoose egg.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
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.; 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: Judi Stricker
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: Ray Gilstrap
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.

NORCATUR UNITED METHODIST
Pastor: Ray Gilstrap
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.

SELDEN COMMUNITY CENTER
110 North Kansas Street
Selden, Kansas
Brother John L. Paulson
SUNDAY: Worship, 3 p.m.; Fellowship 2:30-2:55 and immediately following message.

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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Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls



Herndon News

By Carol Ginther

Sympathy is extended to the family of Monica Solko, 81, who died last Wednesday at the Decatur County Hospital in Oberlin. Funeral services were held Monday at St. Mary's Catholic Church in Herndon with burial at the church cemetery.

Wilma Bobinmeyer has moved to Idalia, Colo. Her new address is 4738 County Road LL 5, Idalia, Colo., 80735. She would enjoy hearing from friends.

Julia Hafner, Jan Sattler and Edie Petteur had dinner last Sunday at the B&S Cafe in Herndon.