Norcatur News

By the Norcatur News Committee

Nutrition labels can be useful

The Los Angeles duo, the Ditty Bops, will be featured at the 2007 Salina River Festival. This is the duo that bicycled across the United States, with a stopover in Norcatur last July, to publicize their new release, "Moon Over the Freeway." They gave a concert at the Cardinal Bar and Grill.

Fans of the hit television series "Grey's Anatomy" are probably familiar with the Ditty Bops' music, if not their name, as six of the duo's songs have been played on the show including "There's a Girl," which is featured on the series soundtrack album.

The Los Angeles-based duo, headed by acoustic guitarist Abby DeWald and mandolin and dulcimer player Amanda Barrett, will be featured performers at this year's

Smoky Hill River Festival, June 7-10, at Oakdale Park. Norcatur's second annual citywide garage sale will be held on

Saturday, May 12. Birthdays: Anthony Marshall, Regina, is Dee's sister. April 19; Gary Anthony, Forrest Jackson, April 23; Greg Sumner, April 24.

Guests of Marguerite Clark on Saturday, April 14, at the Cardinal Bar and Grill were her niece, Betty and Dick Lynch, Silver Lake, Ind., and their daughter, Janet Rippe, Allison and Nathan, McCook.

Frank and Velda Ward celebrated their 61st anniversary on April 14. Joining them for the celebration April 3 elections. in the afternoon were Leslie and Norcatur, and Keith and Kaley Ward, Norton. Leslie and Lynn up the sidewalks and curbs.

brought homemade ice cream. News was received that Albert "Red" Vifian, of Lakewood, Colo., brother-in-law of Rea and Dee Magers, died on April 10. His wife,

Guest of Jerry and Cheri Hill the weekend of April 14 and 15 was their son, Matt. They were able to get in a couple of days of turkey hunting and an auction before Matt returned to Longmont, Colo., on Sunday.

The Norcatur Museum will open on May 1.

It was reported that Norcatur had a great turnout for voting at the

John and Carol New have planted Lynn Ward and Wava Reames, trees on Main Street in Norcatur, and Carol has worked on cleaning

Rexford News

The neighbor's rain gauge recorded 2 inches of rain received Saturday night and my daughter, Jami, made a comment describing our front lawn: "The Emerald City grass turned into the yellow brick road."

The dandelions must have appreciated the moisture, too.

A special thank you to Bill Scott who gathered up residents' discards for the city cleanup day.

Birthdays this week: Tyler Todd, April 23; Lawrence Horinek, April 26; Kelton Jones, April 27.

The school year is quickly coming to an end and it is time to be thinking about Vacation Bible School. If you are interested in helping, contact Pastor Lane Purcell this week.

Seattle where she met her sister, Gloria Dible of Rogers, Ark. They drove to Moses Lake to visit family members. Even thought Washington is still in her "winter" season, the land was beautiful, Sondra commented.

By Vicki Allison

Soap Lake and Grand Coulee Dam, the largest cement structure in the United States. Sondra said it seemed hard to drive more than a few miles without seeing an inviting lake. Sondra also joined the oth-Recently Sondra Barnett flew to ers in climbing a small mountain to visit some caves used many years

At the Red Barn: Those attending Barnswallows to play pinochle were Jean Hawkins, Deb Stepper, Rex and Betty Carswell, Grace Cheney, Lawrence Horinek, Dar-One day the group went to visit lene Robben, Dick Sanford, Mary-

Koffee Klatch is each Friday at 9 a.m. and those attending last week were Margaret Arasmith, Sondra Barnett, Eunice Sanford, Berneda Zoberst, Evelyn Proffitt, Jean Hawkins and Vesta Roth.

a memorable one.

Nutrition labels can answer just about any question you might have about a food item, but some shoppers don't know how to read them.

Everyone should be aware of nutrition labels and what they're consuming, especially those who have a food allergy, high blood pressure or high cholesterol.

Product and nutrition labels offer lots of information, but a few things you might be most interested in are serving size, servings per container, calories and daily reference values. Daily reference values, sometimes listed as "% Daily Value" on nutrition labels, are established for calories, fat and protein.

Values are based on a 2,000-calorie-per-day diet. These nutrients include fat, saturated fat, carbohydrates, protein and fiber.

For example, the average adult's daily fat consumption should account for 30 percent (600 calories) of a 2,000 calorie-per-day diet. If the "Percent Daily Value" for fat in one food is 20 percent, while in another food it is 10 percent, then a person who consumes a serving of both foods would consume their entire fat requirement for that day.

An adult's saturated fat intake should make up 10 percent or 200 calories, while 60 percent of his daily calories should come from carbohydrates. Protein intake should account for 10 percent of daily calories; however, daily recommended values for protein only apply to adults and children older than 4.

The daily recommended values for fiber are calculated differently than those for fat, saturated fat and protein. Fiber is based on 23 grams per 2,000 calories. For example, if a food contains 1 gram of fiber, then it would account for four percent of the recommended daily intake for an average adult. (1 gram \div 23 grams x 100 = 4 percent).

Daily recommended values are



also listed for nutrients such as cho- fat and 95 milligrams of cholesterol lesterol, sodium and potassium, based on the "uppermost desirable intake limit."

Manufacturers are required to include a "nutrition facts" panel on total calories, calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, Reduced claims cannot be made vitamins A and C, calcium and iron.

Shoppers may notice that some products claim to be "fortified" or 'enriched" with certain nutrients. When such claims are made, manufacturers are required to list nutrition information about those ingredients on the label.

Other product claims that consumers often see on grocery store shelves are terms such as "free," "light," or "a good source of." The U.S. Department of Agriculture and the Food and Drug Administration regulate how and when manufacturers can use these terms.

• When a product is labeled as "free" of a certain nutrient, such as fat, this means that it contains no amount or a trivial amount of that nutrient. For example, foods containing 0.5 grams per serving or less of sugar or fat can be labeled as 'sugar-free" or "fat-free."

that are eaten frequently without exceeding dietary guidelines for fat, saturated fat, cholesterol, sodium and/or calories.

"lean" must contain less than 10 grams of fat, 4.5 grams of saturated 475-8121.

per 100 grams of meat. Seafood and game meats under the same guidelines can be labeled as "extra lean."

 Products labeled as "reduced" have been nutritionally altered to contain at least 25 percent less of a particular nutrient or calories ingredient than their reference product. however, if the reference product already meets the requirements for a "low" claim.

 Foods that are not nutritionally altered but contain at least 25 percent less of a nutrient or calories than their reference product can use the term "less" on their labels. One example is pretzels versus potato chips. Pretzels that contain 25 percent less fat than potato chips can carry a "less" claim on their product label.

• A food labeled as "light" can mean a couple of things. It could mean that a nutritionally altered product contains one-third less calories or half the fat than the reference product contains. "Light" could also mean that a low-calorie low-fat food contains 50 percent less sodium than its reference product.

Tranda Watts is Kansas State • The term "low" is used for foods 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. • Meats such as poultry labeled as ksu.edu. For more information, contact the county extension office,

Good Samaritan Center

Spring has lightened the hearts and countenance of the residents here at Good Sam. Every day is a celebration of life. Our days are filled with routine and unexpected

Last week was filled with many joyful moments, beginning with Barbara Dehlinger's devotions. Barbara has a wonderful way of speaking to our hearts. She is a talented writer and gifted speaker, bringing devotions that are relevant to the season of life that our residents are living.

Todd Green came Monday to give an encore of his Sunday concert. He had us all mesmerized with his extraordinary talent and unique display of instruments from all over the world. Our thanks to the Arts and Humanities Commission for making this possible.

Living History was well attended as we took an "Armchair Tour of - Myrna Lacina of Westminster, Kansas," seeing and learning about Colo., Olga Anderson of Denver, many interesting attractions found in our state. The slide show was a Salina, Don and Julie Karnes of Bi-Folkal kit provided by Talking Littleton, Colo., Arden and Lajean Books.

long to someone in the Good Sam family: Kiah Blau, Mae Guy and Swede Unger's great-granddaughter; Samantha Anderson, Eva Bryan's great-granddaughter; Shay McChesney, Marie McChesney's great-grandson; Rhiannon Davies, Lisa Davies' daughter; Joey Hirsch, Anita Hirsch's son; and Serena

Stacy, Lisa Stacy's daughter. On Saturday we enjoyed a beautiful Volunteer Appreciation Tea, catered by Dawna Bates of Mc-Cook. She is the owner of the business "Tea with Thee." Cheryl Miller and her father, Loren Schrock, 94, provided our entertainment. Cheryl accompanied her dad on the piano as he played the harmonica. We love and appreciate our volunteers so much.

Recent guests: Dorothy Hunt -Ron Snyder of Colby, Reva Marshall, Helen Brooks; Hazel Flaska Gerald and Charlene Karnes of

ago by the Indians.

Anne and Lawrence Juenemann.

Until next time, make your week

'ATriumphant Life' By Pastor Heidi M. Wiebe, **Evangelical Covenant Church, Oberlin**

After this past winter, it has been wonderful to eternal life. walk around town and see the trees budding out, flowers pushing their way up out of the earth and the grass, covered so long with snow, finally turning green. I think that is why I love spring so much. After the cold, dark days of winter when everything seems dead, spring is the time when death is swallowed up with the life, joy and color of spring.

That is what the resurrection of Jesus is all about. That is why Easter is such a joyful and life-filled day of celebration, why we sing joyful hymns, wear spring colors and use the egg as the symbol of Easter – it's all about the newness of life given us in

Paul, in his great treatise on the resurrection in I Corinthians 15, gives us that exact promise: "Death swallowed up by triumphant Life! Who got the last word, oh, Death? Oh, Death, who's afraid of you now? ... But now in a single victorious stroke of Life, all three - sin, guilt, death - are gone, the gift of our Master, Jesus Christ. Thank God." (v. 55, 57).

Just as the natural cycle of things is for spring life to follow winter death, so for all people who put their trust in Jesus Christ, eternal life follows our physical death. What promise to us as we live in a world where death is so prevalent; death due to illness, accidents, suicide, cts of violence, or acts of war.



celebrated her 97th birthday with family and friends during Social Hour. They served a delicious cake to residents and staff in her honor.

We were pleased on Friday to be audience to the junior high band, which played songs from the Civil Warera. The kids did a beautiful job narrating some history of the songs and playing featured instruments.

The band included these who be-

Flaska of San Diego; Roberta Ur-On Wednesday, Hazel Flaska ban - Sylvia Wachendorfer of Selden, John Urban of Colby, Roemello Grier and Fay Unger of Stratton, Neb., Jan Badsky; Thelma Spiers - Joan Grafel, Herndon; Eva Bryan - Detta Anderson; Ethel Nemeth - Helen Brooks; Opal Bryan - the Simonsson family; Elaine Thomas - Barb Castor: Ruby Wennihan, Mae Guy, John and Muriel Ready: Norma Richards.

Jennings News By Louise Cressler

Jennings received 1.30 inches of rain Saturday and none of the severe storms that had been predicted.

United Methodist Women will meet May 2 at the church. Kay Brown will give the program "Shine, Shine, Shine." Devotions will be given by Glenda Johnson. Roll call is "favorite Sunday School song." May 6 will be UMW Sunday. The group will lead Sunday morning worship at the Jennings church. On June 6 the United Methodist Women plan to go to the Oberlin Cedar Living Center for the birthday party. Helen Rhodes and Louise Cressler will make cupcakes to serve.

Thursday, May 3, at Sunflower Senior Center.

alumni. The banquet will be held at of Jennings.

5 p.m. Saturday, May 26, at the Jennings Community Hall. The evening will begin with a meeting and election of officers, and end with the meal. If you or someone you know doesn't receive a letter, call Mary Votapka at (785) 678-2471 with a correct address.

Sunflower Seniors will be gathering on Tuesday, May 8. There will be a potluck supper at 6 p.m., followed by bingo about 7. Anyone may come; just bring a \$3 prize for bingo.

Marcus McKenna of Jennings has accepted an \$800 Hays City Silver Academic Award and a \$500 Award of Excellence in biology at Jennings City Council meeting is Fort Hays State University. He is a senior at Hoxie High School and plans a career in medicine. His par-Letters have been send to all ents are Pat and Shelley McKenna esurrection of Jesus Christ.

When Jesus walked out of the tomb on Easter to overcome death with life as well, everlasting and the God who loves us and created us.

If you believe in Jesus Christ, the one who turned morning, he boldly declared that death no longer death around, then death is not something to be feared. held sway over us. All people who put their faith Yes, it is the end of our earthly life, but it is also the in the resurrected Jesus have been given the power beginning of a joyful, colorful, life-filled eternity with

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

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. WEDNES-DAY: 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 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 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

SATURDAY: Worship, 7 p.m.; 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.; Fellow-

ship 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.





SUNDAY: Morning Worship, 9 a.m.