

Norcatour News

By the Norcatour News Committee

Sympathy is extended to the family of Robert J. Davis, 674, who died Sept. 27 at the Veterans Center in Norman, Okla. He was the son of Edwin and Agnes (Melon) Davis and was born June 26, 1933 in Norton. He attended school in Norcatour. He served in the Navy from 1953 to 1964. Survivors include a brother, Edwin and Janice Davis, Broomfield, Colo.; a sister, Jeannie Mulder, Oklahoma City, Okla.; six children and several grandchildren. His ashes were buried at the Norcatour Cemetery on Oct. 5.

Genevieve Brunk of Hill City wrote in to say her granddaughter, Lianne Stites, Barbara's youngest, just got back from a year spent teaching English in a private school in South Korea.

Dwight Doggett wrote that he would like to hear from any relatives. His mother's name was Zelma Doggett, and he is a grandson of Lee Arnold and cousin of Sam Arnold. Dwight's address is 3658 Ondich Road, Apopka, Fla., 32712-511, and his email is doggie48@yahoo.com.

Senior Citizens met Oct. 5, at the Educational Building for cards with 16 present. Winners were Virgil Price, Clent Hatfield and Bob Schoenrad. The next meeting will be at 7 p.m. Friday.

The Norcatour United Methodist Church annual bazaar will be held Saturday, with a soup and pie supper starting at 5 p.m. and the auction starting at 7 p.m. This year the featured quilt will be a "Just For You" pattern with purple, rust and green colors. Donations of any kind appreciated. This is the major fund raiser for the year, where donations go to keep the church open in this community. If anyone can furnish a couple of pies for the soup supper, it would be appreciated.

Dorothy Ward met the Mark Ward family of Hugo, Colo., in Colby on Oct. 5. They went to Newton to attend Parent's Day and Fall Festival at Bethel College, where grandson K.J. Ward is a freshman. His other grandparents, of Hillsboro, also attended. They also visited the McMinnses in Hillsboro.

Marguerite Clark and Wava Reames went to McCook on Oct. 4 to visit Marguerite's niece, Janet Rippe, and son, Nathan. On the way to McCook they visited Velda Ward in the Oberlin hospital. Velda was released from the hospital on Oct. 8 and is back at Cedar Living Center.

June Jolly and Wava Reames played pitch at Norton recently at the American Legion.

Wava Reames met Evelyn Zellmer at Norton for lunch on Oct. 9. Evelyn was visiting her mother-in-law, Ila Zellmer. Wava and Evelyn Hewett Zellmer were roommates in college. They also visited Beverly Ritter Miller. The three women were friends at Fort Hays State. Bev and Wava played varsity women's basketball in the early days of the program.

Weekend guests Oct. 6-8 at the Stan Miller farm were Mr. and Mrs. Rocky DeLano, Wichita. They all joined Mr. and Mrs. Chad Applebury, Eli and Karyssa, Colby, and Mr. and Mrs. Gary Miller, Oberlin, in Oberlin for Sunday dinner.

Lori Roe helped Bee Nelson and the *Norcatour News* with her computer knowledge and time, helping Bee get the 2008 check-off sheets ready.

Rocky and Bev DeLano, Wichita, were afternoon guests on Oct. 7 of Doug and Chris Dempewolf.

Birthdays: Robert Dickey - Oct. 11; Larry Sumner - Oct. 13. Dean and Donna Knutson, Coun-

cil Bluffs, Iowa, spent the weekend of Sept. 29 at the home of Bob and Anita Montgomery in Oberlin. They all attended the hog roast on Sept. 30 at Lee and Bobbie (Montgomery) Frakes' home to celebrate their recent marriage. Attending were their children, and many family members and friends. Those going from this area were Rusty Montgomery, Renee Harman, Norcatour; Ron and Gina Montgomery, Jennings; and Bill and Dorothy Woods, Oberlin.

Dixie Kinser of Medford, Ore., Cathy Claussen and Beth Johnson were luncheon guests of Delphyn Biggs of Oberlin on Oct. 2 to celebrate Cathy's birthday.

Oct. 6 luncheon guests of Marian and Ray Thornton were Lee Dempewolf, Topeka; Patty Stapp, Norcatour; Linda Schliep, Spencer and Addison, McCook; Dan Dempewolf, Jolene Bremenkamp, Rose Riffle, Bob Dempewolf, Oberlin; Greg Dempewolf, Darcie Zuck and Juda, Culbertson, Neb.

MUSEUMTIDBITS

Bob Schoenrad brought in a U.S. Postal Service Scheme tester and the supervisor exam books. All postal employees had to take the scheme test yearly. The employees had to throw 100 cards in three minutes, and could only miss three in order to pass. If you would like to donate to the museum, please send to the Norcatour Museum, Box 89, Norcatour, Kan., 67653, c/o Chris Dempewolf. Items to be donated may be sent to the same address.

Functional foods offer extras



Home Time

By Tranda Watts
Multi-county Extension Agent

Many studies have linked functional foods to improved health, and consumers have been buying more of them. Others may be thinking, what are functional foods, and why should I buy them?

Functional foods contain substances that provide health benefits beyond basic nutrition.

Functional food substances may occur naturally, or they may be added. The most common foods with added substances are ready-to-eat cereals, refrigerated teas, food bars, yogurts and bottled waters.

Omega-3 fats, which help prevent heart disease, are an example of a functional food substance. Salmon is a food that has naturally-occurring omega-3 fats. Some brands of eggs and orange juice have added omega-3 fats. All of these could be advertised as functional foods.

Be cautious about buying foods with added functional substances. Why? When added to a food or taken as a dietary supplement, a functional food substance may not provide the same health benefits as when found naturally in a food.

For example, many foods with the added functional substances of dietary fiber or plant sterols are not very healthful because they also contain lots of saturated fat and added sugars. Also, the functional substance beta carotene is healthy when obtained naturally from foods such as carrots, but when taken as a dietary supplement, beta carotene can worsen the health of some people, especially smokers and

former smokers.

So try to eat plenty of foods with naturally-occurring functional substances, such as whole grains, fruits, vegetables, fish, nuts, seeds and dairy products. Below are some functional food substances, and which foods contain them naturally.

- **Dietary fiber**
Helps you feel full, and helps keep your digestive system healthy and regular. It may reduce risk of breast and colon cancers, and reduce risk of heart disease. To increase your dietary fiber naturally, eat cooked dry beans, fresh or dried fruit, vegetables, nuts and whole grains.
- **Omega-3 fats**
Help reduce risk of heart and blood vessel disease.

These healthy fats are found naturally in ground flaxseed, wheat germ, walnuts, canola oil, and fatty fish that live in cold water, including salmon, tuna and halibut.

- **Phytoestrogens**
May protect against heart disease and cancer.
Phytoestrogens are found naturally in soy foods, flaxseed, sesame

seeds, and some whole grains and vegetables.

- **Prebiotics and Probiotics**
Help improve intestinal or "gut" health. They improve the absorption of nutrients and help maintain "good" bacteria in the digestive tract.

Prebiotics and probiotics are found naturally in yogurt with live and active cultures, buttermilk and sour cream. They are also found naturally in fermented foods such as sauerkraut, miso and kimchi, and in whole grains, flaxseed, cooked dry beans, and some vegetables and fruit juices.

The best way to benefit from the many healthful functional food substances is to eat food that contains them naturally. This will give you a fantastic functional food plan.

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.

Cedar Living News

Sympathy is extended to the family of Bea Wolfram, who died Oct. 9. She was a long-time resident and worked as a dietary aide. She will be remembered for always having a cheerful word for everyone and for helping with chores at the facility.

Hank Wolfram has moved to Presbyterian Manor in Arkansas City where he will be close to family members.

Merlin and Lola Diederich of Cape Coral, Fla., were recent visitors. They delivered a beautiful painting from the Diederich family in memory of Matilda Diederich.

Sunday, Nov. 18, we will hold our annual Thanksgiving potluck dinner. More information soon.

Volunteers Mary Ann Amack hosted a social hour Oct. 4; Margee Wilson helped make and serve homemade bread Oct 5; and Catherine Neal led the exercise group on Friday and Monday.

Helen Juenemann made brownie sundaes on Monday. Kay Brown gave a piano concert Tuesday. Pam Anderson was in charge of Bingo on Tuesday assisted by Alice Shirley, Opal Huntley, and Jeanne Isbell.

Kayo Sattler was the guest of honor at a family birthday celebration on Friday afternoon.

The baking group made chocolate chip cookies on Friday.

Pastor Charlotte Strecker-Baseler of the Faith Lutheran Church gave the worship service on Sunday. Then the ladies from St. Mary's Catholic Church in Herndon gave a musical program. Theresa Rippe was the pianist.

The Maverick 4-H Club visited on Sunday. They brought Halloween decorations for the doors.

Sympathy is extended to the family of Mildred Kleidosty who died Sunday.

Sam Mack donated a box of assorted movies for our VCR and DVD players.

Recent visitors: Rose Domsch, Atwood; Elwood and Norine Bailey, Doyle and Kay Brown, Jennings; Louise Berndt, Quinter; Janelle Mulvenon, Sparks, Nev.; Raquel Frehichs, Lexington, Neb.; John and Bette Kleidosty, Mary Beth Kleidosty, North Platte; Marie and Mike McVay, Colby; Jerry Wolfram, Linda Bosler, Frank Cox, Bud and Vicky Mumm, Eileen Unger, Pat Solko, Joy and Ann Solko, Julie Hafner, Herndon; Richard and Bernadine Samson, Ludell; Marsha Seck, Falcon, Colo.; Kara Kuntz, Laura Staab, Hays; Teresa Anderson, Denver; Phil Kleidosty, Hawaii; Jay and Karen Wilson, Great Bend; Dorothy Ward, Norcatour; Jeremy Wolfram, Stacey and Aaron Mercer, Wichita; Tony and Bev Kleidosty, Riverdale, Neb.; Chris and Kim Felix, Coffeyville; Melissa Guthrie, Arkansas City; Victor and Kathryn Uhner, Chanute; Leanna Roberts, Abilene; Ian Hays, Brockville; Amanda Winstead, Salina; Karen Matheny, Kearney, Neb.; Nick Kleidosty, Elm Creek, Neb.; Steve and Barb Brown, Rick and Tammy Shaw, Selden;

Jeanette Miller, Lyle Gamblin, Darlene Fisher, Elvin Beneda, Orlin Beneda, Jerald and Elaine Leitner, Carol Shirley, Dolores Koerperich, Walt and Rosella Meitl, Eula Juenemann, Marguerite Bailey, Earl Brown, Sandra Young, Oberlin.

Mount Pleasant News

By Dianne Bremer

Edith Tate, and Norman and Joanne Wendelin and Rory attended a wedding reception Oct. 6, for Kris and Farah Erickson at the home of the bride's parents, Pat and Elvera Wendelin in Lindsborg.

Rhonda May returned home after a few days in Overland Park, where she attended a League of Kansas Municipalities meeting.

Rebecca Nichols, Eugene and Bette Wurm, Wilma May, Jerry and Connie Olson, Stean Olson, Justin and Wendy Scott, Garrett and Gage, Brad and Shanna Long and Miranda, Judy Jordan, Sean and Daniel, Chris Jordan and friend, Wendy Jackson, Paige and Preston enjoyed dinner Saturday at Taste of Texas in McCook. They visited with Rebecca who is home on leave from the Navy and will soon be returning to her ship, the USS Blue Ridge, stationed outside of Japan.

Zach May and Jessica Bremer, piano students of Cheryl Metcalf, performed solos at the Kansas Mu-

sic Teachers Association District Piano Auditions at the Fort Hays State University on Saturday. Jessica received a I rating and qualified to perform at state competition in Wichita later this year.

Gaylord and Shirley Shields returned home Sunday from Salisbury, Md., where they spent a week visiting their son and family, Phil and Karen Shields, Justin and Anna.

Ralph and Norma Unger returned home Sunday after spending the weekend in Manhattan. Meeting them there to visit and attend the K-State/Colorado football game were Ryan and Darcie Unger, Drew, Brock, and Ty Zwegardt, and Trent Raile, St. Francis, and Rachele Gorell and Logan, Bland, Mo.

Ben and Leone Spiers, Winterset, Iowa, were weekend guests of her sister, Leola and Gary Zoderow. They also visited his mother, Thelma Spiers, and sisters, Violet and Ralph Shaw, and Joan and Don Grafel, Herndon.

Why Did Jesus Die? - the Penalty of Sin

By Pastor Doug Hasty, Oberlin and Prairie Chapel

United Methodist Churches

John 15:13: "Greater love has no one than this, that he lay down his life for his friends." Rarely will someone lay down their life for a friend but Jesus was willing to lay down his life for friends and enemies alike that everyone might have the opportunity to be saved.

The good news of our Christian faith is that God loves us and He made a way out of the mess that we have made of our lives. He came to earth in the person of His Son, Jesus Christ, to die in our place. This has been called the "self-substitution of God." In the words of the apostle Peter: "He himself bore our sins in his body on the tree; by his wounds you have been healed" (1 Peter 2:24).

Jesus came to take our place because of the Penalty of Sin. Something within human nature cries out for justice. When we hear of children being molested, or the elderly being attacked in their homes, or a dear, sweet friend being swindled in a scam - we want the people to be caught and punished. Our motives may be mixed; there may be an element of revenge.

However, there is such a thing as justifiable anger. We are right to feel that sins should be punished; that people who do such things should not get away with them.

It's not just other people's sins that deserve punishment. It is our own as well. One day we will all be subject to the judgment of God. Paul tells us, "the wages of sin is death" (Romans 6:23).

Jesus deals with the Penalty of Sin through the Law Court. Paul says that through Christ's death "we have been justified" (Romans 5:1). Justification is a legal term. If you went to court and were legally

acquitted, you would be justified. This is what God has done for us.

In God's justice, He judges us because we are guilty, but then, in His love, He came down in the person of His Son Jesus Christ and paid the penalty for us. In this way God is both "just" (in that He does not allow the guilty to go unpunished) and God is "the one who justifies" (in that by taking the penalty upon Himself, in Jesus, He enables us to go free). God is both our Judge and our Savior. So we see in Jesus Christ that God paid the penalty of sin.

Nicky Gumble shares the story of two very close college friends; they were like brothers. After college one became a judge and the other had one bad mishap after another until he turned to a life of crime. One day the criminal appeared before the judge. He had committed a crime and was caught in the act, so he pleaded guilty.

The judge recognized his old friend and immediately remembered how much he loved him; he was in a dilemma. As a judge he had to be just; he knew he couldn't let his old friend off. On the other hand, he didn't want to punish him because he loved him.

So he fined his old friend the correct penalty for the offense. That is justice. Then he came down from the bench and wrote his friend a check for the amount of the penalty; he wanted to pay the price for him. That is love.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16). God has already gone to great lengths to demonstrate his love for us. I hope you know that God loves you.



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, LEVILLE
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
Mike Larson
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, 9:45 a.m. Morning Worship, 11 a.m. Youth Group, 4 p.m.

NORCATOUR 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
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.

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