

# **Norcatur News**

By the Norcatur News Committee

Sympathy is extended to the fam-County Hospital in Oberlin.

Congratulations to Matthew Helm, who is the featured carrier in March for The Salina Journal. He has been an independent contractor carrier for the last three years for the paper. He has been involved with delivering papers for at least six years. He delivers over 450 papers per month.

As an active participant in his community, he is involved with church, school, sports, 4-H club, on Feb. 18 at the Cardinal Bar and and is also a part of the Sons of the American Legion. All of the Helm children, Aaron, Rebecca, Jacob, Matthew, and Timothy have all been involved at one time or another with delivering The Salina Journal in Norcatur, with their father as supervisor. The proud parents are Mike and Deb Helm.

Larry James will be a write-in candidate for the Norcatur City Council in the April elections and would appreciate your vote.

Monday, Feb. 23, at the Decatur and Marva Miller, Hays; Terri and Tom Kaus, and Bernard and Julie Olson, Bastrop, Texas.

> After church on Sunday, Wava Reames, Dorothy Ward, Bee Nelson, Beth Sebaugh and Dewaine Stapp ate dinner at the Cardinal Bar and Grill.

Happy Birthday to Gene Gallentine, March 5; Joye Hill, March 6; Lance Roe, Galen Wentz, March 7; and Betsy Jakowski, March 8.

Results of the pool tournament Grill were Von Johnson, first; Rusty Montgomery, second.

Jeff Magers took his folks to Hays last week for Rea to have some surgery.

Jerrod and Kortney Poire, Emporia, and Kaitlyn Stapp, Hays, were Feb. 26, to March 1, guests of Dave and Patty Stapp and Sam. They came to attend the funeral of Don Stapp.

Guests of Jerry and Cheri Hill from Feb. 25 through March 1, Venietta Miller celebrated her were their son Matt and daughters 80th birthday on Feb. 26, with Lori and Erin from Colorado. They her husband Richard, and all her came back to visit their Mom and

children at their home in Mission, help with the move as Cheri is now ily of Donald Stapp, 90, who died Texas. Those attending were Steve a resident at the Andbe Home in Norton. Her room is next door to Bob Sawdon, so if you're ever over there, drop in and say "Hi." She may not know who you are, but you will know who she is.

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Guests of Dewaine Stapp were Randy Stapp, Mt. Vernon, Ind., and Elaine Kingsley for the funeral of Donald Stapp.

Dinner guests at the Dewaine Stapp home Thursday, Feb. 26, were Randy Stapp, Elaine Kingsley, Delores and Dick Longwith, Mission, Texas; and Charlotte Meints. Supper guests were Randy Stapp, Elaine Kingsley, and David, Patty and Sam Stapp.

Elaine Kingsley visited Thursday evening with Joy Votapka.

Linda Young and Nokia, the dog, spent a few days with her mother, Lula Hix.

Results of the Cardinal Bar and Grill Dart Tournament on Feb. 25, were Game 1: Renee Harman, first place; Patty Stapp, second; Kristi Gallentine, third.

Game 2: Renee Harman, first place; Alice Barnett, second; Kristi Gallentine, third.

# **Herndon News**

a Time," the history of Herndon on Monday evening at the Decatur County Museum in Oberlin. Peggy Pratt assisted with the arrangements for the club and members served refreshments after the program.

Following the Lenten tradition, the Stations of the Cross, led by Jennifer Beims, lector, Val and John Solko, servers, and Donavan Schroeder as cross bearer, were held after St. Mary's mass on Sunday.

Visitors of Esther Pennington this week were Chris Wood and Alan, Ann, Val and John Solko.

Jason Hafner, Raquel Frerichs, Lexington, Neb., and Bob and Julie Hafner spent the weekend in Parker, Colo., visiting the Dave and Jackie Foxhoven family and Tom and Marlene Cook. Additional Saturday guests of the Cooks were Clem Hutfles, Arvada, Colo.; and Hannah Lark, Boulder, Colo. They all enjoyed red and green chili soups,

ner in presenting, "One Picture At and Foxhovens celebrated the birthdays of Elijah Foxhoven and Raquel Frerichs Friday evening in Castle Rock, Colo. Friday afternoon, the family stopped for a short visit with the Jonita Sattler Green family at the University of Colorado, where bootleggers and bank robbers. Jonita is a patient.

Chris Wood visited Cedar Living Center and the Good Samaritan in Oberlin on Friday, chatting with all the residents formerly of Herndon.

Voni Sattler was a dinner guest of the Brad Williams family, celebrating the birthday of Deanna on Sunday. Brad sported his chef hat and Chelsey baked the birthday cake.

### Julie's Memory Joggers Famous Kansas People 1876-1962

Mabel Chase was the first woman in the United States to be elected sheriff. She was the undersheriff in Kiowa County, Greensburg, as county seat, named after the Kiowa

Rachelle Solko joined Julie Haf- pastries in the evening. The Hafners serving from 1926-1928. She kept up with the latest crime-fighting equipment.

**By Julie Hafner** 

She owned a Thompson submachine gun and drove an armorplated Hudson "Super Six" patrol car with bullet-proof glass to stop

# New sugar substitute available

Stevia (pronounced steve-ee-uh) is the "newest" sugar substitute available. Stevia is a sweetener that is approximately 250 times sweeter than table sugar. It provides no calories or carbohydrates, and has no effect on blood sugar levels. One packet of stevia (as a white powder extract) is almost one-half (1/2)teaspoon and has the sweetening power of about two cups of granulated sugar.

Many companies are introducing new foods using various trademark names for sugar substitutes made with stevia. For example, Coca-Colais selling beverages made with Truvia and Pepsi is selling beverages made with PureVia.

The cost of stevia is very high, generally four or more times the price of table sugar. Stevia Safety

In December 2008, the U.S. Food and Drug Administration (FDA) recognized stevia as being generally recognized as safe, or GRAS, when used as a general purpose sweetener for foods and drinks. More precisely, the FDA approved the use of rebaudioside A, a highly purified portion of the stevia plant.

In 1991, stevia was totally banned by the FDA because information was not adequate at that time to demonstrate that it was safe. From 1995 until the December 2008 ruling, the FDA allowed the sale of stevia in the U.S. only as a dietary supplement. It was sold as powdered leaves and as refined extracts from the leaves.

Sugar substitutes have been the subject of many health controversies over the years. For instance, some researchers think that sugar substitutes may increase a person's



desire for sugar, possibly making weight-loss dieting more difficult. However, unrefined stevia leaves have been used in other countries for many years, with no known harmful effects

### **Cooking with Stevia**

Baking with stevia currently poses problems unless it is mixed with sugar or another ingredient. But stevia works well with most fruit or dairy recipes, especially citrus-type drinks. It is stable at high temperatures and can be used with both high-acid and low acid foods. Too much stevia may cause a food or beverage to have a bitter aftertaste, so use the exact amount

specified in the recipe when cooking with stevia. Brands of stevia high in steviosides will yield a sweeter taste without bitterness.

For more information about healthy eating, contact your local K-State Research and Extension Office or e-mail twwatts@ksu.edu .

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 twwatts@ ksu.edu. For more information, contact the county extension office, 475-8121.

## Man Builds Record-Size Tree House After Using Thera-Gesic®

BEXAR COUNTY- Tom W. applied Thera-Gesic<sup>®</sup> on his aching knee, then built a monster 1650 sq. ft. tree house on his friend's ranch while his friend was on vacation. When asked why he built the tree house, especially knowing his friend had no kids, he

> painlessly replied: "None of your dang business!"



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## Attitude makes the difference **Rev. Doug Hasty, United Methodist Church, Oberlin**, **Prairie** Chapel

There were once two brothers who were identical twins. Now even though they looked exactly alike, they were exact opposites when it came to their personalities. One brother was an eternal optimist – he other brother was an eternal pessimist – he never saw good in anything anywhere.

One Christmas, their parents decided to try an experiment on them to see if there was any way that the two brothers could find some balance in their personalities. To the pessimist son, the parents gave a bright, shiny bicycle. To their optimist son, they gave a bag filled with straw. They put the presents under the tree with the boys' names on them and waited to see what would happen.

cycle, the pessimist proclaimed, "Abicycle? Why did the victory that Christ won for us on the cross. The

straw and ran to the window to look out into the back

The optimist opened his present, found the bag of need to have.

7 p.m.

7:30 p.m.

7 p.m.

ship Service, 11 a.m.

can't believe you got me a lousy bicycle!"

vard. He was frantically, calling out "Where's the pony?" He just knew if his parents had given him a bag of straw there had to be a pony somewhere.

Attitude can make a huge difference in your ciralways saw good in everything and everybody. The cumstances. When things happen to you at home, school or work you have two choices. You can take the high road or the low road. The high road is to remain positive and look for the good in your situation. The low road is to be negative and see only the bad. One road leads to happiness, the other to despair. Really, the choice is yours. Circumstances don't have to control your life. You have the power to control how circumstances will affect you.

As Christians, we have every reason to take the high road and to be full of faith about life. Because of On Christmas morning, the two boys ran downstairs Christ, we have hope - real hope. We know that no to discover their parents' gifts. Upon finding the bi- matter what happens, God is in control and we have

(Philippians 4:4). That's the kind of attitude we



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Sympathy is extended to the Barbara Olson.

**Midway News** 

Indian tribe. When her husband homemade bologna and German Frank retired, she ran for office,

By Mary Lou Olson

family of Delvein Wasinger, 59, of Hays, who died Friday at St. Jones visited Frank McEvoy and his Francis Regional Medical Center in family at the Good Samaritan Hos-Wichita. He was a brother of Sherry Bergling. Mrs. Bergling and her husband, Dave, attended funeral services on Monday afternoon at Our Lady Help of Christians Catholic Church in Antonino.

A pantry shower was held Sunday afternoon at the Midwest Energy Room in Atwood to honor Mandi Roppa, who will be married to Josiah Jones at 2 p.m. on Saturday at the Herndon Covenant Church. Hostesses were Sandy Reuther, Connie Noren, Cindi Grafel and

Pastor Keith Reuther and Greg pital in Kearney, Neb., on Friday. Frank was recuperating from two heart attacks, but was dismissed on Sunday and returned home.

Steve and Arian Arnold spent from Wednesday to Sunday in Colorado visiting relatives and friends. They were houseguests of Mike and Nione Rhodin in Loveland.

Mark and Barbara Olson and Mary were weekend guests of Brandon and Sarah White in Olathe. They also visited Kurt Olson in Manhattan.

chendorfer, Connor Stanton. March

15 - Levi Rogers, Linda Shuler.

March 16 - Mary Peter, Josh Mosier,

March 17 - Betty Barnett, Boyd

18th - Nick Rall, Cody Jacobs.

March 19 - Daniell Hickert, Tate

# 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 Jerry Nowack 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 Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

### OBERLIN COMMUNITY FELLOWSHIP NORCATUR UNITED METHODIST (Southern Baptist) Pastor: Fred Dycus

**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,

CLAYTON UNITED METHODIST

Pastor: Larry Danforth

Almena

SUNDAY: Sunday School, 10 a.m.; Wor-

**OBERLIN ASSEMBLY OF GOD** 

The Rev. Royce Leitner

SUNDAY: Sunday School, 10 a.m.; Morn-

ing Worship, 11 a.m.; Evening Worship,

7 p.m. WEDNESDAY: Adult Bible study,

**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:

ST. MARY'S CATHOLIC, HERNDON

The Rev. Galen Long

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.

Ladies Home Bible Study, 9 a.m.

you give me a bicycle? It's too cold to ride outside, apostle Paul was in prison when he wrote, "Rejoice

and besides, I will probably fall and hurt myself. I in the Lord always. I will say it again: Rejoice!"

SUNDAY: Sunday School, 9:30 a.m.; SUNDAY: Worship Service, 10 a.m.;

Grace and Peace

### Pastor: Larry Danforth Almena

Morning Worship, 10:30 a.m., AWANA Church School, 10:30 a.m. Club 4-6 p.m. WEDNESDAY: Service,

> LYLE UNITED METHODIST **Guest Speakers** every Sunday

SUNDAY: Morning Worship 8 a.m.

**EVANGELICAL COVENANT** CHURCH OF OBERLIN Pastor Tom Smith Interim Pastor 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 Interim Pastor: Kevin Schnakenberg SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd

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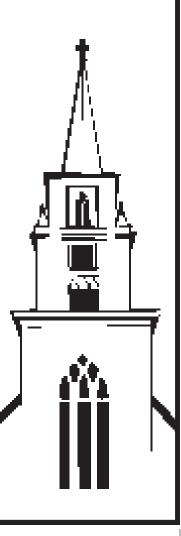
785-386-4311 — Selden **Derek Riner Rick and Dori Pauls** 

Sundays.

### 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 THE WORKING MAN'S CHURCH

C&H Power Line Building on Hwy 83 (North of the Airport) Oberlin, Kan. Pastor John Paulson

SUNDAY: Worship, 9:30 a.m.; Come as your are



# By Jacque Boultinghouse New large print books shelved March 13 - Elaine Koerperich,

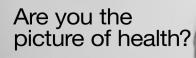
Marvin Kaus.

**Selden News** 

at the Selden Library include "Star Jami Shaw. March 14 - Cole Wa-Bright," by Catherine Anderson, "One Day at a Time," by Danielle Steel, and "This Side of Heaven," by Karen Kingsbury.

School Calendar: Friday, no school; Monday, 7:30 p.m., school Wilson, Dan Campbell. March board meeting. Spring break starts, all week.

Birthdays and anniversaries: Bruggeman.



"You might look and feel fine, but you need to get the inside story.

Colorectal cancer is one cancer you can prevent.'

Katie Couric, Co-Founder EIF's National Colorectal Cancel Research Alliance

> If you're over 50, get screened 1-800-4-CANCER www.cancerkansas.org

