

Norcatur News

By the Norcatur News Committee

Some healthy low-cost foods



Home Time

By Tranda Watts
Multi-county Extension Agent

and is important in building and maintaining healthy bones. It's a beverage, but also is a key ingredient in many breakfast, lunch, dinner and snack recipes.

- Kale is an inexpensive green vegetable and easy to serve stir-fried with a small amount of vegetable oil and garlic, lightly steamed, or as a colorful addition to salads.
- White and sweet potatoes, which offer dietary fiber, vitamin C and potassium, can be baked, boiled, steamed, mashed, pan- or oven-fried, roasted, or added to soups, stews, and casseroles.
- Rolled oats, a perennial hot-

cooked cereal, is high in fiber and a complex carbohydrate that breaks down slowly to provide lasting energy and stave off mid-morning hunger. Oats also can be included in such foods as breakfast bars, breads, rolls, cakes, cookies, and meatloaf.

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.

The Norcatur United Methodist Church will start their 125th church anniversary celebration on Sunday, August 8, after the 10 a.m. worship services. Everyone is welcome. A potluck dinner is planned at noon. Meat, drink and table service will be provided. Please bring a covered dish or two and join us.

Bee Nelson's houseguest, Anita Volskay and Wigs, returned to Independence, Mo., on July 18, after a week of painting in the area. Visitors of Rea and Dee Magers on Sunday, July 11, were son Jeff Magers with friends Dan and Terri Meredith. Dan worked in Oregon several years ago. Dan and Terri now live in Boise, Idaho. They came for a quick visit, and to look at fireflies.

Happy birthday to Oran Milner, Tara Nelson, Don Hill, Greg Long, Mary Wentz, July 20; Aaron Helm, July 21; Carol New, July 23; Ken McVay, July 24; Stan Miller, July 25; Devonna New, July 26; and Doris Auker, July 27.

Senior Citizens met Friday, July 16, with 15 card players present. Winners were June Jolly, Joyce Sumner and Bee Nelson. The next meeting will be Friday, July 30, at the Educational Building with a potluck dinner at noon and cards to follow at 1:30 p.m.

Betty Reid visited Minh and Wanda Nyguen from June 26 through July 11. They celebrated Betty's birthday on July 1. Minh and Wanda served Panko shrimp for dinner and a chocolate chip bundt cake from "Nothing Cakes." On July 2, they celebrated again when neighbors Kurt and Grace and Janie (Kurt's mom) visiting from California, came over with a huge bouquet of flowers and a box of dark chocolates. Wanda served the Robert Redford dessert and iced coffee. Later in the week, Betty had a hearing test. One day they drove to

Blackhawk and stopped by a casino but didn't stay long.

Kaela and Nick Taylor are the proud parents of Chance Nolan Lee, born July 13, 2010. He was 8 pounds 1 ounce and 20 1/4 inches long. Grandparents are Rob and Lanae Allen. Great-grandparents are Dennis and Melanie Molzahn. Great-great-grandparents are Mel Harper and the late Betty Harper, and Beth Johnson and the late Charles Johnson.

Dennis Molzahn and granddaughter Katelyn Hibbs are visiting Beth Johnson.

Clean out those drawers, cabinets, corners and closets and get ready for the yard and garage sales all across Kansas on Highway 36. Thanks to Bob Streyve, Norcatur is registered as one of the places to stop for the treasure hunt. There is no charge to hold a sale. All you need to do is sign the registration sheet on the community bulletin board at the post office or call Deb at (785) 871-7381, or 693-4231.

Relatives attending the Dean Knutson memorial service on July 10, were Donna Knutson, Dennis, Jamie and Kelsey Knutson, Council Bluffs, Iowa; David, Drew, Derek and Dustin, Omaha; Jade Knutson, North Carolina.; Dewaine, Denise, Sarah, Jacob and Vanessa Knutson, Palmyria, Neb.; Jerry and Arlene Knutson, Amy Coyette, Denver; Mary Ann Knutson, Lakewood, Colo.; Darrell and Mavis Murphy, Carson City, Nev.; Mike Murphy, Idaho; Andy Murphy, Boyena, Mont.; Susie Whitlock, Gehacap, Calif.; Marilou Weslerbek, Wellsville; Steve and Julia VanMeter, Gibbon, Neb.; Janice and Roger Polat, Kearney, Neb.; Bob and Anita Montgomery, Renee Harman, Bill and Dorothy Woods, all of Oberlin; Bobbie and Lee Frakes, Trenton, Neb.; Ron and Gina Montgomery, Jennings; Rusty Montgomery, Nor-

catur; Brady Shuler, Lincoln, Neb.; Blake Shuler, Bartley, Neb.; Blaine Shuler, Kearney, Neb.; Shane and Crystal Montgomery, Norton.

Donna, David and Jade Knutson spent the weekend with Bob and Anita Montgomery, Dennis, Jamie, Kelsey, Drew, Dereck, Justin, Sara Jane and Vanessa Knutson spent the weekend with Renee Harman. Dewaine and Denise Knutson spent the weekend with Ron and Gina Montgomery. All the relatives were at Bob and Anita's in Oberlin Saturday night, July 10, for a barbecue and Sunday morning, July 11, for a brunch.

Mr. and Mrs. Stan Miller left on July 12 for Topeka to visit Mr. and Mrs. Curt DeDonder and Sophia. Tuesday they went to Kansas City where nephew Casey Morris flew in from Lubbock, Texas, to spend the day with them and attend a Tom Petty concert, then back to Topeka and kept granddaughter Sophia on Wednesday and took her to enjoy Chuck E. Cheese before returning home on Tuesday.

Can anyone solve this mystery for me? My grandmother used to put some kind of red liquid on her dust mop to use on the old hard wood floors in her farm house.

I was very young but I think it was some kind of oil. Does anyone know what I am talking about, or what the red liquid was? Thanks in advance. Please contact Postmaster Deb at P.O. Box 157, Norcatur, KS, 67653.

After church Sunday, Bee Nelson, Beth Sebaugh and Mary Lesle, accompanied Dorothy Ward to Norton to eat at the Hidden Dragon, do some shopping and attend the Ice Cream Social, sponsored by the Eagles Lodge, for the benefit of the Vietnam Wall. The Vietnam Wall is to come to Norton in September.

There is a burn ban within the city limits of Norcatur. In order to burn on your property you must contact Carl Lyon or Scott Hartzog to get a permit.

Supermarkets feature loss leaders — products they are willing to sell at or below cost to lure customers into the store. In the current economy, many also are advertising lower or other price cuts.

Consistently saving money on groceries is, however, up to consumers.

To help insure cost savings, shop with a list — and stick to it, as well as become familiar with retail prices for frequently-used items. That way a shopper knows when a bargain truly is a bargain.

Looking for low-cost, health-promoting foods also is recommended. Here are some examples:

- Apples and bananas, which, in addition to being to-go snacks, can be eaten raw or cooked in a variety of ways.
- Beans offer dietary fiber, protein and antioxidants that help fight disease. Canned beans cost about 23 cents a serving; cooking dry beans will typically offer savings. Serve them as a main dish, side dish or healthy addition to soup or salad.
- Brown rice, a fiber-rich whole grain with a nutlike taste, can be served with cinnamon and milk for breakfast, used to complement a variety of entrees and as a flavorful addition to soups, stews, salads, and casseroles.
- Canned tomatoes, and particularly no-salt-added canned tomatoes, make adding vitamin C and lycopene (two healthful antioxidants) to meals, snacks, dips and salsas easy.
- Canned tuna offers high protein at a low cost. The versatile fish is a source of vitamin D, low in calories and fat, and lends itself to sandwich fillings, salads and main-dish casseroles.
- Eggs, which usually cost \$2 a dozen or less, are high in protein and can be cooked quickly, but need not be limited to a breakfast menu.
- Fat-free milk offers vitamin D, calcium, protein and potassium,

Lyle News

By Veda Wood

It's the middle of July and the heat is on. How many times did I hear, "I wish it would warm up" a few months ago. I tried not to hurry it, but now it's hard not to say, "I wish it would cool down." Well, I do, but it would have been nice to have had a nice cool spring in between. Is this global warming?

Lynn Scrivner had an accident with his pickup but apparently escaped with bruises.

Earnest Huff had a good report from his doctor, and doesn't have to go back for a month.

Gary Anthony had a good report from his doctor on his blood work.

My granddaughter, Aubrey, and I have had a busy week. We had picnics on the lawn, helped sew at Lyle, and hosted Liberty Star Club on Wednesday. Before our guests arrived, we discovered many tiny toads making their way across the yard. We guessed they had shed their tadpole tails as the puddles dried up along the road and were coming to our garden to hunt bugs. Aubrey was busily picking them up in a pail,

saying, "Oh boy, this is my lucky day!" Such a kid! Before she could come inside, she had to plant some peony seeds. Don't ask me if they will grow. She will have a birthday soon, five already.

Guests for our Liberty Star Club on July 14 were Joyce Price, Kathy Van Meter, Carolyn Plotts, Margaret "Toots" Magers, who brought a guest, Cassie, Carolyn Moye, and Aubrey High. We answered to the roll call, "A hot time in the old town," which seemed pretty appropriate.

Judy and Charlie Easton visited Toots Magers on Sunday afternoon. Charlie whipped weeds, etc., while the ladies snapped beans brought by Judy. I had a pleasant visit with my Aunt Alta Van Gundy Saturday evening at the Andbe Home. I keep thinking of things I would like to ask her, as she remembers everyone and everything so well, then when I see her I forget. You would think it would be the other way around.

Midway News

By Mary Lou Olson

Congratulations to Wayne and Amalia Hawkins, who were married Saturday afternoon at St. Michael Catholic Church in Mulvane. The bride is the former Amalia Marks, daughter of Larry and Debra Marks of Mulvane and granddaughter of Betty Marks, Mulvane, and Bob and Sally Olson, Ludell. The groom's parents are Orreolla and Richard Hawkins of Mulvane. After a Caribbean cruise honeymoon, they will be moving to Manhattan, where both are students at Kansas State University. Bob and Sally Olson and all of their children and grandchildren attended the wedding.

Elden Anderson is recuperating satisfactorily at home from knee surgery, which he underwent on July 12 at Good Samaritan Hospital in Kearney, Neb.

Brian Gutchewsky of Kearney, Neb., and his father, Jack Gutchewsky, returned home Wednesday after spending a week fishing at Reindeer Lake Lodge in Canada.

Pastor Keith Reuther left Monday for Collooney, Ireland, to visit his nephew, Ryan and Patricia Doe and Norah. He is Norah's godfather and will officiate at her baptism. He also

plans to visit Eric and Susan (Bell) Flavin and family in Dublin.

Congratulations to Kjell and Larissa Nordgren of Atwood on the birth of a daughter, Karis LouAnn, at Citizens Medical Center in Colby on Friday. She weighed 8 pounds, 2 ounces and was 21 inches long. She has a sister, Kiah, and brother, Justus, to welcome her home. He has been teaching in Atwood, but the family will be moving to Meade, where he has a teaching position.

Kendra and Jessica Kelley of Frederick, Colo., are visiting their grandparents, Dick and Donna Kelley.

Bev Messerly, Paul and Anna of Sublette visited her mother, Eulaine Benda, Gerald and Patti Benda, and Mark and Barbara Olson, Kurt and Mary on Sunday. They were en route to Chippewa Falls, Wis., to visit her sister, Connie and Bob Smith.

Tyler and Tiffany Witt and Trevor were Sunday supper guests of Keith and Mary Lou Olson.

The congregation of the Herndon Covenant Church will hold services at 10 a.m. Sunday at the church.

The Family of God

By Fr. Mark A. Berland, Sacred Heart Catholic Churches, Oberlin and Selden; and Immaculate Conception Catholic Church, Leoville

We all have a place in the household of God. But much more than that, we belong to the family of God. If that fails to make us breathe hard, maybe we need to spend some time considering just what that means.

Through faithful listening to Jesus and being humbly obedient to His teachings, we are not merely spectators to a divine event. We are not just passing travelers who have been welcomed temporarily in God's home to be refreshed. We are not simple servants who have no permanent place in the household of God. No. "Whoever does the will of my heavenly father is my brother, and sister, and mother." (*Matthew 12:50*)

To help us come to terms with just how astonishing our place in God's family is, we need to reflect upon our blessed lady Mary's relationship to this Heavenly

family. Mary is not only a model, but our sister, our mother, our equal. Mary is blessed because she conceived Jesus in the flesh, but she is even more blessed because she received Christ in faith.

The blessing of kinship gives way to the blessing of the family of faith. Through faith and obedience to the will of God, we are welcomed into a new relationship with the very same God that Jesus prayed to as "Abba" that is "father."

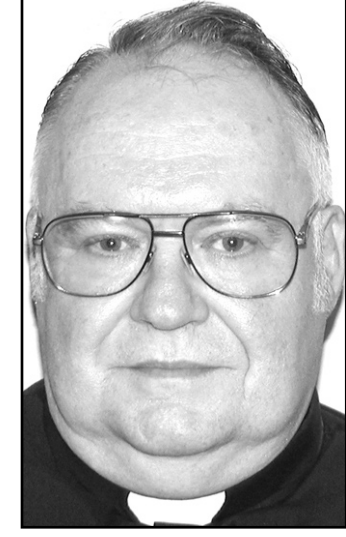
This reality of belonging to God's family should bring us a great peace of mind in knowing we have a very special family to which we belong. It should boggle our minds, to hear Jesus say that we stand on equal ground as the disciples, the saints, and even Mary. "Whoever does the will of my heavenly father is my brother, and sister and mother."

Schedule of Oberlin and area church services:

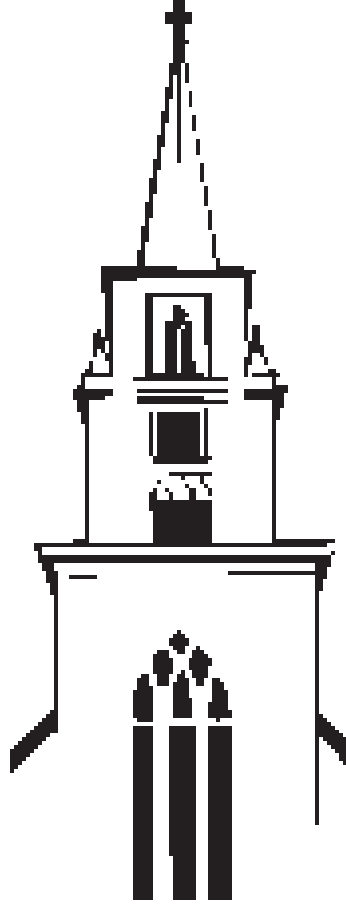
- OBERLIN SACRED HEART CATHOLIC CHURCH**
785-475-3103
Fr. Mark Berland, MASS: 5:30 p.m., Saturday
- IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**
Fr. Mark Berland, MASS: 8 a.m., Sunday.
- SACRED HEART CATHOLIC, SELDEN**
Fr. Mark Berland, MASS: 10 a.m., Sunday
- JENNINGS-DRESDEN UNITED METHODIST CHURCH**
Pastor: Barbara Patterson
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. Linda Willey
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 (Southern Baptist)**
Pastor: Gene Gee
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

- OBERLIN UNITED METHODIST**
102 North Cass — 785-475-3067
The Rev. Linda Willey
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: Larry Danforth
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.
- OBERLIN CHURCH OF CHRIST**
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.
- ST. MARY'S CATHOLIC, HERNDON**
Fr. Stephen Folorunso
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.
- HERNDON COVENANT CHURCH**
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: Morning Worship, 10 a.m.
- NORCATUR UNITED METHODIST**
Pastor: Larry Danforth
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

- LYLE UNITED METHODIST**
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.
- EVANGELICAL COVENANT CHURCH OF OBERLIN**
Pastors: Chris and Sharon Nelson
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 Sundays.



FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



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