

Norcatour News

By the Norcatour News Committee

Happy Birthday to: Monty Hunt, Sept. 30.; Kay Streyve, Oct. 1; Rebecca Wentz, Oct. 8.

Happy Anniversary to: Elden and Marilou Long, Oct 6; and Jim and Carolyn Plotts, Oct. 8.

On Sunday, Sept. 19, Gary and Cathy Anthony hosted a Sunday dinner. Joining them were Keith Anthony, Windy and Chris Kuhlman, Jack, Tony and Dillon. After lunch

everyone went to Logan, KS to the Hansen Museum to view the "Super Crocodile" exhibit there. All were amazed at the huge skeleton.

On Wednesday, Sept. 22, Gary and Cathy Anthony had dinner at the Cardinal Bar and Grill. They were joined by family and friends who helped them celebrate their 10th anniversary on Sept. 23. Joining in the fun were Keith Anthony,

Wayne and Norma McCallister and Windy and Chris Kuhlman, Jack, Tony and Dillon. It was a good celebration topped off by nice cards and cake!

On Friday, Sept. 24, Gary and Cathy Anthony and Keith Anthony went to Norton to the new Mexican restaurant, Las Canteras for supper, then attended the service at The Moving Wall, which honored Vietnam veterans. Gary and many other area veterans received a medallion from the American Legion and Veterans of Foreign Wars chapters in Norton. The service was very moving and it was an emotional time to look at the wall and find the names of those we knew who had given the ultimate sacrifice.

David and Retta Hare became great-grandparents for the first time Monday, Sept. 20. Luke Brendon Rosenberger was born in Topeka, weighing 7 pounds, 7 ounces and was 20 inches long. His mother is Heather Ebner, Janice Ebner's oldest daughter.

The City Council approved that no water bills can be paid at the bank anymore, except for customers who have their accounts automatically withdrawn. The automatic withdrawals are not affected. Otherwise all bills will need to be paid at the city office or mailed to the city office. This is effective immediately, starting with the bill you just received.

Museum Tidbits

Thank you to Gary and Cathy Anthony for donating some very old clothing items and cookie cutters that had been in the Anthony family!

Lyle News

By Veda Wood

Kathy Van Meter and Lloyd Frandsen had a good trip to Rhode Island. While there they saw a lot of Connecticut and Massachusetts as well. They visited a place called Mystic Center, something like Pioneer Village at Minden, Neb., lots of old machinery, etc. They also had an interesting tour of a submarine.

Kathy went to a birthday party for a sister-in-law, Karen Hilburn at Logan, and took in some of the Highway 36 Treasure hunt at Norton.

Gary and Cathy Anthony visited with Earnest and Donna Huff on Thursday. They reported that he is looking good, but not ambulatory yet.

Many visited the Vietnam moving wall at Norton. It always brings back lots of memories, especially for families who had someone fighting there. When I read Carolyn's story about John Diederich of Lenora, I noticed that the date of his funeral was the same day that we received a letter from our son, David, that he had been wounded and was in an army hospital. He had been shot in the face on Sept. 6, 1968, woke up on the ninth and we got the letter on Sept. 12. He was sent to Japan and

on to Fitzsimons Hospital in Denver, where he had bone grafted from a hip to his face. His jaw was wired shut for a year. We would like to know the names of his buddies who lost their lives that day, and locate them on the wall, but he could never remember their names. I asked at the wall if they had any dates of when the men died, and they said not unless we knew their names.

Kathy Van Meter attended the funeral of Eileen Laird at Oberlin on Saturday. She stopped by my place with tomatoes, so I canned 14 quarts and made juice.

The date has been set for the Lyle Community building fundraiser. It is to be Saturday, Oct. 23, beginning with a potluck supper at 6 p.m.; and followed by a program by local talent or anyone who is willing to help us have a fun evening.

Charles and Inez Keller visited Margaret Magers on Friday afternoon.

June Jolly played bingo on Thursday, played cards at the Eagles on Friday and went to a garage sale, and went to Heritage Days at Senior Citizens on Saturday. She is working on quilts in her "spare time".

Jennings News

By Louise Cressler

Government commodities will be given on Thursday, Oct. 7, from 9:30 a.m. to 10:30 a.m. at 403 S. Pennsylvania in Jennings. Those who are within the income guideline are eligible to please come pick up the commodities.

The Tuesday Study Club met Sept. 28 and traveled to Norton to the home of Mr. and Mrs. Doug Johnston to see the beautiful wood intarsia items that Mr. Johnston does at their home. Mr. Johnston explained how he makes the items and then showed all of the wood items in his home. The club members went to the Adventurers for lunch.

After lunch, Vendla Tacha, the hostess, invited the members to her home to have the monthly meeting. Roll call was answered by Rachel Carter, Ruth Chance, Patty Foster, Vi Foster, Pat Hall, Joan McKenna, Joan Metz, Wilma Mader, Helen Rhodes, Lynn Tacha, Merle Snyder, Vendla Tacha, Neoma Tacha, Sue Long, Carla Latimer, Kathy Nauer and Helen Muirhead.

Jennings Book Club met at the home of Carla Latimer on Thursday. Those attending were Lila Jennings, Helen Rhodes, Kay Brown, Terri Hanke, Patty Foster, Kathy Nauer, Lynn Tacha, Vi Foster and Pat Hall. Snacks were served and the book, "The Beach Street Knitting Society and Yarn Club" was discussed. The book for next month will be "The Floor of the Sky."

Recent visitors at the home of Stan and Ramona Shaw included: Herman and Caroline Jacobs, Dresden; Colleen Wagoner, Sharon Springs; Rick and Tammy Shaw, Selden; Scott and Janet Shaw, Hoxie; and Jeff and Mary Wahlmeier, rural Clayton. Stan is improving daily after having by-pass surgery several weeks ago.

Sunflower Senior Citizens Potluck supper will be at 6 p.m. on Tuesday, Oct. 12 at the center. Bingo will be played following the meal. Please bring a \$3 bingo prize and join us.

Decatur Health Systems

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Decatur Health Systems has opened a new family practice clinic, in the Specialty Clinic annex at the hospital. Hours are 9 a.m. to 5 p.m. Monday, Wednesday, Thursday, and Friday and noon to 8 p.m. on Tuesday.

Make appointments by calling (785) 475-2015. Primary care is being provided by Dr. Leslie Dally. His education, professional qualifications and honors are posted at www.decaturhealthsystems.org or contact administrator Lynn Doeden in the front office for details.

Dr. Dally has completed training as a physician and has osteopathic

training, so he is qualified to provide top-notch care for patients of all ages and conditions.

An open house is planned for the clinic. Plan to come meet Dr. Dally and the clinic staff.

Also, Decatur Health Systems is a full-service laboratory that can perform tests in Oberlin without having to send samples elsewhere. If your caregiver says you need tests, it's your right as a patient to have your lab results done right here in Oberlin. This is not only quicker and more convenient, it also boosts our town's economy.

Fall Blood Draw

Tuesday, Oct. 12
7:30 - 9:30 a.m.

Call for appointment
(785) 475-8118

Decatur County Health Dept.
902 W. Columbia
Oberlin, KS 67749



Children get too much sugar



Home Time

By Tranda Watts
Multi-county Extension Agent

Many children and teens eat enough sugar every year to match "or exceed" their body weight! Here's an example of how sugars in various foods and drinks can add up:

- 3/4 cup sweetened corn and oat cereal = 12 grams sugar
- 8 ounces unsweetened apple juice = 29 grams sugar
- 6 ounces sweetened flavored yogurt = 25 grams sugar
- 1/2 cup peaches canned in heavy syrup, drained = 20 grams sugar
- 1 chocolate chip cookie = 10 grams sugar
- 5 jelly beans = 10 grams sugar
- 1 can (12 ounces) of a regular soft drink = 60 grams sugar

In the above example, the total amount of natural and added sugars adds up to 166 grams, or about 41 teaspoons, of sugar per day.

If eaten daily, this would be 133 pounds of sugar per year. The good news?

You can decrease the amount of sugar that your family members eat and drink.

Cut out liquid sugars. Strive to omit sweetened beverages (such as soda pop and fruit drinks) from your family's diet.

The have very high mounts of added sugar per serving. Limit intake of 100% fruit juices, too.

Cut back on sweetened foods. Commonly eaten solid foods with large amounts of added sugar include candy, fruit canned in heavy syrup, fruit yogurt, donuts, cake, some cereals and ice cream.

Be aware. At the grocery store, check the grams of sugar listed on the Nutrition Facts labels of you

favorite foods. Compare the sugar content per serving with other foods to determine which have less sugar. Keep in mind that Nutrition Facts do not distinguish between added sugars and naturally-occurring sugars, such as those in milk products and fruits.

As parents and grandparents, we can do a lot to improve the health of our kids.

By being good examples ourselves, and helping them make better choices, we can set our children on a path of good nutrition that can be the sweetest gift of all.

If you have questions regarding food and nutrition, contact your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

Midway News

By Mary Lou Olson

The men and women of the Herndon Covenant Church will meet at the church at 9 a.m. Saturday for indoor and outdoor cleaning. The women will also prepare meat for the smorgasbord, which is scheduled at 6 p.m. on Saturday, Oct. 16.

Bob and Annette Frenzl of Salina visited her father, Bob Olson, over

the weekend. Sally Olson is still with their daughter, Ava and Lewis Perkins, in Wichita, where she is undergoing outpatient therapy following a recent stroke.

Rex Olson of Boulder, Colo., came Sunday to visit until Thursday with his parents, Keith and Mary Lou Olson.

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Who is Jesus?

By Pastor John L. Paulson

Jesus said in John 14:6, "I am the way, the truth, and the life. No one comes to the Father except through Me.

How could Jesus tell his disciples (and everyone for all time) that He, and He alone, is the way to Heaven?

Let us look closely at John 14:6. When Jesus Christ says, I am the Way" I believe He is alluding to the prophecy of Isaiah 35:8 which says, "And a main road will go through that once deserted land. It will be named the Highway of Holiness. Evil-hearted people will never travel on it. It will be only for those who walk in God's ways; fools will never walk there."

Please make note that the Highway of Holiness is "for those who walk in God's ways." In other words, faith in Jesus Christ is a way of life. We cannot claim to have faith in Jesus Christ and continue living in habitual sin.

"I am...the truth" In John 18:37 Jesus said, "...I have come into the world, that I should bear witness

to the truth..."

Christ did not simply speak the truth; Jesus Christ is the Truth, Jesus is the autobiography of God. Jesus is the perfect revealer of truth because he lived a sinless life. Jesus is the judge of what is truth and by His truth we will one day be judged. The Bible is God-breathed truth and humanities only written source of God's revelation of Himself to us.

"I am the life" There are six words Jesus could have chosen to make the proclamation that He is "the life." He chose the word, "zoe", pronounced, "dzo-ay", which is mere vitality and includes all life, even plants. Through this simple statement, "I am the life" Jesus tells us, I am The Creator and I am the Sustainer of life. Jesus is saying, "I am God!" Read again and again John 14:9 where Jesus said, "He who has seen Me has seen the Father..."

Why can we believe with such confidence that Jesus Christ is the only way of salvation? Why do

we have such fear and sorrow for our loved ones who refuse to accept Jesus Christ as their Savior? Jesus said that no one comes to the Father, except through Him and since Jesus Christ is the way of Holiness and Jesus Christ is God's revealed truth and Jesus Christ is Creator and Sustainer of all life, we know Jesus is God.

The Holy Bible states in Ephesians 1:9-10: God's secret plan has now been revealed to us; it is a plan centered on Christ, designed long ago according to his good pleasure. And this is his plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. (NLT)

Christian faith and life is built upon the knowledge that Jesus Christ is the way, the truth and the life and that no one comes to the Father except through Him crucified and resurrected. His name is Jesus Christ and He is God.



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: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST

Pastor: 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. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.

HERNDON COVENANT CHURCH

Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

NORCATUR UNITED METHODIST

Pastor: 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..

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