

Everyone is invited! A "community conversation" will be held in Norcat on Saturday, April 3, hosted by Decatur Tomorrow and conducted by Terry Woodbury of Public Square. A community conversation is a means to focus on a community's positive aspects and perhaps help direct its efforts toward beneficial projects. We all want to see Norcat be the best it can be. This is a public forum where your ideas can be heard. Please come. For questions or suggestions call Carolyn Plotts, 693-4544, or Deanna Castle, 475-3227.

Allen Sebaugh, a native of Norcat, died March 14, 2011, at Woodland Hills, Calif. He was born in Norcat in 1918 and was a pharmacist. Survivors include a brother, Lee. His wife, Lillias, preceded him in death. 14, 2011, longtime Woodland Hills pharmacist and resident.

The results of the pool tournament held at the Cardinal Bar and Grill on March 16 were: first, Rusty Montgomery; second, Von Johnson; and third, Larry Lively.

Election time is fast approaching on Tuesday, April 5. Everyone is urged to get registered to vote if you haven't already done so. Due to recent events, it's very important that you get out and vote more than ever. Every vote does count especially in a small community.

A benefit soup supper was held Saturday night at the Clayton Community Center to help Diedre Kramer with expenses for a trip

to Europe this summer. She was recommended by her high school band instructor to participate in this tour and perform with other students from the Midwest area in several cities in Europe.

Senior Citizens met Friday, March 18, at the Educational Building for cards. There were 16 players present. Winners were Bob Strevey, Margaret (Toots) Magers and Eleanor Jensen. The next meeting will be on Friday. Come join us for cards!!

Happy Birthday to Quintin Wentz, March 24; Rex Knapp, Teresa Reves Wood, March 27, Carolyn Applegate, March 28.

Happy Anniversary to Stan and Carolyn Applegate, March 27.

Bob and Anita Montgomery and Renee Harman, Oberlin, attended their great-grandsons and great-nephew, Keegan Shuler's wrestling matches in McCook and Bartley, Neb. on March 5 and 6. His brother, Karson also wrestled. Keegan is 6 years old and Karson is 2 1/2 years old. They also celebrated Keegan's sixth birthday with a barbecue.

Ron, Gina and Alyssa Montgomery, Jennings, and Shane and Crystal Montgomery, Norton, were in Denver on March 12 and 13 to help Gina's grandmother celebrate her birthday.

Bee Nelson took a decorated sheet cake to the Andbe Home on March 17 to help Bob Sawdon celebrate his 90th St. Patrick's Day birthday. He shared his cake with the residents in the Special Care Unit

and the staff. Bee was a dinner guest of Bob and they had a delicious dinner together.

Jim and Carolyn Plotts returned home late Saturday night from their annual spring mission trip to Mexico. This year they went to Acun, Mexico, just across the Rio Grande from Del Rio, Texas. They helped lead a team of 75 students and faculty from a university in Wisconsin. In three days the team built three homes for three poor Mexican families.

As part of the trip, they stopped to visit family along the way. They spent a night with Carolyn's brother, Bob Kelley, in Marquette, two nights in Dallas with her daughters, Halley and Kara, and two nights in San Antonio with Jim's two girls, Jennifer and Becky.

Please mark Sunday, April 10, at 2 p.m. on your calendar for an afternoon of Christian music. The Norcat United Methodist Church will be hosting the Maple Grove music ensemble for Christian Gospel Music. Come spend some time with us!

Beth Sebaugh, Oberlin; and Dorothy Ward and Bee Nelson spent the afternoon in McCook Sunday, March 20 to help Dorothy Ward celebrate her birthday. They ate dinner at the Kentucky Fried Chicken and then went to "Wally World" and J.C. Penney before heading home. It was a fun afternoon!

Learn about sugar alcohol

Pros and Cons of Sugar Alcohol

If you are a person with diabetes, you will want to learn as much about "sugar alcohols" as possible.

Some foods contain sweeteners called "sugar alcohols," including sorbitol, mannitol, maltitol, xylitol, isomalt and erythritol. These sweeteners aren't sugar or alcohol, but their chemical structure is somewhere in between, hence the name.

Sugar alcohols have half the calories of regular sugar—2 calories per gram, compared with 4 calories per gram for sugar and other carbohydrates. Because of that, they're often used in products to reduce calories but stay sweet. You might find them in a broad range of products, including chocolate, candy, chewing gum, ice cream and other frozen desserts, cookies and other baked goods, fruit spreads, and even toothpaste and mouthwash.

But this adds a complication for people with diabetes or anyone else who counts carbohydrates as part of their intake. Grams of sugar alcohols are listed on Nutrition Facts labels, but they don't need to be counted as much as regular carbohydrates. The American Diabetes Association recommends doing some math: For any food containing more than 5 grams of sugar alcohols, take half of those grams and subtract them from the total grams of carbohydrates listed on the label. So, if a food has 6 grams of sugar alcohol and a total carbo-



Home Time

By Tranda Watts
Regional Extension Agent

hydrate count of 15, then subtract 3 (half of 6 grams) from 15, and count that food as having 12 grams of carbohydrates.

When you do the math, you might find that foods with sugar alcohols may not really have more carbohydrate grams than comparable foods made with regular sugar, corn syrup or other caloric sweetener. But sometimes the adjusted carbohydrate count might be higher – it just depends on the food. Perhaps replacing sugar with sugar alcohol requires the addition of other carbohydrates to make the formulation work. This shows how important it is to always look at the Nutrition Facts label.

Sugar alcohols have less of an effect on blood sugar than other carbohydrates partly because they are not completely absorbed into the bloodstream. While that's an advantage for blood sugar levels, it also can cause digestive problems. Many people report bloating, gas or even diarrhea when they consume too much sugar alcohol.

How much is too much? Everyone is different. If you're not ac-

customed to eating foods with sugar alcohol, be aware of the potential disadvantages.

If you have further questions please contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

Tranda Watts is a 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@ksu.edu. For more information contact the county extension office at 475-8121.

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THE OBERLIN HERALD
170 S. Penn — Oberlin, Kansas
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Lyle News

By Veda Wood

A few people who are recovering from surgery are Kathy Van Meter, who had a hernia repaired; Rhonda Jolly, on the vertebra in her neck; and Keith Anthony, who had carotid artery surgery. Keith's daughter, Sissy, was with him in Lincoln. They are all healing and doing well.

Kathy Van Meter played Bingo at her bank's party on March 10. Clinton and Kim Nedji rode to Kathy and Lloyd's on their motorcycle on Sunday.

Carol and John Moye enjoyed a vacation visiting John's sister, Caroline in Palm Springs, Calif. They drove so they could see the Grand Canyon and other points of interest. The weather conditions were good all the way.

Norma McAllister drove to Kensington to attend the Toney Brothers program on Friday evening. She had planned to take several people, but due to sickness, etc., Veda Wood was her only passenger. They met other Red Hatters from Lenora

and all enjoyed a wonderful gospel quartet. The ladies stopped in Phillipsburg for a late snack on the way home.

June Jolly finished another quilt, a crocheted one she had almost finished before. She told me there was to be a pancake supper at the Lebanon, Neb., American Legion on Sunday evening, March 27, followed by bingo.

Joyce Sumner has returned from a month's visit to California. It was good to have her home and also to have a pianist at Lyle Church last Sunday.

It was also good to have Jim and Carolyn Plotts home from their Mexico trip. I loved the song they sang in church. She reports that her brother, Bob has lung cancer and chooses not to have more chemotherapy. I know many will remember him in prayer.

Margaret Magers went to the home of her grandson, J.T. Guy, in Abilene, to celebrate his birthday.

"The Easter Vigil: The Fourth story"

Rev. Charlotte Strecker-Baseler, Faith Lutheran

The early Christians gathered together the night before Easter to celebrate the Easter Vigil. They were in hopeful expectation of the celebration of the Resurrection of our Lord Jesus Christ through stories recalling the powerful deeds of God. These past three weeks the following stories were shared: the Creation, the Flood, and the Testing of Abraham. Today the fourth story of The Deliverance at the Red Sea of the Israelites is told from *Exodus chapters 14 and 15*.

The first verse that was written in the Old Testament was written in the year 1,000 B.C.. It was *Exodus 15:21: The Song of Miriam*. This joyous song proclaimed, "Sing to the Lord, for he has triumphed gloriously; horse and rider he has thrown into the sea."

To this day for the Jewish people the most powerful story in all of Hebrew Scripture is the story of the Exodus. God freed them from slavery and renewed God's promise to them, calling them, "My Chosen People." This story covers the whole of the book of Exodus. From Moses as a baby in Egypt who is adopted by the Pharaoh's daughter, to his fleeing to the wilderness and his calling from God at the burning bush, to his returning to Egypt to demand of the Pharaoh who is the King of Egypt to "Let my people go!" and the ten plagues, which was followed by the Passover and escape from the clutches of slavery, and then freed to journey to the Promised Land. While in route the people of Israel receive the 10 Commandments at Mt. Sinai and become the children of God to be a blessing to all the nations.

The power of the Mighty Deeds of God are never forgotten by the people of God. Each spring the Jewish people would re-live the Passover story in a special, holy meal; a meal that Jesus shared with his followers, his disciples the night he was arrested to

be crucified for us the following day on what we call Good Friday.

This powerful story of the freeing of slaves in order to be the people of God was God's way of reaching out with grace to humanity. In a very similar way God sent Jesus to be a gift of grace for humanity. Jesus grew up as a Jewish person with this story of the Exodus as the most important religious story: sacred and holy. In the Last Supper in which they celebrated the Passover, Jesus begins a special meal for us as Christians. He takes a powerful, meaningful, holy meal of the Jewish faith and re-interprets it to become our most powerful, meaningful, holy meal as Christians: Holy Communion.

The parallels between the Exodus story and the story of the cross and resurrection are dramatic and powerful. Freed from slavery to be the people of God, receiving God's loving direction on Mt. Sinai, we as Christians are freed from the power of sin, death and the devil by the body and blood of Jesus, "the Lamb of God who takes away the sins of the world." Jesus died for us on the cross and rose on Easter morning so that we might be the people of God receiving God's love through grace and connected by our faith in our Lord's saving act for us.

The deliverance at the Red Sea is not a dead history lesson, rather it is a foreshadowing of the very cross and resurrection Jesus crossed over for us.

Thanks be to God for the Song of Miriam which celebrates the Mighty Deeds of God which freed them and thanks be to God for Jesus Christ and his cross and resurrection which frees us from the power of sin, death and the devil. May we walk as people of hope living in this freedom: the freedom to be the people of God for our day.



Chamber News

By Carolyn Hackney

It was exciting to see the bowling alley in operation this past weekend! We need to give a big thank you to Greg, Mary Jo, Connie, all the Economic Development Commission board, Doug and David, and all the volunteers that have helped put this together.

On Sunday evening as I came by it looked very busy. The short leagues are starting this week. The women's league for Tuesday evenings might be a little short yet, so if you're interested, please come check it out.

The bowling starts at 7 p.m. I'm sure there might be a need for substitutes if you didn't want to be committed every week. This short league will only last a few weeks and break for the summer.

The Last Indian Raid Museum will be opening for the season on Friday, April 1. Sharleen and the board have made many changes over the winter.

If you think you have seen it all

before, you may have a surprise. The Museum is also having the monthly Coffee Hour from 10 a.m. to 2p.m., which is sponsored by the Oberlin Business Alliance.

Speaking of the Oberlin Business Alliance. It is having its annual Fish and Burger Fry again on Good Friday, April 22 from noon to 1:30 p.m. on main street.

We will hope that it isn't as windy as last year.

There will be boxes and entry slips at the Oberlin Business Alliance member businesses this week for your voting on March Madness.

A gift basket from Oberlin Business Alliance will again be presented to the winner after next weekend.

Please stop in to make your guess and say thank you to the businesses.

Have a great week!

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEONVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

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: Ed Woods
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: Ed Woods
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.

Museum Matters

By Sharleen Wurm, Director

We are back and counting down to the opening of the Decatur County Museum for the 2011 season.

So many, many changes have been made during the winter months that on Friday, April 1, the Board and Staff will be hosting the Oberlin Business Alliance Coffee Hour.

We invite everyone to come and take a look through the first and second Annexes from 10 a.m. to 2 p.m. on Friday. Come have coffee and snack with us. We are excited and want to show off our changes.

The Museum's Annual Rummage Sale is scheduled for Saturday and Sunday, April 16 and 17. We will be

taking gently used items Tuesday through Saturday, April 5 to April 15, during the hours 10 a.m. to 2 p.m. No large appliances or exercise equipment, please!

If you need someone to help you with getting your things to the sale, call 475-2712.

The rummage sale is sponsored by KFNC Radio and proceeds go to the Last Indian Raid Museum.

This year we will NOT be having a bake sale in conjunction with the rummage sale.

Membership is available to the Museum with family for \$20 and a single \$10.

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