

Norcatour News

By the Norcatour News Committee

Norcatour United Methodist Church will host the Maple Grove music ensemble of Christian gospel music at 2 p.m. Sunday, April 17. The public is welcome.

Stan Miller was first and Matt Wilson, second, in the pool tournament on March 23 at the Cardinal Bar and Grill.

Virgil and Joyce Price visited Melvin and Carlotta Thielbar in McCook on March 21.

Sympathy is extended to the family of Jay K. Loey, who died March 23 at his home in Kearney, Neb.

Wava Reames went to Oklahoma to visit her daughter and family and some friends.

Diana Ward of Denver visited

last weekend with her grandmother, Dorothy Ward. She is the daughter of the late Douglas Ward.

Happy Birthday to Gail Bailey, March 30; Katriina Edgerton, March 30; Shayla Bailey, March 31; Sam Stapp, April 1; P.T. Shirley, Matt James, April 3.

Live Big Youth Group meets from 3:30 to 5 p.m. on Sunday. Bible study is held from 7 to 8 p.m. on Mondays at the Educational Building.

Bee Nelson, Dorothy Ward and Diana Ward attended the benefit soup supper at the Clayton Community Center on March 2 for Deidre Kramer's trip.

Over spring break, Sharlynn,

Gene, Morgann, Brier, Riann and Jordan Hand, a friend of Riann, plus two dogs, Molly and Bella, were guests of Carl, Jodi and Willy Lyon for four days. They also visited Grandma Lyon at the Andbe Home in Norton.

Arlene Hix received word last week that her two great-grandsons, Keith, 19, and Jacob, 17, had died in a vehicle accident.

They were the sons of Larry and Sheryl Mulberry of Conway, Ark; the grandchildren of Lloyd and Sharon Stanton of Salina and great-nephews of Gail Bailey of Norcatour and Marjorie Prince of Liberty, Mo.

Help children reduce sodium

Children are much like adults, in that they, too, are consuming significantly more than the recommended daily allowance for sodium.

Researchers have reported that some 4-year-olds were consuming 4.7 grams of sodium a day, which was more than three times the then daily recommendation of 1,500 milligrams.

We all need salt, which works in tandem with potassium to regulate pressure inside and outside the cells in our bodies.

Too much salt can cause retention of fluids, and that makes it more difficult for potassium to do its pump-like job in regulating body fluids and causes blood pressure to rise.

Physicians are seeing high blood pressure in young children, and have linked it to asthma, as well as osteoporosis and stomach cancer in later years.

The research is ongoing, and the new USDA Dietary Guidelines released early this year have lowered the recommended daily allowances for sodium to 1,000 mg (for young children).

Trimming the salt from meals and snacks is best when it's a gradual process.

Making food an issue isn't likely to create harmony.

Salt is an acquired taste, and, while some salt occurs naturally in foods (such as milk), processed and fast foods are the primary source of sodium for most Americans.

Children often will be introduced to salt through baby and toddler foods that may have been salted to improve taste.

Parents are encouraged to read labels and choose lower salt versions of processed foods.

Parents do, however, have an opportunity to effect change, as they choose the food brought into the home and, at least, for young children, can guide selections in restaurants. Parents are urged to evaluate the sodium in the family's



Home Time

By Tranda Watts
Regional Extension Agent

current diet and to begin offering more foods that are lower in sodium at home and away from home.

Model healthy choices. We've all seen parents or grandparents eating at a restaurant with a toddler nibbling on French fries, which, in addition to being salted, have been deep fried.

Carrying along a small re-usable container with carrot strips, apple wedges, veggies and low-fat dip, or dry whole-grain cereal or crackers can satisfy a child, or an adult for that matter, without encouraging a taste for foods high in sodium that can harm health.

These tips are offered for parents to improve the family's eating habits:

- Ease into gradual change, rather than going cold-turkey.
- Put the salt shaker away.
- Begin reducing processed foods, and increase health-promoting fruits and vegetables into daily meals and snacks.
- Read Nutrition Facts Labels to know what you are eating, and re-read labels periodically on frequently used processed food products because formulas can change.
- Look for foods with labels that say "No Salt Added" and, again, read Nutrition Facts Labels. If a claim of "lower" or "reduced" sodium, the question becomes "lower than what?" or "reduced from what?"
- Be aware, as formulas for reduced sodium products may contain more sugar or other sweeteners.
- Compare Nutrition Facts Labels on similar products from different

sources, and choose the product that is lower in sodium.

For example, in checking the sodium in graham crackers, we found that a national brand of honey grahams and store brand each contained 180 mg of sodium per serving, and store brand with cinnamon 105 mg per serving.

The reduced salt version of a popular whole-grain cracker contained 60 mg of sodium per serving, while the original version of the cracker offered 230 mg per serving.

In checking frozen, family-sized pizzas, we compared the sodium per serving in three offerings with similar toppings, and found that the sodium per serving offered choices for consumers: 680 mg; 800 mg; and 810 mg per serving.

Does that mean the family will need to give up pizza?

No, choose the product with the lowest possible sodium content or making a pizza together for family fun and savings on grocery dollars.

For further information, please feel free to contact your local K-State Research and Extension Office or e-mail <mailto:twatts@ksu.edu>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, 475-8121.

Jennings News

By Louise Cressler

The community extends sympathy to the family of Robert Wahlmeier of Hays. He died Thursday, March 31, at Hays. He was born June 28, 1931, on a farm southeast of Jennings, the son of Al and Ruth Wahlmeier. Funeral services were held Monday at St. Joseph's Catholic Church in Hays.

Ruth Chance was hostess to the Jennings Book Club Tuesday, March 29, at her home. The book the group read and reviewed was "Growing up Laughing" by Marlo Thomas. Those attending were: Kay Brown, Violet Foster, Pat Hall, Terri Hanke, Sue Long, Rachel Mappes, Joan McKenna, Helen Rhodes, Patty Foster, Lila Jennings, Joan Metz, Lynn Tacha and Ruth Chance.

The Tuesday Study Club met at the Trojan Steakhouse and Grill in Logan for their March 22 meeting. After ordering lunch, President Joan Metz opened the meeting with the Collect for Club Women and the Pledge of Allegiance. Lynn Tacha read the February minutes and the treasurer's report. These were approved in a motion by Pat Foster and seconded by Helen Muirhead. Roll call was answered as each member and guest related a favorite memory of living in a small town. Present were Patty Foster, Helen Muirhead, Lynn Tacha, Rachel Carter, Pat Foster, Violet Foster, Pat Hall, Lila Jennings, Sue Long, Kathy Nauer, Neoma Tacha, Joan Metz and guests, Alice Mizer and Bob Jones.

The president reminded members that next month is the last meeting of the year. The club will go to Park's Farm in Stockville, Neb. A new secretary/treasurer will be elected. Ideas for next year's programs will be the roll call.

After lunch, they went across the street to the Dane G. Hansen Museum. A woodcarver from Hill City, Allen Riggs, had a display and several photographers had pictures of Western landscapes to view.

The St. Peter's Lutheran Church was the next stop. Bob introduced us to Carol Bales. She is a 1967 graduate of Logan High School. When she moved back to Logan in 1993, she remodeled a building on Main Street that is now the Historical Museum. Carol, who calls herself a collector, is now renovating and decorating the St. Peter's Church. The exterior still has its church appearance with a huge bell in its tower, a large cross on a corner wall and, in the entry, a plaque listing the parishioners' funerals.

After several years of work, Carol has created an enjoyable place to live close to some of her collections. Her "Old World" French and Italian decorating style has mixed ceramics and stained glass, brick work and tiles, tapestries, velvets and silks, pillars, columns, arches, clever painting techniques, antiques and Las Vegas "Finds" into an awesome home. The sanctuary with its vaulted ceiling is being used as storage for other collections until the remodeling can be finished. Carol graciously served cookies and tea and enthralled us with stories of the techniques she used and the plans she has for the future.

Marilyn Otter, New Almelo; Mary Ann Amack, Oberlin, and Kay Brown met Saturday at the Brown residence to make plans for the Jennings Alumni Banquet. The banquet will be held Saturday evening, May 28, in the Sunflower Senior Center. Letters are being prepared to be mailed to all alumni.

United Methodist Women will meet at 3 p.m. Wednesday, April 6. Roll call is "Favorite Spring Flower." Devotions will be given by Louise Cressler. At 4 p.m., Sierra Black, Katelin Koch and Alexis Lively of Norton will give a report on their Met Tour. Snacks will be prepared by Rachel Carter.

Pat Hall is home and doing well after having three stents put in a heart valve. She went to Kearney, Neb., on Friday. Ann Szwedistis had foot surgery on Thursday at Denver hospital. She came through surgery real well.

Russell Cressler, Bison, visited his parents, Wayne and Louise Cressler, over the weekend.

Jim and Jane Wahlmeier, Concordia, came Saturday and picked up Rachel Carter, then they all went to visit Rachel's sister Mary Smith at Sharon Springs. Sounds like they had a good time.

Sunflower Senior Citizens potluck supper will be at 6 p.m. on Tuesday, April 12. Everyone is welcome to join us.

"Is God Playing Hard to Get?"

By Sharon Nelson, Evangelical Covenant Church, Oberlin

There was this guy. He was engaged, and had been with this gal for 10 years. Then she broke off the engagement and broke his heart. It's hard to say if he ever fully recovered from that loss. At age 41, he died in a car accident. This drama was lived somewhat in the public eye, since Rich Mullins was a musician. Ten days before he died, he sat in an abandoned church, recording 10 new songs about Jesus. After his death, the cassette tape (remember those?) was found and released.

In one of those songs, Hard to Get, Mullins wrestles with the pain of human life, and God's relative distance from all of it. He lives in heaven; we live on earth. He lives in radiance; we live in skin. He lives in eternity; we live in time. He wonders if Jesus has forgotten what it's like here. Does he remember loneliness or need? His words echo those of the Psalm writers years ago: God, where are you? Why aren't you helping us? Why are you playing hard to get?

Mullins has read Isaiah 53. He knows that Jesus is that suffering servant, who was despised and rejected

by people. He was a man of sorrows, familiar with suffering (v. 3). As if his own sorrows weren't enough, he bore all of ours, along with all our sin and sickness (v. 4-6). One of the prayers before Holy Communion says, "For us he became poor, and knew the sadness in our days."

Mullins reminds himself and the rest of us: And I know you bore our sorrows/And I know you feel our pain/And I know it would not hurt any less/Even if it could be explained/And I know that I am only lashing out/At the One who loves me most.

If your life is full of sadness right now, you are in good company. God became human and joined us on earth. For our sake, Jesus knew poverty, hunger, rejection, sadness, stress, betrayal, false accusations, humiliation, physical pain, and even death. There is nothing we can experience in our humanity that the God of the Universe does not understand. Knowing this doesn't take suffering away, but it's nice to know that God understands, even if no one else does.



Herndon News

By Julie Hafner

The Catholic Youth Organization students led Stations of the Cross Sunday after St. Mary's Mass. Readers were Damian Kogal and Neil Portschy; Cross-Bearer, Marcus Portschy and Joe Marintzer was Candle Server.

A Kansas Western Trails committee meeting was held Thursday, March 31, at the LandMark Inn in Oberlin, with author and researcher of the Western Trails, Gary Kraisinger.

Gary is on the Kansas Western Trails board and gave a little background as to why he and his wife, Margaret, spent years in researching, visiting and traveling this great trail. Those invited discussed possible markers in Sheridan, Decatur and Rawlins counties where hundreds of thousands of cattle were driven, marking the greatest Texas Cattle Trail, 1874-1886. Additional information will follow, as the committee will focus on suggestions and documentation submitted and discussed.

Jackie Votapka, Oberlin, was an afternoon visitor of Julie Hafner on Wednesday.

Congratulations to Dennis and Doris (Sattler) Riener of Palisade, Neb., on celebrating their 50th wedding anniversary on April 15.

Exposition of the Blessed Sacrament closing services were held Tuesday evening at St. Mary's.

Refreshments were served by the Christian Mothers at the hall with Sacred Heart and St. John's joining St. Mary's, following the Forty Hour Adoration.

Cork and Jacque Riener, Calvin and Kayla Hughes attended the annual Brophy card party in Eckley, Colo. It is open to the public and more than 70 pounds of Brophy corned beef was eaten by the 300 folks attending.

Julie's Memory Joggers

Your Household Guide, Gardening Tips 1951, Women's Guild Evangelical and Reformed Church, Herndon

Plant sunflowers with your pole beans. Saves time spent in cutting poles and protects beans from frost.

Plant radish and cucumber seeds together to keep bugs off cucumbers.

Tiny seeds are easier to plant in an even row if sprinkled from a salt shaker.

If dogs prowl across your seedbeds, stamp a few mothballs into the ground around your flower bed and they will avoid the spot.

Paper egg fillers make excellent containers in which to sow seeds in the house. Placed in flats and filled with light loam, seedlings will soon appear and may easily be transplanted without moving earth around them.

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, LEVILLE
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.

NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

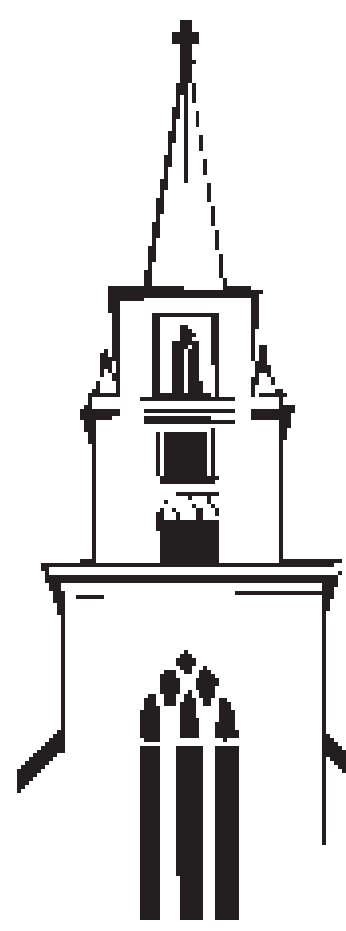
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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.



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