

Norcatour News

By the Norcatour News Committee

Norcatour held its first-ever American Red Cross Blood Drive on Sept. 15. Thirteen people donated blood, including first-time donor and drive organizer Scott Hartzog. Mr. Hartzog is planning another drive after the first of the year.

The Senior Citizens will meet for a potluck at noon Friday at the Educational Building. Cards will follow at 1 p.m. Everyone is welcome.

The Norcatour United Methodist Church participated in the Highway 36 Treasure Hunt. Visitors from 15 states and 114 people signed the guest book. The weather didn't cooperate, but everyone had fun and tried to keep warm.

The library was giving books away for free and bargain hunters took advantage of that. Money raised will be used to support programs of the church. Volunteer, Keith Anthony, said the event was a success and thanked everyone for their donations, baked items and all the volunteer help.

Carolyn Plotts and her daughter-in-law, Charlotte Plotts, left Sept. 15 to attend a women's retreat at King Solomon Campground near Salina. They accompanied a group of women from the Norton Christian Church and rode in the church van. They returned home, exhausted,

Sunday afternoon.

Birthdays include Shanna Long, Sept. 22; Mathew Helm and Kelsey Jackson, Sept. 23; Cheyenne Schwobe, Carol Miller and Dwight Wentz, Sept. 24; and Carolyn Brinkley, Sept. 27.

Several new roofs have been installed in town over the past few days. All resulting from the late August hailstorm.

Bible study is held at 7 p.m. Monday evenings at the Educational Building. The group is studying the book of James. Everyone is welcome.

Keep in mind that, due to post office time changes, mail deposited after 2:30 p.m. will be dispatched the next business day.

Several women from Norcatour are members of the Norton quilting club. They attended a meeting on Sept. 12 at the Prairie Land Electric building. The next meeting will be Monday. All members are requested to wear pink in honor of Breast Cancer Awareness month.

Norma McCallister and Carolyn Plotts attended a Community Conversation held Sept. 12 in Jennings. Representatives from Dresden, Jennings, Oberlin and Norcatour shared thoughts on the positive aspects of each community; ideas for future

projects; and what communities can do to support each other. Both women expressed their belief that Norcatour is a supportive community and have high expectations for the future.

The Norcatour Public Library has received donations of several books and videos from Ann Gallentine, Andrea Spanier and Norma McCallister. Librarian

Deb Marshall wants readers to know that a lot of large print books have been added. Library hours are: 8 a.m. to noon, Monday through Friday. If you are a shut-in, call Mrs. Marshall at 693-4461 and she will deliver books to you.

Several items have been donated to the Norcatour Museum by Gary and Keith Anthony and by Norma McCallister.

Money in memory of Frank Ward was received from Bonnie Rapp for the roof fund. Donors are urged to continue remembering the fund. One end is covered, but there is still more to be done.

Check out the official Norcatour website at: www.cityofnorcatour.com. It is complete with weather and Facebook, Twitter, Youtube and Flickr links.

Be sure you check 'the block'



Home Time

By Tranda Watts
Regional Extension Agent

Recently when preparing to teach a class of high school students to check the block (or in this case - check the nutrition facts label) on all products they purchase, the fact that there is a huge difference in nutritional content of similar products hit home again.

Here is an example: granola bars are all over the board when it comes to sugar content and overall nutrition.

Don't reach for any granola bar, including breakfast bars, energy bars, protein bars or any type of similar snack bars and assume they will be the same. Like other packaged foods, "check the block" or read the label so you know what you're getting.

To make the best choices and keep things simple, focus on just a few items on the nutrition facts label: calories, fat, fiber, sugar, sodium and calcium.

• **Calories** - You'll see that calorie counts vary widely on snack bars and many other products. Some have fewer than 100. However, they tend to be smaller than others on the shelf. Just compare the weight of the bar, which is listed next to the serving size. Some specialty or gourmet bars have 300 calories or more. That's as much as a small meal.

• **Fat** - Look at saturated fat and trans fat. The lower the amounts, the better. Total fat often ranges from 2 to 4 grams, although bars packed full of almonds or other nuts generally have more total fat, along with a good supply of healthier polyunsaturated and monounsaturated fats.

• **Fiber**. Fiber ranges wildly in breakfast bars. Some have just 1 gram while others might have 9 or 10. Most Americans don't get nearly the 21 to 36 grams of fiber they should consume every day. (The exact amount depends on your recommended calorie intake). In any case, a high-fiber snack bar would be a better choice.

• **Sugars** - Again, sugar content

varies widely. Some bars have less than 6 grams while others have more than 12. Most Americans get too much sugar. So, choose a bar with less rather than more.

• **Sodium** - Sodium is also something that most Americans get too much. On the nutrition facts label, check the column labeled percent DV. Percent DV tells you what percentage of a nutrient's daily value that your body needs can be gotten by eating one serving. Look for a low value or 5 percent or near that amount. 20 percent is considered high.

• **Calcium** - On the other hand, calcium is a mineral that most female Americans get too little of. Men should be concerned as well. Since we get too little of calcium, consumers need to look for a percent DV around 20 percent.

Remember 20 percent is high and 5 percent is low.

Taking a good look at the ingredients list also can help you choose a better product. Ingredients are listed according to weight, with those weighing the most listed first. So, avoid products with sugar (or high fructose corn syrup, brown rice syrup, malitol or other types of sweetener) listed near the top. Look instead for whole grains, such as oats, nuts or peanut butter near the top of the ingredients list.

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 trawatts@ksu.edu. For information, contact the Decatur County extension office, 475-8121.

Selden News

By Jacquie Boultinghouse

School Calendar: 7 p.m., Friday, high school football at Bird City; 4 p.m., Tuesday, Oct. 4, high school volleyball at Northern Valley; 4 p.m., Thursday, Oct. 6, junior high volleyball and football in Rexford with Cheylin, football starts at 5:30 p.m.

Birthdays and anniversaries: Sept. 23, Kacie Rogers Evans, Kelsey Rhodes, Eric Washington; Sept. 24, Matt Finney; Sept. 25, Kent Ashley, Andrea Trembley, John Lobato, Kenny Bastin, Nolan Ritter, Noel Ritter, Tasha Shaw, Diana Alstrom; Sept. 26, Alvin Shaw, Dan and Delores Juenemann.; Sept. 27, Aimee Truetken, Ashley Stoll, Brooke Stoll; Sept. 28, Steve Juenemann, Michelle Becker, Tara Ingram; Sept. 29, Kevin Sgteen-son, Stan Shaw, Karen Adelman, Koi Wessel, Kade Wessel, Morgan Ritter; Sept. 30, Matt and Lyn Cheney, Julie Marble; Oct. 2, Joni Shaw; Oct. 3, Ashley Alber; Oct. 4, Jared Truetken, Brianna Stoll, Larry Alstrom, Mike McGeeney, James

Kimrough; Oct. 5, Nick Kaus, Johnna Weins, Casey Boultinghouse, Greg McKenna, Tim Urban; Oct. 6, John Geisinger, Larry and Diana Alstrom, Lois Meitl, Bonny Boultinghouse.

On Sept. 8 during Senior Citizens at the Community Center, Carl Mumm won high, Paulie Neff took second, Betty James got low and Ann Hazlitt had the most nines. Other members present include: Bernita Aumiller, Edna Schiltz, Jeanie Spresser, Gail Mumm, Matt Finney, Royce Cook, Lola Cook, Ralph Weis, Rowena Carpenter, Lillian Sulzman, Helen Karls and Shirley Emigh.

On Sept. 15 during Senior Citizens at the Community Center, Gail Mumm won high, Pat Wessel took second, Edna Schiltz got low and Lola Cook had the most tens. Other members present include: Jeanie Spresser, Betty James, Matt Finney, Shirley Baker, Edna Schiltz, Ralph Weis, Bob Wessel, Paulie Neff, Bernita Aumiller, Lillian

Sulzman, Ann Hazlitt, Carl Mumm, Royce Cook, Rowena Carpenter and Helen Karls.

During Senior Citizens on Sept. 22 at the Community Center, Ralph Weis won high, Carl Mumm took second, Helen Karls got low and Pat Wessel had the most jacks. Other members present included: Shirley Emigh, Lillian Sulzman, Bernita Aumiller, Edna Schiltz, Jeanie Spresser, Carlene Bruggeman, Gail Mumm, Royce Cook, Lola Cook, Betty James and Matt Finney.

An Intrusive God By Chaplain John L. Paulson

After God led the Israelites out into the desert, He interjected Himself into their lives. They soon learned that God had requirements of them and demands upon their lives.

Deuteronomy 10:12-13 NLT says, "And now, Israel, what does the Lord your God require of you? He requires you to fear him, to live according to his will, to love and worship him with all your heart and soul, and to obey the Lord's commands and laws that I am giving you today for your own good."

Then like now, people react to God in one of two ways. Most reject God's intrusion on their lives and work hard to live on their own terms. The Book of Romans tells us that the wage for a life of sin is death. (Romans 6:23)

God allows us to live life this way but will not bless it with Spiritual fruit. Life lived on our own terms is doomed to be ordinary, mundane, spiraling ever downward and always lacking true peace, satisfaction or accomplishment.

Neither wealth nor fame nor success can bridge the gap between this life and the next. Without God, life becomes a race against your fellow man. Whether your struggle is finding your next meal or how to finagle some land away from your neighbor, without God, this race only leads to the finality of death and the reality that I can do nothing to put death off even one day.

Jesus made it clearly known to us that unless sin is forgiven and taken away, you will die in your sins. If you die in your sins, you will be buried in your sins. If you are buried in your sins, you will be raised up to face God on the Throne of Judgment in your sins.

And if you face the Judgment Throne of God while still in your sins, you will receive the sentence of Eternal Damnation.

The only other way people react to an intrusive God is to surrender their lives to Him entirely. Many try to find a middle ground, but there is none. Belief in God is an all-or-nothing proposition. If you are ready to yield to an intrusive God, then take note of Romans 6:23 in its entirety: "For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."

In Matthew 16:24-26 NLT, Jesus said to the disciples, "If any of you wants to be my follower, you must put aside your selfish ambition, shoulder your cross, and follow me. If you try to keep your life for yourself, you will lose it. But if you give up your life for me, you will find true life. And how do you benefit if you gain the whole world but lose your own soul in the process? Is anything worth more than your soul?"

Jesus Christ is the intrusive God. Are you putting him off or telling Him, "I surrender all?"

answered by the group. There are monthly Milestones to be completed up until Easter. Anyone is welcome to come to our church whether a member or not.

The City Council will meet on at 7:30 p.m. the second Thursday, Oct. 13 in the Senior Center.

The Lions will have their bean and cornbread noon dinner at the Senior Center on Sunday, Oct. 16.

Are you outside enjoying the beautiful fall days? The only thing lacking is moisture.

Jennings News

By Louise Cressler

Jane and Jim Wahlmeier and Amanda, Concordia, visited Jane's mother, Rachel Carter, over the weekend.

Following United Methodist Church services Sunday several people enjoyed a salad luncheon at the church. At 1 p.m. an Administrative Council meeting was held with 15 members attending. Vital Congregations Planning Guide for the Kansas Area United Methodist Church to fulfill the mission of the church was read and the Milestone to be completed by Oct. 15 was

Herndon News

By Julie Hafner

Bonnie Franke was a visitor at the Tom and Kay Franke home in Council Grove this weekend. While there, she also visited Andrea, Tyson, Rylee and Drydon Powell and Keith Grafel. Other visitors were Richard and Karen Waring of Council Grove, Jerry Bennett of Tennessee, and John and Norma Stratton of Iowa, Bonnie's winter Texas friends.

Theresa Rippe and her sister, Pat Louise from Colby, spent this past weekend in Scott City helping Brenda Schilde who participated in the annual Whimmy Diddle Arts and Crafts Festival. Brenda, along with hundreds of other vendors on Saturday, had a booth entitled "Kinder Kreations" and sold a variety of diaper cakes. Brenda's daughter, Addison, joined the girls for a fun and busy time.

Jerry Bennett, gospel and country music singer from Nashville, will be singing at the Methodist Church in Atwood at 7:00 p.m. on Saturday, Oct. 8. The public is invited. Bennett is known as a crowd pleaser with a great voice and honky-tonk piano playing. He has traveled with the Gaither Homecoming artists, "The Freeman's" and "The Hemphill's". His tours have taken him all over the United States and Canada.

Dana Horinek, and Damian Marintzer, Westminster, Colo., Anita Mumm, Denver, Greg Mumm, Cheyenne, Wyo., and John Marintzer, Northglenn, Colo., joined the Solko cousins in Atwood for "Smokin' on the Beaver" last weekend and visited other relatives in the area.

Roseanna Stoney, Herndon, celebrated her 86th birthday on Oct. 23. Surprising her with visits over the weekend were Clarence and Margaret Niermeier, Ludell; Larry, Deb and Nathan Stoney, Herndon; Terry, Teresa and Godfrey Gotchall and Beth and family, all of Colby. Saturday, Lewis and Sue Stoney, Roseanna and the Gotchall family enjoyed dinner at Roger's Bar and Grill in Herndon. Roseanna enjoyed the visits and the many birthday calls.

The Pro-Life Chain and Breakfast will be held on Sunday, Oct.

2 following Mass at Sacred Heart, Atwood. The breakfast will be a free-will offering and the Life Chain will be from 1 to 2 p.m. on the corner of Hwy 25 and 36.

The Herndon City Council will be meeting at 7:30 p.m., Tuesday, Oct. 4, at the Herndon Senior Center. The public is invited to attend.

Julie "Memory Jogger"
The Herndon Nonpareil
September 29, 1931

Kompus/Hutfles Nuptials

The marriage of Miss Alice Julia Kompus, daughter of Mr. and Mrs. Joseph Kompus, to Mr. Clemens Hutfles was solemnized Tuesday, Sept. 29 at St. Mary's Church, preceding the 9 o'clock Nuptial High Mass, the Rev. Fr. Justin O.M. Cap., officiating.

The bride wore a lovely, white satin gown made in prevailing full length veil, which was a perfect example of what the modern bride should wear. She also carried a shower bouquet of bride's roses.

Miss Agnes Kompus, a sister of the bride was bridesmaid. She wore a rose-colored frock and carried an arm bouquet of roses.

Mr. Henry (Harry) Riener, a cousin of the groom, was the latter's only attendant. Following the ceremony, a reception was given at the home of the bride's parents, at which only immediate relatives were present. A wedding dance was also given at the Durant Hall in the evening.

The bride, the second daughter of Mr. and Mrs. Joseph Kompus, is a favorite in younger society in this community. She is a graduate of the Herndon Rural High School of 1930 and is a young lady of unusual charm.

Clem is the youngest son of Mr. and Mrs. Joseph Hutfles and is a graduate of the Herndon High School class of 1924. His quiet, amiable manner has made him a host of friends.

Following a short honeymoon trip to Eastern Kansas, the young couple will make their home in west Herndon, where they will be at home to their many friends who join in wishing them success and happiness.

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, LEVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 10:30 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.

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.

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.

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.,

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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, open Bible Study, 10:30 a.m.; 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
Chairman Brad Marcuson
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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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.

