

Glen and Carolyn Strevey observed their 50th wedding anniversary on Friday. Mail will reach them at 1340 Deertrail Road, Boulder, Colo., 80303.

Richard William White Jr. was born Jan. 13, 2006, at the Annapolis Medical Center, Annapolis, Md., weighing 7 pounds, 11 ounces. His parents are Rick and Erin White, and his grandmother is Patricia White. He is a great-grandson of Kay (Anderson) Smiley of Denton, Md., and a great-great-great-nephew of Viola Gallentine.

Oran and LaVerne Milner and Bill Craig went to Kearney, Neb., on Jan. 24 and brought Fern Mapes back to the Good Samaritan Center in Oberlin from the Good Samaritan Hospital.

Congratulations to Dave Stapp, who was presented the Agriculture Builder of the Year award from the Decatur Chamber of Commerce at the Chamber banquet, held on Jan. 19 at The Gateway.

Sympathy is extended to the family of Ellen Naomi Anderson, 92, of Norton who died Jan. 26. She was the former Ellen Naomi Collins and was born April 19, 1913, near Reager. She graduated from Norcatour Rural High School in 1931. Her husband, Ernest, preceded her in death in 1987.

Survivors include a son, E. Louis, Norton; a sister, Effie Robbins, LaGrange, Calif.; three grandchildren and seven great-grandchildren.

Funeral services were held on Jan. 30 at Enfield Funeral Home in Norton with burial in the Norton Cemetery. Memorials may be made to the Andbe Home in Norton.

Dewayne Jackson filled in the pulpits at Norcatour and Clayton while Pastor Kathy Aeillo took classes for two weeks in January at St. Paul School of Theology in Kansas City, Mo.

Velda Ward is home from Decatur County Hospital and doing better.

Bee Nelson, Dorothy Ward, Frank Ward, Bob Sawdon, and Wava Reames met for Sunday dinner on Jan. 29 at Momma Millie's.

Alta May Van Gundy, sister of the late Hazel Van Gundy, celebrated her 101st birthday in Hastings, Neb., with several parties and visits from nieces, Ona Van Gundy, Sheryl Patterson and Veda Wood of Norcatour. At the church party on Sunday, Jan. 29, Alta stood and recited a lengthy poem from memory.

Marguerite Clark and Wava Reames and Bee Nelson enjoyed "fireman's pizza" with Dorothy Ward on Sunday evening. Those firemen and their families sure make a mean pizza! Kudos to the firemen for their work all year around keeping everyone safe.

Dean Van Gundy enjoyed his 84th birthday party in Lexington, S.C., hosted by son, Bobby and Lisa Van Gundy. Dean is living with his son.

## 40TH ANNIVERSARY

David and Retta Hare celebrated their 40th wedding anniversary at the Norcatour Educational Building on Saturday, Jan. 28. Friends and relatives gathered for lunch, followed by the reception.

Out-of-town visitors attended from Hays, Oberlin, Manhattan, Abilene, Andover, Topeka, Goodland, Clayton and Norton, Westminster, Colo.; Bennett, Colo.; and Kearney, Neb.

Birthdays and anniversaries: Tracey Hartzog, Beth Johnson - Feb. 2; Glen and Carolyn Strevey - Feb. 3; Francis and Arlene Hix - Feb. 4; Karen Bailey - Feb. 6; Brad Long - Feb. 7.

Cathy Claussen and Beth Johnson met Dennis Molzahn of Independence, Mo., in Kensington on Jan. 25, to attend memorial services for Jesi Gordon.

Beth Sebaugh returned home Jan. 28, after spending a couple of weeks in Garden City helping Tammy Bunney. Tammy is doing well now.

Justine Miller, El Dorado, and fiancée, Casey Tuttle, Salina, were in Quinter the weekend of Jan. 28, visiting his parents, the Rodney Tuttles. Mr. and Mrs. Stan Miller joined them for supper and a visit on Saturday night.

Bev Morris, Hoxie, and grandson, Eli Applebury, Colby, visited at the Stan Millers' home on Sunday, Jan. 29.

Guests of David and Retta Hare the weekend of Jan. 28 were their children, Kathy, Eric, Kristen and Erika Wilkins of Holdrege, Neb.; Joe, Trudy, Jordyn and Megan Hare of Tribune; and Keith Baker, Janice, Heather, Lori and D.J. Ebner of Norton.

# Foods now labeled for allergies

New rules took effect on Jan. 1, requiring manufacturers to label food for allergens and for trans fats.

Manufacturers are required to identify in plain English the presence of protein from milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat or soybeans in the list of ingredients, or to say "contains" followed by the name of the source of the food allergen, after or next to the list of ingredients.

This labeling will be helpful to children who need to learn what they must avoid. For example, if a product contains the milk-derived protein casein, the product's label will have to use the term "milk" in addition to the term "casein" so those with milk allergies can understand what they need to avoid.



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Food labels must also show grams of trans fat on the nutrition facts panel. Sources of trans fat include partially hydrogenated oil and some animal-based foods. Scientific evidence shows consumption of saturated fat, trans fat, and dietary cholesterol raises low-density lipoprotein (LDL, or "bad") cholesterol levels, which increases

the risk of coronary heart disease. 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.

## Lyle News

By Deanna Sumner

The Lyle ladies sewed on Monday. Joyce Sumner and Kathy Van Meter took a carload of clothing to Garden City to the Mexican-American Mission on Tuesday.

Kathy Van Meter met Steve Van Meter of Gibbon, Neb., in McCook where he was a guest speaker for the country school boards.

Lyle Community Building received a new stove in memory of Marguerite Fullerton.

Toots Magers visited Richard Engelhardt in his home on Thursday. She reports he is doing well.

Sunday was the potluck lunch at Lyle with 18 guests. That evening June Jolly, Toots Magers and Kathy Van Meter went to Norton and played in the pitch tournament.

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## Cedar Living News

A group of residents gathered on Monday afternoon for a game of penny cards, including Vivian Bishop, Nettie Britton, Alice Fiala, Freda Gamblin, Tressie Samson, Paul Sass, Lowell Sebaugh, Don Shaw, Eva Marie Vacura, and Hank and Bea Wolfram.

Myrna Jones and Mary Ann Amack led the sing-along time on Monday afternoon.

Residents observed Kansas Day a few days late. Teresa Shaughnessy gave a Kansas Trivia program on Tuesday morning.

Lowell Sebaugh won the first bingo Tuesday afternoon and Paul Sass won the blackout game.

Barb Solko played pinochle with Nettie Britton and Don Shaw on Wednesday afternoon. Jamie Samson also joined in the game and because his pinochle skills were rusty he was assisted by Eva Vacura. Mrs. Solko played Scrabble with Wynemah Cox on Thursday afternoon.

The craft group met Wednesday afternoon to make Valentine's Day decorations for the center.

Stuart Euhus gave the Bible study lesson on Wednesday afternoon.

Father George brought communion for the Catholic residents on Thursday morning.

Bowlers Vivian Bishop, Nettie

Britton, Alice Fiala, Tressie Samson, Paul Sass, Lowell Sebaugh, Don Shaw, and Hank and Bea Wolfram gathered on Thursday afternoon for a game. Lyle Gamblin and Jamie Samson also joined in. Afterward everyone enjoyed sampling ham and crackers donated by Paul Sass.

The baking group made butter-scotch oatmeal cookies on Friday afternoon.

Recent visitors: John Tacha, Lawrence; Bud and Vicky Mumm, Gem; Nola Carlson, Fort Morgan; Ann Martin, Frank Cox, Laverne Niemeth, Herndon; Julie Harold, Hays; Jamie Samson, Lindsborg; Richard and Bernadine Samson, Ludell; Elwood Bailey, Jennings; Helen Derby, Dolores Demper Schmidt, Lillian Sulzmann, Dresden; George and Ronda Wurm, McCook; Lloyd Harden, Goodland; Janice O'Hare and Linda Hunt, Norcatour; Earl Brown, Selden;

Lyle Gamblin, Nadean Baptist, Orlin Beneda, Elvin Beneda, Marie Jean Vavroch, Bernice Martin, Lee Martin, Carolyn Muirhead, Roxie Pomeroy, Ella Betts, Opal Huntley, Alice Shirley, Ila Ray, Butch Diederich, Don Stapp, Beth Sebaugh, Bernie and Othelia Vacura, Laurene Van Otterloo, Oberlin.

## 'Keep God's Love in Your Heart'

By the Rev. Doug Hasty of United Methodist Church

"Then those who revered the Lord spoke with one another. The Lord took note and listened, and a book of remembrance was written before him of those who revered the Lord and thought on his name" (Malachi 3:16).

In the month of February we often think about love. There is a lot of scripture that speaks to us of God's love. Jeremiah 3:13: "I have loved you with an everlasting love; therefore I have continued my faithfulness to you." Or how about Psalm 136:1: "O give thanks to the Lord, for he is good, for his steadfast love endures forever." That's only two — I could go on and on.

But the idea of a book of remembrance caught my imagination. What are some of the memories that you have of God's love?

Let me prime the pump a little for you: "Memories... light the corners of my mind." How far back does your memory reach to recall a memory of God's love in your life?

I can recall going to the nursery and crawling up into Mrs. Brown's lap for a Bible story. There are memories of Saturday night pancake feeds sponsored by the Young Adults. Then of course I remember that my mom taught the kindergarten Sunday School class I attended. These memories go

back to when I was three to five years old.

"Misty watercolor memories..." Do you remember raking autumn leaves and explaining to some young person how God's hand is a part of all creation and that God designed the different seasons, or how God's love and purpose is evident in creation? Is there a special trip, or picnic or time outdoors that speaks to you of God's love being present to make that a special moment?

"Scattered pictures of the smiles we left behind..." Do you have a memory of God smiling at you through a Sunday School teacher, or a pastor, perhaps a friendly usher, or the man who spoke to you as a child at church and made it seem like a good place to be? Who made you smile? Who do you now give your smiles to? Who do you now greet and become God's smile for someone, young or old?

There are some memories that make us sad and some make us feel good and warm all over. I hope you will take some time and think about how God is showing love to you. Then do one more thing; remember that God has always loved you with a perfect love.

So find a comfy chair, kick your shoes off and take a stroll down memory lane and let God's love embrace you.

Grace and peace.



## Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 The Rev. George Kochuvelikkakam, MASS: 10:30 a.m., Sunday</p>	<p><b>UNITED CHURCH OF OBERLIN</b> 109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m., AWANA practice every Wed. at 6:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.</p>	<p><b>OBERLIN CHURCH OF CHRIST</b> South Beaver Street - Oberlin Bill Duncan — Phone 785-475-3259 SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 &amp; down. WEDNESDAY: Ladies Home Bible Study, 9 a.m.</p>	<p><b>LUND COVENANT CHURCH</b> 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.</p>
<p><b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b> The Rev. George Kochuvelikkakam MASS: 8 a.m., Sunday.</p>	<p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> Pastor: Bobby Cornelius SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.</p>	<p><b>ST. MARY'S CATHOLIC, HERNDON</b> The Rev. Damian Richards Phone 785-322-5560 MASS: SUNDAY, 8 a.m.</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 510 North Wilson Pastor: Rev. Rick Langness Secretary: Norma Unger 785-475-2333 SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 p.m.</p>
<p><b>SACRED HEART CATHOLIC, SELDEN</b> The Rev. George Kochuvelikkakam MASS: 5:30 p.m., Saturday</p>	<p><b>OBERLIN UNITED METHODIST</b> 102 North Cass — 785-475-3067 The Rev. Doug Hasty SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.</p>	<p><b>HERNDON COVENANT CHURCH</b> Keith Reuther, Pastor Phone 785-322-5316 SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 404 North York Avenue Oberlin, Kansas Pastor Charlotte Strecker-Baseler Church Office Phone: 785-475-2053 SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. Congregation Council, third Sunday, 10:45 a.m. Youth Group, first and third Sundays, 10:45 a.m. WEDNESDAY: Confirmation class, 6:30 p.m.; Women's Bible Study second Wednesday at 9:30 a.m.</p>
<p><b>OBERLIN SEVENTH-DAY ADVENTIST CHURCH</b> Jim Martin 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p>	<p><b>CLAYTON UNITED METHODIST</b> Pastor: Kathy Aeillo Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>NORCATOUR UNITED METHODIST</b> Pastor: Kathy Aeillo Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	
<p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS</b> Carrie Buhler, pastor SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. DRESDEN SUNDAY: Morning Worship, 9:30 a.m.</p>	<p><b>OBERLIN ASSEMBLY OF GOD</b> 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. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group, 2nd &amp; 4th Thursdays, 2 p.m.</p>	<p><b>LYLE UNITED METHODIST</b> Carol Woodmanee, Almena Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.</p>	
<p><b>PRAIRIE CHAPEL UNITED METHODIST</b> The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> The Rev. Heidi Wiebe 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, 7:30 p.m.</p>	

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