

# Norcatour News

By the Norcatour News Committee

Happy birthday and anniversary to Gerry New, Jan. 26; Dennis and Judy Shirley, Gerry and Devonna New, Jan. 29; and Larry Dick, Jan. 31.

Results of the pool tournament on Wednesday, Jan. 20, at the Cardinal Bar and Grill were Bill Ellis, first; Carl Lyon, second; Larry Lively, third; and Rusty Montgomery, fourth.

Results of the dart tournament on Wednesday, Jan. 20, at the Cardinal Bar and Grill were: Game 1 - Kristi Gallentine, first; Patty Stapp, second; and Alice Barnett, third. Game 2 - Patty Stapp, first; Alice Barnett, second; and Dolores Gallentine, third.

D&M Service and Barnett Upholstery would like to invite everyone

to a Customer Appreciation event. They have both been in business 20 years and want to celebrate with a soup supper at 5 p.m. at the D&M station on Monday, Feb. 8. There will be food, prizes and freebees!

Our *News Sheet* helper, Veda Wood, had cataract surgery on Jan. 26, and we missed her. Also, Bee Nelson visited her very sick brother, so we missed her too!

Wava Reames went to her dad's, Frank Ward, at Whispering Pines in Norton for dinner. Frank fixed butter beans and Wava fixed Grandma Alta Ward's hot slaw. That's a rather unusual combination but it sure was good! They watched the Nebraska and K-State women's basketball, then the KU men's basketball games. While there Wava

visited with Lula Hix and Oran and LaVerne Milner.

Mark Ward, Hugo, Colo., made a quick trip home over Martin Luther King holiday to visit his mother, Dorothy Ward. The rest of his family was in school or working.

R.D. Thornton had minor surgery on Tuesday of last week. Lynn Streit and Chris Dempewolf were with him. R.D. went back to the Good Samaritan Center later that day. On Thursday he was admitted back into the hospital and was planning to be released sometime on Monday.

Sharee Dempewolf visited with her grandpa, R.D. Thornton in the hospital on Friday. She stopped in to see her mom, Chris, at work then came to Norcatour to visit her dad, Doug.

# Snacks... the fourth meal

It's almost here! One of the biggest snack food events of the year... the Super Bowl! From chips and salsa, to wings, to pizza, many foods are popular as snacks for the big game.

Food product designers continue to find ways to make snacks healthier. What defines a snack is changing also as many are considered small meals. But to be a healthy snack, it has to taste good.

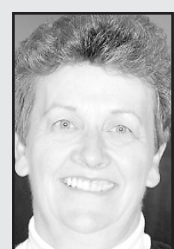
Fried snacks now have more alternatives — such as baked. But the challenge is making baked snacks taste like fried because consumers don't want to lose that flavor. Product developers are using unique flavor ingredients to keep that fried flavor.

Snack seasonings are also stepping outside of the box. Flavors like dill pickle; blue cheese and apple; refried beans and three-cheese flavor with a kick of jalapeño and onion are some examples. Sweet heat is also emerging in such combinations as raspberry-chipotle.

Other formulations are being altered to become low-sodium. The use of different salts can lower sodium content. An example is flaked salt. It has a larger surface area and dissolves quickly in the mouth for a burst of salty flavor. This means less can be used but still provide that salty taste. It can be used on chips, crackers, bread sticks, salted nuts and seeds.

To boost nutrition, snacks are being formulated with more protein, fiber and vitamins. Chia seeds are starting to show up in some snacks. The seeds are gluten-free and packed with fiber, protein, and omega-3 fatty acids. The seeds are ground into a powder for easy incorporation. Eggs and whey are also being used to add protein.

For nut lovers, ethnic-inspired flavors such as wasabi, chili, lime, soy sauce and other zingy flavors are



## Home Time

By Tranda Watts  
Multi-county Extension Agent

being added. Popcorn is also going gourmet with flavors such as black truffle, curry or Parmesan cheese.

If you have questions related to snacks and foods, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at 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.

## Lyle News

By Veda Wood

I wish everyone could see the beautiful amaryllis blooming in my window now. It's the one I got in the Red Hat gift exchange at Christmas time. Then in the store I saw another bulb looking like it was about to "bust out" of its box, and couldn't stand seeing it thrown in the trash, so I'm watering it and it's growing fast.

Keith Anthony went to Kearney last Monday to have surgery. We all wish him well and a quick recovery. His daughter, Sissy, was with him.

Last week Margaret "Toots" Magers had some trouble with the dependability of her refrigerator, so on Monday, J.T. and Kendra Guy, and Judy and Charlie Easton brought her another one.

It didn't seem there was much going on in the area last week. Do you suppose the foggy, drippy weather

had anything to do with it?

A fourth grade teacher collected old, well-known proverbs. She gave each kid in her class the first half of the proverb, and had them finish it. This is how they did.

1. As you shall make your bed — so shall you mess it up.
2. Better safe than — punch a fifth grader.
3. Strike while the — bug is close.
4. Never underestimate the power of — termites.
5. It's always darkest before — daylight savings time.
6. You can lead a horse to water, but — how?
7. No news is — impossible.
8. Don't bite the hand that — looks dirty.
9. A miss is as good as a — mis-ter.

10. You can't teach an old dog new — math.

11. The pen is mightier than the — pigs.

12. An idle mind is — the best way to relax.

13. Where there's smoke, there's — pollution.

14. Happy the bride who — gets all the presents.

15. A penny saved is — not much.

16. Laugh and the world laughs with you, cry and — you have to blow your nose.

17. None are so blind as — Helen Keller.

18. If at first you don't succeed — get new batteries.

19. You get out of something what you — see pictured on the box.

20. When the blind lead the blind — get out of the way!

## Mount Pleasant News

By Dianne Bremer

Elizabeth Nedland attended the Kansas State University High School Band Clinic in Manhattan from Jan. 22-24. At the clinic, she played first chair French Horn in the Neidlinger Band and was awarded

outstanding musician. This award also includes a scholarship to the K-State Band camp this summer. The clinic ended with a concert Sunday afternoon, and among those attending were Rhonda May and Dan Nedland and Cameron Nedland.

Peggy Schoeps, Haven, hosted a surprise 80th birthday party on Saturday, Jan. 23, for her husband, Francis, better known as "Shep." Among those attending were Kansas Workers Risk Cooperative for Counties (KWORCC) staff and

trustees, Ralph and Norma Unger, Oberlin; Jim and Sharon Wise, Louisburg; Doyle and Pat Alcorn, Mankato; Frances Garcia, Hutchinson; and Carl Eymann, Topeka.

Vince and Peggy Carswell, Lynn and Roberta Johnson, and John and Dianne Bremer were Saturday evening dinner guests of Ralph and Violet Shaw.

Jessica Bremer has been named to the Washburn University School of Business Dean's Honor Roll for the 2009 fall semester.

Jessica Bremer, Topeka, was a judge for the Decatur Community High School Speech Tournament in Oberlin on Saturday and spent the weekend visiting her parents John and Dianne Bremer.

## Decatur Health Systems

By Othelia Vacura

An orthopedic specialist will be coming to Oberlin on the fourth Tuesday of each month beginning Feb. 23. Dr. Robert Bassett is board-certified both in orthopedics and hand surgery. He earned his medical degree from Harvard Medical School and completed his internship at Harvard's Beth Israel Hospital. He completed his residency at the New York Orthopedic Hospital Columbia Medical Center. He holds a fellowship in hand surgery from St. Vincent Hospital and Health Care Center in Indianapolis, Indiana.

Dr. Bassett has served as attending physician at the University of Southern California's Los Angeles Children's Hospital, and attending hand surgeon at Cedars-Sinai Medical Center. He has held positions as Chief of Hand Surgery at USC's Los Angeles County Medical Center, and at Rancho Los Amigos Medical Center. He and his family moved to Hays in 1995 where he joined Hays Orthopedic Institute.

Dr. Bassett has published multiple articles on hand and general orthopedic surgery, including studies on the injured hand, joint

replacement in the upper extremity, and rheumatoid arthritis. He is a member and former president of the Central Kansas Medical Society. He is also a member of the Kansas Medical Society, the American Society for Surgery of the Hand, the American Academy of Orthopedic Surgeons, the American College of Surgeons, and the American Medical Association.

His areas of specialty include Shoulder and Hand, Joint Replacements, Arthroscopy and General Orthopedics. Dr. Bassett may be contacted at the Hays Orthopedic Institute at Hays Medical Center, 2500 Canterbury, Suite 112, Hays, Kan., 67601. Appointments with Dr. Bassett at the Decatur Health Systems Specialty Clinic in Oberlin are scheduled by contacting his office at (785) 628-8221, or toll free 1-866-428-8221.

The Diabetic Support Group will be meeting in the lobby of the Specialty Clinic on Thursday, Feb. 4, at 4 p.m. Deb Klima will be giving a presentation on heart health. All diabetics and their caregivers are invited to attend.

## Christ Alone Saves

Pastor Kevin Schnakenberg  
St. John's Lutheran Church, Oberlin

In our sinful nature humankind thinks we can do something in order to save ourselves from eternal condemnation resulting from sin. We can see this in all non-Christian religions that stress our human effort in rescuing ourselves. It is all the effort of Jesus Christ that we are saved, as God's Word proclaims, "Salvation is found in no else, for there is no other name under heaven given to men by which we must be saved." — Acts 4:12.

An anonymous Chinese convert to Christianity expressed this truth in this way: "A man fell into a deep pit, miry and slippery. As he lay injured at the bottom, Confucius looked in and said, 'My friend, I am sorry for you; if you ever get out of that place, take care that you never fall in again.' Then a Buddhist priest came along. 'I grieve to see your plight. If you can manage

to climb up two thirds of the way, or even half, I might help you up the rest.' Unable to rise, such advice was mockery. Then Christ came by. Descending into the pit, He lifted the man to safety. That is the difference between Christ and the others."

Indeed, Jesus came and got in with us in the pit of sin and death. Jesus came to this world, leaving His home of glory and power in heaven, to take our sins upon Himself and carry them to the cross of Calvary, where He suffered the punishment we deserved so that we might be set free from sin and death. "If the Son sets you free, you will be free indeed." — John 8:36. Set free from sin and guilt. Set free from eternal condemnation to live forever in the complete joy of heaven. Set free by Jesus Christ alone through His death and resurrection!



## Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 Fr. Mark Berland, MASS: 10:30 a.m., Sunday</p>	<p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> Pastor: Gene Gee SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m.; WEDNESDAY: Service, 7 p.m.,</p>	<p><b>NORCATOUR UNITED METHODIST</b> Pastor: Larry Danforth Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 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.</p>
<p><b>IMMACULATE CONCEPTION CATHOLIC, LEVILLE</b> Fr. Mark Berland, MASS: 8 a.m., Sunday.</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>LYLE UNITED METHODIST</b> Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p>	
<p><b>SACRED HEART CATHOLIC, SELDEN</b> Fr. Mark Berland, MASS: 5:30 p.m., Saturday</p>	<p><b>CLAYTON UNITED METHODIST</b> Pastor: Larry Danforth Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> 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.</p>	
<p><b>OBERLIN SEVENTH-DAY ADVENTIST CHURCH</b> Jerry Nowack 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 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.</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>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b> Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. DRESDEN SUNDAY: Morning Worship, 9:30 a.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. WEDNESDAY: Ladies Home Bible Study, 9 a.m.</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 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.</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>ST. MARY'S CATHOLIC, HERNDON</b> Fr. Stephen Folorunso Phone 785-322-5560 MASS: SUNDAY and THURSDAY 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>HERNDON COVENANT CHURCH</b> Pastor: Keith Reuther Phone 785-322-5316 SUNDAY: Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Youth Group, 4 p.m.</p>		
<p><b>UNITED CHURCH OF OBERLIN</b> 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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p>			

### NOTICE OF SEALED BIDS

The Gove County Road Department is seeking sealed bids for one 1979 5600 Special Ford Tractor with a tiger side mount mower, hydraulic driven. We also have a 1970 1170 Case Tractor. To view the equipment contact David Mendenhall @ the Gove County Road Department, P.O. Box 156, 502 Broad Street, Gove, KS. 67736, 785-938-4450 or 785-673-9122. The sealed bids must be received by mail, or hand delivered by 4:00 p.m. central standard time on Feb. 19, 2010. Gove County reserves the right to accept or reject any or all bids.



**Paul's FUNERAL HOMES**  
A Trusted Name Since 1925.  
Phone:  
785-475-3127 — Oberlin  
785-386-4311 — Selden  
Derek Riner  
Rick and Dori Pauls

