

# WILSONVILLE

By VELMA HOLTZE

Six ladies from Pink Rose Camp No. 4665, namely Esther Zuehlksdorf, Marge Ridpath, Myrna Harper, Velda Hill, Marilyn Wolzen and their driver, Bud Walzen, went to Norcatour on Wednesday, Jan. 28, where they attended their camp activity which was a noon dinner and program. Everyone had a fun time.

In spite of the extra cold weather hovering near zero at night and in the 20s during the day sixteen people gathered at the Baptist-Christian Church for Bible study Wednesday evening. Anyone is welcome to this study.

Velda Hill and her daughter, Merna Harper of Indianola were Wilsonville visitors on Tuesday afternoon. Merna was doing lodge work with Nadeane Haag and Velda visited with Velma Holtze. You've heard about those lucky people. Velma Holtze's granddaughter, Caroline Simmons, of Holdrege was one of those. Her name was drawn in a Holdrege promotion sponsored by Holdrege businesses. Her name was drawn for the three-day skiing trip to Colorado with lodging, meals, and ski lift fees for two with \$200 in spending money.

Lillian Lemaster and her daughter, Pam Frecks, drove to Sidney early Saturday morning to the funeral services of her brother-in-law, Kenneth Bennett. Ken had made his home the past several years in Washington state to be near his only daughter, Kristi and her husband and her two sons. A number of his wife's, the late Delta Lang, relatives attended the services. Ken who was born in Iowa was the last of his family. Lillian

and Pam returned home that evening.

Kendal and Virginia Rice attended the funeral services for Roswell McComb on Wednesday. They returned home on Thursday.

This past weekend Austin Anderson of Elwood stayed the weekend with his two sets of Wilsonville grandparents, Ron and Dee Anderson and Delbert and Laurie Laws. He enjoyed his visit with both set of grandparents. Grandpa Delbert helped Austin build his soapbox derby car for Boy Scouts. Austin's parents enjoyed a quick and snowy trip to Colorado this past weekend.

### Obituary

Roswell Patterson McComb, 93, died Jan. 24, 2004, in Canon City. He was born Sept. 3, 1910, in Wilsonville to Ira and Martha (Brandt) McComb.

He married Gertrude Isabel Rice on Nov. 29, 1934, in Wilsonville. In 1958, the family moved to Canon City. He enjoyed his work as an egg rancher, and in later years working at the McComb Saw Mill. He enjoyed reading and spending time with his family.

He is survived by his sons, Tom (Judy) McComb of Canon City, Jerry (Marge) McComb of Cloquet, Minn., and Sam (Donna) McComb of Pueblo, Colo., ten grandchildren and numerous great grandchildren. He was preceded in death by his parents, wife, twin daughters, one grandson, one granddaughter and two sisters. Funeral services were held on Wednesday, Jan. 28 at the Seventh-day Adventist Church with burial at Mountain Vale Memorial Gardens at Canon City.

# NORTON MANOR

By DORIS MIZELL

One day last week a distant cousin, Margaret Magers (Toots) came to the Manor to visit Maxine Glee Cargill. We spent the afternoon checking a box of pictures. The names of the people pictured are on the front or back. The pictures are of the Lyle Church and surrounding community in 1872 and 1910. Toots took some of the pictures to add to the church's scrapbook. Anyone wanting to see the pictures will need to get in touch with Mrs. Cargill. A word of advice "Always write names of people on the back of the picture".

On Monday Jan. 19 Rena Garwood received word that her niece had died at the McCook hospital. Mrs. Garwood's son Tom and grandson John of Denver came on Wednesday to be with her. They visited the relatives in McCook on Thursday afternoon. Mary and Roger Vanover joined them that evening and they all went out for dinner. Tom and John went to McCook after taking Mrs. Garwood to breakfast and visited

other relatives.

Mrs. Garwood and Mary Vanover, Jake and Diedra attended the services on Saturday at the McCook United Methodist Church and in the afternoon they attended the graveside services at the cemetery in Norcatour. They all returned to Norton for dinner together and the men left the next morning for home.

Marie Wendel and Eva Wendel went to Hays Friday on a shopping trip. Doris Mizell accompanied Ray Mizell and Jacob to the band concert. Michelle Volgamore also rode with them.

Ray Mizell was a dinner guest of his mother, Doris Mizell, on Friday and then took her to do some shopping.

Friday afternoon 20 people attended the meeting at the Manor on Pain Management. The speaker was Robert Twillman, Ph.D. from the University of Kansas Medical Center. It was well worth a person's time to attend and find out what to do when pain does occur.

# Make your exercise program easy

Starting an exercise program is one thing. Sticking with it can be more difficult, but it doesn't have to be.

To exercise for health and fitness, it's not necessary to suit up and join a gym. Health promoting physical activity can be cumulative throughout the day. Some may already be part of your routine.

An early morning walk, choosing to use the stairs rather than the elevator at work, parking at the end of the block or parking lot, rather than in front of the store, or setting aside time for a walk or bike ride with family and friends qualify as moderate and healthful physical activity. Yard work, housework, and even toting groceries also can qualify as moderate physical activity.

But isn't huffing and puffing necessary to achieve health benefits from exercise? Not so. Try using the "Talk Test" to gauge activity levels. During moderate physical activity, such as a walk with a friend or a bike ride, it should be possible to still carry on a conversation yet feel like you are exerting yourself. Remember, use caution in beginning or expanding an exercise program.

One of the primary reasons that

exercise programs fail is that people dive in rather than starting slowly and building capacity. Start slowly, perhaps with a walk around the block. As self-confidence and energy build, extend the distance.

People who make physical activity part of their day usually report that they look and feel better, have more energy yet rest easier, and have less stress.

Regular physical activity can make it easier to manage weight. Health benefits include reduced risk from high blood pressure, disease, diabetes and arthritis.

Consult with a health care professional before beginning an exercise program.

If you have further questions relating to health and exercise, contact your local County Extension Office or you may e-mail me at [ttwatts@oznet.ksu.edu](mailto:ttwatts@oznet.ksu.edu).

Home ed  
**Tranda Watts,**  
Extension  
specialist



# +++++

# DIRECTORY OF CHURCH SERVICES

### NORTON FIRST UNITED METHODIST CHURCH

**Rev. Lew Van Der Wege,**  
Pastor  
804 W. Wilberforce, Norton  
SUNDAY — 8 a.m. Early Service  
9:30 a.m. Sunday School for all ages  
10:30 a.m. Worship Service  
2 p.m. Jr. UMYF  
7 p.m. Bridge Service  
WEDNESDAY — 7 p.m. Chancel Choir  
8:15 p.m. Bell Choir  
THURSDAY — 6 p.m. Bridge Band  
7 p.m. First Place

### EDMOND UNITED METHODIST CHURCH

**Rev. Lew Van Der Wege,**  
Pastor  
SUNDAY — 9 a.m. Worship Service

### TRINITY EPISCOPAL CHURCH

**Georgia Briery, Senior Warden**  
102 E. Waverly, Norton  
SUNDAY — 8 a.m. Christian Education  
9 a.m. Holy Eucharist, Celebrant Fr. Dennis Gilhousen; Lay Reader Don Johnson  
10:30 a.m. Coffee Hour Hosts, Don and Elaine Mann  
3-4 p.m. God's Pantry, Ron Briery

### COMMUNITY FULL GOSPEL CHURCH

**Pastor Terry Laughlin**  
e-mail: [laughlin@ruraltel.net](mailto:laughlin@ruraltel.net)  
313 W. Lincoln  
SATURDAY — 7 a.m. Men's Prayer at the church  
SUNDAY — 9:15 a.m. Christian Education  
10:30 a.m. Morning Worship  
6 p.m. Royal Rangers  
WEDNESDAY — 7 p.m. "Created For His Glory" Bible Study

### ST. FRANCIS OF ASSISI CATHOLIC CHURCH

**Father Vincent Thu Laing**  
877-2234  
[stfranci@ruraltel.net](mailto:stfranci@ruraltel.net)  
108 S. Wabash, Norton  
Mass Schedule  
Sunday 10:30 a.m.  
7 p.m. Communal Penance Service  
Monday 8 a.m.  
Wednesday 8 a.m.  
Sacrament of Reconciliation  
4 p.m. Saturday, 30 minutes before Mass or by appointment  
TUESDAY — 7 p.m. Bingo  
WEDNESDAY — 7 p.m. SYF (K-8)  
K of C Third Monday of Month  
7:30 p.m.

### NORTON MINISTERIAL ALLIANCE

Hospital chaplain, Monday through Sunday, Rostek  
Sunday Services, 2 p.m. Andbe Home; 3 p.m., Norton Manor, Mascarenas  
Ministerial Alliance to meet at noon on Feb. 19 at Town and Country Kitchen

### PRAIRIE VIEW REFORMED CHURCH

**Rev. Jeffrey Van Der Weele**  
410 Holland, Prairie View  
SUNDAY — 9:30 a.m. Morning Worship Services  
10:15 a.m. Sunday School for all ages  
7 p.m. Services at Luctor  
WEDNESDAY — Youth will host soup supper. All invited  
8 p.m. Easter Cantata practice

### LUCTOR CHRISTIAN REFORMED CHURCH

**2 miles east and 3 miles north of Prairie View**  
**Rev. Jeffrey Van der Weele**  
SUNDAY — 9:30 a.m. Sunday School and Choir practice  
10:30 a.m. Morning Worship Services  
7 p.m. Evening Service  
TUESDAY — 7 p.m. Long Term Care services in Phillipsburg  
WEDNESDAY — Youth Group will host soup supper at the Prairie View Reformed Church. Plan to attend.  
8 p.m. Easter Cantata practice will begin at the Prairie View Church



### REDEMERER LUTHERAN CHURCH

**Pastor Timm O. Meyer**  
e-mail: [timmmeyer@ruraltel.net](mailto:timmmeyer@ruraltel.net)  
805 W. Holme, Norton  
SATURDAY — 1 p.m. Evangelism Meeting  
2 p.m. Ladies Mission Society meeting  
SUNDAY — 9:05 a.m. "Goodness From the Good Shepherd" Radio Broadcast, KQNK 106.7 FM & 1530 AM  
10 a.m. Worship Service  
11:10 a.m. Sunday School  
11:10 a.m. Bible Study (Acts 19)  
MONDAY — 7:30 p.m. Church Council Meeting  
WEDNESDAY — 6:45 p.m. Choir practice  
7:30 p.m. Bible Study  
THURSDAY — 6:30 p.m. Confirmation Class at Alma  
7:45 p.m. Worship Service at Alma

### NORTON CHRISTIAN CHURCH

**Jeff Nielsen, Minister**  
**Mike Sander, Youth Minister**  
e-mail: [ncc@us36.net](mailto:ncc@us36.net)  
208 N. Kansas  
SATURDAY — Bible Bowl in Clay Center, Neb.  
SUNDAY — 8 a.m. Early Worship  
9:30 a.m. Sunday School  
10:40 a.m. Worship Service  
12 noon Fellowship dinner  
1 p.m. Board meeting  
4:30 p.m. "The Limit" Jr. and Sr. High Youth Group  
No Bible Bowl  
6:30 p.m. Sunday Night Live  
WEDNESDAY — 6:30 a.m. Men's Prayer Breakfast  
9 a.m. Prayer and Fellowship  
6 p.m. AWANA supper  
6:30 p.m. AWANA, Bible Bowl, Sr. High School Bible Study  
7 p.m. Upper Room Prayer Group  
THURSDAY — 2 p.m. Women's Council

### FIRST CHURCH OF GOD

**Pastor Terrill Worthington**  
1010 Churchill Dr.  
SUNDAY — 9:15 a.m. Time of Prayer (Adults)  
9:30 a.m. Time of Prayer (Children in kitchen)  
9:45 a.m. Sunday School  
10:45 a.m. Morning Worship  
6 p.m. Choir Practice  
7 p.m. Service  
WEDNESDAY — 6 p.m. 3-Dat Parsonage  
7 p.m. Family Nite  
8 p.m. Council Meeting

### IMMANUEL LUTHERAN CHURCH

**Rev. Rick Rostek**  
814 N. Second, Norton  
SUNDAY — 9 a.m. Sunday School, Bible Class  
10:30 a.m. Worship Service  
6:30 p.m. Bible Study (Shirk)  
MONDAY — 7 p.m. Church Council  
TUESDAY — 9:30 a.m. Circuit Pastors in Hoxie  
WEDNESDAY — 2 p.m. Andbe Home  
3:40 p.m. Midweek  
5:15 p.m. Choir  
7 p.m. Confirmation  
THURSDAY — 9:30 a.m. Bible Study (Deines)

### CONGREGATIONAL CHURCH, ALMENA

**Kirk Kasson, Pastor**  
e-mail: [cngo@ruraltel.net](mailto:cngo@ruraltel.net)  
SUNDAY — 8 a.m. Teacher Study  
9:30 a.m. Sunday School  
10:30 a.m. Church Services  
TUESDAY — 7:15 a.m. Teen Women

### LOGAN UNITED METHODIST CHURCH

**Shelly Cox**  
303 W. Church  
SUNDAY — 10:30 a.m. Sunday School  
9:15 a.m. Fifth Sunday song service  
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF  
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women  
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

### FIRST CHRISTIAN CHURCH OF LOGAN

**Pastor Troy Buss**  
SUNDAY — 9:30 a.m. Sunday School  
10:30 a.m. Church services  
WEDNESDAY — 7 p.m. Bible Study

### CLAYTON UNITED METHODIST CHURCH

**Kathy Aeillo**  
SUNDAY — 10 a.m. Worship Service  
11 a.m. Church School

### LENORA CHURCH OF GOD

SUNDAY — 10:30 a.m. Worship Service  
WEDNESDAY — 7 p.m. Bible Study

### FAITH LUTHERAN CHURCH

404 N. York Avenue, Oberlin  
SUNDAY — 9:30 a.m. Worship  
10:45 a.m. Fellowship and Educational Hour  
Holy Communion, first and third Sundays  
7:30 p.m. Congregation Council second Wednesday

### NORTON SEVENTH DAY ADVENTIST CHURCH

105 S. Case Street  
**Pastor Jim Nichols**  
SATURDAY SERVICES — 9:45 a.m. Church Services  
10:45 a.m. Sabbath School

### LONG ISLAND UNITED METHODIST CHURCH

**Shelly Cox**  
554 Washington  
SUNDAY — 10 a.m. Sunday School  
11 a.m. Morning Worship  
FIRST SUNDAY — 12 noon Fellowship Dinner  
1 p.m. Administrative Council Meeting  
FIRST WEDNESDAY — 2 p.m. United Methodist Women's Meeting in Fall, Winter and Spring

### NORTON FIRST BAPTIST CHURCH

**Pastor Charles Ross**  
112 S. Archer  
SUNDAY — 10 a.m. Sunday School  
11 a.m. Worship Service  
7 p.m. Evening Service  
TUESDAY — 7 p.m. Mid-Week Prayer Meeting and Bible Study

### LIVING HOPE FELLOWSHIP

One mile south of Norton at corner of PDRA road  
**Pastor Jerry Cummings**  
SUNDAY — 10 a.m. Worship and Praise Service  
7 p.m. Evening Worship and Praise Service  
WEDNESDAY — 7 p.m. Youth and Children's Programs  
7 p.m. Adult Home Bible Study  
THURSDAY — 7 p.m. Prayer Meeting

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Phillipsburg Branch  
**Noel Krouse, Bishop**  
620 7th Street  
SUNDAY — 10 a.m. Sacrament meeting  
11:15 a.m. Sunday School  
11:15 a.m. Primary  
12:05 a.m. Priesthood meeting  
12:05 a.m. Relief Society  
Visitors welcome.

### LOGAN UNITED METHODIST CHURCH

**Shelly Cox**  
303 W. Church  
SUNDAY — 10:30 a.m. Sunday School  
9:15 a.m. Fifth Sunday song service  
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF  
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women  
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

### UNITED PARISH OF LENORA

**Rev. Jack Kersenbrock**  
SUNDAY — 10 a.m. Sunday School  
11 a.m. Morning Worship

### LYLE UNITED METHODIST CHURCH

**Carol Woodmansee**  
SUNDAY — 8:00 a.m. Worship Service

### MAPLE GROVE CHURCH OF THE BRETHREN

9 miles west  
4 1/2 miles north of Norton  
**Pastor Leon Neher**  
SUNDAY — 10 a.m. Sunday School  
11 a.m. Worship Service  
4th Tuesday, Women's Fellowship  
3rd Sunday, Noon, carry-in dinner

### ST. JOSEPH CATHOLIC CHURCH, NEW ALMELO

**stjoseph@ruraltel.net**  
**Father Vincent Thu Laing**  
Pastoral Administrator, Stan Chapin  
Sunday 8:30 a.m. Mass  
Friday and Monday 8 a.m. Scripture Communion Service  
Weekday Mass Tuesday 8:30 a.m.

### ALMENA UNITED METHODIST CHURCH

**Pastor Kathy Aeillo**  
SUNDAY — 10 a.m. Sunday School  
11 a.m. Worship  
WEDNESDAY — 7 p.m. Bible Study in Fellowship Hall  
2ND SUNDAY — Noon Fellowship Dinner  
1:00 p.m. Administrative Board Meeting  
3RD THURSDAY — 1:30 p.m. United Methodist Women in Fellowship Hall

### HENDLEY/WILSONVILLE UNITED METHODIST CHURCHES

**Minister, Rev. R.L. Malchow**  
10 a.m. Sunday Worship Hour  
1st and 3rd Sundays, Hendley  
2nd and 4th Sundays, Wilsonville  
Coffee Fellowship after service  
3rd Thursday U.M.W.

### LIVING WORD BAPTIST CHURCH

308 West Crane  
**Interim Pastor Terry Laughlin**  
SUNDAY — 9 a.m. Morning Worship  
10:15 a.m. Sunday School  
6:30 p.m. Sunday Evening Service  
MONDAY — 7 p.m. TFC  
WEDNESDAY — Kids Klub after school to 5 p.m.  
THURSDAY — 7 p.m., Bible Study (Carol Harshbarger)  
7 p.m. Teens for Christ Ministry Team

### CHAPEL ON THE HILL

309 N. State, Norton, KS  
SATURDAY — 7 p.m. Special services and guest speakers

### WILSONVILLE UNITED BAPTIST CHRISTIAN CHURCH

**Minister, Keith Theobald**  
SUNDAY — 9:45 a.m. Sunday School  
11 a.m. Worship and Communion  
1st Thursday, B.C.W. 9 a.m.

### NORCATUR UNITED METHODIST CHURCH

**Kathy Aeillo**  
SUNDAY — 9 a.m. Worship Service  
10 a.m. Sunday School