

Norcatour News

By the Norcatour News Committee

Royal Neighbors will hold a matching funds benefit dinner at 12:30 p.m. on Sunday at the Norcatour City Hall dining room. Cost is \$6 per person, and proceeds will be used to defray operating expenses for *The Norcatour News*. Checks can be made payable to RNA Camp 1893 and mailed to Lora Arnold, HC 1 Box 118, Clayton, Kan., 67629.

Beth Johnson accompanied Cathy Claussen to Colby on Thursday, Sept. 16, and she spent the afternoon visiting Jo Benson at Prairie Senior Living Complex.

Melvin J. McIntire, Oberlin, died on Friday, Sept. 24. He was a very reliable and conscientious caretaker of the Norcatour Cemetery for the past 14 years. His wife, Patty, is a cousin of Bob Sawdon of Norcatour. Rea Magers underwent surgery at Hays Medical Center on Sept. 20 and is recuperating well at home.

Birthdays and anniversaries: Monty Hunt - Sept. 30; Kay Strevey - Oct. 1; Doug and Chris Dempewolf - Oct. 4.

On Sunday, Sept. 26, Vera Bishop, and LaVerne and Oran Milner accompanied Minnie Ruth Bailey and her niece, Mickey Kay, to Longmont, Colo., where they all attended services at St. Stephen's Episcopal Church. Minnie Ruth's son, Max, is the Rector of the church and gave the message.

BISHOP REUNION

Mr. and Mrs. Oran Milner attended the Bishop reunion at Conifer, Colo., on Saturday, Sept. 18. Families present were Vera Bishop and Bruce Bishop; LaVerne and Oran Milner; George and Wilma Bishop and his son, Wayne Bishop and family; Clyde Bishop's daugh-

ter, Cortney; Paul Bishop and Gene Bishop; Larry and Penny Bishop and daughters Teresa, Marcia and Cherie and families; Marvin and Clara Pullover and son, Cary, daughters Susan and Mickey Kay and families; Carolyn Grossnickle; Minnie Ruth Bailey and son, Max, and his daughter Lauren and friend. Hollie and Justin Ricke, Wendy and Loren Tien, Andover; and Trudi and John and daughter, Elisa, Platte City, Mo., came to attend the funeral of their grandmother, Leta Strevey.

ROYAL NEIGHBORS

On Saturday, Sept. 25, Estella Harold, Neoma Tacha, Beth Johnson, Lora Arnold and Joyce Price attended the Royal Neighbor Convention in Indianola, Neb., hosted by the Wilsonville Camp. There were 30 in attendance from Oberlin, Rexford, McCook, Norcatour and Wilsonville. Norcatour will host the convention in 2005.

Gerald and Judy Jackson went to Torrington, Wyo., on Sept. 17 to spend time with grandsons Shawn and Ken, and to help daughter Charlotte celebrate her 44th birthday. Their son Brian and Patty, and grandson Thad, were also weekend guests. The Jacksons had car trouble near Imperial, Neb., and Dallas Jackson brought them home.

Dallas Jackson was a Sept. 23 overnight guest of Gerald and Judy Jackson. Dallas and Gerald went to Rosebud, S.D., for a weekend horseshoe tournament. They placed third overall, and split a prize of \$500. Dallas also won \$100 for being the oldest person throwing at the tournament, and \$100 for driving the most miles. The downside was

they were beaten by a women's team, which took first place.

Guests of Lora Linn Lechlitter the weekend of Sept. 25 were Rodney and Lisa Lechlitter, Siebert, Colo., and granddaughter Laci Lechlitter, Topeka.

Dave and Patty Stapp, Kaitlyn and Sam, went to Iola on Friday, where the weekend was spent paint balling in Iola with Kortney Stapp and Jarred Piore.

Glenn Alexander left for the winter on Sept. 25. He will be staying with his daughter, Beverly and Barry Lintz. Mail will reach him at 110 N. Lake St., Syracuse, Ind., 46567.

Visitors from Sept. 22-25 at the home of Frank and Velda Ward home were Wava Reames, Kingfisher, Okla., and the new boarder she brought, "Miss Lady Jane", a calico kitten. Leslie and Lynn Ward joined them for cards on Friday evening.

Bob and Leona Schoenrad went Sept. 24 afternoon visitors of Virgil and Joyce Price.

The Norcatour Pre-school benefit soup supper was rescheduled and will be held from 5-7 p.m. on Sunday, in the All-purpose Room.

On Wednesday, Sept. 22, Lora Linn Lechlitter and Judy Jackson met at the home of Carolyn (Chambers) Allen home in Oberlin to see Sharon (Chambers) Temple of Sandpoint, Idaho. Lora and Judy had started to first grade together. The group later had lunch at the LandMark Inn in Oberlin. Joan Gaul, from Denver was also there.

Dorothy Breiner, Judy Jackson and Beth Sebaugh enjoyed the piano concert by Ronnie Cole at The Gateway.

Family meals are beneficial



Home Time

By Tranda Watts
Multi-county Extension Agent

Family life offers its share of joys and challenges. Some responsibilities, like feeding the family each day, can fall into both categories. Grocery shopping and meal preparation take time and energy.

Adults may be able to get by with skipping an occasional meal or eating a late dinner, but children have small stomachs. They need regular meals and supplemental snacks.

Eating a variety of foods is important for adults to maintain good health and have energy to make the most of each day, and more so for children. In addition to energy for their activities, they need essential vitamins and minerals for growth and development.

Knowing that doesn't make getting a meal on the table any easier. Here are some tips for families to simplify meal preparation:

- Simplify breakfast with a whole grain breakfast cereal, milk and juice.

- Toast and juice or less traditional choices, such as a sandwich or leftovers like a slice of cold pizza, also can make a good occasional breakfast. Pizza typically includes one or more grains in the crust, with tomatoes and other vegetables in the filling and cheese as a topping.

- Encourage children to participate. Teach them to wash hands before and after eating, how to set the table and help clean up the kitchen. Begin with age-appropriate tasks and allow children to grow in responsibility.

- Make it easy. If short on time in the morning, set out tableware the night before. Transfer milk and juice to smaller, easy-to-pour containers to reduce spills.

- To simplify lunch, vary bread and sandwich fillings. Try a wrap or quesadilla, which is much like a grilled cheese sandwich. Sandwiches and salads often can be made ahead and refrigerated until mealtime. Don't overlook soups that are easy, filling and usually nutritious. Many summer soups can be made ahead and served cold.

Others can be reheated quickly in the microwave.

- Use the grill, slow cooker and microwave to speed dinner preparation. Grilling meat and vegetables outdoors keeps the heat out of the kitchen on warm summer days. Consider placing larger slices or chunks of vegetables directly on the grill grid. Try using pouches of aluminum foil for smaller vegetables that might slip through.

A slow cooker may require a few minutes during early morning hours, but can make short work of getting dinner on the table in the evening.

Children who are familiar with electronics can use a microwave to reheat leftovers or prepare part of the meal.

- Combine prepared foods with those made at home. Choose a roasted chicken from the grocery

and serve with pre-cut vegetables and a salad. Cover and refrigerate leftover chicken and vegetables for salad the following day.

- Plan snacks to supplement energy between meals. Some suggestions might include fresh fruit; vegetables such as sliced carrots, celery, cucumbers or green peppers and dip; cheese, a glass of milk, yogurt, or pudding; or a smoothie combining milk or yogurt and fruit. Dry cereal can make a great snack, but measure portions rather than eating right out of the box.

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.

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Midway News

By Mary Lou Olson

Congratulations to Ashley Fink, daughter of Robert and Carol Fink of Wamego, whose 270-pound crossbred hog was chosen reserve grand champion market hog in the 346-head show at the Kansas Junior Livestock Show held in Wichita from Sept. 24-27. Her maternal grandparents are Gordon and Norma Anderson.

Genevieve Henningsen is recuperating satisfactorily after undergoing surgery at the Great Plains Regional Medical Center in North Platte, Neb., last Wednesday. Her daughter, Marsha Espensen, of Bingham Lake, Minn., and her son, Tony and Trish Henningsen, were with her for the surgery.

Covenant Women enjoyed a breakfast meeting on Saturday at the Herndon Covenant Church. Hostesses were Betty Hafer and Melinda Carlson, and Elma Lee Erickson presented the program.

Dolores Benda returned home last week after visiting her daughter, Maryanne and Dale Bishop, and family.

Sarah Olson of Manhattan spent the weekend with her parents, Mark and Barbara Olson, Kurt and Mary, and attended homecoming activities.

Jeremy Garretson visited friends on Sunday and attended services at the Herndon Covenant Church. He was en route from Chicago to Loveland, Colo., where he will be visiting his grandmother, Arlene Nugent. He is the son of Janet Garretson of Chicago and the late Tom Smith, a former pastor of the Herndon Covenant Church.

Patti Benda spent the weekend with her parents, Mr. and Mrs. Eugene Hadachek, at Belleville. Mrs. Hadachek is recuperating from hip surgery.

Mac and Jeri McPheeters of Colby were weekend guests of Dave and Sherry Bergling. On Saturday, the women attended Mini Sapa activities and toured the Last Indian Raid Museum. The men went turkey hunting and both got a turkey.

Ron Hoyt of Culbertson, Neb., was guest speaker at the Herndon Covenant Church. He was accompanied by his wife, Alanna.

Steve and Arian Arnold returned home Wednesday from McKinney, Texas, where they visited a week with her brother and his wife, Galen and Lynn Olson.

Mary Lou Olson met Gara Lee

Sprague of Arapahoe, Neb., for lunch in McCook on Wednesday.

'Green Tomatoes'

By Pastor Tom Smith of Lund Covenant Church

This year I planted four tomato plants with great expectation. Sure enough, little green tomatoes finally showed up. My joy knew no bounds. I patiently waited for them to ripen into bright red, luscious fruit of the vine.

Some did just that, but a larger number stayed green and refused to ripen. How disgusting and disappointing — tomatoes that want to stay green. They're good for nothing but frying. Fried green tomatoes (ugh!).

I thought of these tomatoes and how they reminded me of some people that I'd met over the years — people who refused to grow up, refused to take responsibility, refused to quit making excuses and refused to ripen into the kind of person

God intended them to be. Some were parents who acted more immature than their own children.

St. Paul really "laid it on the line" to a group of church folks in his day. He said, "you're acting like infants in relation to Christ, capable of nothing more than nursing at the breast. Well, then, I'll nurse you since you seem incapable of anything more. As long as you grab for what makes you feel good or makes you look important, are you really much different than a babe, content only when everything's going your way" (I Corinthians 3:1-3, The Message).

Let's move from the green tomato stage and into a mature person, gracing the world in which we live. It's our choice.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
The Rev. George Kochuvelikkakam, MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEVILLE
The Rev. George Kochuvelikkakam
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
The Rev. George Kochuvelikkakam
MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Jim Martin
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS
Glenn Krebs, pastor
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. Doug Hasty
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST
The Rev. Nolan and Barbara Pierce
SUNDAY: Morning Worship, 10 a.m.

UNITED CHURCH OF OBERLIN
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA
Rev. Barbara and/or Nolan Pierce
SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 7:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Bobby Cornelius
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

OBERLIN UNITED METHODIST
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.

CLAYTON UNITED METHODIST
Pastor: Kathy Aeillo
Almena
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. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 p.m.

OBERLIN CHURCH OF CHRIST
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 & down. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
The Rev. Damian Richards
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.

HERNDON COVENANT CHURCH
Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

NORCATOUR UNITED METHODIST
Pastor: Kathy Aeillo
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
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.

LUND COVENANT CHURCH
Pastor: Tom Smith
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. SATURDAY: Men's breakfast & Bible Study, 7 a.m.

ST. JOHN'S LUTHERAN CHURCH
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.

FAITH LUTHERAN CHURCH
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.

McGraw News

By Quincy Scott

On Wednesday, Sept. 29, Steve and Kathy Launchbaugh were supper guests of Edith Wasserman. Joining them were Bob and Betty Holste, Evansville Ind.; Herb Holste and Dorothy Lewis, Atwood; and Paul and Mary Ann Oelke, Hoxie.

Mr. and Mrs. George Launch-

baugh traveled to McCook to visit Gerald Sines on Friday.

On Saturday, Mike and Carol Metro visited at the George Launchbaugh home.

Dee and Norma Jean Lewis received a visit from Tracie, Pete, and Ted Lewis of Overland Park on Saturday afternoon.

Jennings News

By Laurie Long

Jacque McKenna, a senior at Fort Hays State University, is among 10 students who have been selected by the student body to serve on the 2004 Homecoming Court. She is a senior and is sponsored by McMIndes Hall Council. Her parents are Pat and Shelley McKenna of Jennings.

Final voting to select a king and queen will be held today and Thursday. Coronation will be at halftime of the Fort Hays-Fort Lewis College football game at 2 p.m. on Saturday at Lewis Field.

The Sunflower Senior Citizens carry-in potluck supper will be held at 6 p.m. next Tuesday. Bingo will be played after the meal. Bring a \$3 bingo prize and join us at the Senior Center.

Mr. and Mrs. Lawrence Jennings attended the Sandy Creek, Neb., high school football game Friday. Their granddaughter, Erin Musgrave, was crowned homecoming queen at half-time and their grandson, Ryan Musgrave, is a

member of the football team, which defeated Superior, Neb., 13-12. Their parents are Dale and Tammy Musgrave of Ong, Neb. Other grandparents attending were Mr. and Mrs. Lee Ploussard, Oberlin; and Mr. and Mrs. Dean Musgrave, Indianola, Neb.

Saturday evening card-playing winners for the month of September were Mary Votapka on Sept. 25; Alice Mizer, Sept. 18; and Vendla Tacha, Sept. 11 and 4.

Glenda Harris of Grand Junction, Colo., was a Wednesday overnight and Thursday guest of Lawrence and Lila Jennings. She was en route to Salina to attend her class reunion.

Matt Arata of Bonanza, Ore., visited at the Lawrence Jennings home on Tuesday.

They were joined by Brett Jennings for lunch at the Frontier Restaurant in Oberlin and visited with Joyce and Scott Carlton. He is the grandson of Clair and Betty Carlton of Keno, Ore.

These sponsors urge you to attend church regularly:

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