

Norcatatur News

By the Norcatatur News Committee

Sympathy is extended to the family of Francis R. Strayer, 90, of Norton, who died at the Andbe Home on Feb. 16. He was the son of Norman and Laura Elizabeth (Ward) Strayer, and was born Feb. 2, 1915, on the family farm north of Reager.

Survivors include a brother, Ralph and Evelyn Strayer, Atwood; a sister, Gladys Taylor, Salina; and a sister-in-law, Ruby Strayer, Norton. Funeral services were held Feb. 18 at Enfield Funeral Home in Norton with Jeff Nielsen officiating. Burial was at the Norton Cemetery.

There were 21 in attendance at Senior Citizens on Feb. 18. Winners were June Jolly, Margaret Magers and Marilou Long. The next meeting will be on Friday. The Royal Neighbors will entertain with a soup and pie supper beginning at 6 p.m. and cards will follow at 7 p.m. Harold Curran moved to Abilene to be close to family while he recuperates. His address is Sterling House #2, 1102 N. Vine, Abilene, Kan., 67410, and he may be reached by phone at (795) 263-7800.

Guests the weekend of Feb. 19-20 of Bob and Leona Schoenrad were their son, Ed Schoenrad, and his friend, Dana, Dacono, Colo.

Lee Eckhart was recently admitted to Decatur County Hospital in Oberlin.

Mark and Debby Ward were guests the weekend of Feb. 19-20 of their parents, Dorothy and Kenneth Ward. Grandsons K.J. and Brandon had school activities and were unable to come.

Bob Schoenrad is recovering from a recent bout with pneumonia.

Esther Miller entertained the Monday Bridge Club on Feb. 14. Winners were Alice Shirley, Merle Shirley and Beth Sebaugh, all of Oberlin. Guests were Mary Horney and Annette Miller of Oberlin.

Gerald and Judy Jackson sent greetings to everyone from Austin, Texas. They are looking forward to

the class reunion in May and have enjoyed fishing in San Benio and Rio Honda.

On Feb. 15, Marguerite Clark shared her Christmas roast at a carry-in dinner attended by Frank and Velda Ward, Wava Reames, and Leslie Ward.

Wava Reames was a guest for lunch of Bev (Ritter) Miller on Feb. 16. Bev's son, Rusty, joined them for the meal. On Thursday, Wava and Mary (O'Hare) Morris met with Sharon (Jackson) Schulze at her Rose-O-Sharon Bed and Breakfast to plan their 40th class reunion. .

CITIZENS ALLIANCE

The board of directors for the Norcatatur Citizens Alliance held their annual meeting on Feb. 17. Members present were Kristi Gallentine, Darren Wentz, Bob Strevey, and Dennis Leichter. The treasurer reported the Alliance had \$8,547.54 in assets as of Jan. 1. Total money disbursed in the calendar year 2004 was \$3,237. Total money received since start-up was \$76,307.

Cecelia Kotchwar and Don Hickert, McCook, visited at Rea and Dee Magers Sunday evening, Feb. 20. They are first cousins to Dee.

Rea Magers recently began his fourth week of radiation treatments at Hays. For variety's sake, he and Dee ride a bus that picks them up in Norton on Mondays and Thursdays. They also stay overnight sometimes, and drive other days. The treatments are 10-12 minutes long, and the session is to last nine weeks. Does anyone need a ride to Hays?

Jeff Magers and Joy Luota visited Rea and Dee Magers after all attended an auction at Norton on Feb. 19.

Virgil and Joyce Price spent Feb. 17 in McCook visiting her brother, Melvin and Carlotta Thielbar.

Birthdays and anniversaries: Gail and Denise Bailey - Feb. 23; Juanita Eckhart - Feb. 24; Mike Helm - Feb.

25; David Hare, Robert Schoenrad, Andrea Marshall - Feb. 26; Bill Nelson - Feb. 28.

Four Norcatatur Rural High School classmates: Velda (Fullerton) Ward, Dorothy (Dick) Ward, Norma (Sebaugh) Ward, and Pansy (Wiltfong) Price, met recently at the Ward home for a get-together. The women decided in high school that they would get together each year and they gathered on Feb. 11 for the 65th time.

Bill and Bee Nelson were visited by their children, Todd Nelson, Wichita, and Tara Nelson and friend, Anita Volskay, Independence, Mo., the weekend of Feb. 19-20. They all visited Lee Eckhart at the hospital in Oberlin on Sunday evening.

Momma Millie's will have their Easter dinner of glazed ham, mashed potatoes, sweet potatoes, corn, salad bar, rolls, dessert, and coffee or tea, on March 20. There will be karaoke on March 12, with homemade pizza for supper, and on St. Patrick's Day corned beef and cabbage will be served for lunch.

The Norcatatur Museum is collecting obituaries and memorial cards, as well as pictures of any events held here. Pictures, etc., can be scanned so you can have the originals back. Other town memorabilia would be welcome. An open house is planned for Memorial weekend.

Get healthier by exercising more



Home Time

By Tranda Watts
Multi-county Extension Agent

the season and watch the weather.

• If exercising alone, carry identification in case of accident or injury.

• Allow time to warm up. Before exercise, invest a few minutes in gentle stretching. Begin walking slowly, then pick up the pace.

• Watch where you're going. Keep an eye on the surface ahead of you and minimize distractions such as wearing headsets, which can make walkers and runners oblivious to the sounds around them or others who are exercising).

• Vary activities to exercise different muscles and improve flexibility. Boredom often is cited as a reason people lose interest.

• Allow time to cool down — slow down; inhale and exhale regularly, and repeat some gentle stretches at the end of exercise sessions.

• Keep the body hydrated. Drink six or more eight-ounce glasses of water daily, and drink more before

and after exercise. Drinking water during extended workouts is recommended as well; in fact, carrying a water bottle with you, either in a waist pack or water pouch, can be a good idea.

• Get plenty of rest. Accidents are more likely to occur when people are tired. It's important to let the body rest, rather than add undue stress. If illness like a cold or the flu is suspected, postpone exercise. When you resume, do so gradually.

While research about the health benefits of exercise is ongoing, results to date suggest that even little changes can produce significant results.

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.

'Tough Choices in Life'

By Rev. Rick Langness of St. John's Lutheran Church

I am faced with a dilemma. I have reached a point in life where I am losing my hair. Whether it is caused by my kids or pre-mature aging I don't know, but I look in the mirror and see my hair thinning with each passing day. The dilemma that faces me is, do I buy the hair treatment or not?

The treatment itself is not the problem. From all the advertising, it might just do what it promises. The problem is not in the product's performance, it's in the side effects.

It may cause sexual dysfunction. Of course, that in itself is not the problem. There is "the little blue pill" which promises to take care of that issue.

The problem lies in the fact that one of the side effects of the little blue pill is . . . hair loss. So the dilemma I face is this: Will it be worth it all in the end? Once I start down the path of trying to fix the problem of my hair loss, how many other pills and treatments will I have to take before this is all done? It seems a vicious circle.

We all face this same dilemma in one fashion or another. The loss of my hair is only one manifestation of the fact that we live in a world that is under a curse; the curse brought about through Adam's sin. You and I, by our own strength and will, cannot overcome this curse any more than I can will my hair to grow.

With each attempt to "fix it" by our own good works there comes a list of side effects that only adds to the problem. Each good work done by our own strength is nothing more than self-worship, which only increases the gap between us and God. Ultimately, if there is a cure for the curse it must come from beyond us.

Romans 6:23 says, "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord." The wages of my sin is the curse of death I now live under. My flesh is dying with each passing day. There is the realization that I am a sinner in need of a Savior, in need of Jesus Christ.

The good news of the Gospel is God has come to us and brought the gift of eternal life. From beyond this cursed world God came and brought the forgiveness of sins to you and me, cursed sinners that we are. God took on the form of human flesh and bore the weight of the world's sin so you and I might be partakers of God's forgiveness. This forgiveness He pours out upon us daily as the only cure to the sin we are infested with.

There is, of course, a side effect of this cure; life. It is not a possible side effect; it is a certain side effect. When God forgives sin and takes away the curse of death He imparts life. There is no getting around it.

The fullness of that life may not manifest itself in our physical bodies right now, but that does not negate the fact that life has been granted. We have life that can face the hurts and heartaches of the past and offer forgiveness. We have life that can face the troubles of the day and tackle them head on. We have life that can face tomorrow with hope.

When it comes down to it, I suppose the dilemma I face is not that big of a problem. What I need to do is accept the cursed state I am in, take my attention off myself and look to the one who is beyond me; the one who promises forgiveness and life.

After all, when my body is resurrected on that Last Day, I will have the perfect amount of hair. Thanks be to God!



Jennings News

By Louise Cressler

The Tuesday Study Club met Feb. 22 at the Broken Wheel for lunch with Neoma Tacha hostess and Kathy Nauer co-hostess. After lunch members went to the Jennings Czech Museum. A brief business meeting was held, then Bob and Neoma Tacha gave a tour of the museum.

Those attending were Naomi Carter, Ruth Chance, Rachel Carter, Wilma Mader, Joan McKenna, Helen Muirhead, Kathy Nauer, Jean Skubal, Helen Rhodes, Vendla Tacha and Neoma Tacha.

Sunflower Senior Citizens potluck supper will be held at 6 p.m. on Tuesday, March 8, in the Center. Mike and Vicki Bailey will give a musical program at about 7 p.m.

Janeil Dilling of Goodland visited her mother, Imogene Keenan, on Feb. 19 and 20.

Mr. and Mrs. Larry Mizer, Mrs. Mabel Berndt, and Mr. and Mrs. Phil Berndt of Monument were Friday visitors of Mrs. Myrtle Kropp of Colby.

Ann and Dick Graner, Bethany, Mo., and Allan Carter, Overland Park, spent the weekend with Rachel and William Carter. On Saturday, Julie and Kenneth Carter hosted a birthday celebration for William. Those attending were the Graners; Allen Carter; Jane and Jim Wahlmeier and Amanda, Phillipsburg; Josh Wahlmeier and daughters, Sammy and Evie, Hays; Mike and Joni Wahlmeier, Elli, Lateanna, Monty and T.J., Hays; Ann DuBois, Abby and Madison, Salina; Becky Carter and Stan Hartzog, Rachel and William.

Megan and Jess Carter and daughters, Clayton and Anna, joined the party in the evening.

William and Rachel Carter went to Oberlin Monday to meet their granddaughter, Rachel Carter, and her friend, Jessie Maxwell, of Kansas City for dinner. Jess and Megan Carter, Clayton and Anna joined them. Rachel and friend Jessie were on their way to Seattle to visit Missy Carter who is stationed at the naval base near Anacortes, Wash.

Jess and Megan Carter hosted a birthday party on Monday evening for their daughter, Anna. Those helping her celebrate were Norma and Max Ward, and Dave Ward, Clayton; Rachel and William Carter and Ken Carter of Jennings.

Morris and Irene Foster, Woodbury, Minn., came the weekend of Feb. 19 to visit his mother, Edith Foster, and help her celebrate her birthday.

The morning Koffee Klan at the Broken Wheel helped William Carter celebrate his birthday on Tuesday. On Wednesday, they celebrated Pat Foster's birthday.

Tuesday Study Club had lunch at the Broken Wheel on Feb. 15. The Lions Club will have supper and a meeting there Monday evening.

Brent and Brendan Jennings of Junction City were weekend visitors of Lawrence and Lila Jennings and Brett Jennings.

Frances Bader and Lila Jennings visited Sunday with Mildred Tacha, who is a patient in the Oberlin hospital.

Elwood Bailey is home and doing well and is free of back pain.

Mount Pleasant News

By Dianne Bremer

Sympathies go out to the family and friends of Joan Moore, who died Thursday. Funeral services were held Monday morning.

Kelly Olson and Kelsey Gallentine, sponsored by Decatur County Farm Bureau, attended Kansas Farm Bureau's Capitol Experience program Wednesday in Topeka. They joined youth from throughout the state, ate breakfast with the legislators, attended hearings in the House and Senate, and toured the Capitol building. The girls, accompanied by Jerry and Connie Olson, spent Tuesday night in Topeka and returned home Wednesday evening.

Ralph Unger attended the Kansas Workers Risk Cooperative for Counties committee and board meetings in Topeka on Thursday. He also enjoyed breakfast Thursday

morning with a former college roommate and friend, Norbert (Pete) Zander.

Stan and Deanie Moore, Conroe, Texas, are guests of Gaylord and Shirley Shields. They attended the funeral of Joan Moore on Monday and will spend a few days visiting family and friends.

Stan and Deanie Moore, Hildegard Euhus, Stuart Euhus, and Paul and Kelly Shields, Tyler, Cassidy, and Caitlin, were Sunday dinner guests of Gaylord and Shirley Shields to help Gaylord celebrate his birthday.

Dianne Bremer attended a baby shower Saturday afternoon for Emily Williams and Sophie at the Oberlin Golden Age Center.

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

IMMACULATE CONCEPTION CATHOLIC, LEVILLIE
The Rev. George Kochuvellikkakam
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
The Rev. George Kochuvellikkakam
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
SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir 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.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
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.

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.

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

LYLE UNITED METHODIST
Carol Woodmaneee, 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.

These sponsors urge you to attend church regularly:

Herndon Insurance Agency

Ron Beims, Agent
785-322-5331
9 a.m.-5 p.m. Mon.-Fri.

Fair Chiropractic Clinic

"For Better Health Naturally"
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