

# Norcatatur News

By the Norcatatur News Committee

Donna Vick writes that her recovery is going well.

On Saturday, Jeff and Joy Magers brought pizza to the Rea and Dee Magers home. They had a nice visit and a good game of Scrabble. Earlier in the week Dee saw a rare albino (white) bird at the bird feeder and Joy brought over an article about them. Albinism affects only one percent of all birds.

The next issue of *Norcatatur News* will be printed on Tuesday, Jan. 3. Wayne and Norma McCallister were Dec. 10 supper guests of Bee Nelson for cornbread, ham and beans.

Lora Lynn Leichter's new address is c/o Behive, 410 Main, Stratton, Colo., 80836. Her phone number is (719) 350-0879.

Dennis Shirley is in the Good Samaritan Hospital, in intensive care with pneumonia. Mail may be

sent to the hospital, 31st and Central Ave., Kearney, Neb., 68847.

Tamara (Sebaugh) Bunney is in the Via Christi Regional Medical Center, St. Francis Campus ICU, room 12, 929 N. St. Francis, Wichita, Kan., 67214.

Birthdays and anniversaries: Bryndon Wentz - Dec. 16; Justine Miller - Dec. 17; Ben Wuest - Dec. 18; Tom and Betsy Jakowski - Dec. 19.

Beth Johnson and Cathy Clausen were breakfast guests of Mr. and Mrs. Ronald Molzahn of rural Naponee, Neb., on Dec. 9.

## ROYAL NEIGHBORS

The Norcatatur Royal Neighbors were invited to a Christmas dinner by the Oberlin camp, held at the Gateway in Oberlin on Dec. 10. Members attending were Estella Harold, Lee and Lora Arnold, and Bill and Dorothy Woods. Estella, Lee and Dorothy received door

prizes. Jim and Carolyn Plotts gave an interesting talk on their Mexico mission trip.

Sunday after church, Bee Nelson, Marguerite Clark, Lula Hix and Dorothy Ward went to McCook for dinner and some shopping.

Gerald and Judy Jackson reported in from Austin, Texas, where they are still working. The weather there is like Kansas weather, they said, being very cold with icy roads which is pretty unusual for Austin. John and Carol New are keeping them company for a while, and they are all enjoying domino games and sightseeing. They wish all a Merry Christmas and look forward to seeing everyone in the spring.

Carl Lyon, Mark Bailey, Doug Dempewolf, and Stan Miller and others were a big help removing snowdrifts from the town streets after the blizzard.

# Winter food olympics popular



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Starting with Halloween in October through Super Bowl Sunday in January, there's one eating event after another. If there were an Olympics for eating, this would be it.

Studies suggest that most Americans probably gain about a pound during the winter holiday season, but the extra weight accumulates through the years and may be a major contributor to obesity later in life.

The games begin with the "Halloween Candy Kickoff." Candy collected by the kids, candy unloaded at the office, candy stockpiled from last year ... in this kickoff you have to be careful or it could be pounds, not yards, gained.

Following Halloween is the "Thanksgiving Gobble." Though many of us have stopped stuffing our turkeys, we're still stuffing ourselves.

Next is the "December Decathlon," a series of holiday gatherings where we get together with our friends over more food! Try this, try that, our munching friends encourage, and suddenly, we're caught in trying times.

Then the "New Year's Celebration Challenge," lasting until midnight or later, provides ample opportunity to munch too much.

The Winter Food Olympics end with the "Super Bowl Bonanza." The field is filled with food and refreshments.

Who wins the Winter Food Olympics? Those who maintain their weight! Start training now so these eating events don't weigh you down. Here are seven strategies for success:

• **Have a game plan.** When ap-

proaching an obstacle course full of fat and calories, plan your strategies in advance. Equip yourself - bring lower-calorie drinks or munchies. Avoid weight penalties by choosing smaller portions. Position yourself away from pastries and heaping platters. Concentrate on conversing, not crunching cookies.

• **Choose events carefully.** Ask "How does it rate?" before you put it on your plate. The food events where you can score the most points (and fewest calories) include lots of fruits, vegetables and low-fat, low-sugar goodies! With a good game plan, you can include a few traditional offerings such as Aunt Ruth's raisin cream pie and Grandma's fruitcake.

• **Get in condition.** Lift a weight - other than your own - or take a walk to help your waistline. The earlier you start an exercise program, the greater the benefits. Exercise and added muscle boost your metabolism. That helps burn holiday calories.

• **Find a trainer.** Prepare for the Winter Food Olympics by learning new techniques. Check your library or favorite Internet food sites for lower-calorie versions of holiday foods.

• **Practice pre-competition eating.** Eat a light snack before the

event begins. Take the edge off your appetite to avoid eating too much later on. Resist overloading on calories earlier in the day. Keep a few calories in reserve so you can enjoy goodies without guilt.

• **Pace yourself.** Alternate between higher and lower-calorie foods. Bypass second helpings or take half as much the first time through. Avoid spending too much time at the dessert table. Finally, mingle more than you munch.

• **Enjoy the closing ceremony.** As you weigh in at the finish line, rejoice in clearing the holiday hurdles. Congratulate yourself on successfully completing the Winter Food Olympics. Take a bow!

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.

Internet tonight!  
Call 475-2206

# Jennings News

By Louise Cressler

Jennings United Methodist Church will hold Christmas Eve services at 4 p.m. on Saturday. There will be no services Christmas morning.

A large crowd attended the "Seniors" Christmas supper Tuesday evening. We thank Merle Snyder for catering the meal.

Those attending were: Jim and Wilma Mader, William and Rachel Carter, Ruth and Merl Chance, Kenny and Violet Krizek, Alice and Larry Mizer, Marguerite and Elmo Bailey, Dona and Eugene Mrstik, Larry and Glenda Johnson, Stan and Ramona Shaw, Ray and Virginia LaRue, Bob and Neoma Tacha, Keith Muirhead, Arch Harman, Vendla Tacha, Eleanor Morel, Imogene Keenan, Alice and Wilfred Wagoner, June Vavroch, Agnes Wahlmeier, Mary Votapka, Jay Kump and Louise Cressler. Plates were taken to the homes of Emma Sanford, Edith Foster, Pat Hall and Violet Foster.

Members of the Tuesday Study Club met at the Jennings United Methodist Church for the Dec. 13 meeting. A salad and dessert luncheon was held at noon. Roll call was answered by Ruth Chance, Wilma Mader, Joan McKenna, Kathy Nauer, Rachel Carter, Naomi Carter, Helen Rhodes, Mildred Tacha, Vendla Tacha and Lynn Tacha. Kay Brown was a guest. Megan Carter, Oberlin, gave a Creative Memories program in the afternoon by having the group make a photo sharing card.

Elliott Gillespie, Marion, visited last Sunday afternoon and spent the

night at the home of his grandparents, Stan and Ramona Shaw. He was en route home from Denver.

When leaving the school board meeting Monday evening, Dec. 12, Lila Jennings slipped and fell on the steps on the north side of the schoolhouse. She broke a bone and cracked another at her ankle. A cast was put on it which she will have to wear for seven weeks.

Tony LaRue returned home from the Oberlin hospital on Friday.

Laverne Shields, Almena, but formerly of Jennings, fell several weeks ago at her home breaking her hip. She is now in a swing bed at the Norton hospital.

Jennings Housing Board Authority met Thursday evening for their annual and regular meeting. Stan Shaw, Betty Cressler, Helen Rhodes, Alice Wagoner and Louise Cressler, board members; and Darlene LaRue, bookkeeper, attended. There have been several hunters renting the apartments the past month. We appreciate donated furniture for the apartments. Alice Wagoner's term on the board has expired. The board voted to have her serve another four-year term pending approval by the city council. Fruit plates were delivered to our three residents following the meeting.

Mom's Li'l Market will have a Christmas open house from 10 a.m. to 4 p.m. today (Wednesday). Cookies and apple cider will be served. Drawing for the large Christmas stocking also will take place. The store will be open until noon on Saturday, Dec. 24 and Dec.

31, but no noon meal will be served. Jennings city water meters will be read on Dec. 23. If you have an inside meter in your home, please post reading on your front door.

Funeral services were held on Wednesday morning at Olliff-Boeve Memorial Chapel in Phillipsburg for Meredith "Bud" Forell, 74, of Phillipsburg, who died Dec. 10. He was born on Feb. 11, 1931, in Jennings. Survivors include his wife, Artyce, of the home; two sons; four daughters; a sister, Marian Chestnutt; 12 grandchildren; and seven great-grandchildren.

# 'Discover the Light of Christmas'

By Rev. Heidi M. Weibe, Evangelical Covenant Church of Oberlin

One of the most wonderful and unexpected images from the book "The Lion, the Witch and the Wardrobe" is a lamp post that guides the children into Narnia and then guides them back into their world when it is time to leave. It is rather an interesting image, a gas street lamp straight from the streets of London, growing up out of the ground in the forest of Narnia.

In the first chapter of the gospel of John, we also read about a light, one that burns day and night, bringing light into our dark world. This light does not come from a lamp post, this light is the Word, Jesus.

John says, "In the beginning was the Word, and the Word was with God, and the Word was God: What has come into being in him was life, and that life was the light of all people. The light shines in darkness, and the darkness did not overcome it" (John 1:1-5).

In the inky blackness of the beginning of everything, John says, the light of the Word broke forth - separating light from darkness. That is what we celebrate during the season of Advent; how Jesus the Word broke into human time and brought light

into our darkness. We live in such a dark world, full of wars, hunger, poverty, illness, and broken relationships, a world that seems to be without hope, where not even the light and life of Christmas can penetrate.

The world that C.S. Lewis creates in Narnia is a world where it is "always Winter, but never Christmas." In these last few weeks, we've had a taste of what that is like. Winter is often a dark time with cloudy days, shortened daytime hours, and it is not much of a stretch to equate the dark and drabness of winter with evil. Certainly our world would be like Narnia, winter and never Christmas, if Jesus had not come and brought light into our dark world.

Like John, the prophet Isaiah also spoke about light, "The people who walked in darkness have seen a great light ... those who lived in a land of deep darkness ... on them light has shined."

Both Isaiah and John remind us that no matter how dark our world, we are not to lose hope, for a light has come to banish our darkness and provide much needed hope in a world where it seems as if it is always winter and never Christmas.

The light that has shone in our darkness, is the life born in Bethlehem, Jesus the Word.



# Midway News

By Mary Lou Olson

Sympathy is extended to the family of Gordon Anderson, 79, who died Dec. 14 at the Decatur County Hospital. He was a native of this community and the son of the late Carl and Olga (Olson) Anderson. Funeral services were held Monday morning at Pauls Funeral Home in Oberlin with Pastor Keith Reuther officiating. Burial was at the Oberlin Cemetery.

Survivors include his wife, Norma, Oberlin; a daughter, Dr. Carol and Robert Fink and family, Wamego; a son, Lynn Anderson, Austin, Texas; a daughter-in-law, Gayle Anderson, and family, Oberlin; a brother, Elden and Detta Anderson, Oberlin; a sister, Gertrude Myers, Mansfield, Ohio; and two aunts, Edla Olson, Oberlin, and Goldie Anderson, Caldwell, Idaho.

Congratulations to Dick and Donna Kelley, who were honored

with an open house on Saturday at The Gateway in Oberlin in observance of their golden wedding anniversary. All of their immediate family were here for the occasion. They include: Kevin and Debbie Kelley and Seth, Topeka; Nate and Jamie Kelley and Payton, San Diego, Calif.; Dr. Kirk Kelley, Davenport, Iowa; and Sheldon and Brenda Kelley, Kendra and Jessica, Frederick, Colo.

A Christmas Eve service will begin at 11 p.m. on Saturday at the Herndon Covenant Church.

Dave and Sherry Bergling and his parents, Quentin and Olive Bergling, attended funeral services on Saturday for Robert Miller at Brantley Funeral Home in Atwood. That evening Jason Bergling of Denver, and Alicia Bergling were supper guests at the Dave Bergling home to honor Jason on his 24th birthday.

# Schedule of Oberlin and area church services:

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| <p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b><br/>785-475-3103<br/>The Rev. George Kochuvelikkakam,<br/>MASS: 10:30 a.m., Sunday</p> <p><b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b><br/>The Rev. George Kochuvelikkakam<br/>MASS: 8 a.m., Sunday.</p> <p><b>SACRED HEART CATHOLIC, SELDEN</b><br/>The Rev. George Kochuvelikkakam<br/>MASS: 5:30 p.m., Saturday</p> <p><b>OBERLIN SEVENTH-DAY ADVENTIST CHURCH</b><br/>Jim Martin<br/>120 South East, Oberlin<br/>SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p> <p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS</b><br/>Carrie Buhler, pastor<br/>SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.</p> <p><b>DRESDEN</b><br/>SUNDAY: Morning Worship, 9:30 a.m.</p> <p><b>PRAIRIE CHAPEL UNITED METHODIST</b><br/>The Rev. Doug Hasty<br/>SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b><br/>Pastor: Dennis Brown<br/>SUNDAY: Morning Worship, 9 a.m.</p> | <p><b>UNITED CHURCH OF OBERLIN</b><br/>109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA<br/>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.</p> <p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b><br/>Pastor: Bobby Cornelius<br/>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>OBERLIN UNITED METHODIST</b><br/>102 North Cass — 785-475-3067<br/>The Rev. Doug Hasty<br/>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>CLAYTON UNITED METHODIST</b><br/>Pastor: Kathy Aeillo<br/>Almena<br/>SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p><b>OBERLIN ASSEMBLY OF GOD</b><br/>The Rev. Royce Leitner<br/>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>OBERLIN CHURCH OF CHRIST</b><br/>South Beaver Street - Oberlin<br/>Bill Duncan — Phone 785-475-3259<br/>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>ST. MARY'S CATHOLIC, HERNDON</b><br/>The Rev. Damian Richards<br/>Phone 785-322-5560<br/>MASS: SUNDAY, 8 a.m.</p> <p><b>HERNDON COVENANT CHURCH</b><br/>Keith Reuther, Pastor<br/>Phone 785-322-5316<br/>SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.</p> <p><b>NORCATATUR UNITED METHODIST</b><br/>Pastor: Kathy Aeillo<br/>Almena<br/>SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> <p><b>LYLE UNITED METHODIST</b><br/>Carol Woodmanee, Almena<br/>Lyle Lay Speaker<br/>SUNDAY: Morning Worship 8 a.m.</p> <p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b><br/>The Rev. Heidi Wiebe<br/>810 West Cedar, Oberlin<br/>Office Phone 785-475-2769<br/>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> | <p><b>LUND COVENANT CHURCH</b><br/>Pastor: Doug Mason<br/>10 miles south, 4 miles west of Oberlin<br/>SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. ; WEDNESDAY: Bible Study and prayer, 7:30 p.m.</p> <p><b>ST. JOHN'S LUTHERAN CHURCH</b><br/>510 North Wilson<br/>Pastor: Rev. Rick Langness<br/>Secretary: Norma Unger<br/>785-475-2333<br/>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>FAITH LUTHERAN CHURCH</b><br/>404 North York Avenue<br/>Oberlin, Kansas<br/>Pastor Charlotte Strecker-Baseler<br/>Church Office Phone: 785-475-2053<br/>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> |
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# Holiday Dance



Free admission  
**Friday, Dec 23**  
9 p.m. to 1 a.m.  
**Mobile Music Express**  
American Legion  
Oberlin, Kansas  
*\*Absolutely no minors allowed*  
Make plans to attend the New Year's Mash at the Legion



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