

## 3,000 die yearly from choking



### Home Time

By **Tranda Watts**  
Multi-county Extension Agent

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 for more information.

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124 South Penn, Oberlin, Kansas  
785-475-2296

The Norcatour United Methodist Church will have a pancake, egg and sausage supper from 5 to 7 p.m. on Saturday at the Educational Building. Freewill donations will be accepted.

Congratulations to Denton Bailey, Aaron Helm and Lance Roe for making it to State wrestling in Hays. Lance also was named co-winner of the Regional Wrestler of the Year Award, along with Tyler Baker of Hoxie.

Royal Neighbors of Norcatour is sponsoring a whole hog roast fund raiser for the Jim and Teresa Arnold family on Saturday, March 18, at the Norcatour School cafeteria. Serving will begin at 5:30 p.m. A covered dish would be appreciated.

Proceeds will go to help with expenses incurred due to Jim's recent bout with leukemia. The fund raiser is by donation only. Please make checks payable to Royal Neighbors of America. If you are unable to attend and would like to make a donation, please mail checks to Lora Arnold, Route 1, Box 119, Clayton, Kan., 67629.

Chance Harman rode in the Professional Rough Stock Bull and Bronc Rodeo at McCook on Feb. 24 and 25, in the saddle bronc division. There were 11 riders. On Friday night he came off early (in other words, he got bucked off), but Saturday night he took the saddle bronc with a great ride and won with a score of 83.

Both nights of the rodeo lots of Chance's friends, family and classmates were there to cheer him on. He doesn't usually ride this close to home. Among those attending were Jerry and Lisa Rhodes, Frank and Susan Hillebrand, Dave, Patty and Sam Stapp, Bee Nelson, Marguerite Clark, Wava Reames, Ron, Renee and Scott Harman, Bobbie, Blake, Keegan and Blaine Shuler, and Bob and Anita Montgomery.

Congratulations to Melinda J. Dempewolf, daughter of Doug and Chris Dempewolf, for her enlistment into the Army National Guard. M.J. will leave on July 5 for basic training in South Carolina. After basic training she will do her Advanced Individual Training in Virginia.

Veda Wood enjoyed seeing the Stockton band perform at the Norton music contest on Feb. 22. Her grandson, Toby Wood, was con-

ductor.

Sunday afternoon, Feb. 26, visitors of Virgil and Joyce Price were Kenneth and Pansy Price. In the evening Virgil and Joyce Price visited Bob and Leona Schoenrad to wish Bob a "Happy birthday."

Frank Ward was transferred to the Oberlin hospital on Feb. 22. Velda is in Cedar Living Center so they can see each other often.

Dean Van Gundy, Norcatour Rural High School Class of 1941, sends greetings from the home of his son, Bob and Lisa Van Gundy in Lexington, S.C. He is looking forward to visiting with his great-granddaughter, Caitlyn Faith Lewis, born Sept. 27, 2005, in De Barry, Fla.

Teresa Wood's daughter, Mary Zimmerman, and her daughters, Samantha and Xandria, stayed with Teresa and Dwight Wood from Feb. 15-17 to help Teresa after her carpal tunnel surgery. They visited Veda and Dennis Wood en route to their home in Westmoreland. Dwight and Teresa Wood also visited.

Birthdays: Lucas Bailey - March 2; Gene Gallentine - March 5; Lance Roe, Galen Wentz - March 7.

Justine Miller of El Dorado visited her parents, Mr. and Mrs. Stan Miller on Feb. 25 and 26. They all went to McCook on Saturday night for supper and to visit Mr. and Mrs. Rod Spencer of Culbertson. Bev Morris, Hoxie, was a guest of the Stan Millers on Sunday, Feb. 26.

Recent guests of Esther Miller were Carol and Justine Miller and Bev Morris.

After several medical trips to Salina, Hays and Norton this past month, Rea Magers is feeling better. Rea and Dee attended the funeral of Joy Huff on Feb. 22 at New Almelo. His wife, Hilaria, and Dee are cousins.

Dorothy Ward received word that Mark Ward has been promoted to senior vice president at First National Bank of Hugo, Colo. Congratulations!

Beth Irvin, 77, died Jan. 14, 2006, in Vista, Calif. She was born Dec. 24, 1028, in Norcatour, the daughter of Ed and Zora Temple. Survivors include her husband, Bryce Irvin, Vista; a son, Scott and Susie Prestie, Oceanside, Calif.; two sisters, Nila Winchell, Dayton, Ohio; and Kay and Jack Fruen,

Mesa, Ariz. and three grandsons. A private memorial was planned. Memorials were established to the American Cancer Society, P.O. Box 22718, Oklahoma City, Okla., 73123-1718.

**MUSEUM TIDBITS**  
Nadine Barker sent some obituaries and a donation to the museum. Merle Ankenman Davis donated calendars and calendar pictures from former Norcatour businesses A.L. Hare, and Kious & Hare, and a J. Frewen & Sons calendar from 1915. Dee Magers donated a frame for one of the calendar pictures. Annie Jochums has given information on the Jörn family.

We are looking to fill in missing baccalaureate and commencement programs from 1930, 1936, 1937 and anything after 1938. These will be placed in a scrapbook. The museum would also appreciate any school programs from Christmas performances, school plays, etc.

You can check out all the new items when the museum opens on April 1. Hours will be Monday through Friday, 8 a.m. to 12 noon. Mailing address is Norcatour Museum, Box 89, Norcatour, Kan., 67653.

Doug, Chris, Sharee and M.J. Dempewolf attended the art show at the Good Samaritan Center in Oberlin. M.J. entered several art pieces, and received two first-place, two second-place, and a third-place ribbon.

According to the American Red Cross more than 3,000 people die from choking every year. When an airway is blocked for more than four minutes, brain damage or death can result. In children under a year old, it is the most common cause of unintentional injury-related death. Many of these tragic events involve food.

According to the National SAFE KIDS Campaign, the majority of childhood choking instances are due to food. Small, round pieces of food such as hot dogs, popcorn, candy, nuts, carrots and grapes are most common. Of the 168 children under age 14 who died because of choking in 2002, 42 percent of these deaths were food-related. So what can be done to help prevent these tragic deaths?

Education is important. Every ounce of prevention expended can save a life. Here are some important tips:

- Have small children sit in high chairs while eating to reduce activity.
- Help the child slow down while eating.
- Feed infants soft foods that are easy to chew or don't need to be chewed.
- Cut foods like hot dogs and carrots into small pieces.
- Always supervise children while eating.

The best thing a parent or caregiver can do is learn cardiopulmo-

## 'A Revelation of Deadly Sins'

By the Rev. Rick Langness, St. John's Lutheran Church

There are Seven Deadly Sins, though these are not the ones most often labeled; pride, envy, gluttony, lust, anger, greed, and slothfulness. There is forgiveness for any and all of these sins, for their condemnation was put upon Jesus Christ on the cross and therefore the truth of their forgiveness is only a confession away.

No, the true Seven Deadly Sins are the sins against the Holy Spirit which lead us down a path where the ultimate conclusion is death, even for those who once were given forgiveness in Christ.

The Seven Deadly Sins about which I speak are found in the book of Revelation and are expressed in the seven letters to the seven churches. These letters are written as a way to prepare the reader for the message to follow; the message of God's redeeming mercy and grace from the Garden of Eden to eternity. But before the reader can grasp the understanding of the saving grace of God, he or she must be open to what the Spirit says; and that begins with the letter to the church in Ephesus. It is here where we find the first deadly sin.

"Yet I hold this against you: you have forsaken your first love. Remember the height from which you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place." (Revelation 2:4-5 NIV)

The first deadly sin, the first blasphemy of the

Holy Spirit, is to forget just how far we have fallen and thereby forget the love of the One who loved us first. Forsaking our first love is not a failure to love God, as if we by ourselves could love God, but it is a failure to hear what the Spirit says and thus remember what God's love for us has done. It is a failure to remember the power of God's forgiveness and the depth to which it has plunged to find us and restore us back into his good favor.

Once we begin to neglect and forsake the forgiveness of God we begin a journey that can lead us to the point where we simply don't care if we are forgiven or not. And that leaves us with only death and condemnation. God removes the lampstand for we have rejected its light.

The journey back from this path is not to somehow purpose to love God more. Instead, it is found in doing the things you did at first and that is simply acknowledging your sin and through the power of the Holy Spirit believing the words God proclaims to you: "Child, your sins are forgiven." This is all you need do and this is the beauty of the Lenten season as it helps us to remember the height from which we have fallen.

May these days of Lent bring you to the full understanding of the depths your death by sin so that you may once again remember the heights of the life given to you in the resurrection of the One who truly is your First Love.



## Selden News

By Jacque Boultinghouse

Birthdays and anniversaries: March 2 - Melvin Spreser, Caleb Koerperich; March 3 - Robert Ritter; March 4 - Rodney Johnson; March 5 - Bernadine Spreser; March 6 - Sheila Ritter, Jennifer Eatherly; March 7 - Bud and Tret Rogers; March 9 - Evelyn Brainard; March 10 - Lindsey Carman, Debbie Koerperich, Joe Zadow, Raymond Zadow; March 11 - Everett Shuler, Lois Neff; March 12 - Joe Kruse; March 13 - Elaine Koerperich, Jami Shaw; March 14 - Cole Wachendorfer; March 15 - Levi Rogers, Linda Shuler.

On Feb. 23 at Senior Citizens Shirley Emigh won high, Jeanie

Spreser took second, Carol Shaw got low and Cecelia Ottley had the most kings. Other members present included Lola Cook, Betty James, Julie Pope, Gail Mumm, Ann Hazlitt, Leone Porsch, Paulie Neff and Edna Schiltz.

On March 2 at Senior Citizens Cecelia Ottley won high, Carol Shaw took second, Jeanie Spreser got low and Edna Schiltz had the most queens. Other members present included Lola Cook, Leone Porsch, Betty James and Shirley Emigh.

Weather spotters meeting will be held at 7 p.m. on March 21 at the Bowen Scout House in Hoxie.

## Mount Pleasant News

By Dianne Bremer

Rory Wendelin placed second in finals in her humorous solo at the Ellis speech meet on Saturday and is now qualified to attend State Speech competition in May. Oberlin placed second as a team.

Kristen Bremer and Craig Staff, Amarillo, Texas, were weekend guests of the John Bremer family, arriving Friday afternoon and returning home on Monday. Family and friends attended a birthday

party at the Bremer home Saturday evening to help John celebrate his 60th birthday.

Jay and Maryllin Locy, Norcatour, were Sunday afternoon guests of Don and Ann Mines.

Isaac Shaw, Topeka; Richard and Anna Shaw and Jennifer, and Joel Shaw and Dante were Sunday noon dinner guests of Ralph and Violet Shaw.

## Lyle News

By Deanna Sumner

The Lyle ladies sewed on Monday.

Kathy Van Meter went to Logan to have lunch with her brother and sister-in-law, Keith and Karen Hilburn, on Wednesday.

Toots Magers and Kathy Van Meter had dinner Thursday with Helen Helm in Cambridge, Neb.

On Friday, June Jolly, Toots Magers and Kathy Van Meter played cards in Norcatour and were treated to a soup and pie dinner and also prizes from the Royal Neigh-

bors.

Toots Magers had dinner with Richard and Jane Engelhardt, Charlie and Judy Easton, Mike and Pam Hornung and Tyler in Norton Saturday.

Sunday was the potluck luncheon at Lyle. There were 20 guests. That evening June Jolly and Toots Magers played in the pitch tournament in Norton.

Earnest Huff is home and doing well!

## 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, LEVILLIE**  
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**  
Carrie Buhler, 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**  
Pastor: Dennis Brown  
SUNDAY: Morning Worship, 9 a.m.

**UNITED CHURCH OF OBERLIN**  
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA  
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 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. 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: 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.

**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. Foundations Bible Class, Thursday, 7-9 p.m.

**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.

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