

Norcatur News

By the Norcatur News Committee

Guests of Oran and LaVerne Milner on June 20, for lunch at the Cardinal Bar and Grill were Charles and Inez Keller of Las Vegas. Dorothy Ward also joined them.

Bob Sawdon, Wayne and Norma McCallister and Bee Nelson had pizza at the Cardinal Bar and Grill on Friday evening, June 23.

Wayne and Norma McCallister spent June 23 at the home of Bee Nelson and Wayne did a few jobs for her.

Winners of the pool tournament held on June 19 at the Cardinal Bar and Grill were: first, Stan Miller, Norcatur; second, Bob Hoover, Norton; and third, Mick Kier, Clayton.

Birthdays and anniversaries: Laci Leichter, Larry James - June 29; Betty Reid, Ronald Temple - July 1; Bee Nelson - July 4; Gerald and Judy Jackson - July 5; Dickie Beachel, Rea and Dee Magers - July 9; Dorothy Breiner - July 10.

Get well wishes go out to R.D. Thornton, Lora Linn Leichter and Bill Craig.

On June 25, Phillene Hansen Weets, not finding the Milners at home, left some items with Veda Wood for the Norcatur Museum. Other visitors were Carol Moye of Oberlin, and granddaughter, Brooke Glosser.

Wava Reames received word from Treva Crabill that she had spent a month in long term care, but was able to return home. She first became ill in mid-January.

Marguerite Clark visited her niece, Janet Rippe, Allison and Nathan in McCook on June 22.

Fern Anderson celebrated her 90th birthday on Friday. Mail will reach her at the Good Samaritan Center, 108 E. Ash, Oberlin, Kan., 67749.

NORCATUR MUSEUM

Tom and Betsy Jakowski brought a cookbook published in 1950 by the Business and Professional Women's Club of Norcatur. Lowell Sebaugh and family donated a number of items, including a complete set of coins from J.C. Frewen & Son, 1986 centennial celebration pictures, a 1924 Rutacron yearbook, and a home economics and typing book from Norcatur Rural High School. Ron and Jerry Temple gave Norcatur business pens, an MGM Grain clip-magnet and field notebook, and newspaper articles about Norcatur, and Max Ward brought in a Citizens State Bank hat.

They are looking for the bell and pitcher with Norcatur etched on them made for the centennial celebration for the museum.

Hop and Peggy Lockhart celebrated their 60th wedding anniversary on Friday. They live at 710 N. 2nd, Norton, Kan., 67654.

Roger Beachel of San Diego was a guest of the Dickie Beachels over Memorial weekend. Roger gave the Memorial Day speech at the cemetery.

M.J. Dempewolf was a recent guest of Ralph and Lynn Streit in Larned. On Saturday, M.J. accompanied Lynn and Jesse to McPherson to the Thornton reunion, then returned home that evening.

Chris and Sharee Dempewolf attended the Thornton reunion in McPherson last Saturday. Chris brought home a Thornton scrapbook that her great-aunt, Lucile, gave her. En route home they stopped in Hays to visit Ray and Jen Thornton, Bryce, Abbey and Isaac.

M.J. Dempewolf and friends attended the Country Stampede in Manhattan from June 22-25.

MeLinda Jo Dempewolf left on July 4 for boot camp at Fort Jackson, S.C., with the Army National Guard.

Darren and Galen Wentz of Wentz Enterprises left last week with their custom silage cutting crew for Texas, Georgia, Florida and Louisiana.

Let's eat more fruit, vegetables



Home Time

By Tranda Watts
Multi-county Extension Agent

During the Walk Kansas program across the state, leaders discovered that many Kansans are not getting close to the daily recommended servings of fruits and vegetables.

The recommendation for most people is at least five or more cups of fruits and vegetables per day. Many of you may be saying, "How in the world could I do that?" Here are some cooking and meal planning tips:

- Add shredded or chopped carrot or zucchini to spaghetti sauce.
- Add plenty of chopped green and red pepper to spaghetti sauce.
- Buy romaine, spinach or dark leaf lettuce instead of iceberg lettuce.
- Add a lot more vegetables to tossed salad than your mother did.
- Make a veggie salad using no lettuce, just chopped vegetables. Experiment with tomatoes, cucumbers, carrots, green and red pepper, celery, etc.
- Serve baked sweet potatoes instead of regular potatoes once a week.
- Bake or microwave winter squash like butternut, buttercup, acorn, etc.
- Serve spinach once a week.
- Make "Carrot-Raisin" salad, using yogurt or fat-free mayonnaise.
- Use salsa in cooking and snacking, as it adds fat-free flavor while boosting your lycopene intake (from the tomatoes).
- Don't wait for holidays to make up a fresh vegetable-and-dip platter. Make it a weekly tradition to whip up a "veggie" bowl for the fridge, and use a favorite low-fat or fat-free salad dressing as a dip.
- Shred cabbage and carrots for slaw, stir-fry and soup.
- Try proclaiming one night of the week as "stir-fry night." This is a great way to consume lots of vegetables.

etables.

- When making dinner, steam a very large batch of broccoli, cauliflower and carrots to provide "planned-overs" for tomorrow's lunch.
- Add berries to yogurt, or cold or hot cereal.
- Make blenderized drinks with frozen fruits and tofu or soy milk. Eat beans (like pinto, kidney, garbanzo, lima, or black beans) four times a week!
- Desserts that do the body good:
 - Make carrot cake and carrot muffins. Be sure to use low-fat recipes or smart substitutions. For example, substitute applesauce for the oil in carrot cake.
 - Use lots of fresh or canned pumpkin by making pumpkin bread, muffins, bars, cookies, pie and even pudding.

- Create "Fruit Explosions" — cubed melons, strawberries, pineapple, apple, etc., in a bowl.
- Snack on still-frozen fruit like strawberries, raspberries, blueberries and cherries.
- Snack on dried fruit, especially dried apricots and peaches.
- Make apple, peach or blueberry cobbler or crisps, using reduced-fat recipes.
- Serve angel food cake mounded with strawberries or other kinds of berries.

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.

Rexford News

By Vicki Allison

The Rexford PRIDE Committee sponsored a community wide picnic in the park on July 4, followed by fireworks after dark.

A sincere thank you to all who attended the benefit dinner on Sunday for Phyllis and Alan Cheney who had terrible damage to their home and farm during the storm on June 15.

Happy birthday to Nancy Dahl, July 3, and Jesse Miller, July 5.

Women interested in attending the Women of Faith conference, Sept. 22-23, are asked to contact Pam Boller, (785) 687-2550, no later than Wednesday, July 5, for tickets.

This conference is a great time to let loose and enjoy two days of laughter, spiritual guidance, and female fellowship.

Vacation Bible School at Rexford Community Church will be held from 9 a.m. to 3 p.m. (lunch provided) from Tuesday through Thursday, July 11-13. All kids ages 4 through the fifth grade are invited.

The focus this year will be on missions and giving. Each child will be making and filling a shoe box for the Christmas Child Project. The children will need to bring extra clothes on Tuesday and Wednesday for water games. On Thursday, at 6 p.m., there will be supper served and a program following. All parents and the community are invited.

Donations of cookies or chips can be dropped off at the church. If you are available to help please call Darla Dible at (785) 687-4861, or Pastor Lane Purcell at 687-3305 or 687-3333.

The Shepherd's Staff will sponsor Creative Arts Camp 2006 the week of July 16-22 for campers ages 8-15. Call Joan Dingwerth at (785) 687-2565 for brochures and registration forms.

Kenneth and Rhelda Dible are very proud to announce their grand-

son, Dr. Cory Garten, was awarded "Intern of the Year" by his peers at Pontiac Osteopathic Hospital, Pontiac, Mich. Dr. Garten is the son of Jannell (Dible) and Mike Garten of Harper, and the nephew of Jennifer Scott of Rexford. Cory is in his second year of internal medicine residency in Pontiac. He and Jannell have been in Rexford visiting family.

Julia, daughter of Pastor Lane and Patty Purcell, and Scott Nelson and son, Story, will be staying in Rexford for the summer. We are happy to have them in the community.

Glendora Bastin's children, Louise and Larry Lahman, Ryan and Jessica, Arizona, and Louis, Fort Smith, Ark., have been visiting. It is always nice to hear their voices during the hymns sung on Sunday mornings at church.

Guests of Gary and Mary Withers over the holiday weekend were their daughter, Kristi Grey and grandson, Kade, of Wichita.

Guests of Deb Stepper were her nieces, Phyllis King of Redlands, Calif., and Janice Salcido of Westminster, Calif., who came June 24 and left July 1. They visited Logan Manor and various cemeteries while here.

Edna Colson and Roberta Colson spent Saturday, June 24, with Kathryn Richard of Norton. They got acquainted with Kathryn's grandchildren, Montana, Shane and Riley Suddoth of Nixa, Mo., who were there for Vacation Bible School at Kathryn's church, the Church of God. Saturday evening the children's parents, Jason and Jennifer Suddoth, came to pick up their children and they all went home on Sunday, June 25.

Chad and Desiree Wark and daughter, Morgan, spent the weekend at Trenton Lake with Derek and Dana Juenemann.

Worthwhile Club met Wednesday afternoon, June 28, at The Barn with Edna Colson as hostess. Present were Grace Cheney, Edna Colson and Glendora Bastin. This was the Secret Pal Birthday Party where a gift was brought for each one.

Until next time, make your week a fun and memorable one.

'We were founded on God's Love'

By Pastor Doug Hasty of the Oberlin and Prairie Chapel United Methodist churches

"Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God." (Psalm 90:1,2)

As we begin the month of July, I think it's helpful to remember our nation's independence and remember the attitude and spirit our nation was founded on. The Founding Fathers believed our nation's independence would only come about by the working of God's mighty hand.

The notion that America's founding fathers were secular liberals, who wanted a "godless politics," is absurdly false. There is a mountain of records which show virtually all of them were professing Christians, affirmed their faith in God, and expressed this faith in public statements. While they believed in religious liberty and the rights of conscience, they also believed that a free political order must be founded on religious faith, and that this

faith should be officially acknowledged.

If we went back to 1774, we would note that the newly established Continental Congress opened their sessions with prayer and established the office of Chaplain from that time forward. In 1775 no fewer than nine of the thirteen colonies had established churches. Consider that the Bill of Rights was voted on by the House of Representatives on Sept. 24, 1789; contemporary to the Bill of Rights, Vermont was added to the Union in 1791.

Vermont required any elected official to swear the following oath: "I do believe in one God, the Creator and Governor of the Universe, the rewarder of the good and the punisher of the wicked. And I do acknowledge the Scriptures of the Old and New Testaments to be given by divine inspiration and own and profess the Protestant religion." Nearly all the states had a similar oath at that time.

I will share some more ideas from our Founding Fathers in next week's article.

Grace and Peace.

Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 The Rev. George Kochuvelikkakam, MASS: 5:30 p.m., Saturday</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
<p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE The Rev. George Kochuvelikkakam MASS: 8 a.m., Sunday.</p>	<p>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist) Pastor: Fred Dycus 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>ST. MARY'S CATHOLIC, HERNDON The Rev. Damian Richards Phone 785-322-5560 MASS: SUNDAY, 8 a.m</p>	<p>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.</p>
<p>SACRED HEART CATHOLIC, SELDEN The Rev. George Kochuvelikkakam MASS: 7:30 p.m., Saturday</p>	<p>OBERLIN SEVENTH-DAY ADVENTIST CHURCH Jim Martin 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p>	<p>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.</p>	<p>FAITH LUTHERAN CHURCH 404 North York Avenue Oberlin, Kansas Rev. 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. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.</p>
<p>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.</p>	<p>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.</p>	<p>NORCATUR UNITED METHODIST Pastor: Kathy Aeillo Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	
<p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p>CLAYTON UNITED METHODIST Pastor: Kathy Aeillo Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p>LYLE UNITED METHODIST Carol Woodmanee, Almema Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.</p>	
<p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p>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.</p>	<p>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.</p>	



Midway News

By Mary Lou Olson

Congratulations to T.C. and Danace McDonald, who were married Saturday evening in an outdoor ceremony at the home of her parents, Chris and Sherri Schmidt. They will make their home in Colby.

The congregation of the Herndon Covenant Church will meet for morning worship services at 9:30 a.m. on Sunday, then go to the Decatur County Good Samaritan Center in Oberlin for a service at 11 a.m.

Lorena Schultz of Junction City, Lori Seaman of Salina and Doyle Seaman of Abilene were weekend visitors of Esther Noren, and the Steve and Connie Noren family.

Guests of Bob and Sally Olson

the past week to help with harvest were David Olson, Swisher, Iowa; Scott Olson, Irving, Texas; Annette Frenzl, Salina; and Deb Marks and Joe, Mulvane.

Chris Anderson was honored with a breakfast last Wednesday morning at the home of his parents, Richard and Maureen Anderson, in observance of his 11th birthday. Others present were Samantha and Gabe Anderson, Gary Anderson, and Elden and Delta Anderson. The same group helped Gabe Anderson celebrate his 10th birthday with a breakfast on Friday.

Trevor and Beth Harmon, Chloe and Toby were Saturday evening guests of Steve and Arian Arnold for a barbecue and fireworks.

Lyle News

By Deanna Sumner

Earnest and Donna Huff traveled to Perryton, Texas, to visit their son, David.

Charles and Inez Keller of Las Vegas stopped by to visit the Lyle ladies who were sewing on June 19. Charlie and Judy Easton mowed for Toots Magers on Sunday.

Kathy VanMeter went with the

First Bank Gold Club to Holdrege, Neb., to supper at the Holdrege Country Club and to the Tassle for the musical show "One Enchanted Evening."

Sunday was the Lyle potluck luncheon. Twenty-one guests attended.

These sponsors urge you to attend church regularly:

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