

Pastor Kathy Aeillo and her dog, Jack, of Courtland, were houseguests of Bee Nelson Tuesday evening, Oct. 3. Pastor Kathy was here to attend the funeral service of Lowell Sebaugh.

Joyce and Virgil Price visited the museum in Oberlin during Mini Sapa Day and attended the 50th anniversary reception for Elden and Marilou Long. In the evening they enjoyed visiting at the block party in Norcatour.

Mr. and Mrs. David Johnson of Lenexa are the parents of a baby girl born Oct. 8, 2006. She has been named Lilianna Frances and she weighed 5 pounds, 11 1/2 ounces. She has three sisters, Brittany, Kaitlin and Zoie. Grandparents are Mr. and Mrs. John Groebe, Norcatour, and Beth Johnson, Norcatour. Great-grandmother is Frances Lindley of Lenexa. This little miss put in her appearance on the birthday of her grandfather, the late Charles Johnson.

Lola Brack, mother of Marla West, celebrated her 100th birthday on Thursday. She lives at the Andbe Home, in Norton.

Oran and LaVerne Milner received word of the death of her cousin, Minnie Ruth (Bishop) Bailey, of Denver. She was a member of the Norcatour Rural High School class of 1939.

Congratulations to the winners of the Oct. 9 pool tourney at the Cardinal Bar and Grill: first, Chad Kier, Clayton; second, Larry Lively, Kanana; and third, Valerie Faris, Oberlin.

BLOCK PARTY

The Oct. 7 block party at Norcatour was deemed a big success. Nearly 60 people turned out. Half of the new Norcatourites were there and got acquainted with the long-time Norcatourites.

Rodney and Janice O'Hare, Virgil and Joyce Price, and John and Carol New brought grills. Sherrie Willis and Randy Allen, Dorothy Ward, Dan Streveys, and the city provided picnic tables. Long tables were provided by Bob Sawden.

Party preparation was handled by Wava Reames, Bee Nelson, Marguerite Clark, Dorothy Ward, Cathy Anthony, and Jean Daniels. Muscle and cooking duties were provided by Randy Allen, Virgil Price, Rodney O'Hare, Dick Beachel, John New, and several others conscripted as needed. The Cardinal Bar and Grill also helped.

Some Norcatourites that came back quite a distance. Barbara McCool's sons came from Denver, Linda Roe Henry from Atwood, and the winner for distance traveled went to Loyal "Fox" Temple from Disney, Okla. Next year's block party will be in early September, so put it on your calendar.

John and Carol New have planted new trees on Main Street in Norcatour, as well as cleaning off the sidewalks and finding the curbs.

Monty and Linda Hunt went to St. Louis to celebrate the marriage of their daughter, Melissa, and her husband, Seth, which happened to be on Monty's birthday, Sept. 30. The wedding took place in the back yard of Seth's parents, among others attending were Terry and Mark Cross and family and Mary and Bob Lough and family.

Norcatour United Methodist Church Bazaar and Soup Supper will be held from 5 to 7 p.m. on Saturday, Oct. 28. An auction will follow at the Norcatour Educational Building. Donations will be accepted.

All but six members of the family of Lowell Sebaugh were able to attend the celebration of his life on Oct. 4. Present were Janice, Rodney, Chris, Cody, Nickala, Scott, Brooklyn, McKenna and Kaden, Linda and Monty, Melissa and Michael, Terry and Mark Cross, Heather, Rob and Parker, and Ryan, Mary, Bobby, Kyle, Tyler and Kayla.

Doug and Chris Dempewolf and Lisa and Rodney Leichliter spent from Oct. 6 to 9, at Estes Park, Colo.

Birthdays: Robert Dickey - Oct. 11; Melissa Miller - Oct. 12; Larry Sumner - Oct. 13; Lori Roe - Oct. 17. Norcatour Senior Citizens met Oct.

6 with 15 players present. Winners were Mary Sedlmayer, Virgil Price and June Jolly. The next meeting will be at 8 p.m. on Friday at the Educational Building. Anyone who enjoys playing cards is welcome.

Velda Ward is still in the Decatur County Hospital in Oberlin. Cards will reach her at 810 W. Columbia in Oberlin, Kan., 67749.

Robert Crabill, formerly of Norcatour, and son of Fred and Jessie Crabill, has been hospitalized in Jetmore. Mail can be sent to 817 W. Bramley, Apt. 14, Jetmore, Kan., 67854.

Verl Crabill, formerly of Norcatour, is recuperating from pneumonia. He is the son of Gordon Crabill.

Word was received of the death of Minnie Ruth (Bishop) Bailey, cousin of LaVerne Milner. Funeral services were held Oct. 14 at St. Stephens Episcopal Church in Longmont, Colo.

Kenneth and Pansy Price went on a sight-seeing bus trip to Branson, Mo., recently. Their son, Freeman and Carrie Price, joined them for dinner Thursday evening. Freeman is still recovering from injuries received when his car got away from him and rolled down the hill where they live, taking him along with it.

MUSEUM TIDBITS

Al and Mary Sedlmayer brought to the museum a sewing kit given out by Citizens State Bank.

Check out the new Norcatour website at www.norcatour-ks.com. We will be adding some pictures soon. The pictures on the website presently have been donated to the museum. Phil Werking has put in a lot of hard work on this.

Remember the museum closes Oct. 31. If you haven't stopped in for a visit lately, please do so.

Let's try to prevent those falls



Home Time

By Tranda Watts
Multi-county Extension Agent

A proactive approach to health and physical activity can reduce accident and injury, including falls, which can cause loss of mobility and independence for older people and increase the risk of premature death.

The National Center for Injury Prevention and Control reports that one in three adults 65 and older falls each year. In 2002, nearly 13,000 people 65 and older died from a fall-related injury.

Ninety to 95 percent of older adults who break a hip die in a fall. Twenty-five percent of older adults who break a hip typically die from complications within six months.

The natural aging process — changes in vision, loss of muscle tone, coordination or flexibility, and bones that become more brittle each year — can make older adults more vulnerable.

Trying to negotiate stairs while adjusting to a new pair of bifocals, or tripping over clutter causes 50-60 percent of falls.

Here is a four-part plan to reduce the risk of falling:

- Ask your health care provider for a "fall assessment," which typically tests balance and assesses walking style, and ask if a fall-prevention program or clinic is available. If your doctor recommends a cane or walker, use it.
- Make a commitment to exercise, individually or with a group, to maintain, strengthen and improve your muscle tone, flexibility and balance.
- Review medications at least once a year, as side effects from prescribed and over-the-counter medications can impair senses and increase risk.
- Make changes in the home. Eliminate clutter; remove throw or

people — or a professional.

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.

Looking for a Career with unlimited opportunities?

- Salaries start at \$9.00 and up
- Shift Differentials
- Paid Training
- Medical/Dental coverage within 2 weeks of employment
- Unlimited Advancement opportunities.



Alorica

5970 Sykes Blvd.
Manhattan, KS
785-564-4400
Option 5

'Baby Chicks Show Us the Way'

By Pastor Carrie Buhler

Jennings and Dresden United Methodist churches

This week we broke in our new incubator and hatched out chicks. Out of 11 eggs, only 3 hatched. Not too bad for our first attempt.

It was amazing to watch the first signs of new life appearing as each chick first rocked the egg, then a small hole appeared with the chick's pecking. We sat, rather mesmerized, as the hole grew. We listened for the cheeps coming from within, quiet at first, then louder and more impatient as time passed.

Our children, Joey and Sarah, were fascinated. The amazement on their faces, the light in their eyes and the joy in their squeals reminded us that what we were witnessing was indeed a miracle. Life was beginning right before our eyes. In the midst of the dismal, dreary, wet days of rain, there was a small beam of sunshine coming into our home and hearts.

It is easy to get stuck in a rut. We begin to stagnate and die inside. But we are all children of our Heavenly Father and we each have an immense potential. The Lord knows what we can do. We need only break out of our shells and become new children of God. Ezekiel 36: 26-27, and 29 says to us, "A new heart also I will give you, and a new spirit will I put within you; and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put my spirit within you,

and cause you to walk in my statutes, and ye shall keep my judgments, and do them. I will also save you from all your uncleanness."

I'm not saying that everyone should become a Christian. God speaks to all His children in the manner in which He will be heard and obeyed. But, each of us needs to be born again and become a child of God.

When our lives are unfulfilling, stagnant and unhappy, it is up to each of us to change. Life can be a shell and we need to break free. It's an amazing thing to watch a person make the changes internally to grow, then to see those changes manifest outwardly.

Like chicks waiting to hatch, they begin to rock. Then, a small hole forms and they peer outside. They fight to escape. We hear their cheeps, softly at first, then gaining in strength and volume.

Finally they break out of the shell and cry out, "Here I am world! I am a child of God! I am loved and I shall love!"

It is an amazing miracle to watch. I saw it with my aunt as she hit rock bottom out of alcoholism and addiction, and climbed out of that darkness. She became the child of God, mother and grandmother she was meant to be.

We do not need to wait to become reborn as the children of God, and break out of our shells.



Herndon News

By Voni Sattler

Word has been received of the death of Hazel Roenne of Summerville, S.C. She was a former kindergarten/special education teacher in Herndon in the 1970s.

Gathering recently at the home of Chris Wood to celebrate a belated birthday for Ann Solko were Esther Pennington, Beth Chartier and Voni Sattler.

Friends gathered at the Herndon Pool Hall to watch the "Oprah Winfrey Show" when Cody Leitner, son of Randy and Jacque Leitner, was a guest on the show.

Lydia Bryan of Arvada, Colo.; Chris Halling, Thornton, Colo.; Connie Walker, Porter, Texas; Luke Marintzer, Hill City; and Doris Marintzer, Oberlin, were last Tuesday visitors of Helen Marintzer. Dan Marintzer of Hastings, Neb., was visiting Mrs. Marintzer. Ron Solko of Oberlin and Rod Solko of McCook were last Sunday dinner guests of Monica Solko.

Judy Solko spent the weekend and Tom and Tim Solko also visited Sunday afternoon.

Patti and Nicolas Park of Hays spent last Tuesday night with Voni Sattler. On Friday, Patti attended a teachers inservice in Colby. Voni and grandson, Nicolas, Braden and Joe Leitner and Patti Park, Dave and Kathy Leitner and Carol Brown of Oberlin met for lunch in Colby.

Julie and Bob Hafner visited Jackie and Dave Foxhoven and family of Parker, Colo., recently. They were dinner guests of Marlene and Tom Cook on Wednesday. Other guests were Jackie, Eli and Seth, and Lester and Myrna Pettera of Loveland, Colo.

The Hafners spent last weekend in Scottsbluff, Neb., visiting Joe and Shannon Hafner and family, and Jason Hafner and Raquel Frerichs, Lexington, Neb. They attended the baptism of Matthew David at St. Agnes parish Sunday.

Rexford News

By Vicki Allison

The Rexford Museum building has a fresh coat of paint, thanks to the staff of Shepherd's Staff and the young boys of Kid's Club.

There were 150 members of Teens for Christ from the surrounding area in Kansas and Nebraska meeting at the Shepherd's Staff Ranch House and Hall on Saturday evening.

Pastor Lane Purcell and the Rexford Community Church congregation held a baby dedication service for Pastor Lane and Patty Purcell's grandchildren, Story and Zadi, during the Sunday morning service.

Story is the son of Julia and Scott Nelson, Rexford, and Zadi is the daughter of Naomi and Brett Latimer of Castle Rock, Colo.

David Purcell, Stillwater, Okla., and Liz and Jordan Carlson of Lincoln, Neb., visited their parents, Lane and Patty Purcell, and attended the dedication service of their nephew and niece.

Deb Stepper is home recovering after a stay at Citizens Medical Center in Colby. Her daughter, Cindy, left Tuesday for her home in Kansas City.

Saturday evening bingo had a good attendance with 16 players. It is every second Saturday of the month.

Edna Colson accompanied Ernest and Janine Colson on an all-day round trip on Monday to southwest of Bucklin, where Ernest

loaded an antique Ford car body on his trailer and brought it home.

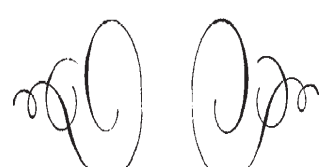
Kristin Wark was home Wednesday through Sunday on fall break from Lawrence visiting family and friends. On Saturday her mother, Vicki Allison, and niece, Morgan Wark, attended Jami Wark's volleyball games in Sharon Springs.

Red Barn events: Barnswallows meet at 2 p.m. each Monday and the Come On Down get together is at 2 p.m. every Thursday. If you like pinocle or want to learn, you are welcome to join in anytime.

Those at Koffee Klatch on Friday were Margaret Arasmith, Evelyn Proffitt, Eunice Sanford, Delores Dible, Jean Hawkins, Berneda Zoberst, Grace Cheney, Clea Moeder, Darla Dible, Vesta Roth, Sondra Barnett, Marla Rogers and Doris Jean Oliver.

Also at the Red Barn you can purchase the new cookbook for \$14.95. If you would like a copy mailed to you, add \$5 for postage and handling. A copy of the new edition of the Rexford phone book can also be purchased for \$2.50.

Until next time, make your week a memorable one!



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Henry Saw Lone, MASS: 10:30 a.m., Sunday	UNITED CHURCH OF OBERLIN Pastor: Judy Strucker 109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 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.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 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.
IMMACULATE CONCEPTION CATHOLIC, LEVILLIE Fr. Henry Saw Lone MASS: 8 a.m., Sunday.	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.	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. 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.
SACRED HEART CATHOLIC, SELDEN Fr. Henry Saw Lone MASS: 5:30 p.m., Saturday	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.	ST. MARY'S CATHOLIC, HERNDON The Rev. Damian Richards Phone 785-322-5560 MASS: SUNDAY, 8 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. Foundations Bible Class, Thursday, 7-9 p.m.
OBERLIN SEVENTH-DAY ADVENTIST CHURCH Jim Martin 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.	CLAYTON UNITED METHODIST Pastor: Ray Gilstrap Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 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.	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.
JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS Carrie Buhler, pastor SUNDAY: Church School, 10 a.m. Morning Worship, 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	NORCATOUR UNITED METHODIST Pastor: Ray Gilstrap Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.	
DRESDEN SUNDAY: Morning Worship, 9:30 a.m.		LYLE UNITED METHODIST Carol Woodmanee, Almena Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.	
PRAIRIE CHAPEL UNITED METHODIST The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 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 p.m.	
HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 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.

Paul's FUNERAL HOMES

A Trusted Name Since 1925.
Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls

