



Home Time

By Tranda Watts
Multi-county Extension Agent

credits it with helping her lose 20 pounds and keep it off.

Not a walker? Fifteen-minute segments of alternate aerobic exercise such as bicycling, swimming, playing basketball or running count toward a team's total mileage.

Last year was a very successful year for this county. Please consider participating again this year and help to increase the total number of

teams for this county.

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@ozne.ksu.edu. For more information, contact the county extension office, 475-8121.

Jennings News

By Louise Cressler

Sympathy is extended to relatives of Jeanee Tacha, 70, who died Jan. 31 at Alpine Living Center in Thornton, Colo. She was the daughter of the late Jesse and Blanche Tacha, formerly of Jennings. She was a 1954 graduate of Jennings High School.

Emma Sanford has moved to Sappa Valley Manor in Oberlin. Stan and Ramona Shaw, Wayne and Louise Cressler, and Roger and Dorothy Shimek helped her move. On Wednesday, Ramona and Louise went to Oberlin to help Emma unpack things.

United Methodist Women will meet at 2 p.m. today (Wednesday).

A tentative date has been set for the Norton Correctional Men to work in Jennings. Weather permitting, they will come Feb. 21 and 22.

Roofmaster came to work on the ice buildup on the roof of the Community Hall. Damage will not be fixed until warmer weather.

City Council will meet at 7:30 p.m. Thursday in the Senior Center. Sunflower Senior Citizens will have potluck supper next Tuesday, Feb. 13, with entertainment by John Juenemann. Everyone is welcome to come join us.

If you have some news please call or e-mail me at (785) 678-2233 or wcanlc@webtv.net.

Eight ladies buckled their seat-belts and took a ride to Lenora for the Royal Tea Party Celebration on Saturday, Jan. 27, given by the Chatty Hatters Chapter of the Red Hat Society at the Lenora Senior Center. Attending were Cathy Anthony, Sheryl Patterson, Veda Wood, LaVerne Milner, Dorothy Ward, Marguerite Clark, Bee Nelson and Norma McCallister.

A recent excerpt from *Health Focus* by Decatur Health Systems said:

"Just as members of your family come and go, we lost one of our family members on Dec. 7, 2006. Ona Van Gundy passed away in Wichita, Kansas, after a short illness.

"Ona worked in our facility in the dietary department for approximately 11 1/2 years and became very important to our family. Even before she was formally hired she worked at our facility under the Green Thumb program for several years. She was willing to do whatever was asked of her and in a po-

lite manner. Ona will be missed."

Birthdays and anniversaries: Tracey Hartzog - Feb. 2; Glen and Carolyn Strevey - Feb. 3; Francis and Arlene Hix - Feb. 4; Patty Stapp, Karen Bailey, Von and Joy Johnson - Feb. 6.

There will be three positions on the Norcat City Council open for the general election Tuesday, April 3. The positions open are now held by Mark Bailey, Jim Plotts, and also Mike Helm's seat, as he has filled the position of mayor of Norcat. Let's have some write-ins for the Norcat City Council.

Sunday, Jan. 28, visitors of Virgil and Joyce Price were Randy Allen and Sherrie Regal. They enjoyed sharing a pizza and visiting.

The Norcat Volunteer Firemen, wives, and friends once again did a bang-up job with their pizza fundraiser Sunday evening, Jan. 28. They put out a superior pizza and don't hold back on the toppers! They all work very hard on this fundraiser and we hope they raised lots of money for their department.

Speaking of pizza, a pizza party was held at Cedar Living Center in Oberlin on Sunday evening, Jan. 28. Picking up and taking the pizza from the Norcat Volunteer Fire Department fundraiser were Bee Nelson, Dorothy Ward, Marguerite Clark, and Oran and LaVerne Milner. Joining them at Cedar Living Center were Frank and Velda Ward, Lora Linn Leichleiter, and Teresa Shaughnessy. Everyone had a great time and stuffed themselves on wonderful pizza.

Dozens of people were not put off by a little snow and ice Saturday night, Jan. 27. After all, the Jackson Brothers were in town and in full form. Delbert and Dallas Jackson are brothers of local resident Gerald Jackson and the late Arnold Jackson.

The band consisted of a keyboard, steel guitar, and electric guitar player/singer. They had a nice mix of country, pop, and instrumental, something to please everyone.

The café had a prime rib special in addition to the menu items. By the time the band revved up, there wasn't a table to be had. Joe and Brandy were getting chairs from mysterious places just to seat everyone at already crowded tables.

The *Norcat News* was a bit small last week. The reason: people failed to get their news in! News can be left in the post office or café envelopes or may be sent by fax, email or mailed to the post office, all listed in the *Norcat News* each week. The earlier the typists get it, the easier it is to get the paper ready. The *News* is like a collection plate — the more you put in, the more you get out of it!

YOU!

Physicians and food and nutrition professionals typically recommend adding moderate, regular physical activity — 30 minutes five or more days each week — to maintain a healthy lifestyle. But what if you're not athletic? Or don't have the time or money to join a gym or hire a babysitter?

Walk Kansas, a fitness program sponsored by Kansas State University and extension offices all over the state of Kansas (including this county), may be the answer you're looking for. Walk Kansas encourages heart healthy aerobic exercise close to home.

Here's how it works: Six friends, family, co-workers or others, working as a team, log miles walked (or minutes of alternate aerobic activity) equal to the east-west distance across Kansas, 423 miles, for eight weeks.

Sound impossible? Knowing others are counting on you can be a good motivator, according to county residents that participated in the program in the past few years.

The fitness effort doesn't guarantee weight loss but the benefits of exercise are many, including lowering blood pressure and cholesterol, and reducing the risks of heart disease, diabetes and some cancers such as colon cancer.

Participants also report a happier outlook, increased energy and self-confidence, stress reduction, more restful sleep, and weight loss. One individual reported increased fruit and vegetable consumption while participating in the program and

Herndon News

By Carol Ginther

Sympathy is extended to the family of Cynthia Ann Bergling, 49, who died Jan. 18 in Overland Park. Memorial services were held Friday afternoon at St. Mary's Catholic Church in Herndon.

Frank Huss is recuperating from a broken ankle which he suffered in a recent fall.

Senior Citizens will hold a business at 1:30 p.m. today at the Herndon Senior Center.

Les and Myrna Pettera of Loveland, Colo., spent a week visiting Edie Pettera, who has returned home from Cedar Living Center in Oberlin.

Guests last week of Mildred Kleidosty were her daughter, Theresa, and grandson, Brandon Anderson.

Myrna Pettera was a last Tuesday visitor of Helen Marintzer.

Dick and Betty Martin of Wilsonville, Neb., were last Sunday afternoon visitors of Ann Martin.

Les, Myrna and Edie Pettera accompanied Bob and Julie Hafner to the Sacred Heart smorgasbord last Sunday in Atwood.

Tony Kleidosty of Kearney, Neb., was a last weekend guest of his mother, Mildred Kleidosty.

Monica Solko spent last weekend in Herndon at the home of her daughter, Judy Solko.

Tim Solko hosted a birthday dinner for Timberly and Teather Solko at the home of Judy Solko in Herndon. Guests were Greg Solko of Atwood and Monica Solko.

Rexford News

By Vicki Allison

The Bulldog fans cheered with intense excitement and exploded with joy after the Bulldogs defeated the Sharon Springs Wildcats on their home court Friday evening, Lady Bulldogs 45-41 and Bulldogs 50-49. Congratulations to Coach Parker Christensen, Coach Tom Beckman and the teams.

Social Hour Club met at the home of Deb Stepper on Jan. 17. Other members present were Margie Leh, Grace Cheney, Cleda Moeder, Ruth Luna, Jean Hawkins and Vesta Roth. The February meeting will be with Eileen Dible at Fairview Estates in Colby.

At the Rexford Community Church, the Ladies Missionary held its monthly meeting Tuesday with Grace Cheney as hostess. Others attending were Delores Dible, Patty Purcell, Deb Stepper and Betty Carswell. Their next meeting will be Feb. 27 with a carry-in luncheon. Ladies of the community are encouraged to attend. Contact Patty Purcell at (785) 687-3333 for more information.

"Happy birthday" to those who celebrated the past week: Hulda Wark, Feb. 3; Pat Williams, Feb. 4; Dwight Williams, Feb. 7; and Phyllis Cheney, Feb. 10. Belated birthday wishes to Evelyn Proffitt who celebrated Jan. 25.

Doug and Joan Todd celebrated their anniversary on Jan. 29.

Congratulations to Vickie Vance and Michael Egner who was married Friday evening at the Rexford Community Church. Pastor Lane Purcell officiated at the ceremony.

At the Red Barn: Those attending Barnswallows on Thursday to play pinochle were Jean Hawkins, Deb Stepper, Rex Carswell, Betty Carswell, Dick Sanford, Darlene Robben, Grace Cheney and Lawrence Horinek.

Friday's Koffee Klatchers were Berneda Zoberst, Vesta Roth, Margaret AraSmith, Eunice Sanford, Darla Dible, Jean Hawkins, Delores Dible and Evelyn Proffitt.

Until next time, make your week a memorable one.

'Field of Ethics More than Right or Wrong'

By Pastor John Strecker-Baseler,
Our Savior's Lutheran Church, McCook

I want to thank Pastor Charlotte for allowing me to write a couple of articles in her place.

Currently, I am teaching a class on ethics for a group of lay people. The field of ethics is more than just a matter of morality. It is more than a simple right or wrong.

Ethics is not a study of what is, but how things should be. What is and what should be are always at tension with each other.

We live in an imperfect world. No one is perfect. The New Testament understanding of sin is "missing the mark," not being perfect.

In the history of Christianity there have been different emphases on sin. John Calvin had an emphasis on sins as actions an individual did or did not do. These actions tend to be more obvious and more concrete, easier to see and understand as compared to Martin Luther's understanding of sin as a state of being as a result of "The Fall" (Genesis 3).

In the creation story we read about the disobedience of Adam and Eve. They were originally created good and without sin, but through the choice they took in disobeying God the result was a fallen state of being.

This fallen state of being is the condition of sin, which we still find ourselves in today. No one is perfect because "all have sinned and fall short of

the glory of God" (Romans 3:23). It is in our human nature to sin, to be less than perfect.

It seems to me that morality has led to the mistaken notion that one can choose to sin or not. It is clear to me that in the creation story, as a result of The Fall we are in a state of sinfulness, less than perfect, no matter what we do.

The field of ethics is, therefore, not an either/or proposition. It is not simply black or white as many want to reduce it to and cannot be a simple matter of doing what Jesus would have done. Jesus was perfect, after all, and no one else is perfect.

Trying to be perfect like Jesus may result in the frustration or the illusion that we no longer sin. Thank God for the forgiveness of sin through Jesus Christ, or we all would go crazy trying to make it on our own to heaven!

Next week I want to introduce you to some ethical directions or models of thinking that are very old philosophies yet still with us today, like the ancient Greek philosophy of cynicism.

We praise you, God, for sending your dear Son, Jesus, so that we are freed from the burden of perfectionism, which we are unable to obtain on our own merits. We give thanks that Jesus Christ paid it all for us. Help us to respond in faithfulness to do your will through Jesus Christ, our Lord. Amen.



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

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
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
Pastor: Judy Stricker
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.

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 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: Ray Gilstrap
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.

NORCATUR UNITED METHODIST
Pastor: Ray Gilstrap
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 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
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.

SELDEN COMMUNITY CENTER
110 North Kansas Street
Selden, Kansas
Brother John L. Paulson
3rd Sunday of Each Month at 3 p.m.
Fellowship 2:30-2:55 and immediately following message.



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