

Heartfelt sympathy goes out to the family of Dorothy Breiner, 69, who died Feb. 8 at the Andbe Home in Norton.

Weekend guests Feb. 10 and 11 of the Stan Millers were Mr. and Mrs. Rocky DeLane, Wichita. They all attended karaoke at the Cardinal Bar and Grill in Norcatour, then went to Oberlin on Sunday for dinner with Mr. and Mrs. Gary Miller. Stan and Carol Miller also visited Merle Shirley while in Oberlin.

The Chatty Hatters Chapter of the Red Hat Society met Feb. 9 at the Norcatour Bar and Grill for their Valentine's Day party. The "society ladies" had lunch and discussed plans for the coming year, then had a fun time playing silly games for prizes. The Red Hatters are ladies who refuse to go gracefully into old age, but defy it by still doing fun, funny, and silly things and in general having a good time. So if you see red hats and purple shirts, you know these are ladies who enjoy life to the fullest. There were 22 members and three guests in attendance.

Hostesses were LaVerne Milner, Norma McCallister, Bee Nelson, and Sheryl Patterson. Dorothy Ward and Wava Reames joined Lora Linn Leichter, and Frank and Velda Ward for a Valentine's Day party at Cedar Living Center on Sunday, Feb. 11. Entertainment included a heart toss, door prize, and singing by Ron Temple's group, who sang golden oldies love songs.

Sunday dinner guests on Feb. 11 of Marguerite Clark were her niece, Janet Rippe, Allison and Nathan.

Francis and Arlene Hix received word Wednesday, Feb. 7, of the death of her brother, Lloyd Carver, Savannah, Ga. Other relatives are Gail and Denise Bailey and Lucas, and Mark and Shayla Bailey and Raylynn of Norcatour.

Veryl VanDerWege of Norton was a visitor of Francis and Arlene Hix earlier this month. At the annual Norton County Conservation District meeting held Feb. 3 at the Norton American Legion building, children's awards were given out and plaques presented for the county coloring and poster contest, limerick contest, and essay contest winners. Norcatour's Wyatt Wentz took first place for his limerick. Way to go, Wyatt!

Birthdays: Tom Jakowski - Feb. 14; Judy Jackson, Leona Schoenrad - Feb. 16; Russell James - Feb. 17; Arlene Hix, Darren Wentz - Feb. 20.

Notice: The Norcatour rural route mail count has been canceled.

Be sure to mark your calendar for the Norcatour United Methodist Church Pancake Supper, which will be from 5 to 7 p.m. on Saturday, March 10, at the Educational Building in Norcatour.

Recent visitors of Veda Wood on Feb. 1 were Dwight and Teresa Wood and their neighbor, Dale Porter, who came for another "you bring the duck" dinner. They said Dale supplied the Kentucky Fried chicken and Veda furnished frozen pie. On Feb. 2, Israel, Hannah and Landon Jirak and Hester Bundrock of Fort Collins, Colo., stopped by en route to Stockton. On Saturday,

Feb. 3, Telia and A.J. High and Aubrey of Indianola, Neb., brought great-grandkids Grant Slater, Wade, Emily, Mariah and Garrett Bader of Catherine; and on Feb. 5, Carol Moye of Oberlin came and had coffee, and showed off her new project, some beautiful glass bowls she had made in her kiln.

Larry Sumner, Bill Woods and Troy Marshall helped with reopening the cemetery roads and around the grave site.

Word was received on Monday, Feb. 12, that Claire Lesle had died. Memorial service was Wednesday at Immanuel Lutheran Church in Norton, with burial at Coon Rapids, Iowa.

The Norcatour Newsheet volunteers were feeling "antsy" after putting out the newsheet as it was the first beautiful day after so many cold, dreary days. Lula Hix came from Norton, and Bee Nelson, LaVerne Milner and Veda Wood joined her in her van. Marguerite Clark, Norma McCallister, Dorothy Ward and Wava Reames teamed up in Marguerite's car, and all headed for a day in McCook. En route home they enjoyed root beer floats at A & W in Oberlin.

### MUSEUM TIDBITS

Donald and Goldie Stapp brought two Norcatour Rural High School "N" letters, as well as 1934 football, 1936 basketball, and 1937 football emblems, which were to put on Donald's letter sweater. These are a great addition to our Norcatour High School memorabilia.

# You can drink up, coffee lovers

Those who have a cup of coffee each morning should continue.

Coffee consumption has been studied extensively for more than 30 years. These studies are now show that moderate coffee consumption (3-5 cups a day) may reduce the risk of some diseases.

**• Lower risk of type 2 diabetes** - Consuming five or more cups per day can improve glucose regulation and tolerance. These same benefits have been seen in those who consume 3-4 cups per day. The benefits are evident in caffeinated and decaffeinated coffees.

**• Lower cancer risk** - Certain components in coffee can provide a cancer-protective role. These are naturally occurring polyphenolic antioxidants and heat-produced antioxidants. Some studies show that coffee is the primary source of dietary antioxidants.

**• Lower liver disease risk** - A reduced risk of liver cancer and cirrhosis has been linked to coffee consumption. Coffee reduces these risks by increasing the release of cancer-detoxifying enzymes.

**• Lower Parkinson's disease risk** - Some studies show just one cup of coffee per day can cut the risk for this disease in half. Caffeine is the component that protects or conserves brain cells from Parkinson's disease.

On the downside, studies show that coffee does not reduce risk factors associated with cardiovascular disease, such as blood pressure.

Coffee drinkers, as well as non-coffee drinkers, should keep in mind that getting 30 minutes of



## Home Time

By Tranda Watts  
Multi-county Extension Agent

moderate exercise a minimum of five days a week can also provide huge benefits for your health.

An easy way to exercise is to get a group of five friends and sign up as a team for Walk Kansas this spring, from March 11 to May 5. Stop at the county extension office and ask for registration information and a team captain's packet.

There is an individual registration fee of \$5. Registrations are due Friday, March 9, and will be ac-

cepted only until Friday, March 15. Sign up right away to start getting rid of those extra pounds gained over the holiday season.

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.

### Cost Share Funds (Non-Point Source)

The Decatur County Conservation District will be taking cost share applications from February 20 through February 27.

"Funding is provided by the State Conservation Commission through appropriation from the Kansas Water Plan Fund".

Eligible practices include:  
Failing Septic Systems, and Livestock Wells/Pipelines  
Our office is located on South Hwy 83 in Oberlin. For more information call 785-475-3131 Extension 101. Ask for Diana Solko.

## Rexford News

By Vicki Allison

The Rexford community congratulates Kami Miller, 9-year-old daughter of Mike and Tammy Miller, on her achievements in the 9- and 10-year-old age division at the Kansas Amateur Athletic Union gymnastics meet held in Manhattan Saturday. She participated and placed in all four events: first in the floor and uneven bars, second on the balance beam, and fourth in the vault event, receiving first for grand total points, which qualified Kami for the state Amateur Athletic Union meet in April in Wamego.

Kami is a member of the Tumbleweed Tumblers of Colby. Her coaches are Ashley Haines and Katrina Sullivan. The other two members of the gymnastic team are Danielle Foster and Phoebe Pfeifer. Kami's grandparents are Larry and Marge Miller, Colby, and Don and Judy Okeson, Weskan. She has two younger sisters, KayCee and Kassie. Her parents, sisters and Okeson grandparents were there to cheer her on.

Cleda Moeder and Buck Harper traveled to Wichita on Saturday, Feb. 10, to visit Cleda's sister-in-law, Mary Minnick, who was a patient at a Wichita hospital.

The Rexford Community Church will have a fellowship dinner following morning services on Sunday. The church asks that if you would

like to send a card to Lonnie Ketchum or Glendora Bastin, their addresses are as follows: Lonnie Ketchum, 855 S. Grant, Colby, Kan., 67701; and Glendora Bastin, 770 N. School Ave., Colby, Kan., 67701.

Golden Plains will host the Western Kansas Liberty League regional basketball tournament on Thursday, Friday and Saturday.

Class 2007 will be sponsoring a 3 on 3 Youth Basketball tournament at Rexford on Saturday, March 24. Entry deadline will be March 19. Contact Orba Smith at (785) 386-4559 or 386-4201, or by email, orbadee@ruraltel.net.

Senior Brett Spreser has signed to play football for Garden City Community College. He is the son of Daniel and Annette Spreser of Gem.

At the Red Barn: Those attending Barnswallows on Thursday to play pinocle 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, Cleda Moeder and Evelyn Proffitt.

Until next time, make your week a memorable one.

## 'My Experiences of Religion in Germany'

By Pastor Charlotte Strecker-Baseler, Faith Lutheran Church, Oberlin

Recently, my husband and I returned from our fourth trip to Germany. Both of us have German ancestry. Through the many trips and the friends we have made in Germany, we have learned a lot about religious life in Germany.

In many ways, trying to compare religious life in the United States to religious life in Germany is like comparing apples to oranges. They are quite different in how the policy of churches is structured.

For instance, in Germany one must have a strong commitment financially just to be a member. In order to receive the services of the church, such as baptisms, weddings, and funerals, the family must have paid their church tax.

This is money sent in just like our federal taxes, but it goes to the church. Offerings in German churches received on Sunday morning all go to missions. This would strike many of us as being undesirable in the United States, but it does have its advantages.

My experiences, albeit limited, have been quite different from what you hear from most people who have visited Germany. Rather than large cathedrals with few people, I experienced many people in church in Hannover on a Sunday morning, an ab-

solutely packed church in Neudettelsau (Bavaria) on a Sunday morning and a Sunday evening Confirmation service, and even in Berlin many people in a very large church attended on a Sunday evening. Those were all Lutheran churches.

Also, I experienced going to a Catholic Mass with my husband's good friend from college. There were fewer people, but it was a weekday morning! How many would we have in our churches on a weekday morning?

Most interesting was our visit three years ago in Kiel with two good friends whom I met while visiting in Papua New Guinea in 2003. When we saw them in 2004 in Kiel, Toby was completing his internship. Toby and his wife, Sabine, have since returned to Papua New Guinea as Toby is now an ordained Lutheran pastor. We learned from him that the Lutheran Church he serves in has more pastors than there are churches. In fact, that is why his church sent him to Papua New Guinea!

*May the Holy Spirit be with you as we begin our Lenten journey this day, and may the Spirit continue to stir the hearts of all peoples in first world countries, in Germany and throughout Europe and even here in the USA where many take the Gospel for granted, through Jesus Christ our Lord and Savior. 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: Judi 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.
- NORCATOUR 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.

These sponsors urge you to attend church regularly:

**Herndon Insurance Agency**  
Ron Beims, Agent  
785-322-5331  
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Derek Riner  
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## Cedar Living Center

Elmo Bailey is a new resident. The past week featured Valentine's Day events. On Monday afternoon residents met to write and send Valentines. Later we sang lots of love songs during our sing-along time with Myrna Jones and Mary Ann Amack.

All of the ladies at Cedar Living Center received a flower Tuesday morning at breakfast from Roberta Petracek.

Paul Sass was the big winner at Bingo on Tuesday, winning both the first Bingo and the blackout.

A Sweetheart Dinner was held Wednesday. We invited the spouses of residents to join us. Some were unable to attend due to the weather, but we enjoyed having Lloyd Harden, Norine Baile, and Lillian Sulzman as our guests.

Dietary fixed a wonderful dinner and Beth Sebaugh provided piano music. The Oberlin United Methodist Women provided nut cups for all of the residents.

The dietary department, with help from other staff members, were hosts for a Valentine's Day party on Wednesday afternoon. Cookies and snacks were provided by staff members from all over the building. Each resident received a small surprise gift from the staff.

Our Valentine's Day celebration ended with the delivery of cards before supper. Juanita Williby helped with reading cards to residents.

Catholic Church was here for Mass on Thursday morning.

Barb Solko played Scrabble with Wynemah Cox and Velda Ward on Thursday afternoon.

We played a game of "Sweetheart Bingo" on Thursday afternoon. Everyone ended up winning a game or two. Those joining in on the game included Naomi Carter, Helena Bruggeman, Elsie Goodnight, Paul Sass, Kayo Sattler, Don Shaw, Loyl Wilson, Bea Wolfram, and Lyle Gamblin.

The baking group met on Friday to share a couple of loaves of bread fresh from the bread machine. The bread was served with butter and a rhubarb-cherry spread.

Reverend Rick Langness of St. John's Lutheran Church gave the Sunday worship service.

Recent visitors: Richard Samson, Theresa Rippe, Ludell; Robert Koerperich, Dave Kruse, Jim Rogers, Selden; Stan and Ramona Shaw, Norine Bailey, Jennings; Nola Carlson, Fort Morgan, Colo.; Carter Stanley, Martina Urban and family, Colby; Arlene Glad, Meredith and Gene Hrnchir, Atwood; George Wurm, Rosa P. Boehm, McCook; Susan McKain, McDonald; Lloyd Harden, Goodland; J.R. and Phyllis Grafel, Herndon; Lillian Sulzman, Dresden.

Opal Huntley, Elvin Beneda, Orlin Beneda, Sandra Young, Lyle Gamblin, Walt and Rosella Meitl, Dolores Koerperich, John Juene-mann, Oberlin.

Father Henry from Sacred Heart