

Norcatour News

By the Norcatour News Committee

Dean and Donna Knutson of Council Bluff, Iowa, and granddaughter Sarah of Palmyra, Neb., spent Memorial weekend with Bob and Anita Montgomery of Oberlin so they could attend the Memorial service in Norcatour, and Sarah could see the place her dad, Dewaine, grew up. Sarah graduated from high school in May.

Scott Harman was in the bare-back riding at the Lakin Rodeo in late May, where he took first place both days. He was to ride May 27 at Wallace; June 1 at Overton, Neb.; and June 3 at Wilsonville, Neb. Chance was also to ride at Overton, Neb. on June 1; be at the Casey Tibb Invitational in North Dakota on June 2; and June 10-16 he will be at Casper, Wyo., for the College National Rodeo.

Dorothy Ward spent from May 24-28 in Hugo, Colo., especially to attend the high school graduation exercises of her grandson Kenneth John Ward on May 26. Following graduation, Mark Ward hosted a celebration party for K.J. and friend Breanna Sage, who also graduated. Sunday was spent enjoying the company of relatives who had traveled to be there. On May 28, Mark and K.J. played "Taps" at the Hugo Cemetery Memorial services, after which Mark brought his mother home to Norcatour.

Harold Clark, Greensburg, was in Norcatour for Memorial Day and to visit relatives. He had some awesome pictures of the May 4 Greensburg tornado and aftermath. His home was among those completely demolished by the tornado. Sympathy is extended to the relatives of Leslie LeCount, 91, who died May 16 at Hays Medical Center. Funeral services were held on May 19 at Enfield Funeral Home in Norton. Survivors include his wife, Irene, Norton; two sons, Gary and Sue LeCount and Alvin and Myrna LeCount, Hays; a daughter, Treva and Leon Atwood, Glen Elder, and their families.

On Sunday, May 20, Casey Morris graduated at the Lied Center at the University of Kansas in Lawrence where he was honored as graduating with distinction, meaning he received honors in the field of chemical engineering. He was one of only three graduates so honored. His senior design project was top of his class and will be entered in national competition this fall.

The Gary Miller family gathered at the home of Curt, Melissa and Sophia DeDonder in Topeka on May 19, to celebrate Casey's graduation. Pizza and ice cream cake were provided by Rocky and Bev Delano, Wichita. Attending were Gary and Annette Miller, Oberlin; Stan and Carol Miller, Norcatour; Joel Miller, Hays; Justine Miller, El Dorado; Aimee and Chad Applebury, Colby; and Stevie Keeton, Liberal. Casey plans to move to Lubbock, Texas, and work as a chemical engineer for Occidental Petroleum.

The Todd Nelson family spent Memorial weekend with his mother, Bee Nelson. Todd spruced up the yard on Saturday, and on Sunday Denise and grandson, Garrett, helped decorate graves at Clayton and Norcatour. They left for Wichita shortly after services at the cemetery.

Cindy Williams brought Harold Clark to Norcatour from Lawrence, where he had been staying with his son, Jim. Harold's daughter, Anita Whiteside of Canada, came from Greensburg where she had been visiting since the tornado. Amy Wilson, Topeka, also came for Memorial Day services. Cindy and Amy are daughters of Roberta Williams. Harold brought pictures of the results of the tornado. He was lucky to have lived through it all.

Lynn and Ralph Streit were overnight guests at the Doug and Chris Dempewolf home on Saturday of Memorial weekend. They came to attend the wedding of Justine Miller and Casey Tuttle that day. Mr. and Mrs. Stan Miller and Justine, and Joel Miller of Hays left on May 19, to go to Topeka to visit with Mr. and Mrs. Curt DeDonder and baby Sophia. They all went to Lawrence on Sunday, May 20, to see Casey Morris graduate with honors with a bachelor's of science degree in chemical and petroleum engineering. Casey was back at the farm for a few days to attend the wedding of Justine Miller and Casey Tuttle on Saturday, May 26. The Millers returned home Sunday night, May 20.

Birthdays and anniversaries: Francis Hix - June 2; Ron Harman - June 3; Darrel and Alice Barnett - June 5. Justine Miller graduated from Butler Community College in El Dorado with an associate's degree in elementary education. She has also been chosen to participate in a program from Emporia State University where she can stay and attend college at Butler for the next two years and then graduate with a bachelor's degree in education from Emporia State University. She will continue working in the admissions office at the college.

Grace Marie Baker, daughter of Jonathan and Cristy Baker, was born on May 7, 2007, at 9:44 a.m. at Hays Medical Center. She weighed 4 pounds, 8 ounces, and was 18 inches long. Guests at the Stan Miller farm Memorial weekend were Mr. and Mrs. Rocky DeLano, Wichita; Mr. and Mrs. Chad Applebury, Colby; Casey Morris, Lubbock, Texas; Joel Miller, Hays; Mr. and Mrs. Curt DeDonder and Sophia, Topeka. All attended the wedding of Justine Miller and Casey Tuttle on May 26 at the First United Methodist Church in Norton, with the dinner, reception and dance at the Norton American Legion.

Dennis Leichter and Ruth Gill entertained Sunday evening, May 27, with a barbecue and homemade ice cream. Present were his parents, Vene and Phyllis Leichter of Denver; and his cousin, Patricia Brooks, and great-aunt, Lela Brooks, Norton. A mini family reunion was held on May 27, with members of the Huff, VanGundy, Vernon, and Wood families. Sheryl Patterson persuaded the "Prairie Dogs" of McCook to play for the group. Visitors included Gary Huff, San Miguel, Calif.; Jim Huff, Fountain Valley, Calif.; Charlene (Huff) Barnes, and Judy, Henderson, Nev.; and Terry Dickens, Tacoma, Wash. Also visiting were Leland and Twila Vernon, Arvada, Colo.; their son, Larry Vernon, Denver; daughter, Teri and Mark Handschy, Tessa and Sophia, Boulder, Colo.; and daughter, Connie and Kim Boyer of Seattle, Wash.

Other family members were John and Carol Moye, Larry and Sandy McNames, Bonnie and Dena Klein, Birthdays and anniversaries: June 7 - Gary and Shirley Emigh; June 8 - Randy Sulzman, Melissa Lobato, Jaly Shaw; June 9 - Helen Jueneemann, Marci Shaw, Rick and Betty Hickert, Barbara Wenger, Joyce Jueneemann; June 10 - Don Spresser; June 11 - Tom Jueneemann; June 12 - Jodi Ryan, Katie Aumiller, Larry and Kim Jueneemann; June 13 - Rose Bainter.

John and Andria Cooper and daughters Devon and Skyler, A.J. and Tielia High and daughter Aubrey, Grant Slater, Garrett, Mariah, Emily and Wade Bader, Sheryl Patterson, Veda Wood, Dwight and Teresa Wood, and the Prairie Dogs of McCook.

Museum Tidbits
The Norcatour Museum will be open this summer Monday through Friday, 8 a.m.-12 noon. Janice O'Hare brought in items from the Citizens State Bank, including a pencil sharpener called "The Little Shaver," patented on March 29, 1904. Price for the pencil sharpener was \$1, extra blades 3 for \$.25, nickel plated \$1.25. Laverne Milner donated a Norcatour Centennial pitcher.

Doug Dempewolf and the Norcatour Commercial Club helped bring a street sweeper to Norcatour to clean off the streets before Memorial Day weekend. Linda Hunt and Janice O'Hare helped pull weeds, etc., at Elden Auker City Park. Memorial Day weekend guests of Beth Johnson were Mr. and Mrs. David Johnson, Brittany, Zoie and Lili, Lenexa, and Clason Rupp, Springfield, Mo. Clason and Beth attended the Alumni Banquet at Long Island on Saturday evening. Rea and Dee Magers had a non-stop Memorial Day weekend. On Saturday they attended Rea's 60th class reunion party in Oberlin, and later went to the Decatur Community High School Alumni Banquet at The Gateway. They attended Memorial services at Lyle and Norcatour, then spent Monday with their son, Jeff.

Whether it's to the beach, baseball games, gardening or some other pursuit, people typically spend more time outdoors during the summer. The extra activity may be good, but summer is also when the sun's intensity is at its highest. That's especially a problem when sun lovers forget to apply or reapply sun screen as directed by the manufacturer. Because skin cancer affects more people in the United States than any other type of cancer, it is important that people understand the risks associated with too much exposure to the sun and know how to protect themselves from ultraviolet rays. While skin cancer is the most dangerous effect the sun can have on the body, too much sun exposure can also cause eye problems, unsightly skin spots, wrinkles, "leathery" skin and less ability to fight disease. Usually people with dark hair and eyes have more melanin and are at less risk of being sunburned, but anyone can burn if they're in the sun long enough. Young children and people with fair skin or freckles; blonde, red or light brown hair; and blue or light green eyes can be more susceptible to sunburn. Children are also at a higher risk because they don't understand the health risks associated with sun exposure and the importance of protecting themselves from the sun. Those who work outdoors but seldom use sunscreen, and those who have a family history of skin cancer or who have experienced several sunburns are at risk of developing skin cancer and other sun-related adverse health problems. Similarly, those who use tanning

beds or who sunbathe with the goal of getting a tan are also at risk. To protect the eyes and skin from the sun, follow these safety steps:

- Avoid the sun between 10 a.m. and 4 p.m., when sun rays are the hottest and most intense. If outdoors during this time, try to stay in the shade.
- Apply sunscreen with a Sun Protection Factor (SPF) of 15 or higher 30 minutes before going outside, and then reapply as directed by the manufacturer. Sunscreens with an SPF greater than 15 won't provide better protection, but will protect for a longer time, as long as the sunscreen remains on the skin. Sunscreen should not be used on children younger than six months of age.
- Cover exposed areas of the body (including arms and legs) with lightweight clothing, and wear a wide-brimmed hat to protect the head, face, eyes, ears and neck.
- Wear sunglasses with a 99 percent UV ray protection.
- Eat more fruits and vegetables to reduce the risk of macular degeneration. According to the Mayo Clinic web site (www.mayoclinic.com) macular degeneration occurs when tissue in the macula deteriorates and causes either blurred vi-

sion or a blind spot in the center of the visual field.

- Avoid sun lamps and tanning beds that generate harmful UV light, which can cause cancer. Also, avoid tanning pills that contain a large amount of color additive which may be harmful. According to a Food and Drug Administration on-line report on sun safety, tanning pills have not been approved by the FDA.

Self-tanning products such as sunless tanning lotions that work by dyeing the top layer of the skin are a safe alternative to tanning beds and the sun. Self-tanning lotions have improved significantly over the past few years.

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.

Protect skin, eyes from the sun



Home Time

By Tranda Watts
Multi-county Extension Agent

Internet tonight
475-2206

'You have conquered the evil one'

By the Rev. Royce Leitner of Assembly of God Church, Oberlin

When Jesus came to earth in a human body, his express purpose was to conquer the evil one — Satan. All of humanity is bound in sin and under Satan's rule. Through Jesus' death and resurrection, He bound Satan and shattered His power. Yet Satan is still active until the day when Christ returns to set up His glorious kingdom. Then Satan will be sent to the place of torment reserved for Him and His demons. Believers have been set free from Satan's authority and have been given power over him. Yet the battle rages as spiritual warfare continues between Satan's forces and God's forces. Satan battles against anyone who loves the Lord. But believers are promised power in times of intense spiritual battle. The following steps will help you if you sense that you are fighting a spiritual battle:

1. Realize that the battle is not against "flesh and blood" but against the spirit world and evil forces (Eph. 6:12).
2. Trust that Satan's power can be broken in any specific area of his domain, and utilize the powerful spiritual weapons given to you by God for the destruction of Satan's power (Acts 26:18, II Cor. 10:4-5, Eph. 6:16, I Thess. 5:8).
3. Challenge Satan and his power by believing in Jesus' name, using God's Word, praying in the Spirit, and fasting (Matthew 6:6, Acts 6:14; 16:16-18; Eph. 6:17-18).
4. Stay fervently committed to God's truth and righteousness (Romans 12:1-2, Eph. 6:14).
5. Proclaim the gospel of the kingdom in the fullness of the Spirit (Matthew 4:23, Acts 1:8, Romans 1:16, Eph. 6:15).
6. Pray especially for the Holy Spirit to convict the lost (John 16: 7-11).
7. Keep morally fit by loving God, not the temptations of this world (I Cor. 10:13, I John 2:15-17).

— Taken from a book of sermons



Schedule of Oberlin and area church services:

- OBERLIN SACRED HEART CATHOLIC CHURCH**
785-475-3103
Fr. Henry Saw Lone, MASS: 5:30 p.m., Saturday
- IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.
- SACRED HEART CATHOLIC, SELDEN**
Fr. Henry Saw Lone
MASS: 10 a.m., Sunday
- 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.
- 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
SATURDAY: Worship, 7 p.m.; 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
SUNDAY: Worship, 3 p.m.; Fellowship 2:30-2:55 and immediately following message.

These sponsors urge you to attend church regularly:

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Selden News

By Jacque Boultinghouse

The Harvester's 4-H Club will be sponsoring a vet clinic in Selden from 9 to 10:30 a.m. on Saturday, June 9 at the city building. Dogs and cats may be vaccinated that day, as well as horses. If you have horses to be seen by the vet you will need to contact them ahead of time so they have enough of the appropriate medicines with them. Call Joni Shaw at (785) 386-4553 or Countryside Vet Clinic at (800) 953-3808.

The Selden Cemetery will be cleaning up from Memorial Day after June 15. Anyone who has flowers at the cemetery and wishes to keep them should get them picked up on or before that day. Anything there after that day will be picked up and discarded.

On May 31 at Senior Citizens Gail Mumm won high and had the most queens, Anna Albers took second and Leone Porsch got low. Other members present included Edna Schiltz, Carol Shaw, Ann Hazlitt, Alfred Albers, J.R. Albers, Jeanie Spresser, Paulie Neff, Betty James and Helen Karls.

The next meeting for Senior Citizens will be Thursday. Dinner will be served at 11:30 a.m. Don't be late or they will start without you.

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