

Norcatour News

By the Norcatour News Committee

Dale Goss has retired after driving a school bus for the Norton school district for 32 years. He said he had the pleasure of picking up children of children he picked up in the early years.

Rea and Dee Magers made a trip to Hays on June 20, to finish the treatments Rea has been taking. They also visited her uncle and aunt, Marion and Lorraine Long. Marion is a resident of St. John's Nursing Home. Lorraine recently had a pacemaker put in and is doing well.

June Jolly has been dismissed from the hospital and recovering at the home of her daughter, Linda.

Rea Magers had a great Father's Day. His son, Jeff of near Cedar Bluffs, came over and helped his folks cut down a large dead tree, then they enjoyed a steak dinner and strawberry shortcake. Their daughter, Cheri, called later.

Birthdays: Laci Leichter, Larry James - June 29; Betty Reid, Ronald Temple - July 1; Bee Nelson - July 4.

Wava Reames visited Frank and Velda Ward at Cedar Living Center in Oberlin on June 19, when shortly after rainfall began a tornado warning was sounded. They as well as the residents and staff evacuated to the hall where they sang and swapped stories until the "all clear" came.

The Pickett family reunion was held June 18 and 19, at Littleton, Colo. Later, Alice Pickett's family came back to Norcatour to visit and the family stayed with Carolyn and Glenn Strevey. All 19 family members, including Robert and Bonnie Pickett, Dallas, Ore.; Dale and Nancy Lingle, Adams, Ore.; Dick and Dixie, Roswell, N.M.; and local family members met at the Cardinal Bar and Grill for breakfast, then left for home.

Visitors of Kenneth and Pansy Price on June 23, were their granddaughter, Kathy Jo McAllister and family of Grand Junction, Colo., and Estella Harold of Clayton. They all went out for supper.

On June 24, Kenneth and Pansy Price drove to Alma, Neb., to view the Vietnam Moving Wall. It is one of two half-size replicas of the Vietnam Veterans Memorial located in Washington, D.C., which are on the move from April to November each year, with a weeklong stop at each site.

Derrick Bolliger, Oxford, Neb., spent Sunday, June 24, at the Stan Miller farm, helping out with harvest. Joel Miller, Hays, also helped.

Veda Wood accompanied Bee Nelson and Laverne Milner to Hastings, Neb., on June 13 for Marguerite Clark's eye appointment. Veda also visited her aunt, Alta May VanGundy. Alta told them sto-

ries of the past, some of which Alta had never heard before.

Sheryl Patterson, Carol Moyer, Tielia High and Veda Wood visited Bonnie and Dena Klein in Atwood on June 21, where they had lunch with Bonnie Klein and her daughters, Dena Klein; Shelley VanGundy, Cocoa, Fla.; Lori Gallentine, Placerville, Calif.; and Shelley's daughter, Marcie Williams, Lockridge, Fla.

On Sunday, June 24, Tielia High, Wade, Emily, and Mariah, Garrett Bader, and Aubrey High visited Veda and Denny Wood.

Marylin Locy is taking chemo treatment for third-stage lymphoma cancer. Her next treatment is July 11. Their address is 1104 E. 56th Street, No. 20, Kearney, Neb.

Nickala O'Hare, daughter of Chris O'Hare of Oshkosh, Neb., a former resident of Norcatour, participated in the Amerikids National Gymnastic Championship on June 17, in Kansas City.

She competed in the 8 and under division, level 2, where she placed third in the balance beam, fifth in the uneven bars and vault, and sixth in the floor exercise, which earned her fourth place overall in her age group and level.

She is the granddaughter of Rodney and Janice O'Hare of Norcatour and Don and Jean Pharis of Norton.

Beef up nutrition in burgers

Many people love grilling burgers during the summer. However, more and more people are concerned about how to make those ever popular burgers more healthful.

First of all, don't feel guilty every time you enjoy a hamburger. Beef is a great source of nutrients including protein, zinc, iron, vitamin B-12, niacin, phosphorus and selenium. A healthful diet is both balanced and varied, and most certainly can include the occasional grilled burger.

But if burgers are a staple of your summer cuisine rather than an occasional treat, by all means take some steps to "beef up" the nutrition. Here are some ideas:

If you haven't already, experiment with the leanest meat you can find. Some stores sell 95 or even 97 percent lean ground beef. This can make a huge difference in calories and fat in your final burger.

According to the Department of Agriculture's National Nutrient Database, 100 grams (about 3.5 ounces) of 80 percent lean broiled burger has 270 calories, with 160 calories from fat. That's a whopping 59 percent calories from fat.

In contrast, a broiled burger the same size made from 95 percent lean ground beef has 170 calories with just 63 calories, or 37 percent, from fat.

To keep leaner burgers from drying out too much, cook them slowly at lower temperatures. As always,



Home Time

By Tranda Watts
Multi-county Extension Agent

be sure the innermost part of the burger reaches 160 degrees Fahrenheit to prevent E. coli O157:H7 or other pathogens from causing foodborne illness. Some cooks add egg white and bread crumbs to lean ground beef to help the burger hold together, and seasonings for additional flavor. Everyone's palate is different, so try different variations until you find what works for you.

Watch your portion sizes. According to the Dietary Guidelines for Americans, women need only 5 to 5.5 ounces from the meat and bean group daily; men need just 5.5 to 6.5 ounces. Many burgers top those ranges in one sitting.

Weigh a few of your average burgers to determine how much you usually consume. If a bigger burger is the only thing that will satisfy you, reduce your intake from the meat and beans group during the rest of the day.

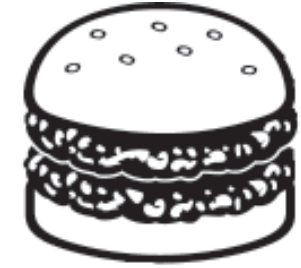
Pile on healthful toppings. Use low- or non-fat and reduced-sugar condiments, and skip the cheese or choose low- or non-fat versions. Be certain to include a crisp leaf of let-

tuce and a thick slice of tomato. And try different brands of whole-grain buns; they often have just as many

calories as regular buns, but offer a lot more nutrition. This can help you meet the dietary guideline recommendation to make half of all the grains you eat whole grains.

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.



Mount Pleasant News

By Dianne Bremer

Pam May, Zach and Hannah met the Phil Jorns family, Norman Okla., at Great Bend on Friday, June 22, where they enjoyed the water park before driving on to Preston to spend the weekend with their father, Ben Jorns. Pam and the children returned home Sunday evening.

Erin May returned home Sunday, June 24, after spending the weekend with her grandparents, Mr. and Mrs. Gerald Schaffer of Hoxie.

Edwin Potratz and Bob White, New Orleans, La., were Monday evening dinner guests of John and Dianne Bremer and Jessica at Big Ed's in Bird City. Edwin is a cousin of John Bremer, Jody Betts, Helen Derby, Fred Bremer, and Keith Muirhead. They spent a few days visiting family and friends before returning home.

Mike and Nancy Shields, Omaha, and Mark and Corby Shields and Keric, Oro Valley, Ariz., arrived Saturday to visit their parents, Gaylord and Shirley Shields. Mike and Nancy returned home Monday, but the Mark Shields family will be here for a week visiting family and

friends before they return home. After his parents return home, Keric will stay in Oberlin and enjoy another week with his grandparents before he returns home.

Dan Nedland and Elizabeth returned home Sunday after spending a week seeing Mount Rushmore in the Black Hills of South Dakota, visiting his brother, Fred and Carol Nedland, Minneapolis, Minn., and his mother and uncle, Elizabeth McConnell and Don Howard, Minong, Wis.

Greg and Janice Cundiff drove to Seward, Neb., on Thursday to help Quintin and Lindsay Cundiff move to St. Louis, Mo., on Friday where Quintin will be entering the Lutheran Church Missouri Synod Seminary this fall. Greg and Janice returned home Sunday evening after helping them move in.

Shirley Shields, Stuart Euhus, Rhonda May, Kem Bryan, and Dianne Bremer were among local garden club members viewing four gardens in McCook Friday evening. They, as well as garden club members from other towns, enjoyed the tours.

'What Are You Doing Here?'

By the Rev. Rick Langness of St. John's Lutheran Church

In the fight of faith there are times when it seems as if we are all alone. We can feel like Elijah and think that we are the only one left who is very jealous for the LORD and have not forsaken the covenant He made with us.

It is easy for us to flee for our life and then tell God that we have had enough. But the truth is that God is the one who fights the fight of faith on our behalf and we are never alone.

In I Kings 19 we have the conversation between Elijah and the LORD. While spending the night in a cave on Mount Horeb, the mountain of God, Elijah is visited by the LORD. The LORD asks, "What are you doing here, Elijah?"

Elijah answers, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

The LORD tells Elijah to go out and stand on the mountain and wait for the LORD to pass by. We are told that a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind.

After the wind there was an earthquake and after the earthquake there was a fire; and the LORD

was not in any of these.

But after the fire there came a gentle whisper and there was the LORD.

The LORD is drawing near today and with His coming there is a mighty wind blowing. Jesus Christ is taking His rightful place in His Church and because of it there are some old mountains that are being torn apart. There are some hard rocks that are being shattered.

And this can strike even the most faithful with a certain amount of fear and trembling.

But that is all right, for there will come a whisper in the end.

"Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you." (I Peter 4:12-14)

Elijah remained standing after the wind. He remained standing to endure the earthquake and the fire.

As you flee to the mountain of God, the LORD will find you there and cause you to stand as well.

Face the winds and watch the rocks shatter, for next week the earth will quake and you will know that the LORD is coming again.



Chamber News

By the Chamber Board

Is there any interest in the Farmers Market? Are you planning to sell your produce at the market? If so, call the Chamber.

Did you know we have Feist Areawide telephone books as well as Oberlin phone books? We also have road maps of New Mexico, Nebraska and Kansas and interesting literature about the surrounding area.

Plans are underway to welcome our teachers back with a potluck picnic in the park at 6:30 p.m. on Wednesday, Aug. 15. If you plan to attend, please make your reservations by Aug. 10 by calling the Chamber at (785) 475-3441. Bring a salad or dessert and your own table

service. Chicken and the drinks will be provided.

Looks like the Fourth of July is going to be a hot one! Cool yourself off with a delicious ice cream float. The Chamber is sponsoring this fund raiser and you can find us by the pool at 5:30 p.m. See you there.

We still have lots of room to include your garage sale on the Oberlin Community Garage Sale map. The cost is only \$5. Maps will be ready to pick up at the Chamber the week of July 16.

We here at the Chamber wish you a safe and fun Fourth of July.

If we can be of assistance, call us at (785) 475-3441 or come on in and see us at 104 S. Penn.

Midway News

By Mary Lou Olson

Congratulations to Larry and Meghan Anderson of Ludell on the arrival of son, Erik John, on Sunday, July 1, 2007, at the Decatur County Hospital. He weighed 7 pounds, 7.1 ounces and was 18 1/2 inches long. He has two brothers, Bryce and Andrew.

Mrs. Anderson's mother, Sandy Bartsch, is visiting at the Anderson home and helping care for her new grandson.

The congregation of the Herndon Covenant Church will hold services at 11 a.m. Sunday at the Good Samaritan Center in Atwood, following morning worship services which begin at 9:30 a.m.

Rennie Olson, Irving, Texas; Annette Frenzl, Salina; and David and Scott Olson, Swisher, Iowa, have been visiting Bob and Sally Olson and helping with the harvest. Barbara and Bob Roberts of Mesa, Ariz., left Monday after visiting over the weekend of Steve and Arian Arnold. She and Steve are

cousins. They were en route to Cambridge, Neb., to attend the Lester Johnson family reunion on the Fourth of July.

Sherry Bergling visited relatives in Hays over the weekend. Her granddaughters, Audrea and Dawn Harder, accompanied her home and will visit until Thursday.

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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, LEVILLIE**
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: Church 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.
- 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
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.

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