

Tara Nelson and Anita Volskay, Independence, Mo., were guests of Bee Nelson, the week of the Fourth. They helped clean out the garage and helped Wayne McCallister secure a windbreak behind the back door, then painted the garage and outbuilding. Thanks to the use of neighbors Dan and Jana Strevey's sprayer, this was a bit easier than 10 years ago when Bee and Tara painted the entire property by hand, which took over a week. There was time left over for socializing with Wayne and Norma McCallister, Dorothy Ward, Marguerite Clark and Wava Reames before Tara and Anita returned home on July 4.

Linda Young and Nokia, the dog, of Conifer, Colo., helped Wesley and Lisa New move from Colorado to Norcatu recently. They are new residents and live in the former Ivah

and Pearl Alexander home. Linda visited her mother, Lula Hix, at Whispering Pines in Norton before returning home.

Charlotte Jackson was a guest at the Gerald and Judy Jackson home for the week. Her friend, Jay, came July 7 and take her home to Torrington, Wyo., on Sunday.

Chris and Sharee Dempewolf attended the Thornton family reunion in McPherson on Saturday. Others from the area attending were R.D. and Marian Thornton, Dean and Eloise Thornton and Shannon, Don and Lavergne Allmer, Debbie Keltner, and Bev and Rocky DeLano. Around 60 attended the reunion. Stan and Carol Miller were unable to attend due to harvest.

Guests on July 1 at the Stan Miller farm were Don and Lavergne Allmer, Madera, Calif., and daughter,

Deb Allmer, Lancaster, Calif.

Marguerite Clark and Wava Reames hosted their first cookout on June 30, on their new patio. Guests were Dorothy Ward, Anita Volskay, Tara Nelson and Bee Nelson.

Wava Reames and Marguerite Clark visited Frank and Velda Ward at Cedar Living Center in Oberlin. Frank was in Norcatu a couple of times to mow and kill weeds. He ate with Wava and Marguerite.

Don Daniels has been at work at the Elden Auker City Park, fixing the bricks on the steps leading into the park. Later he plans to fix a planter that was damaged last year.

Museum Tidbits

The Norcatu Museum is expanding! The museum now has access to the preschool room. The walls have been wiped down and the windows washed. After taking up the carpet remnants, we found that the tiles underneath are stained. Plans have been made to put carpet down on the floor in this room. If you would like to donate to this project, contact Norcatu Museum, Box 89, Norcatu, Kan., 67653, Attn: Chris Dempewolf.

Laci Leichliter brought the Citizens State Emblem from the bowling shirt of her great-aunt, Mary Jane Miller, as well as bowling trophy pins won by Mary Jane.

Pictures of Francis Frewen, Ella Jeffrey and Anna Crabill and Charley Lyon were given by Jackie Votapka. One is a picture postcard of Ella and Anna, dated Oct. 19, 1917, addressed to Lula Davis.

Jason Breiner brought in scrip money printed by the *Norcatu Dispatch*.

Calories can derail weight loss



Home Time

By Tranda Watts
Multi-county Extension Agent

If you're not on target, you will at least get a good idea where you should cut back.

If counting calories doesn't appeal, try some simpler strategies as a start:

Eat more fruits and vegetables. Generally try to eat 2.5 cups of vegetables per day, and 1.5 to 2 cups of fruit. It's not hard: a small apple (2.5 inches in diameter, the size of a baseball) counts as 1 cup of fruit.

Cut back on portions of other types of foods. A serving of meat, for example, should be about 3 ounces or roughly the size of a deck of cards.

To better manage portions, fill

your dinner plate with 1/4 meat or other protein, 1/4 carbohydrate, and 1/2 vegetables.

Get moving. Physical activity — whether it's a visit to the fitness center or doing the gardening, cleaning the house, or taking a walk after dinner — is key in weight loss. Get at least half an hour of activity each day or an hour or more whenever you can fit it in for weight loss.

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.

Good Samaritan News

Another busy week at the Good Sam has come and gone. Summer seems to be flying by! Barbara Dehlinger brought Monday's morning devotion. She speaks directly to the heart of the residents. Her devotions are thoughtful and so relevant to this season of life, everyone is eager to hear her message.

Later that afternoon, the Lyle Gals arrived to gather all the card players for the monthly Pinochle Party. The Quiet Room isn't so quiet when they are there; laughter bubbles out and spills down the halls. It is really quite contagious and does everyone such good. The Bible says in Proverbs 17:21, "A cheerful heart is good medicine...."

We like that kind of doctoring!

Eva Cuthbertson celebrated her 98th birthday with cake and ice cream for everyone during Social Hour. Thanks to her daughter, Anita Montgomery, and granddaughters, Bobbie Frakes of Trenton, and Renee Harman of Norcatu.

On Tuesday, Decatur County Fair projects got under way. Painted glass will be just one of the items on display this year. Opal Bryan, Elaine Thomas, Jeanette Conway, Faye Miller, Doris Marintzer and Thelma Spiers created beautiful pieces to be shown.

Hillbilly Horseshoes brought 12 residents to the courtyard to compete for a spot in the tournament. Mary Lemman was a second-time winner, with a score of 125.

Happy Fourth of July! Jennifer and Anita Hirsch started the day's celebration with patriotic songs of worship, giving praise and honor to God for our nation that He has so richly blessed. Prayers for our servicemen, servicewomen and their families were lifted up. Residents were then treated to a festive holiday barbecue. Flags were flying and rib eye steak was grilled to perfection by Ken Shobe.

On Thursday, Bible study was

held with the second lesson in a series being taught on the fruit of the spirit. This week we learned about joy. When the ladies were asked about the meaning of joy, everyone thought of happiness and laughter, but we saw that the Bible usually pairs joy with sorrow. It made for a very interesting and thought-provoking study.

On Saturday, we had another birthday party. Ruth Laidig's family all came for an early celebration. Her true birthday isn't until July 13, but around here we will find something to celebrate any and every day. Janice and Ernie Mehl of North Platte, Neb., were among those who attended her mother's party.

A couple of upcoming dates to mention: Monday, July 16, Cheryl Miller and her family will be performing at 7 p.m. This would be a wonderful event to share with your loved one. Then on Saturday, July 21, we will be having an old-fashioned "Box Supper." I am looking for volunteers to provide meals for the boxes. If you would like to showcase your culinary skills, this would be the perfect opportunity! Please call me, Lisa Paulson, at (785) 475-2245.

Visitors this week were: **Lucy Schissler** - Margaret Fikan, Ralph Crim of Atwood, Joyce Dean, Mert McEvoy; **Dorothy Hunt** - Reva Marshall, Helen Brooks, Mildred Black; **Lora Zwickle** - Doris Fringer;

Ruth McQuiston - Helen Gee, Colleen, Justin and Jacob Gee; **Opal Bryan** - Sharon Slabaugh; **Eva Bryan** - Donna Kelley, Delta Anderson; **Ethel Nemeth** - Justin Williams of Tulsa, Okla., Brandon Doebele of New Strawn, Mika and Shelby Hackney, Betty Heisel, Helen Brooks; **Jeanette Conway** - Daisy Rhein; **Doris Miller** - Jody Betts; **Ruby Wennihan** - Regina and Wally Henrickson and James Moran, Adrian, Mo.

'Our God is a Consuming Fire'

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

After the wind tears apart and shatters, after the earthquakes beneath your feet, you might think that it cannot get any worse; but then the fire comes. For Elijah, the wind came in the form of a drought (1 Kings 17:1). The heavens were shut and dew was cut off and the land became dry.

Elijah went to Zerahaph by the command of the LORD and there he provided for a widow and her son (1 Kings 17:7-24). All was good until the earthquake and the son died. Elijah's world was shaken.

The widow said to him, "What do you have against me, man of God? Did you come to remind me of my sin and kill my son?" The LORD provided and the son was raised to life again. The earthquake was over. But was it all over?

The wind and earthquake had both come; now it was time for the fire. Elijah met King Ahab face to face and a showdown occurred between the man of God and the king who did more to provoke God to anger than did all the kings before him (1 Kings 16:33).

Two altars were prepared on Mount Carmel and Elijah said to the people, "How long will you waver between two opinions? If the LORD is God, follow him; but if Baal is God, follow him."

The test of the true God would be found in which sacrifice would be burned up by God. No fire would

be set by man. If the sacrifice was to be burned, it would be by God's act. And so it was.

"Then the fire of the LORD fell and burned up the sacrifice, the wood, the stones and the soil, and also licked up the water in the trench."

Through the fire, God proved Himself to be the true God and the people fell down and cried out, "The LORD, he is God! The LORD, he is God!"

One would have thought that this would have been the end of Elijah's troubles. Yet the fact remains that Elijah went to Mt. Horeb fleeing for his life. Though God had made Himself known, the pride of Jezebel kept her from bowing her knee to the true God and instead, moved her to kill Elijah, proving once again that man's rebellion against God is not due to man's ignorance.

As followers of Jesus Christ we will find ourselves facing the fire from time to time. But we need not fear for the fire is proof that the LORD is the true God.

He has consumed the empty sacrifices we have made to the devil through his suffering and death upon the cross. He has burned up the altars of our worldly pleasures through the proclamation, "Your sins are forgiven." And He has consumed the stones that marked our death through the empty tomb.

The fires of this world are nothing compared to the consuming fire of God. Watch the fire; but listen for the whisper.



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, LEVILLE**
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.
- NORCATU 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.

Decatur Health Systems

By Othelia Vacura

Chuck Banks and Dave Barber, representatives from the U.S. Department of Agriculture, presented a \$650,000 check to Decatur County for the low-interest loan to pay for the hospital specialty clinic addition on Thursday morning.

Present to accept the check were Administrator Lynn Doeden, Decatur Health Systems board members and the Decatur County commissioners. Congressman Jerry Moran expressed strong support for the building project, which he said will help keep our community viable.

The festivities were moved from the lobby of the hospital to the basement education center and then out into the courtyard due to an emergency airlift. The Agriculture Department representatives said they were impressed with how our hospital functions in the face of emergencies and requested photos of the helicopter landing to forward to Washington to illustrate rural health care in action.

The Oberlin blood drive will be from 11 a.m. to 4:30 p.m. today at The Gateway. Walk-in donors 17 and older are welcome. Donors who are 16 need a signed parental consent form.

Recent Kansas tornadoes and floods have caused a shortage in the Red Cross blood collections. Thank you for the great support Decatur County gives to the Red Cross to help maintain our blood supply. Your friends and neighbors throughout Kansas are counting on you!

Decatur Health Systems is going tobacco-free on Jan. 1. After that date, no tobacco use of any kind will be permitted inside or outside any

of our facilities. This includes the elimination of designated areas outside our facilities where employees, patients and visitors customarily use tobacco.

The team rosters are filled for the 2007 golf benefit Aug. 18. However, reservations for the prime rib dinner and auction continue to be available. Raffle tickets will soon be available at merchants and banks. All proceeds from this fund raiser will help pay for a recumbent bicycle for the physical therapy department and medical equipment and decor for the hospital addition.

Mount Pleasant News

By Dianne Bremer

Tyler Shields placed sixth overall for the season in total points in the 13-14 age group at the Northwest Kansas League swim meet held Friday and Saturday in Goodland.

Elizabeth Nedland's four member co-ed freestyle relay and all girls medley relay in the 11-12 age group took second place at the Northwest Kansas League swim meet Friday and Saturday in Goodland.

John and Dianne Bremer attended the wedding of Thomas Vacura and Clara Jolene Bell Saturday evening at the Tom Vacura farm home, rural Jennings. He is the son of Frances Vacura and the late DeWayne Vacura.

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