

Jean and Ted Lee, Louisville, Ky., were July 18 visitors of Oran and LaVerne Milner.

Maryllin Locy taking chemo and getting along pretty well.

Recent guests at the Stan Miller farm to attend the funeral of Joel Miller were Mr. and Mrs. Curt DeDonder and Sophia, Topeka; Mr. and Mrs. Casey Tuttle, El Dorado; Mr. and Mrs. Rocky DeLano, Wichita; Mr. and Mrs. Chad Applebury and Karyssa, Colby; and Casey Morris, Lubbock, Texas.

The City of Norcatour is accepting separate bids for a new door frame to be put on the lift station, and also for a new well house building. If you are interested, please contact Chris Dempewolf at the Norcatour city office. Each of the bids must be received by Aug. 17.

Birthdays: Stan Miller - July 25; Devonna New - July 26; Doris Auker - July 27; Kaitlyn Stapp - July 28.

Senior Citizens met July 7 with 16 players present. Winners were Clent Hatfield, Mary Sedlmayer, and Dorothy Ward. The next meeting will be at 7 p.m. Friday at the Educational Building.

Doug and Chris Dempewolf went to Hays on July 22, to visit with Ray, Jen, Bryce, Abbey and Isaac Thornton.

Mr. and Mrs. Stan Miller left July 19, for their annual trip to Broken Bow, Neb., where they attend the Comstock Rock Festival in Comstock. They were surprised to see cleanup efforts of a whole city block in downtown Broken Bow from a

fire they had on April 1. The fire destroyed five business offices and stores.

MUSEUM TIDBITS

If you would like to donate toward the carpet installation for the museum expansion in the preschool room, please send them to the Norcatour Museum, Box 89, Norcatour, Kan., 67653, to the attention of Chris Dempewolf.

Recent additions to the museum include a thermometer from Michel Oil & Gas Inc., brought in by Bee Nelson; a 1923 condensed statement from The First National Bank, from Phyllis Betts Lohofener; and pictures from the Norcatour Grade School, given by Audrey Pavlicek.

Marguerite Clark and Wava Reames hosted a birthday hamburger cookout for Oran Milner on July 19. Others attending were LaVerne Milner, Bee Nelson and Dorothy Ward.

Katrena Wentz attended the Citizenship Washington Focus trip this summer with 50 other Kansas 4-H kids. She enjoyed seeing many sights at St. Louis, Gettysburg, Philadelphia, and points of interest in Washington, D.C.

Norma McCallister attended the wedding of Jaymie Scott and Casey Campbell at Hays on July 21. She also visited with Mike McCallister; her sister, Barb and Dave Wagner, Leavenworth; and the rest of the relatives, including 3-week-old Will Sellers of Harrisonville, Mo. On Sunday, Norma, Barb and Dave attended church with Mike. Norma is a cousin of the bride's mother.

Scott Locy of Jacksonville, Fla., had lunch with Rea and Dee Magers on July 18. Scott was in Kearney, Neb., visiting his parents, Jay and Maryllin Locy.

Visitors of Rea and Dee Magers on Sunday afternoon, July 22, was their son, Jeff of Cedar Bluffs, and Gary and Linda Matson of Norton.

Overnight guests of Virgil and Joyce Price on July 19, were their grandson and family, Jason, Kathy, Connor and MacKinze Jurey of Kennard, Neb. They were en route to Colorado to spend a week 4-wheeling with the rest of the Jurey family.

Katrina Wentz plans to leave on Aug. 13 to attend Barton County Community College, where she will participate in both choir and band. She plans to major in child psychology. Katrina is one of the recipients of the scholarships sponsored by the Norcatour Commercial Club and Cardinal Bar and Grill.

TEMPLE REUNION

The 80th annual Temple reunion was held in Axtell with 75 relatives attending. Those with Norcatour connections were Nila Winchell, Cincinnati, Ohio; Ed and Fu Temple, Chicago; Loyal Temple, Oklahoma; Judy Menges, Colby; Darroll and Sue Banzet, Oberlin; Georgia Temple, Norton; Marcy Wyrens, Ceresco, Neb.; Ryan, Corey, Noah and Ava Grace, Wamego; Suzanne Cahoj, Atwood; Tracy Hartzog, Lisa, Jessica and Caden Rhoades, and Ron and Jerry Temple, Norcatour. Relatives traveling the farthest were from Delaware, Florida, Idaho and Louisiana.

Sweet corn is now at its best

If you live in Northwest Kansas, you know that it is sweet corn season once July hits. Nothing compares to the juicy burst of sweet corn on the cob!

The Native Americans first introduced us to corn, cultivating corn kernels from seed-bearing grass long before the Europeans discovered the Americas.

Corn flourished in regions of North, Central, and South America and especially along the Ohio River Valley.

After the first settlers made it to the "New World," Native Americans began teaching them how to grow, cook, and produce breads and other foods from corn.

In fact, history tells us that if it were not for corn, the Pilgrims would have starved during their first year at the Plymouth Colony.

The first thing to inspect when selecting sweet corn is the husk. It should be tight, moist, bright green in color, and free of any brown or moldy spots.

When peeling away a bit of the husk, the kernels should be plump, yellow and packed tightly.

It is best if the kernels are small at the ends and larger in the middle of the ear. Large kernels at the end of an ear are a sign of over-maturity.

The silk should be soft and golden, not brown and dry.

It is also best to purchase sweet corn that has been kept refrigerated or on ice, as heat increases the rate of spoilage.

Ideally it is best to eat sweet corn right after it has been picked or purchased.

If this is not possible, sweet corn



Home Time

By Tranda Watts
Multi-county Extension Agent

can be refrigerated for up to 3 days.

Corn on the cob only takes a few minutes to cook when submerged in boiling water.

Just bring a large pot of water to a boil, throw in the shucked corn, and wait for the water to come back to a boil. And the corn is done!

Besides tasting great, corn has many health benefits. Corn is a good source of vitamin A, vitamin C and fiber, particularly soluble fiber which helps control blood lipid levels.

Studies have shown that cooking corn increases its antioxidant level. Antioxidants help protect the body from free radicals, which have been

linked to heart disease and cancer. The bottom line is that corn, in moderation, is very good for you!

Nutrient Analysis of one ear of corn: calories, 77; fat, 1 g; cholesterol, 0 mg; protein, 3g; carbohydrates, 17g; potassium, 243mg; sodium, 14 mg; vitamin A, 253 IU; vitamin C, 2 mg; fiber, 2g.

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.



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Cedar Living News

Frank Cox ate dinner with Wynemah Cox to help her celebrate her birthday on Monday, July 23.

Dennis Brown of the Forget-Me-Nots hosted a party in the Cedar Living Center dining room on Monday afternoon. He served watermelon to residents, staff, and guests.

Myrna Jones and Mary Ann Amack led the sing-along time on Monday afternoon.

Fern Moore hosted the reading time on Tuesday morning.

Claudine Bennett and Betty Harden tied for the first Bingo on Tuesday afternoon. The blackout game also ended in a tie, between Mildred Cochran and Velda Ward.

We had a day of fun last Wednesday, when we celebrated "Christmas in July." Residents Nadeane Haag, Mildred Tacha, and Paul Sass assisted Teresa Shaughnessy with putting up the Christmas decorations on Tuesday so that everything was festive when residents came out to breakfast on Wednesday.

Beth Sebaugh provided a medley of holiday music before dinner. The dietary department prepared a Christmas dinner of turkey and dressing with cranberry bars for dessert, and served the meal on green placemats with red napkins.

A Christmas party was held in the afternoon for residents and staff. We received a visit from Santa and a wonderful assortment of Christmas cookies and other treats were served on holiday plates and napkins.

The white elephant gifts distributed to residents by Santa and the cookies were donated by staff members. The day ended with a Christmas sing-along before supper. The

decorations were packed away for a few more months and everyone reported having a good time.

Father Henry brought communion for the Catholic residents on Thursday morning.

The bowling group met on Thursday afternoon. The bowlers included Elsie Goodnight, Tressie Samson, Paul Sass, Kayo Sattler, John Schuhart, Don Shaw, Frank Ward, Nila Wesch, Delores Wheeler, and Nadeane Haag.

Gisela Fisher led the exercise group on Friday morning.

Ron Temple and his group, Faith, Hope, and Charity, gave a program of gospel music on Sunday afternoon.

Recent visitors: Roger and Wanda Miller, Rosa P. Boehm, Gary Wurm, McCook; Richard and Bernadine Samson, Theresa Rippe, Ludell; Linda Bosler, Nik Martin, Frank Cox, Herndon; Jerry Temple, Gary Anthony, Judy Jackson, Norcatour; Elwood and Norene Bailey, Doyle and Kay Brown, Jennings; McKenzie and Jordan Brown, Estes Park, Colo.; Dan and Rita Miller, Byers, Colo.; Betty Rall, Colorado Springs; Lisa Kitten, Plains;

Laura Staab, Hays; Susan McKain, McDonald; Carol Shaw, Rick and Tammy Shaw, Selden; Rachel Gallatin, Cambridge, Neb.; Freda Hosick, Stockville, Neb.; Lloyd Harden, Goodland; Mike McVay, Margaret Stanley, Colby;

Darlene Fisher, Elvin Beneda, Orlin Beneda, Lyle Gamblin, Barb Solko, Stuart Euhus, Janice Shobe, Dana Winstead, Marguerite Bailey, Frank Bennett, Charlie and Betsy Haag, Jan Matheny, Oberlin.

'Retreats Help Renew Us'

By the Rev. Henry Saw Lone, Immaculate Conception, Leoville and Oberlin and Selden Sacred Heart Catholic churches

It seems to me the summer break rushes to a close very fast as we are now already in the month of August. This time of the year marks a year since I began my faith journey with you in Oberlin. It has been a year of learning and growth for me. It is God's blessing to share your joys and sorrows, challenges, hopes, and dreams through Sunday Eucharist and reflecting on the Gospel of Life in today's society.

As August begins, naturally we turn our mind to school and routine. However, in August you'll still find many ways to celebrate the last month of summer vacation, such as the Decatur County Fair, Aug. 7-11. During this time, many of us will have the opportunity to meet with friends and families.

Before we plunge ourselves into the mundane and humdrum world of school, there are many things to be done for students and non-students alike. May I suggest some time away with the Lord, such as a spiritual retreat?

Does it sound strange to you? Retreats are not only for priests and the religious! Jesus invites all of his disciples, every Christian, to go away with him to a quiet place. Retreat houses across the country offer wonderful and inexpensive opportunities for prayer and reflection.

Father Frank Coady will be giving a retreat at the Heartland Center in Great Bend. His theme is The Paschal Mystery in Our Lives. The retreat begins Sunday evening, Aug. 5 and concludes Friday evening, Aug. 10. If interested, please register with

Brenda Black at (620) 792-1232. Other reasonably close places hosting retreats are the Benedictine Monastery in Schuyler, Neb.; Jesuit Retreat House in Sedalia, Colo.; and the Franciscan Retreat Center in Colorado Springs, Colo.

You might also wish to attend the Midwest Family Conference in Wichita, which will be Aug. 3-5. Take your family there for a wonderful experience. For more details please call Jennifer Juenemann at (785) 475-2600.

During the rest of this summer, I recommend directed summer retreats to savor quiet aloneness with God. What a wonderful time of the year to celebrate His life in us. A simple journal kept during a retreat helps to recognize God's action in our hearts.

Retreats send us back to our daily routines missioned in the fire of the Holy Spirit and enlivened in the startling belief that Jesus, God's only Son, is risen from the dead. And in all that we say and do we are his witnesses.

In spiritual retreat, we bring to the Lord our working and our resting, our joys and our sorrows, our apparent successes and our disappointments and losses. We present them to the Lord; we offer them up to Him. Our work and our leisure can, thereby, be holy, give glory to God, and build up the Church.

The challenge is for us to be more reflective and conscious in the way we embrace leisure as a means of holiness. May the Lord help us to truly enjoy the rich potential of the rest of our summer activities!

Go off to a quiet place with the Lord.



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.

NORCATOUR UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

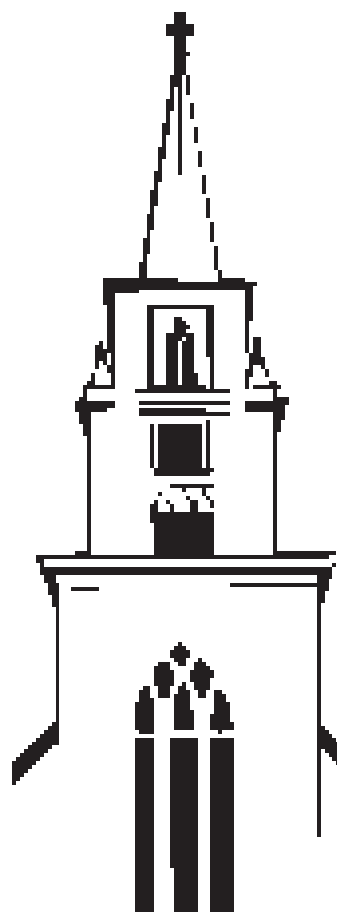
LYLE UNITED METHODIST
Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

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.

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Jemima Puddleduck 1-22
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Jimmy D. Lane 4-26

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