

A surprise 80th birthday celebration was held for Doris Auker at the Educational Building in Norcat on Saturday, July 28. Attending were Al and Mary Sedlmayer, Marguerite Clark, Veda Wood, Dorothy Ward, Mr. and Mrs. Milner, Jim and Carolyn Plotts, Mr. Sawdon, Terri James, Dianne Leffler, June Forbes, and Terri and Sandy Gade, Norcat; Alan Gade and Codi Nech, Phillipsburg; Collyn, Sylence, Alex and Abby Auker, Norton; June Jolly, Lyle; Gareth, Lisa, Rhianon, Megan and Cerys Davies, Oberlin; Lyle Auker and friend, Melody, Hastings, Neb.; Carla Lutz, Sidney, Neb.; Paul and Stella Hawkins and grandchildren, Tobias and Catera, and Kate Hoffman and daughter, Sooha, Denver.

Doris also received a very special phone call from South Wales in the United Kingdom, from her brother, Jim. Lisa Davies and others helped with the surprise.

Birthdays and anniversaries: Carolyn Kelley Plotts - Aug. 1; Marguerite Clark - Aug. 3; Dwight and Mary Wentz - Aug. 6; Agnes Pruitt, Les Ward, Wyatt Wentz, Darren and Lois Wentz, Stan and Carol Miller, Bob and Kay Strevey - Aug. 7.

Big sister Rebecca Wentz made a dress for herself and a matching one for her little sister, Amy, as one of her 4-H projects this year. The girls modeled their dresses during the clothing construction judging held at the Norton County 4-H Building.

Megan and Rebecca Wentz attended the 4-H Dog and Cat Show held at the Andbe Home in Norton recently. Megan showed her dog, Gidget, and received Reserve Grand Champion in obedience. Rebecca showed her cat, Smoky, and received Grand Champion. Lois, Megan, Rebecca and Amy Wentz also enjoyed a nice visit with Evelyn Lyons, a former neighbor in Norcat, during the pet show.

Megan and Rebecca Wentz entered projects at the Norton County Fair including foods, clothing, crafts, photography and swine. Each of the girls sold their pigs. Amy Wentz, a Cloverbud (pre-4-H), entered foods, crafts and swine in the open class at the fair. The girls showed pigs for the first time this year, and they received blue ribbons.

Marguerite Clark and Wava Reames visited Frank and Velda Ward at Cedar Living Center on July 27.

Harold and Jon Clark of Greensburg were visitors of Marguerite Clark and Oran and LaVerne Miller last week. They are living on a farm near Greensburg since they were made homeless following the Greensburg tornado this past May. Harold said that when he came up out of the basement after the tornado, he didn't know where he was, as the whole place was totally wiped out and looked unrecognizable.

### MUSEUM TIDBITS

The museum is expanding. We now have access to the preschool room and plan to have carpet put down at a cost of \$1,500. Those wishing to help may send donation to the museum, P.O. Box 89, Norcat, Kan., 67653, c/o Chris Dempewolf.

A pencil with the wording "Troy E. Rubendall, My 3-4231, Norcat, Kansas, Representing Alliance Insurance" on it was donated by Betsy Jakowski.

If you have any Norcat or Lyle pictures, we would love to add them to our scrapbooks.

We will be resealing the highway coming into Norcat during the summer. Donations may be sent to the Norcat Highway Fund to help with this project.

Guests at the Stan Miller farm during the past week were Mr. and Mrs. Curt DeDonder and Sophia, Topeka; Mr. and Mrs. Casey Tuttle, Eldorado; Mr. and Mrs. Rocky

DeLano, Wichita; Casey Morris, Lubbock, Texas; Aimee Applebury, Eli and Karyssa, Colby. They all helped Stan celebrate his 50th birthday at the Cardinal Bar and Grill.

Dave and Patty Stapp went to Emporia on July 25, and spent a few days with Jerrod and Kortney Poire. Kaitlyn and Sam Stapp joined them on Friday. Everyone helped Kaitlyn celebrate her birthday and also helped remodel the Paires' kitchen. Dan, Debbie Poire and Dan Poire of Colony joined the group at the Poire home on July 28. Dave, Patty and Sam returned home Saturday and Kaitlyn returned home Aug. 1.

Dave and Patty Stapp visited Dave and Linda Schliep and Spencer on Sunday, July 29.

The Norcat United Methodist Church was able to update the kitchen and rest room, thanks to memorial donations. New sinks, faucets and counters have been installed along the north wall. These new sinks need to be wiped dry after each use. The restroom door is being widened to make it handicapped accessible.

Jeff Magers, of Cedar Bluffs invited his parents, Rea and Dee Magers, over for a fried chicken dinner on July 28, to celebrate his birthday. Brownies and ice cream followed the delicious meal.

# Food ideas found on television



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Children are bombarded with television commercials. The average American child sees 40,000 TV commercials a year.

A 2005 study found that half of the TV commercials aimed at children were devoted to food (candy, snacks, sugary cereals, and fast foods).

Do not let the commercials dictate what you purchase. Always evaluate the merits of what you purchase regardless of its commercial popularity.

To make grocery shopping easy, plan ahead.

Children who are tired and hungry are more likely to misbehave while grocery shopping. Shop after nap time is over.

Be sure to allow your child time to properly wake up and have a nutritious snack before leaving for the store.

Most adults are not overly fond of shopping for groceries. Remember young children are not prepared for marathon shopping experiences. Short trips are better.

Let your child help put the food items in the grocery cart. Make them an important part of the process of purchasing food.

Be prepared for the checkout counter! The candy and toys are waiting as a temptation.

Be firm and encourage your child

to help put food on the checkout counter. Allow your child to hand the payment to the cashier. Punishing young children who want all those goodies at the checkout counter will not help them understand what behavior is expected.

As an adult, parents need to remember that grocery shopping is another of life's experiences that children need to learn about. Make the trip a fun one for everyone. Plan ahead!

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@ozne.ksu.edu. For more information, contact the county extension office, 475-8121.

## NSF SKIN DISEASE

NSF/NFD is characterized by areas of tight and rigid skin that makes it difficult to bend joints. Some patients with kidney disease have developed NSF/NFD after having an MRI scan containing a toxic injectable contrast agent called Gadolinium. If you think you may have NSF, please call us. You may be entitled to compensation.

Hollis Law Firm, P.A.

1-800-701-3672

## Jennings News

By Louise Cressler

Fireman's Fun Day citywide garage sale in Jennings will be held on Saturday, Aug. 25. Donated items can be dropped off at 205 S. Kansas on Wednesday, Thursday and Friday, Aug. 22, 23, and 24. All proceeds will go to the Jennings Fire Department.

This will be a great time to clean out closets and get rid of clutter. Clothing needs to be washed and neatly folded or on hangers. If you have questions call Terri at (785) 678-2333.

Stan and Ramona Shaw returned Friday evening from a trip to Alaska. They reported the scenery as awesome.

Highlights of their trip were a clear view of Mt. McKinley, Denali Park, Iditarod Trail Dog Race Headquarters, El Dorado Gold Mine, a cruise up Prince William Sound to Columbia Glacier, Anchorage, Fairbanks, Valdez and the North Pole.

The Stramp family reunion was held at the Sunflower Senior Center on Sunday.

City Council meeting was held Thursday evening at 7:30 p.m. All

council members were present. No townspeople came to the budget hearing. The budget was accepted as printed by the council. Patti Skubal of Oberlin, Decatur County Chairman of Emergency Preparedness, attended the meeting. She spoke of some guidelines for our shelter, chain of command, funding, etc.

The council is urging town residents to clean their property between sidewalks and curbs, also to trim trees from sidewalks. Fireman's Fun Day is to be held Aug. 25. Myers Electric of Hoxie is rewiring the Community Hall. New fluorescent lights, more plug-ins and switches have been installed. They will rewire the city shop also.

Sunflower Senior potluck supper will be held at 6 p.m. on Tuesday, Aug. 14.

Stan and Ramona Shaw were Saturday supper guests at the home of Mark and Shelley Shaw, Ethan and Erin, rural Logan. The occasion was in honor of Ethan for his 11th birthday. Additional guests were Jim and Wilma Mader, and Mike and Bernita Gawith of Stockton.

## Herndon News

By Voni Sattler

Congratulations to Steve and Carolyn (Grafel) Martin who were married on July 28 in Riviera Maya, Mexico. They were honored with a wedding reception and dance on Saturday evening in Culbertson. They are making their home in Kearney, Neb.

Don Grafel returned home Friday from the Decatur County Hospital.

Mr. and Mrs. John Geisinger and Mr. and Mrs. Jason Geisinger of Selden; Lucy and Butch Evans, McCook; Dick Martin, Wilsonville, Neb.; Jackie Weins, Colby; Susie Martin, Colorado Springs; and Hank and Lori Martin, Herndon, helped Ann Martin celebrate her 90th birthday on Sunday.

Anikka Martin visited her grandmother, Ann Martin, on Thursday. Shirley (Barenberg) Wallman of Lakewood, Colo., came Saturday for the 50th wedding anniversary open house honoring Chuck and Eileen Unger. She was an overnight guest of Joe and Nadine Green and also visited other relatives and friends before returning home Sunday.

John Kleidosty of North Platte, Neb., is visiting his mother, Mildred Kleidosty, for a few days. Connie James of Denver is visiting her grandmother, Edie Pettera. Alex Johnson of Hays is visiting with her grandmother, Voni Sattler.

Sami Sattler of Atwood was an overnight guest of Voni and Alex on Saturday. Kathy Leitner, Joey and Braden of Atwood and Deanna, Brad, Brandi and Kassi Williams of Herndon also visited Alex.

Melodie Sattler, Madison and Jamison of Denver came Saturday. Melodie was an overnight guest of Voni Sattler, and returned home Sunday. Madison and Jamison are spending the week at the Brad and Deanna Williams farm.

Jeff and Marilyn Unger and Clarissa of Colby, Peggy and Kent Been, Amy and Allison, Indianola, Neb.; Beverly and Tom Zipfel and Matthew, South Lake, Texas; Pamela Anderson, Oberlin; Karen Unger, Aurora, Colo.; and Valerie and Rob Rogers, Nic and Andrew, Shawnee, were in Herndon to help their parents and grandparents, Chuck and Eileen Unger, celebrate their 50th anniversary along with many other relatives and friends at an open house on Saturday afternoon followed by a supper.

Les and Myrna Pettera returned to Loveland, Colo., Sunday after spending over two weeks with his mother, Edie Pettera.

Keith, Tress, Alyssa and Matthew Pettera of Lakewood, Colo., visited a few days with their grandmother, Edie Pettera.

# 'Mountaintop Experiences — Transfiguration'

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

In my first sermon I urged you to make good use of the rest of this summer by having a spiritual retreat to renew yourself. With the approach of the feast of Transfiguration, like the apostles, you may want to experience God's presence on a mountaintop.

Do you want to go to the Rocky Mountains in Colorado? Great! You will have the unique experience of God's presence, like I did.

One of the Bible's names for God is 'El Shaddai' or 'God of the Mountains.' And from the very beginning of salvation history, we see that mountains are a special place to communicate with Heaven.

Abraham ascends Mount Moriah to sacrifice his son (Genesis 22). God reveals his name to Moses on Mount Sinai (Exodus 3). Moses later receives the Ten Commandments on that very spot (Exodus 31:18). Elijah returns to the same mountain, also known as Horeb, to hear what God's 'still, small voice' has to say (1 Kings 19:8).

So it is no surprise that Jesus brings His "pillars" (Galatians 2:9) with Him up a high mountain to experience a special moment of communion with the Most High.

It is this event that is commemorated by the Church each year on Aug. 6. The Gospel tells the story. As tradition has it, Mount Tabor is the place. Rising from the plain of Jezreel, its 'summit provides a spectacular view of all of Galilee.

But, what Jesus intends for Peter, James, and John to see is to provide them a glimpse of who He really is, His glorious divinity.

So on Tabor Jesus' clothes suddenly appear dazzlingly white, "whiter than the work of any bleacher

could make them." On Tabor, a cloud comes and overshadows Jesus and a Voice from the Cloud proclaims that this particular Son of Man happens to be the beloved Son.

What we have here is what is called a "theophany," a manifestation of God. It is a revelation, first of all, of the divinity of Christ.

What The Creed says about Him could be viewed as a commentary on this very episode: "God from God, light from light, true God from true God."

But it is also a manifestation of the entire Trinity. The cloud that overshadows the apostles is the glorious cloud of the Holy Spirit out of which the Father's voice resounds. Father, Son, Holy Spirit, one God in three persons revealed in the Transfiguration.

Suddenly, after a brief prostration, they get up and see only Jesus, looking the way He had always looked. The veil was now back in place.

The five senses are wonderful gifts from God. But they are limited, nonetheless. Often we make the mistake of thinking that reality is nothing more than what our senses perceive it to be.

So God gives us occasional mountaintop experiences, glimpses into realities that our senses can't normally detect. Jesus is always divine, regardless of His everyday human appearance. Jesus is always accompanied by saints and angels, even when He appears to be alone. It was the entire Trinity who opened the eyes of the man born blind, even though it was only Jesus' hand we could see touching the man's eyes.

Even though it's much easier to forget such things and live according to what everybody can see, faith is remembering such moments of revelation and building our lives upon them.



## 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: Morning Worship, 9:30 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.

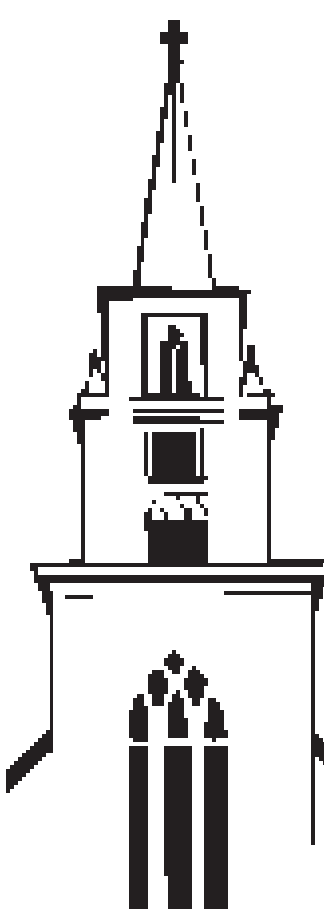
**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
The Rev. Heidi Wiebe  
810 West Cedar, Oberlin  
Office Phone 785-475-2769  
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

**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.



**Paul's FUNERAL HOMES**  
A Trusted Name Since 1925.  
Phone:  
785-475-3127 — Oberlin  
785-386-4311 — Selden  
Derek Riner  
Rick and Dori Pauls