

Lynn McFarland arrived at the Keith Anthony home on Sept. 11. On Thursday, Sept. 13, Don Anthony of Everett, Wash., and Tom Anthony of Gresham, Ore., Lynn McFarland arrived on Sept. 11. On Thursday, Sept. 13, Don Anthony of Everett, Wash., and Tom Anthony of Gresham, Ore., arrived to visit at Keith and Gary's. They are the sons of Dale and Faye Anthony. The main event was the private burial of Dale Anthony, who died in 1994, and his wife, Faye, who died in 2006. Their ashes are now in the Norcatcur Cemetery. Those present for the burial were Don and Tom, Sissy, Keith, Gary and Cathy Anthony.

After a week visiting in Norcatcur, Don Ward and his sister, Bee Nelson, accompanied Bart and Sharol Ward back to their home in Roeland Park on Sept. 9. Bee Nelson stayed a week with her daughter, Tara Nelson and Anita Volskay in Independence, Mo.

They transported a truckload and a half of firewood, made two batches of cinnamon rolls, helped clean up their lake house on the Lake of the Ozarks. She also visited two days with a cousin, Joy Chapman, Liberty, Mo., visited with Don to see his new apartment, and had lunch with Don, Bart, Sharol, and daughter, Ali, on Saturday.

The girls took Bee to Wichita on Sunday, Sept. 16, to the home of her son, Todd Nelson, for hamburgers. They visited with guests Wayne and Norma McCallister, and Mildred Schwab. Bee joined Wayne and Norma McCallister and Mildred Schwab on the return trip to Norcatcur.

Scott Harman is attending Southeast Oklahoma College this year, and is on the college rodeo team, riding bareback. His schedule began on Friday, Sept. 21, in Scott City, and continues through April 26 ending at his own college rodeo. Wava Reames returned Sept. 17 from a trip to Kingfisher, Okla. She left Sept. 12 and stopped in Jetmore

to visit Bob and Treva Crabill. Bob is doing well but Treva entered the hospital that day. Wava also visited with their son and her cousin, Bobby Crabill. Wava arrived in Kingfisher on Sept. 13, and toured the terrible devastation left by the flood there. The home she lived in before moving back to Norcatcur was flooded, for the first time. It sat on Kingfisher Creek and contained nearly five acres. It now contains 4 acres or less, as about an acre was washed away from the bank of the creek.

Wava attended her granddaughter's graduation from John Casablanca's school of modeling on Saturday. She had a great time with her daughter and family, Johnny and Shawnda Crum, Shawnda and James.

Visitors of Marguerite Clark on Sunday, Sept. 16, were her niece, Janet Rippe of McCook, and her daughter, Allison. They drove around the Norton Lake and Allison really enjoyed the prairie dogs there.

Veda Wood and Dorothy Ward represented the *Norcatcur News* at the tea party held for *Norton Telegram* correspondents on Sept. 14 at Whitefield's Coffee House.

Rea and Dee Magers participated in the Kansas Highway 36 garage sales. Jeff Magers and Joy Luoto, Cedar Bluffs, helped on Saturday.

Dorothy Magers and Paula, Greeley, Colo., were visitors at Toots Magers on Wednesday evening. Rea and Dee Magers went out for pizza with them. Dorothy is their sister-in-law.

The Methodist Church has a new updated loudspeaker system, installed by Larry Henderson of Norton, making it possible for everyone to hear. Speakers have also been installed in the Educational Building.

The bill for resealing the highway coming into Norcatcur totals \$8,326.87. If you would like to help with this project, please send your donation to Judy Jackson, Box 24,

Norcatcur, Kan., 67653.

Adda M. Bell England received word that her older sister, Anita Bell Morgan, 76, died Sept. 1, 2007, in Cambridge, Neb. In addition to Adda, she is survived by a sister, Treva, and brother, Arvid. Their parents were Warren and Viola Bell.

MUSEUM TIDBITS

Audrey Pavlicek has brought in pictures from the Norcatcur Grade School. Dorothy Ward and the Norcatcur News donated copies of Dorothy's old Norcatcur pictures. Jessica Karnes brought in some Norcatcur items she picked up while garage saling on Highway 36. One was an item called "The Cardinal," which was from about 1960, and belonged to Terry Lyon.

Birthdays: Doug Dempewolf - Sept. 20; Shanna Long - Sept. 22; Mathew Helm, Kelsey Jackson, Jean Daniels - Sept. 23; Carol Miller, Dwight Wentz - Sept. 24.

The Haskell and Jolee Cooley concert of Christian music, presented in the Norcatcur Methodist Church on Sunday, Sept. 16, was well attended. They played and sang music enjoyed by everyone. Refreshments followed in the Educational Building.

Thanksgiving dinner has been observed wandering around the outskirts of Norcatcur. A flock of close to 20 wild turkeys has been roaming in or near the city limits. Be on the lookout, as road kill is very difficult to clean and eat!

Mail will reach Sgt. Russell A. James at MSOC Base G Base 2D Base MSOB, Unit 76670, FPO Base AE Base 09 509-6670.

Steps to reduce food illnesses

The Centers for Disease Control and Prevention estimate that food borne illness sickens 76 million people, requires about 325,000 hospitalizations, and causes 5,000 deaths in the U. S. annually.

The numbers may not tell the whole story. Symptoms of food borne illness - abdominal cramps, nausea, vomiting, diarrhea, fever and dehydration - can be mistaken for the flu or a minor stomach upset.

Symptoms can occur soon after eating contaminated food, but may not become apparent for several weeks.

Hepatitis A, a viral disease that affects the liver, is an example. The virus can be spread through direct contact such as shaking hands, or through food prepared by an infected person.

Symptoms of Hepatitis A include fever, tiredness, loss of appetite, nausea, dark urine, and jaundice. Symptoms may not be apparent immediately, but can linger for two to six months. Some people have Hepatitis A without any symptoms.

In contrast, the Norovirus can be spread by a food handler infected with the virus or by touching a surface, such as a doorknob, after an infected person has touched it. This virus can spread quickly between people in close contact with each other, at home or in a public place.

Symptoms of Norovirus include nausea, vomiting, diarrhea, and stomach cramps that can begin suddenly and may last one to two days.

Food safety errors can occur during production, processing, transportation, food storage, and food



Home Time

By Tranda Watts
Multi-county Extension Agent

preparation.

Anyone can be vulnerable to food borne illness. But certain populations such as infants and children, whose immune systems are not yet fully developed; the elderly, whose immune systems may be compromised by aging, poor nutrition or chronic illness; pregnant women; and others undergoing medical treatments such as chemotherapy, can face an increased risk.

Something as simple as washing hands before and after using the restroom can be effective in reducing the risks of any food borne illness and also respiratory illnesses.

In a study of 305 Detroit school children, as reported by the Department of Agriculture, students in six classrooms who washed their hands on arrival, before lunch, after recess and before leaving each day had 24 percent fewer sick days due to respiratory illness. Those students also had 51 percent fewer days lost because of stomach upset.

It is recommended that individuals wash hands with warm, soapy water for 20 seconds:

- before and after handling food,
- after using the restroom or helping a child do the same,
- after changing a diaper (for the parent or care giver and the child),
- after handling pets,
- after tending to a sick person,
- and
- after blowing your nose, coughing or sneezing.

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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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Rexford News

By Vicki Allison

Everybody enjoys a parade and Friday's Homecoming Parade was well-attended. There were a lot of horses, 4-wheelers, trailers, and a semi flatbed loaded up with the Golden Plains football team who threw out mini footballs to the crowd. School board member Dennis Allison pulled a trailer with the middle school and high school band and director, Janell Antholz. The enthusiasm continued at the community pep rally. Unfortunately the evening ended with the Triplains/Brewster Titans defeating the Golden Plains Bulldogs.

Last week's birthday celebrations included Joan Todd, Sept. 17; Dick Sanford, Sept. 21; Delores Dible and Gary Delzeit, Sept. 22.; Ken Bastin, Sept. 24; and Samantha Mohr's will be Sept. 29.

Cleo Bastin celebrated his 90th birthday Sept. 24. On Sunday, Sept. 30, there will be a party in his honor from 2 to 5 p.m. at the Rexford Community Church. All are welcome to celebrate with the Bastin family.

Ernest and Janine Colson took

Edna Colson and Roberta Colson of Goodland to Ruthven, Iowa, where they stayed Friday through Monday, Sept. 14-17, with Edna's sister, Helen Opedal. They attended the Roberts cousins (Edna's and Helen's cousins) reunion in Fort Dodge, Iowa, on Sunday, Sept. 16. Roberts is Edna and Helen's maiden name.

On the way home to north of Rexford on Monday, Sept. 17, they stopped at the Norton Hospital to see Kathryn Richard, who is ill with kidney dysfunction but feeling better. Kathryn, Edna's daughter, lives at Norton and was to be released from the hospital on Sept. 19. Ernest and Roberta are Edna's children also.

DeAnn and Delores Dible went to Logan Manor for their fall barbecue and to visit Hazel Richardson.

Red Barn ongoing activities: Bible study on Wednesday, 10 to 11:30 a.m.; Come on Down at 2 p.m. on Thursday; and Koffee Klatch on Friday, 9:30 a.m.

Until next time, make your week memorable.

Jennings News

By Louise Cressler

Stan and Ramona Shaw spent last weekend at the home of their daughter, Chris Gillespie and Tom Neff, at Marion. Additional guests were Aaron and Tara Gillespie, Hays; Elliott Gillespie, Overland Park; and Tamara and Alex Bratt, Overland Park.

Keith and Helen R. Muirhead enjoyed a visit for a few days from their daughter, Teffani Zadeh of Chicago and grandchildren, Natalia and Dylan.

Their daughter, Tamala Schultze, Salina, came for a day to visit with them.

Doug Cressler got a good report when he went to Wichita Thursday for a checkup. He is staying with his parents, Alfred and Betty Cressler.

He goes to Oberlin for therapy. The carpet at Sunflower Senior Center will be cleaned at 9 a.m. on Monday, Oct. 1. Furniture will be moved out on Sunday.

Jennings City Council will meet at 7:30 p.m. on Thursday, Oct. 4, in the Senior Center.

Housing Authority Board met Thursday evening. Some of the board members were not present and so no decision was made on bid of property. A special meeting will be called.

Traffic is being stopped within the city limits of Jennings. Paving is being done by Venture from west city limits to Rexford. Several workers are staying in rental properties in town.

'Why the Attack?'

By the Pastor Fred Dycus, Oberlin Community Fellowship

There are people that would enjoy, more than anything else, to discredit the book of Jonah. Many scoffers and half-baked liberals work hard to make the book of Jonah a myth.

And what amazes me is that there are people who would rather believe a man's conviction and not believe the Holy Bible.

Many people would have us believe that the book of Jonah in the Bible is a myth and fairy tale. They would challenge how a man, being thrown overboard from a ship into a stormy sea, could be swallowed up by a big fish and three days later be vomited up on the shore, only to run to Ninevah and preach a message that caused a revival.

These scoffers would have you and I believe this just is not true.

Man today would tell you that the throat of a whale is too small to swallow a man whole.

Man today would have you and I believe that you are not in your right mind if you believe the book of Jonah is true.

Why this attack on a book of the Bible that for centuries has been the focus of vicious attacks? Why even bother to sound an alarm? Why not just leave it alone?

The unbeliever cannot leave it alone. It is like a thorn in the foot. But why?

If you discredit the book of Jonah, then you have discredited the ministry of Jesus Christ, the Son of God. Matthew 12:40 reads, "For as Jonas was three days and three nights in the whale's belly, so shall the Son of man be three days and three nights in the heart of the earth."

You see why the attack?

If Jonah was never in the belly of the big fish, then Jesus was never in the grave and resurrected. Jesus staked His ministry of death on the cross, buried and resurrected on the prophet Jonah.

The devil will continue to try to discredit the ministry of the Messiah. So if the death, burial and resurrection of Jesus is true, what does that say about the prophet Jonah?

Again, if the message of Jesus is true and the book of Jonah is true, then the Bible is true. And since the Bible is true, then we can believe what is in the Bible. The focus of the Bible is that you must be born again.

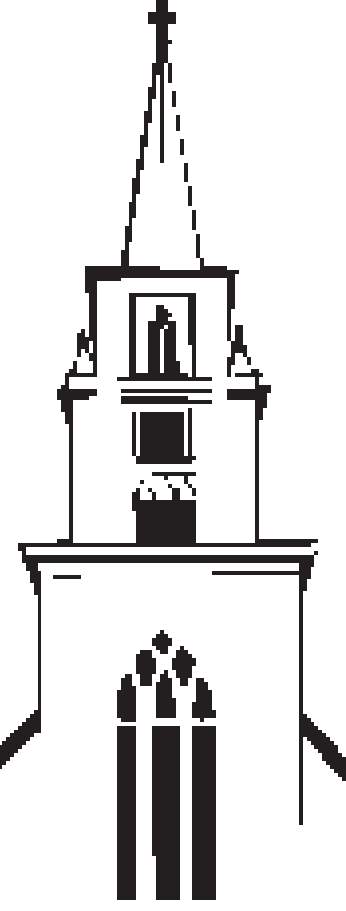
Why believe the stories of the Bible and not embrace the God of the Bible?

If you were to die today, where would you spend eternity? The decision is yours.



Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Henry Saw Lone, MASS: 5:30 p.m., Saturday</p>	<p>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.</p>	<p>NORCATUR UNITED METHODIST Pastor: Ray Gilstrap Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p>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.</p>
<p>IMMACULATE CONCEPTION CATHOLIC, LEUVILLE Fr. Henry Saw Lone MASS: 8 a.m., Sunday.</p>	<p>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.</p>	<p>LYLE UNITED METHODIST Carol Woodmansee, Almena Lyle Lay Speaker SUNDAY: Morning Worship 8 a.m.</p>	<p>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.</p>
<p>SACRED HEART CATHOLIC, SELDEN Fr. Henry Saw Lone MASS: 10 a.m., Sunday</p>	<p>CLAYTON UNITED METHODIST Pastor: Ray Gilstrap Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p>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>	<p>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.</p>
<p>OBERLIN SEVENTH-DAY ADVENTIST CHURCH Jim Martin 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p>	<p>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.</p>	<p>ST. MARY'S CATHOLIC, HERNDON The Rev. Damian Richards Phone 785-322-5560 MASS: SUNDAY, 8 a.m</p>	<p>HERNDON COVENANT CHURCH Keith Reuther, Pastor Phone 785-322-5316 SUNDAY: Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Youth Group, 4 p.m.</p>
<p>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.</p>	<p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Paul's FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</p> </div>	
<p>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.</p>			



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