

Norcatour News

By the Norcatour News Committee

Ron Temple had triple bypass surgery on Dec. 7, in Lincoln, Neb., and is doing well. He hopes to be home soon. Mail will reach him at Bryan LGH Medical Center East, 1600 S. 48th St., Lincoln, Neb., 8506, or at his home, RR1, Box 25., Norcatour, Kan., 67653.

Ron Montgomery was able to return home from the hospital in Kearney, Neb., on Dec. 4 after several surgeries following a farm accident.

Birthdays and anniversaries: Mindy Braun - Dec. 12; Heather Baker - Dec. 14; Bryndon Wentz; Justine Tuttle, John and Carol New - Dec. 17.

Senior Citizens plan to meet, weather permitting, at 1:30 p.m. on Friday for cards.

A hog roast benefit for Ron Montgomery has been tentatively set for Saturday, Jan. 12, 5 to 7:30 p.m., at the Norcatour City Building. All proceeds will go to help Ron with medical expenses incurred after a farm accident. If you would like to make a salad or dessert, please contact Chris Dempewolf.

The Norcatour City Office and Norcatour Library will be closed from Dec. 24 to Jan. 1.

Veda Woods attended the Lyle Church Community Dinner and Bible study on Dec. 3. On Tuesday, she helped with the Norcatour News, and Carol Moye came to visit. Toots Magers and Veda went to Oberlin on Thursday, Dec. 6, to hear Vic Mowry's old-time music at Cedar Living Center.

The Mike Helm family enjoyed having Aaron home from West Point for Thanksgiving. They spent Thanksgiving with Helen Helm at Heritage Plaza in Cambridge and were joined by John Helm of Seattle, Wash.; the Jim Helm and Kathy Brashears families, and Ceanne and Marty Rinehart.

On Friday, Aaron and Becky spent the day in Danbury with Grandma and Grandpa Fossum and also put up posters for the Lebanon Legion pancake supper. Mike, Becky and Jacob took Aaron to the airport at Kansas City and were accompanied by Laurie Helm of St. Joe. They also enjoyed a tour of St. Joe before returning home. Aaron also plans to spend Christmas with his family.

Use these for healthy holiday



Home Time

By Tranda Watts
Multi-county Extension Agent

later rather than earlier. After others have picked over the buffet table, the food won't look as tempting.

- Attending a potluck? Bring something healthful – a vegetable or fruit tray with low-fat dip, for example.

- After eating, find a place away from the food table to situate yourself, or offer to help with hosting duties to allow you to focus on something other than food.

- Drink enough fluid. Sometimes people mistake hunger for thirst. Between meals, have a glass of water before reaching for something to eat.

- Avoid your trigger foods. Everyone has something they can't stop eating when they start. It's OK to

indulge occasionally, but most of the time, just stay away.

- Get enough rest. Feeling tired can make it easy to overeat.
- Baking holiday cookies? Make them smaller – bite size. And store them in the freezer or in a container high in a cupboard.

- Keep a bowl of fruit on the counter and fresh vegetables at eye-level in the refrigerator to make it easy to reach for healthful snacks.

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

It seems that Christmas is synonymous with family and celebrations. It has been that way since the very first Christmas when God sent Jesus, Immanuel, as a baby to be born to a young virgin mother and carpenter step-father.

Shepherds and wise men were the first to celebrate His birth. More than 2,000 years later families still gather to worship the tiny King, as we did on Friday evening.

For our residents, family becomes more and more important as years go by. They understand that all the gifts and possessions we spend our life accumulating hold no lasting value. In fact, most have now been left behind. Family is what brings them fulfillment and joy, and yet they have already said good-bye to many of their loved ones who have gone before them.

The reality of Christmas takes on deeper meaning. They understand more clearly that the only gift that has eternal significance is the One that was wrapped in swaddling clothes. They know that when they received that gift, they were grafted into a forever family that will never pass away.

The day was filled with lots of anticipation. John Ready sat at the window watching for his daughter to arrive from New York. When I mentioned that a watched pot never boils, he replied, "Maybe it will today!"

The weather didn't hinder the

celebration, only made it more festive. Ninety-four people enjoyed a meal of ham or oven-fried chicken served with mashed potatoes and gravy and a medley of vegetables, accompanied by salads and desserts brought by family members.

Leroy and Sharon Stevenson were our distinguished guests providing the entertainment. He recited several readings and led us in singing carols. His wife then joined him to sing a duet at the conclusion of the program.

On Wednesday morning, party favors were made for our family dinner. Then in the early afternoon, Kelley Black and Linda Hollowell helped Angel Lane ladies Hazel Flaska and Faye Miller make treats for Thursday's Neighborhood Christmas Party. Everyone was invited to Angel Lane, where tables were overflowing with treats made by staff and residents. The staff donned Santa hats and reindeer antlers and sang some carols. It was just plain ol' fun!

That night the 180 House boys came to visit and we get together and talked. It is so interesting to get different perspectives on life issues. The residents always look forward to this time with the boys. Amy Rehm, Lora Zwickle, David McGee, Mae Guy, Elsie Macy, Faye Miller, Opal Bryan, Mary Lemman, Dorothy Pryor and Doris Marintzer all joined our discussion.

This week is brimming with lots

more visitors, friends and family. We are making up for last year's flu quarantine. Praise God! Thank you all for helping to keep us healthy!

Visitors who signed our guest book this week were: Don and Joan Grafel of Herndon for **Thelma Spiers**; Shelby Hackney, Betty Heisel, and Darci Meitl for **Ethel Nemeth**; Reva Marshall, Penny Fringer, and Ron Snyder of Colby, for **Dorothy Hunt**; Sharon Slabaugh for Eva and **Opal Bryan, Mae Guy, Edla Olson, Ruth Laidig and Thelma Spiers**; Nikki and Wyatt Amlong for **Ruby Wennihan**; Daisy Rhein for **Jeanette Conway**; Esther Ready, New York City, for **John and Muriel Ready**; Bud and Vicky Mumm for **Hubert Mumm and Doris Marintzer**.

Midway News

By Mary Lou Olson

Christmas activities at the Herndon Covenant Church include a party at 3 p.m. on Thursday at the Good Samaritan Center in Atwood, hosted by Covenant Women Ministries; a caroling party beginning at 4:30 p.m. in Oberlin at the Good Samaritan Center on Friday; the Sunday School Christmas program

at 10 a.m. on Sunday, followed by a brunch at 11:30 a.m.; and a Christmas Eve service at 11 p.m. on Monday.

Dick and Donna Kelley spent the weekend in Frederick, Colo., with Sheldon and Brenda Kelley, Kendra and Jessica. They helped Jessica celebrate her seventh birthday.

Selden News

By Jacqu Boulinghouse

Saturday and Sunday evening will be Christmas Light nights in Selden. Those who have Christmas lights should have them on between 6 and 10 p.m. so everyone can drive around to see all the beautiful lights throughout the town.

On Thursday at Senior Citizens, Lola Cook won high, Jeanie Spesser and Edna Schiltz tied for second, and Lois Neff got low and had the most nines. Other members present included Betty James, Helen

Karls, Leone Porsch, Ann Hazlitt, Bernita Aumiller and Paulie Neff. The group's next card day will be Thursday with cards starting at 2 p.m.

Birthdays and anniversaries: Dec. 20 - Stephanie Ritter, David Neff; Dec. 21 - Troy Emigh; Dec. 22 - Pat Wessel; Dec. 23 - Tammie Bainter; Dec. 24 - Curtis Carman, Mitzi Wachendorf; Dec. 25 - Helen Jo Ochs, Ron Jacobs.

It's time to reflect on Christmas By Pastor Doug Mason, Lund Covenant Church

It's less than a week now until Christmas day. Are you ready?

Is your shopping done or are you more the last-minute type? Where is your focus? Is it on Christmas gifts? Are you in a panic over what's not done? Are you exhausted from all the holiday activities? Are you excited about what's waiting for you under the tree?

Well, let me suggest that we take some time together and refocus. Take a deep breath in, exhale and relax.

Christmas is about giving recognition to God coming to Earth 2,000 years ago in the form of a little baby. Recently in Teens For Christ, I had a couple of the teens read and act out a little skit that, while silly, really helped put Christmas in perspective.

The skit was about two teenage girls in Bethlehem when Jesus' first birthday was about to arrive. One of the girls was his babysitter and she was trying to think of something to do for his birthday. The girl's friend was suggesting ideas.

The first thought was, "Let's cut down a tree, drag it inside and hang things on it."

Next she thought she ought to bring her uncle to the party who has a white beard, a big belly and a red suit to say, "Ho, ho, ho."

The girl's next idea was to eat so much candy and cookies that they make themselves sick.

She also suggested, "We could hang up leaves and berries, and whoever stands under them has to kiss somebody."

She then suggested singing songs about snow and then her top idea – give presents to each other to celebrate His birthday.

How silly that all sounded, didn't it? And yet that sounds very much like our Christmas celebrations. I followed the skit with some questions for the teens to ponder.

The most obvious question was, "How could our group celebrate Jesus' birth without using a tree, presents, refreshments and other such things?"

For the moment, set aside all our modern Christmas customs and think only of the fact that Jesus came to earth.

Why did He come?
What do you think motivated God to send His Son?

What does that mean to you personally?
What would Jesus want us to do to celebrate His birthday?



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone, MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEVILLOE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Mike Larson
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 Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

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, 9:45 a.m. Morning Worship, 11 a.m. Youth Group, 4 p.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.

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