

Norcatat News

By the Norcatat News Committee

Terry Gade reports that he will expect to have a third hip replacement at the end of February.

Sympathy is extended to the family of Doris Wallack, 98, who died Nov 29, at the andbe Home in Norton. She was a 127 graduate of Norcatat High School. Her parents were Frank and Mamie (Jorn) Hasenyager.

Dorothy Ward and Wava Reames attended the Cedar Living Christmas party at Oberlin on Sunday, Dec. 16. Wava was with her parents, Frank and Velda Ward, and Dorothy with Lora Linn Leichter. Other guests of Lora Linn were her son, Rodney of Seibert, Colo., and granddaughter, Laci of Colby. After returning to Norcatat, Dorothy stopped by the Red Hatter's Christmas party at the Cardinal Bar and Grill.

Mr. and Mrs. Stan Miller went to Denver on Dec. 8, then flew to Las Vegas on Dec. 9, for the annual Adventure Seed Co. trip. They returned from Las Vegas on Dec. 12, then left on Dec. 13, for El Dorado where they stayed with Mr. and Mrs. Casey Tuttle. The Millers helped daughter, Justine, celebrate her 21st birthday. Mr. and Mrs. Curt DeDonder and Sophia of Topeka joined them for an early family Christmas. All returned home Dec. 16.

Have you been out looking at Christmas lights? It's worth your time to drive by the Forbes' home, just east of the United Methodist Church.

Physician Assistant Tara Nelson, 509th Medical Group, received the Whiteman Spirit Award from Col. Garrett Harencak, 509th Bomb Wing Commander, on Dec. 3. She is the daughter of Bee Nelson of Norcatat and the late Bill Nelson. She has been a family practice physician assistant for 10 years. She was nominated by Col. Gloria a Twilley, commander of the 509

Medical Group.

Wava Reames and Leslie and Lynn Ward were guests of Frank and Velda Ward at Cedar Living Center in Oberlin on Sunday, Dec. 16, for the annual Christmas party. The place was packed. First Christmas carols were sung by the group founded by Ron Temple. Myrna Jones played the piano, and singing was led by the group. Santa Claus made an appearance to deliver gifts to the residents. The young visitors greeted him with delight. Teresa Shaughnessy does a terrific job organizing events at Cedar Living Center.

Marguerite Clark's niece, Janet Rippe, daughter-in-law of Coleen and LaVerne Rippe of Lyle, spent nearly 10 days touring Europe with a cattleman's organization. On the way home this past weekend she got as far as Chicago before being delayed by heavy snowstorms. Janet is home now, but what an adventure! She and her husband, Gale, work for Heartland Cattle Co. of McCook, and live near there.

A note from Maryllin Locy states that after four chemo treatments, she is cancer free! Maryllin said chemo is not fun, and it will take a while to get her strength back. Her husband, Jay is doing well and keeping busy.

Birthdays and anniversaries: Tom and Betsy Jakowski, Dec. 19; Jim Bob Beachel, Frank Ward, Sandy Gade, Carissa Wentz - Dec. 22; Ronald Anderson - Dec. 25; Fred Molzahn, Lynn Ward - Dec. 26; Mary Irwin - Dec. 30; Beth Sebaugh, Galen and Jamie Wentz - Dec. 31; Jonathan and Cristy Baker - Jan. 1; Darrel Barnett, Megan Wentz - Jan. 2; Chris Dempewolf, Jeff and Lori Roe - Jan. 3; Mike Mapes - Jan. 6; Debbie Marshall - Jan. 7; Debra Helm - Jan. 8.

Congratulations to Dewayne

Jackson, who was presented a pin and certificate in honor of his 25-year safe driving record while delivering his rural mail route.

The bake sale and auction at the Norcatat Christmas Drawing on Dec. 15 brought in \$77.50 at the bake sale, \$509 at the auction and \$415 in donations. Proceeds went to the Norcatat City Building fund.

Deb Marshall worked hard putting the Christmas Drawing together. Lois, Megan and Rebecca Wentz worked at the bake sale, and Troy Marshall did the auctioneering and announcing of names. Gary Anthony also helped with the auction, and Amanda Marshall helped hand out prizes.

A hog roast benefit for Ron Montgomery has tentatively been set for Saturday, Jan. 12, from 5 to 7:30 p.m. at the Norcatat City Building. All proceeds will go to help with medical expenses incurred after his farming accident. If you would like to make a salad or dessert, please contact Chris Dempewolf, (785) 693-4461.

R.D. Thornton was taken from the hospital in Oberlin to the Hays hospital on Dec. 12. He was to return to the Oberlin hospital on Dec. 17. Mail will reach him at Decatur Health Systems, P.O. Box 268, Oberlin, Kan., 67749.

Watch calories over holidays

The extra calories sometimes sneak up on us over the winter holidays.

They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day.

Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, etc.

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work.

About calories: 30

Taste 2: Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle.

About calories: 80

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast-food place for a quick bite. The grocery store is offering food samples. I'll just eat a little cracker with spread to tide me over.

About calories: 40

Taste 4: The fast-food place is giving out 1/4-cup samples of its special flavored holiday coffee. I



Home Time

By Tranda Watts
Multi-county Extension Agent

can't pass that up!

About calories: 20

Taste 5: Still a couple of hours to go at work before I head to that holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up ... chocolate-covered cherries! Chocolate is good for you, right? I'll just have one.

About calories: 60

Taste 6: It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip.

About calories: 75

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half-cup.

About calories: 200

Taste 8: There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them - it might as well be me!

Approximate calories: 60

Taste 9: The nice thing about

helping dish up dessert is you can take a little "preview" taste - using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up.

About calories: 100

Total tasting calories for the day: 665

On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound. If comparable "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week!

Maybe that tiny taste isn't so tiny after all...

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.

Herndon News

By Voni Sattler

Sympathy is extended to the family of Lawrence "Larry" Solko, 60, who died Dec. 11 in Omaha. He was the son of the late Al W. and Ruth Solko. Survivors include his wife, Chris, and daughter, Amanda Solko, both of Omaha, and a brother, Gerald and Lois Solko, St. Paul, Neb. Services were held Dec. 15 at West Center Chapel in Omaha with burial at Herndon. He was also preceded in death by a sister, Janet Ruth Solko.

Danny and Jean Ann Leitner were in Wichita last weekend, where they attended the graduation of their daughter, Jennifer Leitner, who earned her master's degree in business administration. Joining them were Charlotte Smith, Topeka; Troy, Greta and Tate Smith, Buhler; and Jeremy Wolfram, Wichita.

Victoria Magazine is available at the Herndon City Library for check out.

The library is open from 1:30 to 3:30 p.m. on Saturday.

Brad, Deanna and Kassidi Williams, and Voni Sattler attended the music program at the Rawlins County Elementary School on Wednesday evening.

Chelsi and Kassidi Williams, Sam Kogl and Voni Sattler went to

Roger's Bar and Grill for pizza on Wednesday evening to celebrate Chelsey's 21st birthday, which was Dec. 20.

Sharon Ecker and Diane Allen went to McCook Tuesday to attend St. Patrick's Christmas program at the school. Sharon also attended a birthday party for Pat Allen on Dec. 15.

Anikka, Rebekka and Tasha Martin were visitors of Ann Martin during the past week.

Don and Joan Grafel went to Oberlin to attend the high school vocal concert on Tuesday evening in which their granddaughter, Makenzie Nelson, performed.

Deanna and Brandi Williams accompanied Kathy Leitner and her Creative Arts Club to Denver on Wednesday, where they saw "White Christmas" at Buell Theater.

Todd Nelson is staying with his mother, Joan Grafel and her husband, Don Grafel, while visiting relatives over the holidays. He plans to attend Pittsburg State University the second semester. They all visited Thelma Spiers in Oberlin on Tuesday.

Visitors of Esther Pennington the past week were Voni Sattler and Chris Wood.

Jennings News

By Louise Cressler

Funeral services were held at Jennings on Saturday morning for Dallas Kolsky of Sedalia, Mo., who died Dec. 17. He graduated from Jennings High School with the class of 1939. The women of the United Methodist Church served lunch to the family.

Senior Citizens dinner was held Tuesday, Dec. 18. A bountiful dinner was enjoyed by William and Rachel Carter, Ruth and Merl Chance, Bob and Neoma Tacha, Stan and Ramona Shaw, Mary Votapka, Sue Long, Eleanor Morel, Diane Carter, Imogene Keenan, Helen and Keith

Muirhead and Louise Cressler.

Work has begun at the Community Hall. Prairie Land Electric is starting on the electrical and duct work for the new furnace and air conditioning.

Wayne and Louise Cressler received word Tuesday of a new great-grandson born Monday evening, Dec. 17. Callahan Ian weighed 9 pounds, 11 ounces. Proud parents are Brad and Cinnamon Harold of Denver. Grandparents are Pat and Don Harold, Grand Junction, Colo.

The greatest gift

By The Rev. Ray Gilstrap,

Almena, Clayton and Norcatat United Methodist churches

Grace and peace to you in the name of Christ.

My prayer for you today is that you have experienced a Christmas blessed by God's Greatest Gift, and that as you look forward to the coming year you will find time to reflect on all that gift brings to your life.

Christmas means many things to different people. Those who want to get a full range of experiences from old classic Christmas movies like "Miracle on 34th Street" and Dickens' "Christmas Carol," to the newer ones like "Polar Express."

Like other years, we've had Christmas programs and decorations, parties and shopping, cards and letters, greetings from troops and all the things we're accustomed to.

Our churches lit candles, read prophecies and sang Christmas carols, but now that Christmas has come and we look forward to New Year's, I want to challenge you to remember the Greatest Gift all year long.

In the second chapter of Luke, Caesar issued a decree to take a census so who could keep track of who paid their taxes and who didn't.

Mary and Joseph made the difficult trip to Bethlehem to be registered, and even though the time had come for her baby's birth there was no room in the inn. The only shelter Bethlehem had to offer was a stable.

The most important event in history took place that night in Bethlehem, the City of David, fulfilling an age-old prophecy as God's promised Messiah was born.

God's Greatest Gift came at a time of great anxiety for the people. The whole Roman Empire was going to be taxed. Think how frustrating it would be to travel such a long distance, be unable to find a room, and then have your baby born in a stable.

Forget that he was King of Kings, Lord of Lords, God's own Son, the promised Messiah. God's Greatest Gift came to save the world, but who in Bethlehem

accepted the gift?

His parents, of course, but what of the townspeople? Why didn't they open their doors to this poor young couple? They didn't even recognize the gift. God's Greatest Gift came only to those who expected him.

The angels appeared to the shepherds in the fields and they believed. They'd been expecting the savior for a long time. And when they'd seen the baby Jesus, they spread the word about him and everyone that heard it was amazed. The shepherds glorified and praised God for all the things they'd seen, which were just as they'd been told.

Where are our priorities? Are we so caught up with worldly concerns that once Christmas is over we forget the Love, Hope, Joy and Peace God sent down?

God sent love into our midst and asked us to love one another as he loves us. And that love became the Hope of all mankind for eternal life in God's Kingdom.

The angels, and the shepherds, and later the magi discovered the gift and praised God with great Joy as they worshipped our King. And that gift brought a kind of Peace into their lives that all the problems of this world cannot take away.

It isn't the size or value of a gift that's important. It's the love that was shared.

God's gift is the greatest gift of all. None of us can ever receive a greater gift than the gift of God's love: "For God so loved the world that he gave his only begotten son that whosoever believeth on him should not perish but have everlasting life."

Jesus Christ is The Greatest Gift, and once we've received that gift we can never lose it. But neither can we keep it hidden. Once we receive the gift, like the shepherds, we spend the rest of our lives giving the gift away.

So as you plan your life for 2008, take the Greatest Gift with you. May the Blessings of Christmas be yours throughout the New Year.



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, LEVILLE
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: Church 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.

NORCATAT 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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