Kenneth and Pansy Price of Norton were afternoon visitors of Virgil and Joyce Price. On Jan. 4, Randy Allen and Sherri Regal spent the evening together, playing a board game. On Jan. 6 Virgil and Joyce attended the carry-in dinner

Beth Sebaugh spent Christmas Eve and Christmas Day at the home of Tom and Telia Gilcrest in Leawood. Granddaughter Jeslyn was home from Kansas University. Jim and Tamara Bunney, Garden City, and granddaughter Jill Bunney, Palo Alto, Calif., were there

Nadine Barker wrote to say her mother, Lola Grill, can no longer read the Norcatur News by herself, but Nadine reads it to her. They both enjoy it very much, as there is always someone they know or know of mentioned.

Bob Schick reports that his wife, Nadine, had cancer surgery in November, then radiation, and is doing very well now. Their daughter and husband, Carla and Steve Hawks of Almena, were there about two weeks to help out.

Vene and Phyllis Leichliter write that they really appreciate the efforts of all who make the Norcatur News happen.

Jodi Lyon and Carl drove to Wichita on Sunday, Dec. 23, accompanied by Bee Nelson to spend Christmas with their children. The Lyons spent Christmas with Gene and Sharlynn, Reann, Brier and Morgann Mermis while Bee spent Christmas with Todd, Denise and Garrett Nelson.

Al and Mary Sedlmayer spent Christmas in Arizona for the second year. They even took the dog and the bird; what an adventure! They had smooth sailing in both directions and arrived home on New Year's Eve, moving from life in the "fast lane" to life in the "slow lane."

Ron Temple is recuperating from surgery which he underwent four months ago and is grateful for all of his family and friends who helped him during his recuperation.

Harold Clark of Greensburg will celebrate his 90th birthday today (Wednesday). He and his son, Jon, survived the Greensburg tornado and are now living in a FEMA trailer park. Their address is still the same, 127 S. Main, Greensburg, Kan., 67054.

Norcatur Postmaster Deb Combs was at the airport in Lincoln, Neb., the first weekend of January to see her daughter off for her second deployment totIraq. Riki Foos is a senior airman in the Nebraska Air National Guard.

Christmas guests of Wayne and Norma McCallister were Rob, Dodie and Matt McCallister, Holcomb; Mike McCallister, Hays; and Mildred Schwab, Norton.

John and Carol New donated a quilt to the Norcatur Museum, which is made up of blocks with names embroidered on them. Stop in the Norcatur City Office to see if you recognize any of the names

Audrey Pavlicek donated grade school pictures to the Norcatur

Happy birthday to Clent Hatfield, who celebrated on Jan. 10.

Mr. and Mrs. Chris Claussen, Olathe; Cale Claussen, Lawrence; Don Claussen, Oberlin; and Beth Johnson, Norcatur, were dinner guests of Cathy Claussen in Oberlin on Saturday, Dec. 29.

Dewaine Stapp drove to Mount Vernon, Ind., on Dec. 21 to spend Christmas with his son, Randy, and family.

Christmas visitors at the Stan Miller farm were Mr. and Mrs. John Rule, Clayton; 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, Eli and Karyssa, Colby; Casey Morris, Lubbock, Texas; Mr. and Mrs. Gary Miller, Oberlin; and Mr. and Mrs. Doug Dempewolf, Norcatur. The houseguests left on Dec. 25. On Dec. 26, Carol's sister, Mrs. Peggy Mast, and brother, Jerold Rule, of Emporia, came for a visit and returned home on Dec. 28.

Jerrod and Kortney Poire, Emporia, and Kaitlyn Stapp, Colby, spent Christmas with Dave and Patty Stapp and Sam. The group attended Christmas Eve services at the Norcatur United Methodist Church. They all went to Oberlin to spend Christmas Eve with Dan Dempewolf and Jolene Bremenkamp. Guests were Dave and Patty Stapp, Sam, Kaitlyn, Kortney and Jerrod Poire; Marian Thornton; Dave and Linda Schliep, Spencer and Addision; Lee and Amber Dempewolf; Andy Dempewolf; Greg Dempewolf, Darcie Zuck and Jada; Bob Dempewolf and Rose Riffle.

Senior Citizens met Dec. 21 at the Educational Building for cards. Twelve players were present. Winners were Claudia Bridges, Eleanor Jenson and Kathy Van Meter. They met again on Jan. 4, with 14 present and winners were LaVerne Milner, Gwynn Ward and Bee Nelson. The next meeting will be at 1:30 p.m. Friday at the Educational

Bob and Leona Schoenradt are home after he had a pacemaker

Terri James was airlifted to Wesley Hospital in Wichita on Dec. 30. She has made a great turnaround and hoped to be home on Jan. 8.

Aaron Helm enjoyed his Christmas break from the U.S. Military Academy. He arrived home on Dec. 22, and returned on Jan. 7. He enjoyed spending Christmas Eve with his Grandma and Grandpa Fossum, and Christmas in Cambridge, Neb., with Grandma Helm.

On Jan. 18, Chris Dempewolf will end her service as Norcatur city clerk, which she had been doing for 12 years and 8 months. The City of Norcatur is grateful for her

Dave and Patty Stapp took Kaitlyn Stapp to Hastings on Dec. 31 for a tonsillectomy at the Surgery Center. She is recuperating satis-

PiIZZA FUNDRAISER

The Norcatur Rural Fire Department will hold their seventh annual Pizza Fundraiser on Sunday, Jan. 27. Orders must be in by Friday, Jan. 18. Contact any member of the Norcatur Fire Department to place

Jennings News By Louise Cressler

United Methodist Women's meeting was attended by Kay Brown, Ruth Chance, Rachel Carter and Helen Rhodes. Kay gave the program, "Call to Prayer and Selfdenial." Helen provided snack of "Bread and Water."

A small group attended Sunflower Senior dinner on Tuesday, Jan. 8. Ramona and Stan Shaw, Agnes Wahlmeier, Mary Votapka, Sue Long and Louise Cressler enjoyed a delicious dinner.

A community benefit hog roast the Community Hall. for Mike Tacha will be held from

2, at the Sunflower Senior Center. Donations of baked goods for the food sale are welcome. Mike was injured in a farm accident several months ago. Housing Authority Board will

5 to 7:30 p.m. on Saturday, Feb.

meet at 7 p.m. Thursday evening. Water meters will be read on Jan. 26. Post your reading on your front

Work continues on putting in a new furnace and air conditioner in

Selden News By Jacque Boultinghouse

Bart Karls is in the hospital in Hays. He fell and broke his leg which required a metal rod and screws to be put in. He should be home later this week.

Birthdays and anniversaries: Jan. included Edna Schiltz, Betty James, 18 - Joe Kennedy; Jan. 19 - Ano- Helen Karls, Leone Porsch, Ann gene Rogers, Myrtle Shaw, Ricky Hazlitt and Gail Mumm. Bullock; Jan. 20 - Jessica Shaw; Frank Neff, Shawn Boultinghouse, Colby. Mathew Geisinger.

On Jan. 10 at Senior Citizens, Lola Cook won high, Carol Shaw took second, Jeanie Spresser got low and Lola also had the most queens. Other members present

On Jan. 9, Helen Karls played Jan. 22 - Shirley Emigh; Jan. 23 - bridge with a group of women in an order; limit 10 pizzas per order, payment by donation. Proceeds will be used to update fire fighting and

safety equipment. Mary Lesle celebrated Christmas and New Year's Day at the homes of her nieces and nephews in Jefferson and Madrid, Iowa. Her brother, Jim, and his wife, Charlotte Mozena, accompanied her. Tthe men hunted, taking three deer in one hour.

Mr. and Mrs. Stan Miller took their aunt, Lavergne Allmer, to the Denver airport on Jan. 4, so she could return home to California. She had been visiting her brother, R.D. Thornton, and family in Ober-

R.D. Thornton was in the hospital. recently in Oberlin. Shawna and Johnny Crum, Shawnda and James arrived from Dover, Okla., on Dec. 22, after driving through a ground blizzard at Hays. They came especially for their grandfather, Frank Ward's 90th birthday celebration and Christmas. Shawnda and James stayed with their grandmother, Wava Reames, for two weeks. Wava met Shawna at Wichita on Jan. 5 with the children.

Frank Ward has been hospitalized in Oberlin with pneumonia.

Lora Linn Leichliter was admitted to the Decatur County hospital on Jan. 3, and hoped to be released to Cedar Living Center soon.

Make fast food healthier

With the New Year upon us, it's time to make those dreaded resolutions to change some aspect

One suggestion is to have a healthier diet but still use convenience foods. Here are some tips from Iowa State University:

- For boxed mixes of rice, pasta, and stuffing mix, use only half (or omit) the margarine.
- For seasoned rice mixes, use only half of the seasoning packet to reduce sodium by half. • For frozen stir-fry meals, use
- only half of the seasoning packet to reduce sodium by half. • If a packaged mix calls for milk,
- use nonfat dry milk and double the amount to increase calcium. • To heat tortillas in a skillet, use
- cooking spray, no spray, or heat them in the microwave oven. Add chopped veggies on top of
- a frozen pizza before baking. • For stuffed baked potatoes, use cottage cheese, plain yogurt, or
- non-fat sour cream. • Add frozen mixed vegetables to any creamed soup for a healthier soup. Use reduced-sodium soups to make it even healthier.
- Add chopped frozen spinach to tomato-based pasta sauce for added nutrition.
- Drain fat from ground beef and rinse with warm water to further re-



Home Time

Wednesday, January 16, 2008 THE OBERLIN HERALD 3B

By Tranda Watts Multi-county Extension Agent

future news release.

duce fat when making a hamburger casserole from a box mix.

- Instead of a sweet, sugary dessert have a cup of fresh fruit.
- For boxed macaroni and cheese, leave out the margarine or butter to reduce fat.
- When making boxed brownie mixes, substitute an equal amount of unsweetened applesauce for vegetable oil.

If you have a suggestion to make office, 475-8121.

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 informa-

convenience foods healthier, please

contact me. I will publish them in a

University extension specialist in

Tranda Watts is Kansas State

tion, contact the county extension

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The Oberlin Herald 170 S. Penn — Oberlin, Kan. 785-475-2206

News By Dianne Bremer Hannah May played on the Ober-

Mount Pleasant

lin 6th grade girls basketball team that placed 4th in the basketball tournament Saturday in Maywood,



Three Wise Men and their Journey

by Pastor Carrie Buhler, Jennings and Dresden **United Methodist churches**

During this season of Epiphany it is the tradition of Christian churches in the West to focus on the Three Wise Men who laid gifts at the infant child Jesus' feet.

But that is not the tradition of Christian churches in the Eastern countries. Their tradition is to focus on the journey of the magi, not the climactic ending. They focus on giving and receiving, hospitality, and living as "children of the light."

In these days of violence and war, it is easy to forget about these themes. It is easier to focus on revenge, hatred and taking care of our own needs.

Have you ever heard the story of "The Other Wise Man" by Henry Van Dyke? Let me quickly retell it to you, in a rather Cliff Notes type of way. There was a fourth magi who also saw the star

of Bethlehem and was inspired to join his friends,

Caspar, Balthazar, and Melchior to journey to pay homage to this new king. His friends had already begun their trip and Art-

aban—that was his name—had to travel quickly to make the appointed meeting time and place. The gifts he carried in his satchel were a sapphire,

He began his trip on his favorite horse and he traveled over many miles, his heart filled with hope.

One night he came across a man lying on the ground, deathly ill. Artaban was torn between helping him, or keeping his schedule. He spent several hours nursing the man before going on his way.

Artaban hurried his steed through the night to make up time, but he missed his companions. He sold his we carry with us priceless gifts to lay at His feet. How sapphire to buy supplies and a camel to cross the desert and continue on his journey.

Finally, after an exhausting trip, Artaban reached Bethlehem only to find that Mary and Joseph had already traveled to Egypt. He found this out speaking to the woman holding her infant son who was living in their old house. He was heartbroken!

Then they heard the screams as the soldiers came down the street, killing all of the children under the age of two. Artaban saved the woman and her infant by bribing the captain of the soldiers with his ruby. Artaban asked God to forgive him for spending the

He spent the next 33 years looking for the Christ child. Although he was rich he always chose to dwell amidst the poor and forgotten, feeding and clothing

gifts meant for his King.

and comforting those in need. He finally returned to Bethlehem to die, an old He was caught up in the turmoil and found out that there was to be an execution on Golgotha of the King of the Jews. He thought to himself, maybe I can buy

dom of a slave girl, being sold to pay her late father's debts, with it instead. Just then the earth shook and the sky darkened, for

his ransom with my last gift. But he paid for the free-

the King was dead. A heavy tile dropped from a building and hit Artaban on the head. As he was dying, he begged God for forgiveness for spending his gifts on mankind, and not on Him.

Then he heard these words: "Inasmuch as you have done these things for the least of my brethren, you Artaban died, his journey ended and his treasures

were accepted. The Other Wise Man had found the

Each one of us is on a journey to see the King, and we use them in our travels is our choice.

Will we use them to benefit mankind, or ourselves? At the end of our journey will our gifts be accepted by Him, or rejected? Will we see the face of our King?

"Inasmuch as you do this for the least of my brothers and sisters, you have done it for Me."

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH Fr. Henry Saw Lone,

MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE 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.

SUNDAY: Morning Worship, 9:30 a.m. PRAIRIE CHAPEL **UNITED METHODIST**

DRESDEN

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 NORCATUR UNITED METHODIST (Southern Baptist)

Pastor: Fred Dycus Morning Worship, 10:30 a.m., AWANA Church School, 10:30 a.m. Club 4-6 p.m. WEDNESDAY: Service,

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,

CLAYTON UNITED METHODIST Pastor: Ray Gilstrap

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 Thurs-

days, 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. Galen Long 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.

Pastor: Ray Gilstrap

SUNDAY: Sunday School, 9:30 a.m.; SUNDAY: Worship Service, 10 a.m.;

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

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.

EVANGELICAL COVENANT

CHURCH OF OBERLIN

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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