

Norcatour News

By the Norcatour News Committee

Chris Dempewolf ended her service as Norcatour city clerk on Jan. 18, after serving in that position for 12 years and 8 months. The City of Norcatour is grateful for her service. Anyone interested in the position may contact Mayor Mike Helm at 693-4209.

Mr. and Mrs. Rocky DeLano, Wichita, came for Ron Montgomery's benefit hog roast and were overnight guests of the Stan Millers. They were celebrating their first wedding anniversary.

Birthdays include: Dean Railsback, Jan. 17; Mary Sedlmayer, Larry Hix, Jan. 18; Jason Gallentine, Jan. 20; Rebecca Helm, Jeanne Gilstrap, Jan. 21; Barbara McCool, Jan. 22.

Lee Nelson took Marguerite Clark and Beth Johnson to Hastings, Neb., for an eye appointment. They were accompanied by LaVerne Milner.

Betty Reid spent Thanksgiving with Minh and Wanda Nguyen in Lone Tree, Colo., then returned home Dec. 16 to spend Christmas

and New Year's with them.

Supper guests of Stan and Carol Miller on Thursday night at the Cardinal Bar and Grill were Olive Arnold, Colorado Springs; Mary Arnold, Clayton; Jan Johnson, Anchorage, Alaska; and Dianna Ayles and Julia, Colorado Springs. They came to attend funeral services for their son and brother, Jim Arnold.

Mr. and Mrs. David Hare hosted a Christmas Day dinner for Mr. and Mrs. Bob Strevey, Mr. and Mrs. Darrel Barnett, Janice and Keith Baker and grandchildren, D.J. and Lori Ebner; also Retta's niece and step-son, Diane and Kevin.

Mr. and Mrs. Darrel Barnett visited Mary and Tom Wright in Salina on New Year's Day. Mr. and Mrs. Richard Britton of Colby were also there. The next day was Darrel's birthday and the group went out for breakfast.

On Sunday, Jan. 13, the Norcatour-Lenora "Chatty Hatters" Red Hatters enjoyed "The Twisted Sistas" in Norton, then went to the Pizza Hut for supper and election of officers.

New officers are Judy Jackson, queen; Carolyn Strevey and Deonna New, vice-queens, and Norma McCallister, historian. They plan to go to Deadwood, S.D., April 13-15. Anyone interested in going may call Norma McCallister at (785) 693-4500 by March 1. They will be taking a bus and staying over two nights.

Lyle and Devizes history is being written by Charles Keller, a former pastor at Lyle and Norcatour, and he tells about the four giant red oak trees just west of the Lyle United Methodist Church, which many have worked to save.

Memorial services were held Jan. 3 at Drake Road Chapel in Fort Collins, Colo., for Jaunita Edna Thornton, 92, who died on Dec. 20. She and her late husband, Floyd "Bill" Thornton, were former Norcatour residents. Survivors include a son, Bill and Donna Thornton, Salina, and their family. Her parents and a brother, Dale Quick, also preceded her in death.

Plan healthy snacks big game

The biggest game of the professional football season is almost here. If you are planning a football party, what snacks will be on your sidelines? A little planning can help give your fellow fans a playing field of healthy snacks. Here are some ideas:

Offense - Place low-fat snacks around the TV area for fans to grab while watching the game. These include baked chips, pretzels, veggies and low-fat dip, fruit and yogurt dip, and a festive salsa. When making creamy dips, use low or no-fat cream cheese and sour cream. Prepare hearty, yet healthy, soups to warm a cold day.

Defense - Keep food safety in mind when planning your party. Keep hot foods hot and cold foods cold. Wash your hands before preparing food.

Special Teams - Get up and move around during commercials and halftime. Go for a quick walk or toss around a football to re-energize and burn off some of those party snacks.

Touchdown! - Most importantly, have fun and know that you've scored a touchdown with your fellow fans by eating healthy at your party.

Following is a healthy soup recipe that you may want to try at this year's ultimate football party:



Home Time

By Tranda Watts
Multi-county Extension Agent

Alphabet Soup

Ingredients:
1/2 cup beef bouillon
1/3 cup long-grain rice
1/4 cup onion flakes
1/2 cup split peas
1 pound lean ground beef
1/2 cup alphabet macaroni
1/3 - 1/2 cup of any other shape pasta (curly, elbow, etc.)
12 cups water
1/4 cup quick-cooking barley
1 15-oz. can diced tomatoes, undrained
1/2 cup lentils

Directions:

1. Cook ground beef in a large kettle and drain.
2. Add dry ingredients, water and tomatoes, stirring to combine.
3. Bring mixture to a boil and reduce to simmer. Cook for 30 minutes or until done.

Nutrition Facts: serving size - 1 cup - 12 servings in this recipe. Total

fat - 4.5 grams ; (Saturated fat - 1.5 grams. Cholesterol - 15 mg). Total carbohydrates - 24 grams; (Dietary fiber - 6 grams, Sugars - 3 grams). Protein - 15 grams. This recipe is also a good source of iron and provides some of vitamins A and C and some calcium.

Source: Kids a Cookin' developed by Kansas State University Extension

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.

Internet Tonight!
475-2206

Midway News

By Mary Lou Olson

Dave Bergling has been transferred to Madonna Rehabilitation Hospital in Lincoln, Neb. Mail will reach him at 5401 South Street, room 145, Lincoln, Neb., 68506. His telephone number is (402) 486-8145.

Richard and Maureen Anderson and family spent the weekend of Jan. 12-13 in Denver for a post-Christmas observance with her family. They also attended the Stock Show.

Judy Scott of Boulder, Colo., visited from last Sunday to Tuesday with Steve and Arian Arnold.

Weekend guests of Mark and Barbara Olson and Mary were Sarah and Kurt Olson, Manhattan, and Brandon White, Leawood. They came to watch Mary play in

the Oberlin Invitational basketball tournament.

Officers elected on Sunday at the Herndon Covenant Church during the annual meeting were Kyle Grafel, chairman; Greg Jones, vice chairman; Patti Benda, secretary; Beth Holle, assistant secretary; Gayle Carlson, treasurer; Mark Olson, assistant treasurer; Orrin Holle and Mark Bergling, trustees; Frank McEvoy and Mark Bergling, deacons; Margaret McEvoy and Gail Bergling, deaconesses; Norma Anderson and Chris Schmidt, auditors; Jennie Anderson, Gerald Benda and Connie Noren, Christian education board; Margaret McEvoy, financial secretary; Mary Ann Erickson, assistant financial secretary; Rosalie Capo, Kristi Dirks and Cindi Grafel,

music committee; Vince Carlson, Ethan Walker, Brandon Dirks, Mark Bergling, ushers.

Mount Pleasant

By Dianne Bremer

Susan May, serving on the Kansas Farm Bureau Women's Committee, acted as a voting delegate to the American Farm Bureau Federation's National Convention in New Orleans, La., on Sunday, Jan. 13. Her husband, Roger, and children, Ryan and Erin, accompanied her on the trip and joined her on agricultural and city tours while there. The May family left for New Orleans on Friday and returned home on Tuesday.

Rory Wendelin and Jessica Bremer were members of the Decatur Community High School Scholar Bowl team competing in the North-

west Kansas League meet Monday afternoon at the Atwood high school where the Oberlin team placed third. John and Dianne Bremer also attended to watch the teams compete.

Wednesday supper guests of Arthur and Alice May to help them both celebrate their 89th birthdays were John and Dianne Bremer and Jessica, and Monte and Kelly Moore.

Jerry and Connie Olson and John and Dianne Bremer enjoyed dinner together Saturday evening to celebrate 29th wedding anniversary for the Olsons.

Do You Love Others?

by Pastor Carrie Buhler, Jennings and Dresden United Methodist Churches

Forty-seven years ago Dr. Martin Luther King said, "Every academic discipline has its technical nomenclature, and modern psychology has a word that is used, probably more than any other. It is the word *maladjusted*. This word is the ringing cry of modern child psychology. Certainly all of us want to live a well-adjusted life in order to avoid the neurotic personality.

"But I say to you, there are certain things within our social order to which I am proud to be maladjusted and to which I call upon all men of good will to be maladjusted. If you will allow the preacher in me to come out now, let me say to you that I never did intend to adjust to the evils of segregation and discrimination. I never did intend to adjust myself to religious bigotry. I never did intend to adjust myself to economic conditions that will take necessities from the many to give luxuries to the few. I never did intend to adjust myself to the madness of militarism, and the self-defeating effects of physical violence.

"And I call upon all men of good will to be maladjusted because it may well be that the salvation of our world lies in the hands of the maladjusted. So let us be maladjusted, as maladjusted as the prophet Amos, who in the midst of the injustices of his day could cry out in words that echo across the centuries, 'Let justice run down like waters and righteousness like a mighty stream.'

"Let us be as maladjusted as Abraham Lincoln, who had a vision to see that this nation could not exist half slave and half free.

"Let us be maladjusted as Jesus of Nazareth, who could look into the eyes of the men and women of his generation and cry out, 'Love your enemies. Bless them that curse you. Pray for them that despitefully use you.'

"I believe that it is through such maladjustment that we will be able to emerge from the bleak and desolate

midnight of man's inhumanity to man into the bright and glittering daybreak of freedom and justice."

Those words are just as powerful and relevant today as they were in 1961. We are making progress on the cultural and political front, and this is proved by the fact that a woman and an African-American man are front-runners in the election for the White House.

But what about the spiritual front? Are we living the laws that Jesus Christ gave to us? On top of the Ten Commandments, are we living out His laws of loving your neighbor as yourself, and pray for your enemies?

Jesus tells us that if we only love those folks that we like, and only pray for those who we care about, we are no better than anyone else. Even they can do that.

But we are called to serve people with love and dignity and equality, for that is how Christ loves us. It would be easy for us to give in to the temptation to take the easy road and join the masses in religious discrimination and xenophobia. It's much more difficult to break away and love people of different faiths simply because we want to live by Christ's commandment.

Injustices are alive and well in our world across all of the faiths. We see it on the news every night. Culturally, we have come a long way in the span of a lifetime. Now, it is up to us, in every faith, to grow and become maladjusted with the status quo of religious intolerance.

Dr. King once had a dream that his children would grow up in a world where they would not be judged by the color of their skin but by the content of their character. Now, maybe the dream can be amended by dreaming of a world where all children, regardless of their skin color, can grow up and not be judged by their faith but by the content of their character.

I think that both Christ and Dr. King would be proud of that world.



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, LEVILLIE
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. 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.

NORCATUR UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

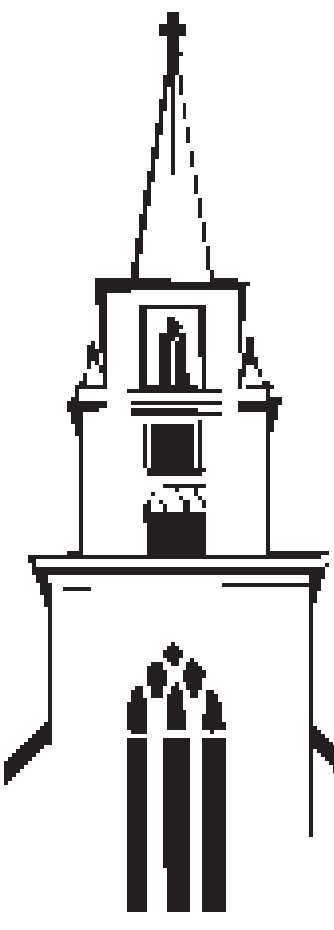
LYLE UNITED METHODIST
Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

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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Pizza Hut
Hwy. 36 - Oberlin - 785-475-3638

It is not too early to plan and place your tree orders

Please call the Decatur County Conservation District Office at 785-475-3131 ext. 101 OR stop by our office, located on South US Hwy 83 in Oberlin, Kansas.