



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Registration and other detailed information is available by contacting your local extension office as shown below, or by email at [dc@lists.oznet.ksu.edu](mailto:dc@lists.oznet.ksu.edu).

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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

Registration and other detailed information is available by contacting your local extension office as shown below, or by email at [dc@lists.oznet.ksu.edu](mailto:dc@lists.oznet.ksu.edu).

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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

Internet tonight  
475-2206

Sixteen people attended Senior Citizens on Jan. 18, at the Educational Building. Winners were LaVerne Milner, Claudia Bridges and Al Sedlmayer. The next meeting will be at 1:30 p.m. Friday at the Educational Building.

The Thanksgiving Camp of Royal Neighbors of America held its postponed Christmas party on Jan. 9, at the Cardinal Bar and Grill. There were 17 persons who signed the register, and each guest brought items for the food bank. All enjoyed the meal, fun, fellowship, signed cards and had a drawing for prizes. The winners were Marilyn Milbauer, Michael Milbauer, McCook; Bill Woods, Dorothy Woods, Oberlin; Carolyn Wehneim, Marilyn Wolzen, Fayanne Shields, Cambridge; Myrna Harper, Indianola; Neoma Tacha, Jennings; Beth Johnson, Joyce Price, Virgil Price, and Mary Sedlmayer, Norcat. Al Sedlmayer drew the door prize.

Frank Ward had an afternoon visit with Harold Clark; his daughter, Anita Whiteside; and his son, John Clark, on Jan. 17. He came up from Cedar Living Center to visit with Harold when he came to Norcat to see his sister-in-law, Marguerite Clark. Also visiting that afternoon were Oran and LaVerne Milner and

Wava Reames. Marguerite had more visitors Saturday evening when her niece, Janet and Gail Rippe, Ally and Nate, came to take her to supper at the Cardinal Bar and Grill.

Birthdays and anniversaries: David and Retta Hare - Jan. 23; Gerry New - Jan. 26; Todd Johnson, Jan. 27; Dennis and Judy Shirley, Gerry and Devonna New, Jan. 29.

About 450 people attended the hog roast benefit for Ron Montgomery, raising about \$6,700. People attended from all over northwest Kansas and Nebraska.

Guests of Ron and Gina Montgomery, Jennings, and Bob and Anita Montgomery, Oberlin, over the weekend of Jan. 12 were Donna and Dean Knutson, Council Bluffs, Iowa; David Drew and Dustin Knutson, Omaha; Dewaine, Denise and Sarah Knutson of Palmyra, Neb. They came especially for Ron's hog roast benefit held that Saturday night in Norcat. They all met at Bob's home in Oberlin on Sunday for a barbecue and were joined by Bobbie and Lee Frakes, Renee Harman, Rusty Montgomery and Bill and Dorothy Woods.

Windy Farr was in the Hays Hospital Jan. 12-14. She is home now and much improved. Her son, little Dillon, is back home from

the Oberlin hospital and is back to normal.

Keith Anthony has been in the Oberlin hospital since Jan. 17 and hopes to get out soon.

R.D. Thornton is a resident of Cedar Living Center in Oberlin. Mail will reach him at 810 W. Columbia, room 512, Oberlin, Kan., 67749.

Don and Goldie Stapp, Oberlin, celebrated their 68th wedding anniversary on Sunday, Jan. 20. They have three sons, Rodney, and twins Garry and Larry, as well as 10 grandchildren and 12 great-grandchildren.

Results of the pool tournament at the Cardinal Bar and Grill on Wednesday, Jan. 16, were: first, Dave Stapp; second, Marvin Matchett; third, Rusty Montgomery; and fourth, Gerald Jackson.

**Museum Tidbits**

Laverne Milner has donated four Rutacron Rooter newspapers, dated 1932. These were the Norcat Rural High School papers. (Did you notice Rutacron is Norcat spelled backwards?)

The City of Norcat is no longer looking for a new city clerk, as Chris Dempewolf has decided to remain in the position.

In this new year, everyone in Decatur County is invited to join others in the state and county who are walking toward fitness and health.

Walk Kansas 2008, a fitness and health program offered by K-State Research and Extension, is scheduled to begin March 9 and continue through May 3.

Registrations will be accepted until March 7, so begin your search for team members today. The 8-week program attracted nearly 20,000 people in 2007, and we're hoping for an increased enrollment in Decatur County this year.

Walk Kansas has great appeal to most people because of its low cost and team approach.

What seems like an impossible goal - walking 423 miles, the equivalent of the distance across Kansas - is shared by a team of six family members, friends or co-workers who compile miles while also improving their health through exercise.

There is camaraderie in working toward the goal together. Knowing that others are counting on you to do your part also is a

## Rexford News

By Vicki Allison

The City Council designated and the Rexford Community Church has agreed to be the emergency shelter for the community in the event of a disaster or wicked weather. John Ray Gould is doing preparation work for the generator hook-up which should be ready in a couple of weeks. This project was implemented due to the winter blackout a year ago.

Scott and Julia Nelson have moved to Wisconsin. Their new address is 1016 Jackson Street #5, LaCrosse, WI 54601.

Ruth Luna celebrates a birthday Jan. 31. Doug and Joan Todd celebrate an anniversary Jan. 29.

Halftime entertainment, during Saturday's Golden Plains basketball games with Healy, were participants of the high school cheerleaders cheer camp. There were over 30

young girls showing Bulldog Spirit to the fans.

The Golden Plains homepage is an interesting site to visit. You can keep up with daily school activities and enjoy the alumni archive. There is also a link for games for 4 to 9 year olds. Check it out at HYPERLINK "<http://www.usd316.k12.ks.us>" [www.usd316.k12.ks.us](http://www.usd316.k12.ks.us).

Red Barn ongoing activities: Those attending Barnswallows, Monday, were Dick Sanford, Grace Cheney, Deb Stepper, Darlene Robben, Jean Hawkins, Betty and Rex Carswell. Other weekly activities held are Wednesday, 10 a.m., Ladies Bible Study; Come on Down, Thursdays, 2 p.m. and Friday's Koffee Klatch at 9:30 a.m. Bingo is the second Saturday, 7 p.m. of each month.

Until next time, make your week memorable.

## Selden News

By Jacque Boultinghouse

New books shelved at Selden Public Library on Jan. 27 included: Large Print: Hide and Seek, by Fern Michaels; A Week from Sunday, by Dorothy Garlock; Stone Cold, by David Baldacci; Blood Brothers, by Nora Roberts. DVD: Man of the Year, starring Robin Williams.

Birthdays and anniversaries - Jan. 31 - Jim Erwin, Micah Wenger. Feb. 1 - Jerry Rall, Don Smith, Marsha Rogers, Lisa Emigh, Aaron Emigh. Feb. 2 - Mary Carroll. Feb. 3 - Rachael Ritter. Feb. 4 - Norris Sulzman, Nicole Spresser, Mary Goulden, John and Julie Geisinger. Feb. 6 - Tom Stacey, Chris Bainter,

Paul Bruggemann.

On Thursday at Senior Citizens, Jeanie Spresser won high, Edna Schiltz took second and Leone Porsch got low. Other members present included: Betty James, Carol Shaw, Helen Karls, Ann Hazlitt, Paulie Neff and Gail Mumm.

On Friday, Jerry Moran met with nearly 30 people at the Community Center to talk about current issues facing Kansans. Congressman Moran answered questions and listened to concerns for nearly an hour before his time schedule pulled him in the direction of another community.

## Is Your Plate too Full?

By Pastor Carrie Buhler of the Jennings and Dresden United Methodist churches.

Have you ever felt as though God has put too much on your plate for you to handle? You're all stressed out and there's no end in sight.

Maybe you feel as though you've had more than your fair share of troubles, and maybe it's time for all of that bad karma to get spread around to someone else.

Trust me, we all feel that way at some time in our lives. But I'd like to offer you a story that was emailed to me by my good friend, Pastor Judi Stricker.

This story is told in a series of cartoon pictures, like the old cartoon series in the newspapers used to be. In the first picture there is a group of people, men and women, carrying big, heavy crosses. You can see they are struggling under the weight of these crosses.

The second picture focuses on one man carrying his cross. Like the others, he is having difficulty in dragging his cross.

In the third picture the man has stopped and he has laid down his cross. He has a saw in his hand and he says to God, "Lord, it's too heavy ... Please cut it down a little ...". The man then saws off a hunk from the bottom of his cross.

In the next image we see that he is no longer dragging his cross on the ground, for it is lighter and he is able to carry it more easily. In fact, he is whistling now.

The other people are still walking around him, dragging their very heavy crosses, as he carries his cross.

The man goes a little farther and he lays his cross down again. He says to the Lord, "Lord, please cut it down a little more ... I'll be able to carry it better ...". The man pulls out his saw and cuts more wood off the bottom of his cross, making it lighter still. As he hikes this cross up onto his shoulder with ease, he says, "Lord, thank you so much."

In the next picture, we once again see the man

walking amidst the group of men and women. He is again whistling cheerfully and he has a bounce to his step, unlike the others around him, who are faithfully struggling with the full weight of their crosses.

All of a sudden the man comes upon a ravine. "Huh?"

As the other cross bearers come to the ravine, they lay their crosses over it: "Let's use this as a bridge and cross over ...". And so with the strength and size of their crosses, the people are able to cross over this obstacle without difficulty.

The man watches this happen, and so he gives it a try with his cross. But he can't do it. His cross, which he chopped up to be lighter and smaller, is now too small to reach across the ravine to the other side.

In the final image we see the man kneeling on the side of the ravine, all alone, weeping because he cannot get across. The caption of the email says this: "We complain about the cross we bear, but don't realize it is preparing us for the dip in the road that God can see, and we cannot."

Our crosses, while heavy, do have the ability to make us stronger, and therefore more able to handle adversity. It all depends on how we use these crosses. Do we carry them with faith, determination and rely on the Lord to give us the strength to carry them? Or do we trust only in ourselves, complain about the cross, and in the end fail when a ravine comes our way?

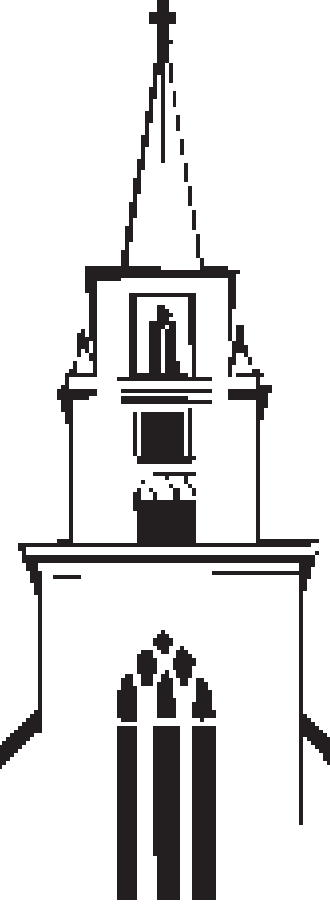
Christ tells us to come to Him with our burdens and He will lighten them for us, for He will give us the strength to carry on. "Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens."

Amen.



## Schedule of Oberlin and area church services:

- OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Henry Saw Lone, M.A.S.S.: 10:30 a.m., Sunday
- IMMACULATE CONCEPTION CATHOLIC, LEVILLE**  
Fr. Henry Saw Lone  
M.A.S.S.: 8 a.m., Sunday.
- SACRED HEART CATHOLIC, SELDEN**  
Fr. Henry Saw Lone  
M.A.S.S.: 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.
- 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  
M.A.S.S.: 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 Woodmaneee, 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.
- 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.



**Paul's FUNERAL HOMES**  
A Trusted Name Since 1925.  
Phone:  
785-475-3127 — Oberlin  
785-386-4311 — Selden  
Derek Riner  
Rick and Dori Pauls

## Mount Pleasant News

By Dianne Bremer

Roland and Pam May and Hannah, Fern Jording, Walter and Betty May and houseguests Jerry Urding and Marty Cunningham, Kansas City, enjoyed dinner together Friday evening at the Pizza Hut in Oberlin to celebrate Hannah's 12th birthday.

Zach May, Ryan May, Tyler Shields, Kade Brown, Nolan Henningson, and sponsors Kristi Smith and Luanne Lee left Friday for Lawrence where the junior high boys entered a Future City competition for gifted students on the Kansas University campus on Saturday. On the trip they also visited the State Capitol in Topeka, and returned home Saturday evening.

Elizabeth Nedland, Joslyn Wade, Katlyn Klima, and Ashley Witt were guests of Hannah May for a bowling party in Atwood Saturday afternoon

to celebrate Hannah's 12th birthday. After bowling, they returned to the Roland May home for supper, birthday cake, and ice cream.

Kelly Olson, Manhattan, was a weekend guest of Jerry and Connie Olson and was a judge at the high school speech meet held at Decatur Community High School on Saturday. Also helping with the meet were Rory Wendelin, Hunter Nedland, and Jessica Bremer.

Saturday evening dinner guests of Elwood and Jeanie May were Andrew and Stephanie (May) Frankforter, Lincoln, Neb., and Wilma May.

David May, McCook, Wilma May, and Fern Jording attended Sunday morning worship services at Peace Lutheran Church in McCook.

**BLOWN AWAY**

Order your pictorial book chronicling the Greensburg F-5 on May 5, 2007 in words and pictures, utilizing more than 250 photographs.

Order Your Copy Today for Only **\$32.71** includes tax & shipping

Call the Pratt Tribune at (620) 672-5511

Call 475-2206 to place your classified ad today!