

Norman Beachel writes from San Diego that he will be coming to Norcatour for vacation in May. He plans to retire in October.

Visitors of Bee Nelson on Jan. 25 were Jay Griffith, Clayton; Joy Chapman, Liberty, Mo.; and her daughter, Kathy Hamilton, Topeka. They met at the Cardinal Bar and Grill on Sunday to visit with Max and Norma Ward, Clayton; Julie Carter, Jennings; Becky Carter and Gwynn Ward, Clayton; Chuck Griffith and Tammie and daughters, Kelsey and Jacqueline, Kathy Hamilton, Topeka. Jay Griffith, Clayton, and Joy Chapman, Liberty, Mo., were unable to attend as was Dave Ward of Clayton who was with his granddaughter in Kearney, Neb.

Birthdays and anniversaries include Larry Dick, Jan. 31; Tracey Hartzog, Beth Johnson, Feb. 2; Glen and Carolyn Strevey, Feb. 3.

Alice Barnett placed first at the dart tournament at the Cardinal Bar and Grill on Jan. 23. Lonnie was second, and Patty Stapp, third; and Millie Matchett and Patty Stapp won the Cricket Doubles Dart Tournament.

Mr. and Mrs. Stan Miller left Jan. 25 for El Dorado, where they spent

the night with Mr. and Mrs. Casey Tuttle. They all went to Topeka to visit Mr. and Mrs. Curtis DeDonder and Sophia. Other guests were Carol's sister, Mr. and Mrs. John Mast.

Guests who enjoyed the pizza party at the home of Marguerite Clark and Wava Reames were Dorothy Ward, Bee Nelson, Mary Leslie, and Oran and LaVerne Milner.

Marguerite Clark received word of the death of her brother-in-law, Harold Clark, at Greensburg on Jan. 27. He was reared in Norcatour. Burial will be at the Norcatour Cemetery. He was a cousin of LaVerne Milner.

Recent visitors of R.D. Thornton at Cedar Living Center were Linda, Spencer and Addison Schliep, Marion Thornton, Bob and Rose Riffle, Lynn Streit, Chris, Share and MJ Dempewolf, Lisa Lechlitter, Gerald and Judy Jackson and Pastor Ray Gilstrap. On Sunday Chris took him for a drive around Oberlin and Norcatour.

Guests of Gary and Cathy Anthony for a belated Christmas on Jan. 26 were Keith Anthony, Windy Farr and her fiance, Chris Kuhlman and children, Jack Farr and Tony

and Dillon Kuhlman. Pool tournament winners on Jan. 23 at the Cardinal Bar and Grill were Dean Forbes, first; Dave Stapp, second; Terry Shearer, third, and Stan Miller, fourth.

MUSEUM TIDBITS

We acquired a post card dated 1907. The front of the card is labeled "Hog Day in Norcatour Kans." The picture was taken behind the depot. There are lots of wagons and looks like they are either bringing hogs to town to sell or getting ready to buy them. It was sent by S.D. Deeter of Covington, Ohio and reads, "Price on the boom here, better come home and sell something and also buy."

Vene Lechlitter donated a picture of the Norcatour Rural High School 1946 basketball team.

Nearly 400 items have been brought to the Norcatour Museum since it opened in 2005. Items may be sent to Norcatour Museum, Box 89, Norcatour, Kan., 67653, or dropped off at the city office.

The Norcatour City Council will meet on Monday, Feb. 11, at 7 p.m. The city building will be closed on Presidents' Day, Monday, Feb. 18.

and Norma Unger were Duane and Lois Unger, Colby, and Bob and Shirley Gaede. Ashley Witt was a weekend guest of Hannah May.

The truth about detox diets

To give you the most up-to-date and accurate information on this topic, Dr. Mary Meck Higgins, Kansas State University extension state leader in human nutrition, had this to say:

A practice that has gained publicly recently is detoxifying the body, or neutralizing it from harmful toxins. Let's look at the claims of detox diet books and products.

With many detox diets, the user temporarily stops eating all food. He or she is to drink just water.

Then the detox diet adds certain foods back into the diet, but abstains for a time from foods that are said to contain "toxins," often including cooked foods, meat, sugar, certain grains, dairy, alcohol and/or caffeine.

In moderation, these dieting practices would not harm a healthy adult.

The Body Eliminates Toxins Naturally

Medical and health experts say that the body routinely eliminates toxins quickly and completely, in urine and bowel movements and therefore it doesn't build up toxins or need to be periodically detoxified.

Despite claim by detox proponents, no scientific studies have proven that detox diets or products help to draw out and remove toxins, provide more energy, increase resistance to disease, or do anything beneficial.

Harmful Side Effects of Detox Diets Possible

Extreme detox diets can lead to unhealthy side effects. Denying the body the nutrition it needs by following an extreme detox diet can



Home Time

By Tranda Watts
Multi-county Extension Agent

weaken the body's ability to fight infections, rather than strengthening it.

Side effects of a short fast can include a headache and low blood sugar. Long-term fasts or severe calorie restriction can upset blood levels of potassium and sodium, and can lead to fainting, the breakdown of muscle, anemia, irritability, an irregular heartbeat and a shortage of vital nutrients.

Some detox diets call for the use of herbal teas or formulas, laxatives, enemas and other products that claim to cleanse, strengthen, heal, rest or rejuvenate the intestine, liver or other organs. Unhealthy side effects can include excessive diarrhea, an upset stomach and dehydration.

Detox dieters with a chronic health condition such as diabetes, heart or kidney disease, or who are

pregnant or nursing, put themselves at special risk for serious side effects.

The Bottom Line
Using detox products such as diets, teas, herbals, supplements or kits can be very expensive and may put your health at risk.

The healthiest diet is one rich in whole grains, fruits and vegetables, low-fat high-calcium foods and lean meats and beans. It may not be very "glamorous," but in terms of your good health, it can't be beat!

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.

Mount Pleasant News

By Dianne Bremer

Zach May and Kade Brown paged for Senator Ostmeyer at the State Capitol in Topeka on Monday, Jan. 28.

Gaylord and Shirley Shields returned home Friday after enjoying a month vacation in Oro Valley, Ariz., visiting their son and family, Mark and Corby Shields and Keric, as well as friends Dennis and Betty Campbell. While in Arizona they were also visited by Pat and Forrest Junod, Sacramento, Calif.; Stan and Deanie Moore, Conroe, Texas, and Stuart Euhus, Oberlin.

The Decatur Community High School scholar bowl team of Rebecca Helm, Jessica Bremer, Gage Reichert, Andrew Dempewolf, Chris Larson, and Nathan Simonsen took second place at Regional scholar bowl competition Thursday in Oberlin. Rory Wendelin helped with the competition. This team is now qualified to compete at the

upcoming State Scholar Bowl 2-A competition.

Jessica Bremer and Joe Hirsch, representing Decatur Community High School, received II ratings on their memorized piano solos at the Kansas State High School Activities Association Regional Music Festival on the Fort Hays State campus Saturday afternoon. Also attending were John and Dianne Bremer and Steve and Anita Hirsch.

Brooke and Donnie McCorkle and Paul Wood, McCook, Lonnie Weyeneth, Danbury, and Mike Grube, Omaha, were Saturday supper guests of Norman and Joanne Wendelin and Rory. Their brass quartet performed at the Oberlin quartet earlier that afternoon.

Hunter Nedland received 2, 3, and 4 ratings in Extemporaneous speaking at the Hill City high school speech meet on Saturday.

Saturday supper guests of Ralph

and Norma Unger were Duane and Lois Unger, Colby, and Bob and Shirley Gaede.

Ashley Witt was a weekend guest of Hannah May.

Rexford News

By Vicki Allison

Golden Plains High School Scholars' Bowl team qualified for State competition in Leroy. Kenneth Kinkade is sponsor, and the following students make up the team: Shaun Gilbert, sophomore, son of Kieth and Marcy Gilbert, Rexford; Michael Roehl, sophomore, son of Larry and Tammy Roehl, Rexford; Lucas Phillips, freshman, son of Brent and Diane Phillips, Rexford; Tate Bruggeman, junior, son of Paul and Karla Bruggeman, Rexford; Jordan Rogers, senior, son of Andrea Mitchell and the late Bob Rogers, Andrew Broeckelman,

senior, Jonathan Broeckelman, sophomore, and Isaac Broeckelman, sophomore, sons of Joe and Cathy Broeckelman, Selden.

Hulda Wark had a birthday Feb. 3. Pat Williams celebrates Feb 4, and Dwight Williams, Feb. 7.

Red Barn on-going activities: Monday, Barnswallows, 2 p.m.; Wednesday, 10 a.m.; Ladies Bible Study; Come on Down, Thursdays, 2 p.m. and Fridays, 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.

How Shall We Face the Hanging Booger?

By Rev. Rick Langness
St. John's Lutheran Church

"Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin... Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow... O Lord, open my lips, and my mouth will declare your praise." (Psalm 51:1-2, 7, 15)

There is a truth that we all share and it is a truth that none of us wants to face. We avoid it for many reasons, either out of courtesy so as not to offend someone else or out of fear so as not to draw attention to ourselves. Yet the reality is that the truth exists whether we face it or not; like a booger hanging out of someone's nose or a piece of food stuck between the teeth of another we are confronted with the truth and must decide whether to point it out or ignore it and let someone else deal with it.

The truth that we all face is that we have a dead body that clings to us and we cannot shake it from us. For those who do not believe that Jesus is God's Son come in the flesh to die for sinners and redeem God's creation this dead body is the sum of their existence. Like zombies they may have mobility but they do not have life. For those who believe in the work of Jesus Christ done through his life, death, and resurrection this dead body is the smelly dead weight of our sinful nature that we must carry with us until Jesus Christ returns or until our physical body succumbs to death itself.

The season of Lent in the church year helps us to focus upon the truth of the dead flesh that we all carry.

Ash Wednesday begins this focus by helping us to see that we are nothing more than dust. Like palm branches that were once used to proclaim God's glory and have now been burned, you and I have been created to honor God but have been burned by the devil and sin. Without Jesus Christ we are nothing more than ashes in the face of God. And no one's ashes are any better than anyone else's.

The great King David of Israel had to come to terms with the dead body that clung to him. His sinful nature came forth in the pleasant aroma of sexual pleasure with Bathsheba, the wife of Uriah. But the decaying flesh soon brought forth its true stench as Bathsheba became pregnant and King David had Uriah killed in an attempt to hide the odor. King David was a man after God's own heart and yet the truth of his sinful nature was not hidden from God.

Psalm 51 is David's prayer of repentance to God. David confessed his sin and God was faithful to forgive him. From the ashes of repentance came forth a new creation that once again proclaimed the praises and glory of God. God knew the salvation that He prepared for King David; it is the same salvation He has prepared for you and me. It is Jesus Christ crucified and risen for our sin. You need not avoid the stench of the death that you carry with you.

You are not alone. It is a universal truth that belongs to us all. In this Lenten season, bring before God all your sins and hear Him faithfully say to you, "Your sins are forgiven!" for this is why Jesus died.



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, 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.
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
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.

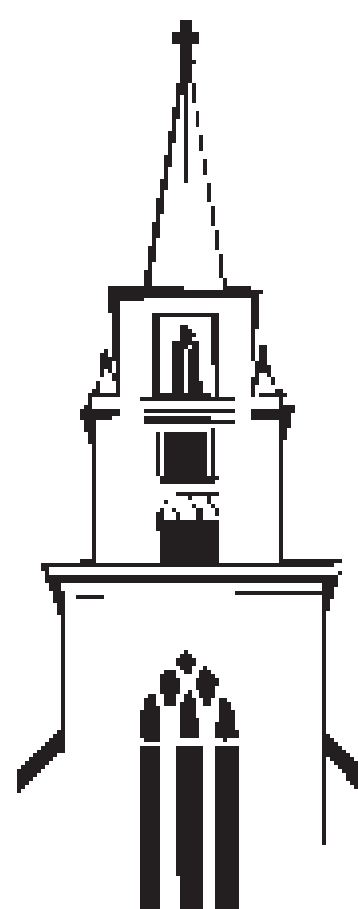
LYLE UNITED METHODIST
Carol Woodmannee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

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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Herndon News

By Voni Sattler

Recent visitors of Cindy and Ron Sattler were their new granddaughter, Payton Ann, and her parents, Chase and Dana Juenemann. Other visitors have been John and Ardythe Cederberg, Brian and Mary Clark and Jan Sattler, who are helping Ron and Cindy remodel.

Bud and Pat Bosler of Pine, Colo., were visiting friends and relatives over the weekend.

Les and Myrna Pettera, Loveland, Colo., are spending a few days in Herndon to visit his mother, Edie Pettera, in Oberlin. and other relatives and friends.

Sharon and LaVern Frick went to Denver over the weekend to visit their son and wife, Trevor and Jackie Frick.

The children of Voni Sattler had a surprise party for her at Prairie

Development Center in Atwood on Saturday. The dinner was catered by Jan Crouse and Ruth Holste.

Those attending were her children and grandchildren: Melodie, Madison and Jamison Sattler, Aurora, Colo.; Danny, Roma, Levi, Danielle, Ben and Michael Sattler, Wellington; Cori, Allen, Patti, Alexandria, Breanna, Britanni and Nicolas Park, Hays; Dave, Kathy, Samantha, Joey and Braden Leitner, Atwood; and Brad, Deanna, Chelsey, Brandi and Kassidi Williams, Herndon; Zachary Williams and family, Denise, Patience, Jeremy, Chase and Chansé Graham, Ludell; and Sam Kogl, Atwood. The afternoon was spent visiting with friends and relatives and singing with her children and Harlan Palmer of Ludell.

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