

The Norcatcur City Council has approved a water rate increase, which started in January. The minimum will now be \$8 for the first 2,000 gallons and \$2 per thousand gallons after that.

The Senior Citizens will meet at noon on Friday, Feb. 29 at the Educational Building for a potluck dinner. Card winners on Feb. 8 were Gwynn Ward, Joyce Price and Bee Nelson.

Prairie Land Food distribution will be at 8 a.m. Saturday at the Educational Building. Don't forget the gas money donation.

Delphyn Biggs, Cathy Claussen and Beth Johnson had lunch in Oberlin on Feb. 2. Mrs. Claussen and Mrs. Johnson took lunch and spent the day with Mr. and Mrs. Ronald Molzahn at Agra on Feb. 4.

Birthdays include: Tom Jakowski, Feb. 14; Judy Jackson and Leona Schoerradt, Feb. 16; Russell James, Feb. 17; Arlene Hix and Dwight Wentz, Feb. 20.

Vene and Phyllis Lechlitter and Steve and Debbie (Leichliter) Obrecht enjoyed a big trip starting from Denver on Jan. 23. In Arkansas they collected rock crystals. After an afternoon in New Orleans, they

visited Ed and Beverly (Hixon) Morgan in The Villages, Fla. and spent a day at the Florida Keys. They picked oranges from trees at the Gary Gallentine home; toured Kennedy Space Center; and enjoyed a weekend south of Atlanta with the Obrechts' daughter Kami, who is a missionary with Operation Mobilization. They also toured the Tara Museum, watched a live theater performance and enjoyed seeing the battlefield at Vicksburg, Miss.

A final stop was visiting Steve and Tammy Potes. Her mother was a Hixon. They returned to Denver on Feb. 7 and Vene had a doctor's appointment on Feb. 8 before having surgery later this month.

Dorothy Ward and Marguerite Clark accompanied Bee Nelson to Norton on Feb. 9 to attend the Norton Customers Appreciation Day and enjoyed pancakes and sausages.

Winners of the pool tournament on Feb. 6 were Troy Wentz, first; Marvin Matchett, second, and Eric Bell, third. Dart tournament winners included: Patty Stapp, first; Renee Harman, second and Kristi Gallentine, third, in singles. Patty and Wava Reames took first, and Renee Harman and Kristi Gallentine, sec-

ond, in cricket. Judy Jackson, Dorothy Ward, Bee Nelson and Norma McCallsister enjoyed the North Central Kansas Christian Choir concert Feb. 10, at the Smith Center Junior-Senior Auditorium. Ray and Jeane Gilstrap joined them for lunch.

Nickala O'Hare, granddaughter of Rodney and Janice O'Hare, competed in a gymnastic meet in Columbus, Neb., on Jan. 26 in the 9-year-old group and level 3. She placed first in overall competition; third in the vault; second in the uneven bars; second in the balance beam and first in the floor exercise. She is the daughter of Chris O'Hare.

Gary and Cathy Anthony went to Kearney, Neb., to celebrate her birthday. They had lunch with Mark and Carla Orgozolka, watched the Tri-City Storm hockey team play and visited Jay and Maryllin Loey, who are doing so much better.

MUSEUM TIDBITS Monty and Linda Hunt donated a jacket from the Citizens State Bank and Keith Anthony donated Lyle items and a Norcatcur Cemetery folder.

The museum also received an article on Mr. and Mrs. Charles J. Raymond,

Are you committed to working toward a more healthy lifestyle?

Through a modest increase in activity, most people can improve their health. Walk Kansas is a program that motivates people to make the most important change — to get started.

When you join Walk Kansas, you become a member of a team of six.

It is not really necessary to walk or exercise together, although you can.

Each week, team members will pool their mileage to work towards 423 miles, the width of Kansas. That means each team member should strive to walk 1.75 miles a day for five days a week or exercise 30 minutes a day, five days a week.

While it's called Walk Kansas, other activities count as well.

Fifteen minutes of moderate physical activity equals one Walk Kansas mile.

To count the physical activity you choose to substitute should have you breathing heavier, but you should still be able to talk. Muscles should feel like they are working or feel tired.

These activities include running, aerobic dance, heavy yard work or anything else that causes large increases in breathing or heart rate.

Activities that are part of your job do not count as Walk Kansas miles or time.

So, if you are a letter carrier or a construction worker, you would not count exercise or miles completed while on the job. Our goal is to increase exercise time over what you now do.

Now that we can almost visualize



Home Time

By Tranda Watts Multi-county Extension Agent

The coming of spring, it's time to get started or start again on that New Year's resolution to get more fit.

Contact your local Kansas State Research and Extension office and ask for a Walk Kansas registration packet. Call up five of your best friends, and get started.

Walk Kansas runs from March 9 through May 3. Registrations is due Monday, March 3, and will be accepted through Friday, March 7.

Prizes and recognition will be awarded at the end of the program. But, the best reward will be that you

have started a good, healthy habit that can last a lifetime and lead to improved, good health.

If you have questions, please feel free to contact the Extension Office or call or e-mail me.

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 at 785-8121.

Midway News

By MaryLou Olson

Covenant Women Ministries will be in charge of morning worship services at 11 a.m. Sunday at the Herndon Covenant Church. A potluck dinner will follow.

Word was received of the death of Austin Miller, 15, who was killed when struck by a school bus while riding his bicycle on Feb. 11. He was the son of Mike and Stephanie Miller and a grandson of Bill and Eleanor Miller of Beaverton, Ore. His grandmother is the former Eleanor Olson, a 1953 graduate of Decatur Community High School and a

former resident of this community. Funeral services will be today at Rolling Hills Community Church in Tualatin, Ore.

A benefit barbecue for Dave Bergling will be held from 5 to 7 p.m. on Saturday at the Oberlin American Legion. Proceeds will go for medical expenses.

Chris and Sherri Schmidt and Daisy Schmidt visited last weekend with Kurt and Kathy Frisbie in Monument, Colo.

Recent coffee guests of Steve and Arian Arnold were Lila Thorson and

Eunice Masrtin.

Weekend houseguests of Wesley and Eulaine Benda were Shirley Maresch and Tim, Nekoma, and Bev Messerly, Paul and Anna, Sublette.

Mount Pleasant News

By Dianne Bremer

Susan May attended a "Women Managing the Farm" conference and a Kansas Women's Leadership conference planning meeting Feb. 8, 9, and 10 in Hutchinson. Both are Kansas Farm Bureau programs, and the leadership conference will be held later this spring.

Ralph and Norma Unger and Stan McEvoy left Monday afternoon for Topeka where they were met by Marilyn Horn and attended County Government Day on Tuesday. Tuesday afternoon and evening, Ralph attended a meeting of the Kansas Workers Risk Cooperative for Counties of which he serves as a director. Marilyn and Stan returned home Tuesday evening and the Ungers returned home on Wednesday.

Junior High music contest was held Wednesday in Colby. Among those from Oberlin participating were Ryan May, Zach May, Elizabeth Nedland, and Cassidy Shields. Ryan received a I rating on both his trombone and vocal solos, Zach received I ratings on his trumpet, vocal, and piano solos. Elizabeth received I ratings on her French horn, piano, and vocal solos. Cassidy received a II+ rating on her trumpet solo and a I rating on her voice solo.

The brass ensemble of Elizabeth Nedland and Samantha Anderson on French horn, Matthew Helm and Ryan May on trombone, Miki Dorshorst and Nolan Henningson on trumpet, and Matthew Glading on baritone received an AP rating. The 7th grade trumpet quartet of Cassidy, Zach, Miki Dorshorst,

and Nicole Russ received a I rating. Zach sang in 7th and 8th grade boys' voice ensemble that received a I rating, and the above students were also in the junior high band and choir groups which received I ratings. Jessica Bremer was the piano accompanist for Ryan and Cassidy on their instrumental solos.

Elvera Wendelin, Lindsborg; Myra Sater, Holcomb, and Edith Tate were visitors of Lois Carlson on Wednesday.

Connie and Jerry Olson, Craig and Karen Larson, and John and Dianne Bremer and Jessica were among many family and friends attending a dinner and dance honoring Rocky and Teresa Diederich on their 25th wedding anniversary at the Oberlin American Legion Saturday evening.

Rory Wendelin and Jessica Bremer attended a high school speech meet in Scott City on Saturday, and both girls placed in finals. Rory placed first in Humorous Solo and sixth in Poetry qualifying her for State Speech, and Jessica placed seventh in Extemporaneous speaking.

Jessica Bremer and her piano teacher, Cheryl Metcalf, were among those from the area playing in a piano concert honoring Rosetta McFarland Sunday afternoon at the East Auditorium in Norton, thanking her for all her work in music over the past years. Jessica was one of the many students over the years that played piano solos in Rosetta's home for judges during music progressions.

Herndon News

By Voni Sattler

The Herndon Alumni committee has chosen "Remember the Blue and Gold" as the theme for the banquet to be held at 6 p.m. on Saturday, May 24, at St. Mary's Hall.

Danny and Jo Marintzer of Omaha visited his mother, Helen Marintzer, at Good Samaritan Center in Oberlin last week.

Julie Hafner hosted a birthday party for her husband, Bob, on Friday. Others present were Jan Sattler, Atwood; Tom and Marlene Cook, Parker, Colo.; Esther Pennington, Alan and Ann Solko, Chris Wood and Voni Sattler, Herndon.

Jason Hafner and Raquel Frerichs of Lexington, Neb., came Saturday to surprise Bob and Julie Hafner for his dad's birthday. They and Jan Sattler, and Tom and Marlene Cook enjoyed steaks at Roger's Bar and Grill.

Bob and Julie Hafner, Marlene and Tom Cook, and Jan Sattler visited their aunt, Edie Pettera at Cedar Living in Oberlin on Sunday.

The Herndon PRIDE committee had its annual dinner at Roger's Bar and Grill on Wednesday. Six members attended and Sue Frick was a guest.

The Sunflower Villa board meeting was held Feb. 12. Those present were Sharon Vogel, Jo Harris, Sharon Frick, Carol Kompus and Voni Sattler.

Herndon Senior Center is having its monthly potluck dinner today (Wednesday) at noon. A business meeting and bingo will follow.

Many enjoyed the Immanuel United Church of Christ pancake feed on Sunday.

How Shall We Hear the Voice of God?

by Rev. Rick Langness, St. John's Lutheran church

When was the last time you heard the voice of God? More specifically, when was the last time you heard God say to you, "Your sins are forgiven!"?

Romans 10:17 says that faith comes from hearing the message, and the message is heard through the word of Christ. If this is truly the case, then when was the last time you heard the word of Christ proclaim to you the message that your sins are forgiven? The truth is we all need to hear the words, "Your sins are forgiven."

Many will say, "I don't need to confess my sins to any man. I can confess them directly to God."

And this is most certainly true. Yet there is the reality that we need to hear the word of Christ from a voice outside of ourselves. We need that which is truly greater than us to come to us and declare with the authority of the very words of Christ, "Your sins are forgiven."

This is why God would have us confess our sins to one another, and specifically to the man who has been given the authority to speak on behalf of Christ.

"Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit." (Psalm 32:1-2)

God has provided the forgiveness of sins for the whole world. He bore the penalty of the sins of the world when Jesus Christ suffered and died upon the cross. The sins of the past, the present, and the future where known and paid for on that day we call Good

Friday.

God has certainly provided salvation for everyone. And yet, there are some who reject it.

It is a sad fact that many suffer in this life because they still carry around the guilt of their sins rather than making confession for them to God.

The confessional was not given to man for the sake of letting God know what we have done wrong but rather to provide a place where we can hear God declare his forgiveness to us for our specific sins. When we fail to confess our sins to God the silence becomes a vacuum which pulls our life away leaving us empty and weak.

"When I kept silent, my bones passed away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD' — and you forgave the guilt of my sin." (Psalm 32:3-5)

We may not want to admit we carry around a dead body with us, but the reality of its stench cannot be hidden. We all have sins to confess before God and if we keep silent we will feel it in our bones. But if we simply acknowledge what God already knows He will breathe life into our bones as Christ speaks to us the words, "Your sins are forgiven!"

May your Lenten journey not be a one-way conversation. May you confess your heart with your mouth and hear the voice of God with your ears.



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.

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 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.

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

