

# Norcatu News

By the Norcatu News Committee

Congratulations to Megan Wentz, who won the Decatur County Spelling contest. She is the daughter of Darren and Lois Wentz of Norcatu and will compete in the Kansas Spelling Bee in Great Bend in March.

Lacey Roe was on the honor roll at Pratt Community College for the fall semester.

Birthdays include: Deborah Comb, Feb. 21; Denise Bailey, Feb. 22; Juanita Eckhart, Feb. 24; Christy Baker, Mike Helm, Feb. 25; and David Haare, Robert Schoenrath, Feb. 26; and anniversaries, Monty and Linda Hunt, Feb. 22, and Gail and Denise Bailey, Feb. 23.

Oran and LaVerne Milner, Rea and Dee Magers, Dorothy Ward, Marguerite Clark and Wava Reames enjoyed a clam and bean dinner, followed by cards at the home of Bee Nelson on Feb. 16.

Scott Harman is back on his rodeo schedule. He was in Manhattan over

the weekend and will be participating at Garden City, Fort Scott, Hays, Panhandle, Okla., Southwest, Okla., and Alva, Okla.

Ron, Gina and Anita Montgomery went to Kearney, Neb., for Ron's medical checkup on Feb. 19.

Delbert Jackson took first; Dave Stapp, second; Von Johnson, third and Dean Forbes, fourth in the pool and dart tournament on Feb. 13 at the Cardinal Bar and Grill.

Dave and Patty Stapp went to Golden, Colo., last weekend to watch Kaitlyn Stapp compete in a track meet at the Colorado School of Mines. She is a member of the Colby Community College track team.

Lunch guests and visitors of Marian Thornton on Feb. 18 were Dave, Patty and Sam Stapp, Linda Schliep, Spencer and Addison, and Jori Diederich.

Randy Allen and Sherri Regal were Friday evening visitors of Virgil and Joyce Price. Kenneth

and Pansy Price were Monday afternoon visitors at their home.

Sgt. Russell and Karyn James have been visiting his parents, Larry and Terri James, and other relatives. They had a family party to celebrate their marriage and Russell's return from Afghanistan. They also got to meet Karyn's family at the Frontier Restaurant in Oberlin. They left on Feb. 15 and stopped in Hot Springs Village, Ark., to visit Terri's mother and dad.

Senior Citizens met Feb. 15 with 15 players present. Winners were Wava Reams, Joyce Sumner and Mary Sedlmayer. The next meeting will be a potluck dinner at noon on Friday in the Educational Building with cards to follow.

## MUSEUM TIDBITS

Hallie Bell Case sent a picture of the Norcatu Community Band and a war ration book that was issued to Clark E. Bell of Norcatu.

# Go green with groceries



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Perhaps you haven't yet started recycling food containers.

Maybe you have limited access to some of the "greener" foods on the market. Yet there are things you can do if you're interested in a more environmentally friendly household.

Here some easy steps that can save you money

1. Size matters. When choosing between a large container and several small containers that add up to the same volume: Consider whether buying the large container would serve the same purpose and save you money? For example, do you really need to buy individual boxes (and more packaging) of juice if they all are drank in the same week and at your kitchen table?

2. It's in the bag. We could all carry our own reusable shopping bags when we go shopping. However, we also can reuse plastic grocery bags to line small wastebaskets. Put a few bags in the bottom of the waste basket before you line it, so there's another one ready to use after one is filled.

3. Gotta have a plan! Plan ahead and shop less often or shop in conjunction with other errands taking you near a grocery store. The result is less fuel needed to transport food.

4. Practice the 3 Rs. Produce less waste and save money by reducing, reusing and recycling. Take leftovers for example. Not only does tossing leftovers waste money, it wastes the energy and packaging materials associated

with them.

- Reduce the amount of leftover food tossed by serving smaller portions that frequently produce leftovers OR...
- Reuse leftovers by serving them again in a day or two or freezing them for future use, or...
- Recycle leftovers into a different type of meal; for example — add that extra rice to a soup for tomorrow.

5. Don't be a "spoil" sport. Reduce the amount of spoiled food that gets tossed by:

- Reading labels for "use by", "expiration" or "best if used by" dates.
- Refrigerating and freezing foods at recommended temperatures — 0 degrees or lower for freezers and 40 degrees or lower for the refrigerator sections. An appliance thermometer assures your refrigerator/freezer is maintaining these temperatures.
- Following recommended storage times for foods. Some containers specify a recommended time frame in which to eat a food after it is opened.

Áú Avoid buying so much food in bulk that it spoils before you can use it.

6. Drink to this. Buy a reusable water bottle and fill it with tap water. Your investment soon will pay for itself.

7. Bulk it up. Some products purchased at the grocery store, such as hand soap, can be purchased in big bottles that are used to refill a smaller bottle. Reduce the cost and the packaging by refilling the smaller bottles.

If you have questions about going green, contact your local K-State Research and Extension Office for more ideas.

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.

# Good Samaritan News

To everything there is a season, a time for every purpose under heaven. Ecclesiastes 3:1.

Spring is just around the corner, and with it comes anticipation of warmer weather, flowers, the return of song birds and rebirth and renewal. Even though the residents are mostly indoors, the weather and changing seasons still play an important role in their lives here at the Good Sam.

Many activities are planned around the seasons and their holidays. This serves several purposes; for those who have lost some cognitive awareness it helps to reorient them to the time of year and jog memories especially when using sensory items such as snow for them to touch or taste, listening to the birds in the spring, smelling fresh flowers in the summer or crunching the dry leaves of fall.

It also keeps them connected to the community. This is especially true for us in this agricultural area. They keep abreast of things like lambing or calving season, planting and harvest times and also the work that went with it. Holidays bring back special memories, usually the most meaningful ones.

A lot of our time is spent looking back on life. You know the old cliché, "Hind sight is 20/20"

Working at the Good Sam is really a gift, when you look back on the lives of those you work with and hear their stories of their joys and sorrows. You begin to discern what is truly important in life versus the trivial things that just clutter up your life. The only thing that endures the test of time, disease and disaster is love, the love of God and the love of others. Those of us who are younger would do well to learn from the older, wiser ones we serve to invest more time and energy in loving one another and savoring each season of our life.

If you would like to share in this wonderful gift, just come and spend some time here like our many volunteers and visitors. Both are such important contributors to our daily

life here at the center.

Joey Hirsch came on Monday to challenge the residents with Presidents Day trivia. He loves history, and appreciates the "living history" lessons he gets from the residents.

Larry Smith comes weekly to promote technology and help with personal e-mails. Marilyn Horn and Colleen Geihlsler also are faithful to come every week for Bingo.

Dorothy Alstrom, Rosella Meitl, Penny Fringer and Karen Bruning come to do manicures on Wednesdays. Dennis Brown, Barbara Dehlinger and Phil Erickson bring devotions. Carol Duncan reads *The Oberlin Herald* for our current events.

The 180 House boys and Cerys and Megan Davies come to play kick ball on Saturdays. Mert McEvoy leads Bible study on Wednesdays. The Ministerial Association provides church services as does John Paulson.

Larry Mack deals for our monthly Pizza and Poker get together. Connie Simonsson and Penny Fringer have adopted our plants for some tender loving care.

Thank you to the ladies of Pi Alpha Club who came this week to celebrate seven birthdays in February. Our birthday honorees were Faye Miller, Hazel Kilborn, Elaine Thomas, Bonnie Weskamp, Elsie Macy, Jeanette Conway and a gentleman, who wishes to remain anonymous.

Visitors this week were:

Ron and Dixie Snyder, Colby, and Reva Marshall for **Dorothy Hunt**. Rod and Glenna Copeland, Vermont, and Eunice Martin for Glenn Martin. Don and Joan Grafel, Herndon, for **Thelma Spiers**. Kathy Colburn, Salida, Colo., and the 180 House boys for **David McGee**. John and Carol Barrett for **Dorothy Bryan**. Brian, Pam and Nathan Simonsson for **Opal Bryan**. Bud and Vicky Mumm, Gem, for **Hubert Mumm** and **Doris Marintzer**. Elsie Wolters for **Elaine Thomas, Kathryn Post, Faye Miller, Elsie Macy** and

**Dorothy Pryor**. Colleen, Justin and Jacob Gee for **Amy Rehm** and **John and Muriel Ready**. Daisy Rhein for **Jeanette Conway**. Sophia, Steph and Ryan Kolbo, Waverly, Neb., and Kristin, Donna and Tim Goldsberry, Lincoln, Neb., for **Hazel Kilborn**. Shay McChesney and Mary Bourquin, Alliance, Neb., for **Marie McChesney**. Frank and Mert McEvoy, Ethan and Jordyn Beckman for **Lucy Schissler**.

# How Shall We Face the Knowledge of God? by Rev. Rick Langness, St. John's Lutheran church

"O LORD, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O Lord. You hem me in—behind and before; you have laid your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain." (Psalm 139:1-6)

One of the greatest joys in life is true intimacy. One of our greatest needs is true intimacy. One of our greatest fears is also true intimacy. We all have a need to know and be known. Intimacy is far from just being physical closeness; it is the coming together of souls. It is having knowledge of another that is far deeper than just superficial conversation. It is the knowledge of one's heart and the desires and convictions that reside there. Thus, to know and be known can be the most greatest of experiences. And yet, to know and be known can also bring forth the greatest of fear for we are not even certain about the evil that resides in our innermost being.

Like King David, there are times when we feel like fleeing from God. His knowledge of us is too overwhelming. We are forced to admit that He has the upper hand in our relationship. Not only are we incapable of fully knowing Him, be He also knows us better than we even know ourselves. And so we desire to flee away from God and find a place to be alone with

ourselves. But as David writes, "Where can I go from your Spirit? Where can I flee from your presence?" (Psalm 139:7) In the end there is no place to hide from God. He is with us wherever we go.

But God's knowledge of us need not be a source of fear. Instead, it should be a source of comfort. God knew us before we were born. "For you created my inmost being; you knit me together in my mother's womb...My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be." (Psalm 139:13, 15-16) Yes, God knows the full depth of our sin and that is comforting for there is no sin that will ever surprise God. So when God declares, "Your sins are forgiven," we do not need to fear the unknown sin. Instead, we can take joy in knowing that all our sins have been dealt with in Jesus Christ.

"How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you...Search my heart, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

(Psalm 139:17-18, 23-24)  
Be not afraid; you are fully known and you are fully forgiven.

Internet tonight.  
475-2206



# 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.

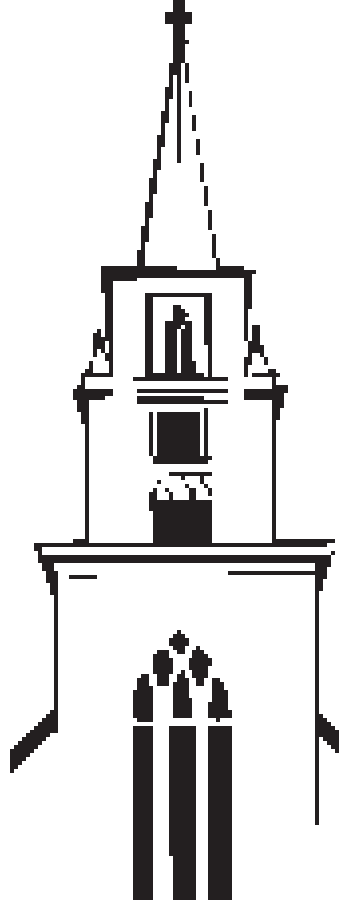
**NORCATU UNITED METHODIST**  
Pastor: Ray Gilstrap  
Almena  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

**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.



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# Jennings News

By Louise Cressler

Brecken and Drake Row visited Friday with their great-grandmother, Mary Votapka and their Uncle Tom Votapka. Brecken stayed overnight Friday.

Weekend guests of Lawrence and Lila Jennings were Brent Jennings and Brendan, Topeka.

The ladies are working on current addresses for the alumni paper. If your address, marital status or occupation has changed, let them know. You may send changes to Mary Votapka, 2404 "M" Lane, Jennings, Kan., 67643-9607. The Alumni Banquet will be held Saturday May 24.

The Community Get-Together at 5 p.m. this Saturday at the Senior Center is sponsored by the Lions Club. Six-Pack will entertain and refreshments will be served. Donations will be accepted.

United Methodist Women will meet at 2 p.m. Wednesday, March

5, with Kathy Nauer having the program. Roll call will be "Lenten Sacrifice." Devotions will be given by Ruth Chance. Hostess will be Lila Jennings.

A Non-burning ordinance is in effect in the City of Jennings. A specified date will be made by the City Council when burning can be done within the city limits.

The Book Club met Thursday evening at the home of Lila Jennings. The book read and reviewed was, "Welcome Home, Baby Girl" by Fannie Flagg. Those enjoying the evening were Ruth Chance, Mary Arnold, Patty Foster, Kathy Nauer, Helen Rhodes, Lynn Tacha, Mary Vanover. Sue Long, Terri Hanke, Joan McKenna, Joan Metz, Carla Latimer and Mrs. Jennings.

A reminder that the Children's Story Hour at the City Library is held the second Saturday of each month.

# ATTENTION TRUCKERS

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