

# Norcatour News

By the Norcatour News Committee

Lucas Bailey, a 2007 graduate of Norton Community High School, was listed on the honorable mention honor roll for the fall semester at North Central Kansas Technical College at Beloit.

Birthdays include: Lisa New, Feb. 27, and Lucas Bailey, March 2. Mr. and Mrs. Stan Miller returned home Feb. 19 from Topeka, where they baby sat for their granddaughter, Sophia, daughter of Mr. and Mrs. Curt DeDonder.

Lori (Hager) Johnson of McPherson, a former Clayton friend and classmate of Carol Miller, visited at their home on Feb. 21. The Millers attended the Ron White Show and visited Mr. and Mrs. Mark Ogorzolkta at Kearney, Neb. on Feb. 22. They returned home Feb. 24.

Bill Kelley of Junction City was a recent overnight guest of Jim and Carolyn Plotts.

The Norcatour United Methodist Church will hold its annual benefit pancake, sausage and egg supper from 5 to 7 p.m. on Saturday.

Goldie Brewer underwent her second cataract surgery on Feb. 27.

Dave, Patty and Sam Stapp and Jori Diederich went to Emporia on Feb. 23 to visit Jerod and Kortney Poire. On Sunday, the group went to Manhattan to watch Kaitlyn Stapp compete in the NTCAA Regional Indoor Track Meet.

Katrina Wentz of Norcatour was named to the President's (4.0) Honor Roll for the fall semester at Barton County Community College. She is the daughter of Dwight and Mary Wentz.

Bee Nelson, Dorothy Ward and Beth Sebaugh enjoyed hearing the Faith, Hope and Charity Group singers after dinner on Feb. 24 at the Cardinal Bar and Grill. Ron Temple is the director and Myrna Jones, pianist.

Dorothy Ward had lunch with Lora Linn Leichter at Cedar Living Center on Feb. 22.

The Norcatour Royal Neighbors will have its annual soup and pie dinner for the Norcatour Senior Citizens at noon on Friday at the Norcatour Educational Building. Call Lora Arnold or Dorothy Woods for reservations. Everyone is welcome. Cards will follow at 1:30 p.m.

Wava Reames had lunch with

her parents, Frank and Velda Ward, at Cedar Living Center on Feb. 19, then called the Bingo. Frank Ward visited Wava Reames on Friday and they enjoyed pizza at the Cardinal Bar and Grill that evening.

Deb Combs was surprised at the Cardinal Bar and Grill for her birthday on Thursday. Hosting the surprise party were Veda Wood, Dorothy Ward, Mary Leslie, Bee Nelson, Marguerite Clark and Wava Reames.

## MUSEUM TIDBITS

New at the museum is a coin from Deeter and Holsinger General Merchandising. It was good for five cents in trade at the store.

A call was received from a man who said he had a 1904 cookbook that was published by the Norcatour Register. His wife's grandmother, Lydia LaSalle Bromley, had the book.

She was born in Norcatour in 1918 and graduated from Clayton in 1936. Her parents were William and Jennie LaSalle. He wondered if anyone may have information on her family. If so, contact Chris Dempewolf and she will get the information to him.

# Buddy exercising beneficial

For adults, as little as 30 minutes of moderate physical activity five or more days a week can reduce hypertension, lower cholesterol, improve sleep, reduce anxiety and mild depression, trim pounds, boost energy and contribute to a happier outlook.

What sounds like a prescription for health is, however, often ignored.

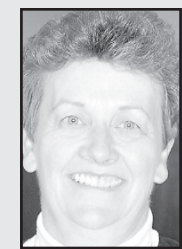
The Centers for Disease Control and Prevention, which recommends physical activity for health, released new data in January 2007 showing that less than five percent of American adults regularly meet current recommendations.

Many people are enthusiastic about the health benefits of exercise with a buddy — or team — approach.

Knowing that a friend, neighbor or co-worker is counting on you to exercise with them can increase the health benefits for everyone involved. Those who are not in the habit of walking or exercising are encouraged to start counting minutes — three 10-minute walking breaks a day, for example — to build up to miles.

One way to try a team approach is to consider Walk Kansas, an eight-week K-State Research and Extension health and fitness program in which teams of six are asked to do something that most team members could not do alone — walk 423 miles, the equivalent of walking across Kansas.

To participate this year in Walk Kansas, call or stop by the Extension Office. Registrations will be accepted through Friday. So, it is important to act today.



## Home Time

By Tranda Watts  
Multi-county Extension Agent

More information on Walk Kansas, physical activity and healthy living is available at your K-State Research and Extension Office.

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.

## Be an informed consumer, know your mortgage facts!!

### What you should know -

Do you have a fixed or adjustable interest rate loan? Is your monthly payment scheduled to increase? When? Have you budgeted for potential increases in payment?

### What you should do -

If you're having trouble making payments, **Don't Wait!** Contact your lender or servicer (where you send your payments) to discuss options.

**Take action now to avoid possible foreclosure later.**

Consider credit counseling from a reputable Kansas licensed provider, call 1-800-388-2227 for a referral

For help with mortgage or other consumer credit questions call 1-877-387-8523 or click on [www.osbckansas.org](http://www.osbckansas.org)

Consumer and Mortgage Lending Division - Kansas Office of the State Bank Commissioner



# Jennings News

By Louise Cressler

If you didn't attend the Community Get-Together Saturday evening at the Sunflower Senior Center, you missed out on a fun time. The "Six Pack" members who entertained were: Manda Lyn Manner, Merry VanderGeisen, Brian Martin and Mike Hughes of Smith Center. Approximately 60 people came to see them perform and enjoyed snacks afterwards. The Jennings Lions Club sponsored the event.

Sunflower Senior Potluck Supper will be held at 6 p.m. next Tuesday. John Juenemann of Oberlin will entertain the group following the meal. Everyone is welcome to come.

City Council meeting will be held at 7:30 p.m. Thursday at the Senior Center.

This past week I received a "To Whom It May Concern" unsigned letter. If the party writing the letter would have signed it, I would have answered them. They say they are reading The Oberlin Herald news.

The benefit for Mike Tacha was organized by some of his friends. The Senior Center organization did not do it. There have been many benefits in the community, not just the ones this party named. We apologize for any hard feelings in the community.

# Lyle News

By Veda Wood

Kathy Van Meter attended her bank's Valentine's Day Bingo party.

Ms. Van Meter, June Jolly and daughter, Linda, attended the funeral of JoAnne Morris at Lebanon, Neb.

Quilters at Lyle on Tuesday were Margaret Magers, Kathy Van Meter, June Jolly, Eleanor Jensen, Ivy Roland and Veda Wood. Mrs. Magers left early for a doctor's appointment but, reports that she doesn't have to go back to see the doctor for six months.

Several from Lyle attended funeral services for Jean Spires at Norton.

Toots Magers had lunch with Judy and Charlie Easton, Pam and Mike,

and Jane and Richard Engelhardt before the funeral.

Gary Anthony is still having trouble with a reaction to medication.

Elvin and Mervin Wood are at home and improved. They are Veda Wood's brothers.

Carla and Ruth (formerly Cozad) visited Toots Magers last Saturday. They had visited the grave of their father, Van Cozad.

Dwight Wood was scheduled for foot surgery on Friday at Lincoln, Neb.

Earnest and Donna Huff are great-grandparents. Their grandson, Richard and Sarah Huff, of Hill City have a daughter, Keely Sage, born Feb. 19.

## How Strong is Your Relationship with God?

By Pastor Doug Hasty of Oberlin-Prairie Chapel United Methodist churches

Lent is a good time to think about your relationship with God.

Is it all that it could be? Let me give you a strong nudge.

James 1:22 "Do not merely listen to the word, and so deceive yourselves. Do what it says."

James the brother of our Lord exhorts us to be "doers of the word, and not merely, hearers who delude themselves." In other words we should not just talk about compassion, but lend a hand. Don't talk about the other guy stepping up and helping someone in need. You do it and receive God's blessing as an added benefit.

As a Christian we won't be met at the pearly gate by an angel with a clipboard, who asks, "How many church meetings did you go to while on earth?" But while on earth there is a question we need to answer: Jesus said, "Why do you call me, 'Lord, Lord' and then don't do the things that I say?"

Some time ago I came across this piece entitled "The Lesson." I would like to share it with you.

— Then Jesus took his disciples up the mountain and gathering them around him, he taught them,

Saying: Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are the meek.

Blessed are they that mourn. Blessed are the merciful. Blessed are they who thirst for justice. Blessed are you when persecuted. Blessed are you when you suffer. Be glad and rejoice for your Reward is great in heaven.

Then Simon Peter said, "Do we have to write this down?"

And Andrew said, "Are we supposed to know this?"

And James said, "Will we have a test on this?"

And Philip said, "I don't have any paper."

And Bartholomew said, "Do we have to turn this in?" And John said, "The other disciples didn't have to learn this."

And Matthew said, "Can I go to the boy's room?"

And Judas said, "What does this have to do with real life?"

And Jesus wept.

Sometimes I think I can still hear him weeping.

Grace and Peace.



## 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.

**NORCATOUR 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.

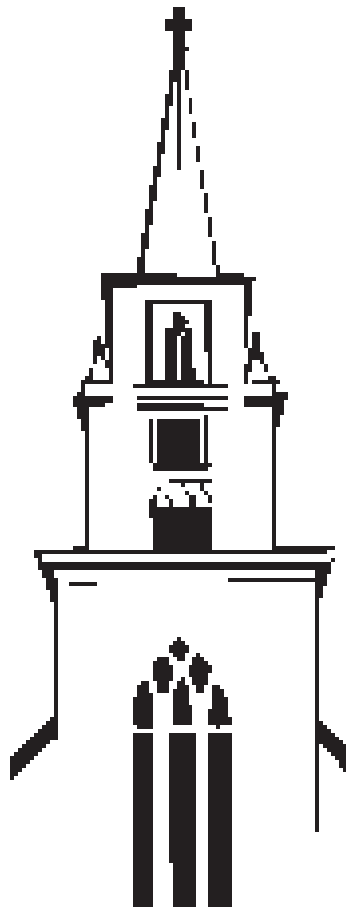
**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
The Rev. Heidi Wiebe  
810 West Cedar, Oberlin  
Office Phone 785-475-2769  
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

**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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