

Rea and Dee Magers were in Denver recently for the funeral of her brother, Bill. After returning home, they attended Lee Arnold's funeral on Wednesday in Norcatu; went to Harry Eiler's funeral in McCook on Thursday and also attended the funeral of Jerry Goscha, who was a brother-in-law of her brother, Bill.

John and Carol Cook of Washington State but formerly of Norcatu, visited Rea and Dee Magers on March 30.

The third annual city-wide garage sale will be held from 8:30 a.m. to 2:30 p.m. on Saturday, May 10, in Norcatu. There are sign-up sheets at the post office, bank, and city building. For questions call: Twila (785) 693-4203 or Sherrie (720) 838-0430.

Happy Birthday to: Sherrie Regal and Terry Gade on April 7.

Commodities will be distributed between 10 and 10:30 a.m. on Saturday at the home of Al and Mary Sedlmayer, 101 S. Kansas Ave., in Norcatu.

Connie Menges, Colby, daughter-in-law of Judy Rogers Menges, suffered a stroke on Feb. 14. She is at Swedish Medical Center in Denver. She is improving slowly with lots of therapy. Brent and family expect her to return home soon.

Mr. and Mrs. Stan Miller left to Topeka, on March 28, to visit Mr. and Mrs. Curt DeDonders. Curt's father, Bob DeDonder, of St. Mary, died on March 26. Rosary and services were held in St. Mary. The Miller's returned home March 31.

Lloyd and Sharon Stanton, Salina, have been visiting his mother, Arlene Hix.

Bee Nelson, Veda Woods and Dorothy Ward attended funeral services for Alice (Rohnke) Bowman on March 31, at Faith Lutheran Church in Oberlin. Dewaine Stapp also attended. Inurnment was in Norcatu Cemetery.

Prairie Land Food Program is offering the April Prairie Pak for \$21.50 and two hours of volunteer service. Orders must be turned in and paid for by Monday, April 14. For details call Terri James, (785) 693-4262 or Bee Nelson, (785) 693-4569, or leave your money at The Bank in Norcatu.

Results of the Pool Tournament at the Cardinal Bar and Grill on March 26 were: Stan Miller, first; Rusty Montgomery, second; Eric Bell, third; and JR Roe, fourth.

Results of the Darts 301 Tournament at the Cardinal Bar and Grill on March 26 were: Rusty Montgomery, first; Kristi Gallentine, second; and Stan Miller, third.

Results of the Cricket Tournam-

ment at the Cardinal Bar & Grill on March 26 were: Patty Stapp; first; Renee Harman, second; and Alice Barnett, third.

Dorothy Ward, Bee Nelson and Marguerite Clark attended the Prairie Land dinner and meeting on March 25. They were privileged to hear Stanton Nelson entertain with his beautiful violin music.

Among relatives who attended funeral services for Lee Arnold included: Lora Arnold, John and Brenda Arnold, Julianna, Mark, Nathan, Marissa, Jordan and Noah Baker, Clayton; Susan and Frank Bolek, Sarah Bolek, T.J. DeNormandie, Heather Lucas, Valparaiso, Ind.; Tiffany Wheeler, Walpallo, Iowa; Trase and Julie DeNormandie, Preston and Riley, Yuba City, Calif.; Kathryn and John Weiser, Tristan and Jacob, Eagle Nest, N.M.; Kenneth R. Anderson, Janet Dailey, Oklahoma City; Dennis Leichter, Ruth Gill, Bill LaSalle, Gene and Kristi Gallentine, John and Ann Gallentine, Jerry and Shirley Gallentine, Clayton; Dianna and Mikey Ayles, Olive Arnold, Colorado Springs; Lee and John Mapes, Robbie, Megan and Morgan Mapes, Norton; Jeanifer Atkins, Norman and Julie Gallentine, Tami Shaw, Oberlin; Dale and Emily Waldo, Salina; Vene and Phyllis Leichter, Steve and Debbie Obrecht, Darcy and Terry Robbins, Denver; Dorothy Ward, Norcatu; Dennis Doris Fae Jackson, Karen and David Cozad, Merrice and Weldon Brooks, Norton.

Easter weekend at the Gerald Jackson residence, guests were Shawn Fisher, Ken Fisher, Beverly and Andy Huerta and grandchildren, Tyler, Danny, Micaela; Brian Jackson and Thad. Other guests were Patty Ames, Hudson, Colo.; and John and Carol Cook, Wash. Additional weekend guests were Pasty Ames, Hudson, Colo. John and Carol Cook were afternoon visitors.

On Monday, John and Carol Cook returned to spend the week at the Jackson residence. On Tuesday, the Jacksons went to Hollinger, Neb., to visit their niece, Shanna and Don Nitzel, then on to Holdrege to visit Thad's Aunt Rachel.

The Jacksons stopped at the Hays Hospital on Wednesday to visit Gary and DeVonna New. They will be staying there for Gary's treatments and to check on Lora Linn Leichter, who is still in the intensive care unit, but improving.

John and Carol Cook left on Sunday morning and went to Oberlin to visit with cousin, Jamie Wray and Carol's Aunt Sis.

John and Carol New spent the

night with Gary and Nita Drawbridge in Morland, Okla., on their return home from Texas.

MUSEUM TIDBITS

Thanks to the following for the items that were donated: Ron and Gerry Temple for the Cornerstone Theater sweatshirt; Bev Miller DeLano for the pictures of the EE Club (these pictures were from Ethel Miller's photo albums).

Send us your family history information! Don't forget the museum when making your donations. Your donations help bring Norcatu items home.

The tornado whistle will be tested on Mondays at noon, year round. The whistle is alternating blast. The siren will not be tested if there is threatening weather.

Only trees and tree limbs can be dumped in the burn pit. No grass clippings can be put in the pit. There is a \$350. fine for any illegal dumping. The pit is open for Norcatu residents.

There is no open burning within the city limits. In order to burn, you must get a burn permit from Carl Lyon or Scott Hartzog before you can burn. There is a fine for illegal burning.

Thanks to all that attended the RNA matching fund benefit. We appreciate all the community support. A special thanks to the Royal Neighbors for having the soup and pie supper and to everyone that brought pies.

Don't let wedding add pounds

'Tis the season of weddings: bells, bouquets and — obesity? The average newlywed gains 6 to 8 pounds during the first two years of marriage.

Why? Increased responsibilities, stress and financial pressures, and reduced time for leisure and exercise all can contribute to weight gain. Also, eating with another person may seem to make it "okay" to consume high-calorie foods; such as cookies, ice cream and chips.

And, finally, married life often leads to eating meals and snacks more regularly, either at home or at restaurants.

Whether you're a newlywed or celebrating your silver jubilee, how can you prevent, or change, weight gain associated with eating with your spouse?

Avoiding "Heavier Ever After"

- Do it together. Have your spouse join you to eat healthier. Make it fun!

For example, take a cooking class for couples, or shop for tasty low-cal foods.

- Make it separate. You don't have to eat the same foods that your partner does. Try to cook together, yet separately. For instance, you could both have chicken, one grilled and the other fried. Or, you could both get takeout, but order from two different restaurants.

- Keep a well-stocked pantry. Having no food, or not the right kinds and amounts, in the house can lead to eating too many calories at a



Home Time

By Tranda Watts
Multi-county Extension Agent

drive-through. Shop with a list during regular trips to the grocery store. It will help your budget too.

- Plan meals. Focus on eating whole grains, seasonal fruits and vegetables, low fat calcium-rich foods, and lean protein-rich foods.

- Watch portion sizes. Men usually require more calories than women, so servings shouldn't necessarily be equal in size.

- Make physical activity part of your life together. Take a long walk after dinner or learn a new sport as a couple.

If you have further questions relating to foods and nutrition, please feel free to contact your local 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.

ANNIVERSARY SALE
April 10-20, 2008 • 10 days of Dynamite Deals!

• Everything on Sale • Special Financing!
• Over 150 Units in Stock • Purchase a RV and "Spin The Wheel!"
• Register to Win a Flat Screen TV • 13 Major RV Brands

FOUR SEASONS RV ACRES

Hours Mon-Fri 9-6, Saturday 9-5 Sunday 12-5
Six Miles East of Abilene KS
Exit 281 on I-70 • 1-800-658-4667
www.4seasonsrv.com • sales@4seasonsrv.com

Continue to go Nuts for Jesus

By the Rev. Ray Gilstrap,

Almena, Clayton and Norcatu United Methodist churches

Grace and peace to you in the name of Christ. My prayer for you today is that you will continue looking for ways to "Go Nuts for Jesus Christ," because your faith leads you to an understanding of God's desire for his people and how to distinguish between his ways and the world's ways.

In his book, "Jesus Drives Me Crazy," Leonard Sweet writes, "For the NUTS disciple, "normality" is a Goldilocks world where everything seems the wrong size. Christians are a little "off." The very image of God's glory and beauty came in one with "no beauty or majesty." Golgotha, the greatest defacement of beauty (the crucifixion), became the Mount Everest of beauty. The concept of a crucified God was deemed so offensive, so crazy that Christians were accused of madness for even suggesting the idea.

Earlier this week a cousin sent me pictures of Nine Buildings of the Future, that are to be completed in 2009-2023. Each displays unique architecture. Two of them are in Chicago, but most are in third world countries, such as India, where 65 percent of the population live in slums. One of them, scheduled for completion in Dubai in 2009 will be the tallest man made structure in the world.

Sweet's book tells of God pronouncing judgment against Israel through Ezekiel because they, "profaned my holy things. They do not distinguish between the holy and the common." (Ezekiel 22:26.)

The struggle between good and evil; right and wrong; wise and foolish; the holiness of God and the common desires of mankind, has gone on since creation.

When I saw the pictures of these architectural marvels, especially those with high towers, I was reminded of the twin towers of the World Trade Center and the tragedy our world should never forget, when literally hundreds of lives were lost in the attempt to

save other's lives; and people came together from all over this country as well as others to help in the aftermath of a terrorist attack that changed our nation and the world. And how easily it could be repeated by evil men or acts of nature.

Then, of a time thousands of years earlier, when, "the whole world had one language and a common speech." They said to each other, "Come, let us build ourselves a city, with a tower that reaches to the heavens, so that we may make a name for ourselves."

The Lord said, "Let us go down and confuse their language so they will not understand each other."

From there the Lord scattered them over the face of the whole earth." (Genesis 11:1-10)

Many years later the Lord said to Solomon, "If my people, who are called by my name, will humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." (2 Chronicles 7:14)

My generation grew up in time of rapid change. We watched movie newsreels of World War II and Korea. By the early 50's most of us had electricity, indoor plumbing, and even television. We saw Elvis and the Beatles on the Ed Sullivan Show. We watched "Leave It To Beaver," "Ozzie and Harriet," and "Lawrence Welk." All non-violent, no blood, no sex, family entertainment. Then we went to work or off to college and suddenly, some enlisted and many were drafted to serve in Vietnam. Then there were draft card burners and anti-war protests and when our friends came home, many were not treated well by those they had served "in harms way."

In 1956 Pete Seeger wrote and recorded a "folk song" that told the story of mankind's history, "Where Have All The Flowers Gone." The last line of every verse ... "When will they ever learn?"



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
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 Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

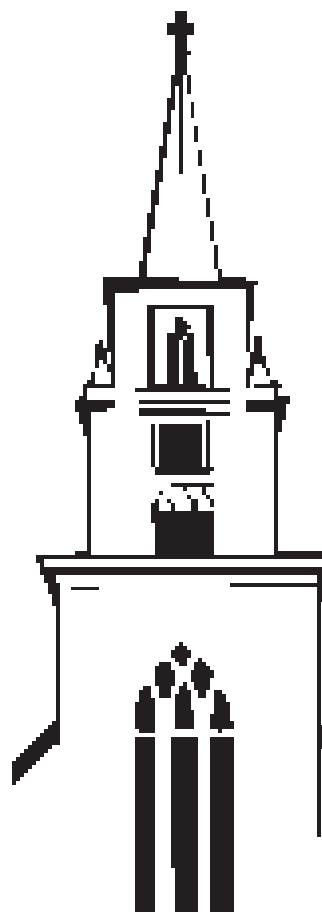
EVANGELICAL COVENANT CHURCH OF OBERLIN
The Rev. Heidi Wiebe
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

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
Secretary: Norma Unger
785-475-2333
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.

Paul's FUNERAL HOMES

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



Herndon News

By Voni Sattler

Mary Wesler and her son, Nick, of Aurora, Colo., were in Herndon from Thursday to Sunday, visiting her father, Frank and Beth Hraha.

Les and Myrna Pettera of Loveland, Colo., and Bud Bosler of Pine, Colo. came to visit Edie Pettera of Cedar Living Center in Oberlin on Wednesday. Bud returned home on Thursday. Les and Myrna are planning on staying a week to visit Edie and other relatives and friends.

Julie Hafner and Myrna Pettera were brief visitors Saturday of their Aunt Esther Pennington.

Les and Myrna Pettera spent the

afternoon and had dinner at the home of Kent and Chris Wood.

LaVerne and Sharon Frick visited Frank and Jean Huss on Sunday. Ernie and Betty Jean Wicke and Raythel Lea Reuber of Ludell were additional visitors.

Ann Solko and Esther Pennington attended the Regional Music Competition in Oberlin on Saturday.

Senior citizens potluck dinner will be held at noon on Wednesday, April 16, at the Herndon Senior Center. A business meeting and Bingo will follow. All are welcome.

Mount Pleasant News

By Dianne Bremer

Sara Kyte placed second in the high jump event at the high school track meet held Friday in Hoxie.

Jessica Bremer, Heather Glodt, and Gage Reichert attended a Kansas Honors Program Wednesday evening at the Northwest Kansas Educational Service Center in Oakley. Kansas University sponsors this annual academic event, honoring the top 10 percent of seniors in Northwest Kansas.

Also attending were Principal Charles Haag, guidance counselor Debbie Arp, local program coordinator Kurt Vollertsen, Wilbur and Jill Reichert, Sue Glodt, and Dianne Bremer.

Among those receiving I ratings at Regional 4-H in Brewster were: Mollie Tate, reading; Zach May, project talk; Hannah May and Elizabeth Nedland and Zach May and Samantha Anderson, piano duets; Hunter Nedland, illustrated talk; Cassidy Shields, vocal solo and vocal duet with Miki Dorshorst; and Ryan May, demonstrative talk and oral reading.

The regional music contest was held Saturday in Oberlin. Sara Kyte sang in both Chante' and the women's vocal ensemble which

received I ratings, Rory Wendelin and Jessica Bremer are members of the DCHS Singers which received a I, Hunter Nedland, Rory and Jessica sang in the mixed ensemble which received a I, Rory received a I on her vocal solo, and Jessica received a II on her vocal solo.

Hannah May, Ashley Witt, and Haley Schiessler took second place in the fifth and sixth-grade girls competition and Zach May, Kade Brown, and Adam Heald, Topeka, took second place in the seventh and eighth-grade boys competition at the Atwood 3 on 3 basketball tournament on Saturday.

Shirley Shields was honored for her 75th birthday with a party Saturday at the home of Gary and MaryAnn Erickson. Other guests were Gaylord Shields, Stuart Euhus, Norbert and Nannette Zander, Karen Metcalf, and Mary Stephenson, Leavenworth. Gaylord and Shirley Shields were Sunday dinner guests of Paul and Kelly Shields, Tyler, Cassidy, and Caitlin to celebrate Shirley's birthday.

Jessica Bremer placed second in finals in extemporaneous speaking at the Phillipsburg speech meet Tuesday afternoon.