

Norcatatur News

By the Norcatatur News Committee

Mr. and Mrs. Stan Miller flew out of Denver Dec. 7 to Las Vegas for the annual trip with the Ag Venture Seed group and returned home on Dec. 10. On Dec. 12, they went to Topeka to babysit granddaughter Sophia DeDonder while her parents attend work Christmas parties. They spent the weekend with the DeDonders and Mr. and Mrs. Casey Tuttle, El Dorado, for an early Christmas and to celebrate Justine and Casey's birthdays.

Bee Nelson attended the wedding of her cousin Gwynn Ward, and Judy McIntire on Saturday, Dec. 13, at the Clayton United Methodist Church. It included a potluck dinner at noon in the Clayton Community Center, wedding at 2 p.m. in the church and the reception at 3 p.m. at the Community Center. Their car was artistically decorated. Happy birthday to Justine Tuttle,

Dec. 17; Jim Bob Beachel, Frank Ward, Sandy Gade, Carissa Wentz, Dec. 22.

Happy anniversary to John and Carol New, Dec. 17; and Tom and Betsy Jakowski.

Thanksgiving weekend guests at the Hill households were Burt and Lori Irtenkauf, Broomfield, Colo.; Steve Hill and Erik Wilson, Denver; and Sandra Craig, Fort Collins, Colo.

Results for the pool tournament at the Cardinal Bar and Grill on Dec. 10 were John New, first; Von Johnson, second; and Dave Stapp, third.

Dart results were: Game 1, Renee Harman, first; Patty Stapp, second. Game 2, Patty Stapp, first; Alice Barnett, second. Game 3, Renee Harman, first; Alice Barnett, second.

Decatur Co-op Assn. Norcatatur

Branch, will be closing at noon Dec. 24 and will be closed Dec. 25 and 26.

The Norcatatur City office, Museum and Library will be closed Dec. 24 to Jan. 2. Merry Christmas and Happy New Year to you all!

The water meters will not be read this month. Everyone will be charged the minimum.

MUSEUM TIDBITS

Thanks to Debbie Leichliter Obrecht for the Norcatatur history book and alumni directory.

I am thankful to all of you for the donations of Norcatatur memorabilia to the Museum this year. Thanks for your monetary contributions as well.

If you haven't been to the museum for a while, please stop in, a lot of changes have been made. May you all have a blessed Christmas and a wonderful New Year!

Avoiding holiday calories



Home Time

By Tranda Watts
Multi-county Extension Agent

Extra calories sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through any tiny tastes throughout the day.

Let's look at some possible tiny tastes and see how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work. Approximate calories: 30 calories.

Taste 2: Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle. Approximate calories: 80 calories.

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples—I'll just eat a little cracker with spread to tide me over until I get to lunch. Approximate calories: 40 calories.

Taste 4: The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! Approximate calories: 20 calories.

Taste 5: Still a couple of hours to go at work before I head to that holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries

have appeared! Chocolate is good for you, right? I'll just have one. Approximate calories: 60 calories.

Taste 6: It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approximate calories: 75 calories.

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half cup. Approximate calories: 200 calories.

Taste 8: There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them—it might as well be me! Approximate calories: 60 calories.

Taste 9: The nice thing about helping dish up desserts is you can take a little "preview" taste—using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approximate calories: 70 calories.

Total tasting calories for the day:

635
If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

Maybe that tiny taste isn't so small after all. What tiny tastes are totaling big calories for you?

For further information on holiday food preparation, nutrition and safety, contact your local K-State Research and Extension Office or e-mail twatts@oznet.ksu.edu.

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.

Herndon News

By Julie Hafner

St. Mary's Christmas mass will be celebrated at 8:30 a.m. on Thursday, Dec. 25. Kendra Solko, Kearney, Neb., will be joining the choir in singing "O Holy Night" and other Christmas hymns.

The Herndon community extends sympathy to the family of Charles Weishapl who passed away Friday, Dec. 19.

Julie and Bob Hafner traveled to Parker, Colo., on Tuesday morning. Wednesday they spent the day at the Tom Cook home visiting Marlene and Tom Cook, Clem Hutfles Jr. and Tommy Cook. Wednesday evening Marlene and Julie attended the Neil Diamond concert at one of the nation's finest sports and entertainment facilities, the Pepsi Center, where over 19,000 watched Neil

and his band bring the crowd to their feet with singing and dancing with his old, as well as new songs with the center's cutting edge sound and lighting system. Denver has been Neil Diamond's second home for over 30 years. Bob and Julie were guests of the Dave Foxhoven family in Parker, celebrating Christmas Tuesday evening and returning home Thursday evening.

A hundred years or so ago, the teddy bear had become very popular for children at Christmas. One such bear was Tommy Tittlemouse, made in Germany about 1908, as referenced in the nursery rhyme;

Little Tommy Tittlemouse lived in a house;

He caught fishes in other men's ditches

Merry Christmas to all!

Julie's Memory Joggers
Herndon Nonpareil, Nov. 6, 1913

Stoves! Stoves! Stoves!
We have a nice assortment of heating stoves, at the Right Prices; Why freeze when you can buy a nice Fully Nickel trimmed Heating Stove, for only \$6.

Come in and look over our line before buying; We also have Special Bargains on Horse Blankets and Lap Robes.

Yours for Bargains, L. L. Tongish, Herndon, Kansas.

Is Anything Too Hard for the Lord?

Pastor Doug Hasty,

Oberlin-Prairie Chapel United Methodist Churches

At the heart of Christmas is the Incarnation of Jesus Christ. When we speak of the Incarnation we express our belief that God became flesh and dwelt among us! So if God became flesh or a human being then part of our Christian faith has looked at the issue of a "Virgin Birth"!

In the Old Testament we see that God often times does the impossible or does things that seem illogical. Moses talked to a burning bush that was not consumed. Moses struck a rock and water flowed out of it. Samson possessed superhuman strength because his hair was long and uncut from birth. Lot's wife turned into a pillar of salt because she looked back to see the destruction of Sodom.

Do you recall the story of Abraham and Sarah? God had told Abraham he would be the father of a great nation and his descendants would be as numerous as the stars. Abraham was 99 years old when the Lord came to him to tell him he would have a son, and his wife Sarah was 89 years old. Do you remember that Sarah laughed upon hearing this news from the Lord? "Is anything too hard for the LORD? I will return to you at the appointed time next year and Sarah will have a son." (Genesis 18:14)

Seven hundred years before the birth of Jesus, the prophet Isaiah announces that God will give the people a sign. People will know it's the Messiah because he will be born of a virgin. "Therefore the Lord himself will give you a sign: The virgin will be

with child and will give birth to a son, and will call him Immanuel." (Isaiah 7:14)

In the Gospel of Luke, the birth of Jesus is announced by first telling us of an elderly couple, Elizabeth and Zechariah who in their old age will give birth to a son, who will grow up to be John the baptizer. Then the angel Gabriel comes to Mary, a young girl not much older than 12 or 13 years of age. "But the angel said to her, "Do not be afraid, Mary, you have found favor with God. You will be with child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over the house of Jacob forever; his kingdom will never end." "How will this be," Mary asked the angel, "since I am a virgin?" (Luke 1:30-34)

Is anything too hard for the Lord? Martin Luther, in one of his Christmas sermons about this passage, said: There are three miracles that occurred in Christ's birth; first, God became human; second, a virgin conceived and gave birth to a son; third, Mary believed. For Luther, the greatest miracle was the third, Mary believed.

This Christmas, would it take a miracle for you to believe? I have already mentioned three—what more would it take?

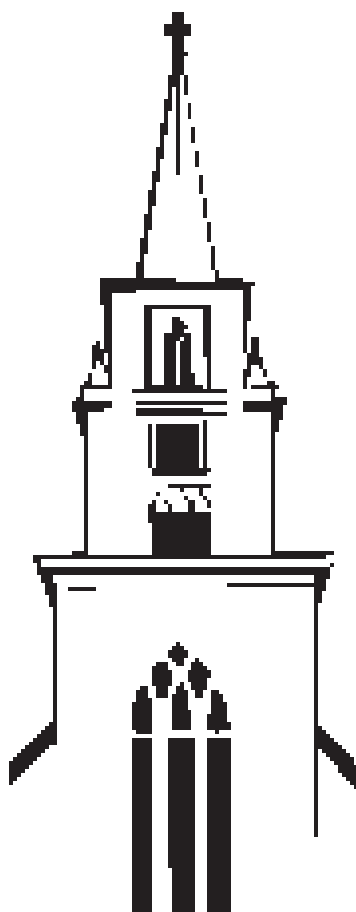
Grace and Peace



Schedule of Oberlin and area church services:

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| <p>OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone, MASS: 10:30 a.m., Sunday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 5:30 p.m., Saturday</p> <p>OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Mike Larson
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p> <p>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.</p> <p>PRAIRIE CHAPEL UNITED METHODIST
The Rev. Doug Hasty
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.</p> <p>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</p> | <p>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.</p> <p>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.</p> <p>CLAYTON UNITED METHODIST
Pastor: Larry Danforth
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>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.</p> <p>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.</p> <p>ST. MARY'S CATHOLIC, HERNDON
The Rev. Galen Long
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.</p> <p>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.</p> | <p>NORCATATUR UNITED METHODIST
Pastor: Larry Danforth
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> <p>LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 8 a.m.</p> <p>EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastor Tom Smith
Interim Pastor
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.</p> <p>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.</p> <p>ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor: Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays.</p> | <p>FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.</p> <p>THE WORKING MAN'S CHURCH
C&H Power Line Building on Hwy 83 (North of the Airport) Oberlin, Kan.
Pastor John Paulson
SUNDAY: Worship, 9:30 a.m.; Come as you are.</p> |
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Kansas Coliseum

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