

Norcatour News

By the Norcatour News Committee

Senior citizens met Jan. 16 with 12 present. Winners of the card game were Claudia Bridges, June Jolly and Paul Welch. The next meeting will be at 1:30 p.m. on Friday, with a covered dish dinner and cards following in the Educational Building.

Remember, cell phone numbers go public next month. All cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. You will be charged for these calls! To prevent this, call the following number, (888) 382-1222, from your cell phone. It is the National do not call list. It will only take a minute of your time. It blocks your number for five years. You must call from the cell phone number you want to have it blocked. You cannot call from a different phone number.

Alta May Van Gundy will celebrate her 104th birthday on Saturday, Jan. 31, at the Andbe Home in Norton.

Christmas was a busy fun week at the Virgil Price home with Keith and Linda Jurey, Albuquerque, N.M., and Richard Jurey, Edmond, Okla., as guests. On Dec. 26, Jason, Kathy, Connor and MacKinze Jurey, Blair, Neb., joined them for a gift exchange.

Bee Nelson, Dorothy Ward and Wava Reames attended coffee and treats at Whispering Pines in Norton.

There is quite a contingent of Norcatour residents there now. The most

recent additions are Frank Ward and Merle (Honey) Cozad.

Sympathy is extended to the family of Ralph W. Strayer, 89, who died Monday, Jan. 12, at the Good Samaritan Center in Atwood.

Destry Jackson was among students who were named to the fall 2008 honor roll at Bethany College in Lindsborg. To be recognized, a student must be full-time with a semester grade point average of at least 3.50 on a four-point scale for the fall semester. She is the daughter of Dewayne and Aurelia Jackson of Norcatour.

After church on Sunday, Beth Sebaugh, Bee Nelson and Dorothy Ward enjoyed lunch at the Cardinal Bar and Grill.

Katrina Wentz, daughter of Dwight and Mary Wentz, has met the standards of academic excellence to be named to the Fort Hays State Dean's Honor Roll for the fall of the 2008 semester.

Kenneth Price is a new resident of the Andbe Home in Norton. His address is Kenneth Price, c/o Andbe Home, room 123 North, 201 W. Crane, Norton, Kan., 67654.

Happy Birthday and Anniversary to Rebecca Helm, Jan. 21; Barbara McCool, Jan. 22; David and Retta Hare, Jan. 23; Gerry New, Jan. 26; Todd Johnson, Jan. 27.

Results of the pool tournament on Jan. 14 at the Cardinal Bar and Grill were John New, first place; Von Johnson, second; Gene Gallentine, third.

Results of the dart tournament on Jan. 14, at the Cardinal Bar and Grill were first game, Alice Barnett, first place; Renee Harman, second; Kristi Gallentine, third; second game, Renee Harman, first; Patty Stapp, second; Kristi Gallentine, third; third game, Kristi Gallentine, first; Alice Barnett, second; Renee Harman, third.

The city elections will be held in April. If you are interested in serving on the council, get your name on the ballot by contacting the County Clerk's office at (785) 475-8102.

Weekend lunch guests at the Doug Dempewolf home were Sheree Dempewolf, Aaron and Hayden Mann of Colby. Later in the afternoon, Doug, Aaron and Keith Ward went pheasant hunting.

Guests of Bob Shick, during the week at the Andbe Home in Norton, were son, Jim Shick, and daughter, Teresa Tryper and husband Glen, of Chiloquin, Ore.; Michele Schroeder, Joseph and Micah, Scott City.

Also with her were two more great-grandchildren, Charlie and Giavanna; Steve and Carla Hawks, Almena; and son Eric, Norton.

Bob also received many phone calls from family, a niece, Jeanie McDill, San Louis Obispo, Calif.; granddaughters, Christina and Stephanie, Nebraska; Danille Miller, Crystal River, Fla.; Megan Hawks, Hays; and son, John Shick, Ocala, Fla.

Toss it in the trash or keep it?

Just how long has that box of crackers been in your pantry? Certainly months - possibly years. It looks fine - sniff - smells fine, but is it fresh enough to eat? Some products may spoil faster (or last longer) than the recommended guidelines, depending on conditions in your kitchen. Here are some guidelines, not hard and fast rules to help determine if foods you have in storage should be tossed or kept.

Refrigerator/Freezer	
Approximate Storage Times	
Product - Refrigerator - Freezer	
Unbaked rolls and bread	2 - 3 weeks
Unbaked fruit pie	1 - 2 days
Baked fruit pies	2 - 3 days
Baked cookies	2 - 3 days
Unfrosted baked cakes	2 - 3 weeks
Butter and margarine	3 months
Yogurt	1 month
Canned fruit, opened	3 - 5 days
Citrus fruits	3 weeks
Roast beef and steaks	3 - 5 days
Ground beef and pork	1 - 2 days
Tomatoes, ripe	5 - 6 days
Soups	2 - 3 weeks



Home Time

By Tranda Watts
Multi-county Extension Agent

2 - 3 days	4 - 6 months
Casseroles	1 - 2 days
Cupboard	Approximate Storage Times
Baking powder	18 months or expiration date
Baking soda	2 years
Bread, room temp.	1 - 3 days
Cereal, ready to eat - opened	2 - 3 months
Coffee, cans unopened	2 years
Cans, opened	2 weeks
Flour, white and whole	6 - 8 months
Shortening	8 months
Cake mixes	9 months
Canned food, unopened	2 months
Vanilla, opened	12 months
Peanut butter, opened	2 - 3 months

The above is just a small sampling of products. For a more complete list, contact your local K-State Research and Extension Office and ask for these two publications: L-805 Refrigerator/Freezer Approximate Storage Times and L-806 Cupboard

Approximate Storage Times. Remember for the greatest storage times that your freezer should be set at 0 degrees F.

Avoid stuffing the freezer full so foods remain uniformly frozen retaining their flavor and nutritional value. Set your refrigerator at 40 degrees F, the optimal temperature to keep foods fresh and delay spoilage for the maximum amount of time. Store canned goods in a cool (about 70 degrees F.), dry place. Never store foods under the sink or with cleaning supplies.

If you have questions about food storage and safety, please feel free to contact your local K-State Research and Extension Office or e-mail twatts@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.

Jennings News

By Louise Cressler

The snow is beautiful floating down softly to earth. The temperature was in the teens on Monday morning.

A smaller than usual group attended church Sunday in Jennings.

Because on Sunday, Feb. 1, the big football game will be played, the groundhog supper which was planned will not be held then. Instead the supper will be served from 5:30 to 7:30 p.m. this Saturday, Jan. 31, at the former Masonic Hall. The Historic Building Preservation Committee will be serving pancakes, sausage, eggs, juice, coffee and tea. The free will offering will be used toward purchase of a new furnace and air conditioning for the building.

Through the American Association of Retired Persons, free tax

assistance and preparation and E-File for low to middle income with special attention to 60 years and older people will be done. Contact Frances Bader for an appointment at (785) 678-2659.

On Thursday evening, the Jennings Book Club met at the home of Terri Hanke. She had taken all 12 books they have read and reviewed, found a food mentioned in all and served it to the book club members. Each member was to bring a saying or verse and then they wrote these on the bare floor. Terri has been having her home remodeled.

Those enjoying the evening were Kay Brown, Kathy Nauer, Lynn Tacha, Sue Long, Ruth Chance, Joan Metz, Lila Jennings, Patty Foster, Helen Rhodes, Carla Latimer, Joan McKenna and Terri Hanke.

Making Room for God

By Carrie Buhler, United Methodist Churches, Jennings and Dresden

I got an e-mail this week that caught my attention. It was called "My Life, Broken Down Into Segments." Essentially, it was a pie chart with different segments for different areas. Twenty percent was devoted to working. Thirty percent was dedicated to sleeping. Five percent was set aside for eating. The final forty-five percent was used up "looking for things I had just a minute ago." Boy, can I identify with that!

The problem with our lives being split up in this manner is, when do we make time for God? We are called in scripture and in our hymns to "Take time to be holy." When was the last time you actually paid attention to the words of a hymn that you were singing Sunday morning? "Take time to be holy, speak of with thy Lord; abide in Him always, and feed on His Word. Make friends of God's children, help those who are weak, forgetting in nothing His blessing to seek." Wow! And that's just the first verse of four!

The writer of those beautiful words was William D. Longstaff, a member of the Methodist Episcopal Church in Pennsylvania. He came up with this touching song after hearing a sermon on *1 Peter*, which states, "But be holy now in everything you do, just as the Lord is holy, who invited you to be His child. He Himself has said, 'You must be holy, for I am holy.'" Another source said that he was also influenced after hearing a missionary to China paraphrase that verse and simply say, "Take time and be holy."

I ask you again, when, in the pie chart of your life, do you take time to be holy and speak with God? We are all called to be holy in our words and actions, for it is by our conduct that people will judge whether we are Christians or not. Indeed, as United Methodists, we are, by our very doctrine, "going on to perfection" and we cannot do that on our own. We must have time

with God so that He can guide us, comfort us and support us as only our heavenly Father can.

We need to take this time, for as the world rushes on and takes us along for the ride, our energy fades and our spiritual well dries up. How many of us take the time each and every day to read the newspaper, but we can't remember the last time we picked up the Bible? We run around getting errands run and checking off things on our "To Do" list, but we never seem to make the time to sit down and pray, except maybe at the end of the day when we're tired and just want to get through it? This is life for many of us, and unfortunately, before we know it, our time here will have slipped through our fingers.

It takes time to be holy. In that, I mean we must pursue holiness in our hearts because it isn't just going to magically happen. In making time each day to read the Bible and talk with God in prayer, we open our hearts for this holiness to happen. We make the time to spend time with the Lord. It's also important for us to spend time with others, not just to worship with them, but also in service to our brothers and sisters. For they will see the outward signs of our inner holiness.

The blessings are many when we make time to be holy with the Lord. We will find an inner peace and happiness, renewed spiritual strength, and a true sense of God's love. Ultimately, we will find ourselves becoming more Christ-like in our actions and in how we treat each other. Our lives will be transformed in ways we cannot imagine!

May the song "Take Time to Be Holy" remind us to slow down, to do the things that are crucial to our spiritual health and growth. "Thus led by His Spirit to fountains of love, thou soon shalt be fitted for service above."



Lyle News

By Veda Wood

On Monday, Jan. 12, Carolyn Plotts and I visited Aunt Alta May Van Gundy at the Andbe Home, as I had wanted to see her picture on a "Smuckers" jar on Willard Scott's segment on the "Today Show" on television.

Carolyn interviewed Alta and took her picture and sent it in. So now we will just have to watch and see if it happens.

Since her birthday is Saturday, Jan. 31, it could be aired on Friday or the following Monday. Alta May's legs, which had been swollen and discolored, were much better, and she gave the Lord the praise for the improvement. Of course, we know her good care had a lot to do with it too.

Margaret "Toots" Magers went to Beaver City, Neb., Tuesday evening for a pancake supper with cards afterward. She was glad to see that her niece, Ruth Vise, is the cook for the Senior Citizens there.

We were happy to see Larry Van Otterloo on Sunday. He had been in Iowa, visiting his sons and grandkids.

Jim Plotts was our preacher on Sunday. Carolyn was in McPherson at a family gathering honoring her brother, Bob's, 80th birthday. Jim's dad, James, is walking on his new prosthetic leg. He is working hard to master it.

Lyle ladies at Senior Citizens at the educational building on Friday were June Jolly, Toots Magers, Kathy Van Meter, and me, Veda, — you know you can take a girl out of the country...

If anyone might possibly want a pup, I need to give away five. Three are male and two female, and have blue eyes. They have a pen, but they go through the holes in the woven cattle panel fence, and I'll be in hot water if I don't do something soon. The mother is a Siberian Husky and the father, I think, is a blue heeler. They are cute as can be; but help! I may have two spoken for.

There was a singles dance at the Oberlin Legion on Sunday, Jan. 25, for everybody, not just singles.

Keith Anthony has finished his radiation treatments and continues to feel better.

Selden News

By Jacque Boultinghouse

On Thursday at Senior Citizens, Alfred Albers won high, Jeanie Spreser took second, Betty James got low and Gail Mumm had the most tens. Other members present included Lola Cook, Anna Albers, Carol Shaw, Helen Karls, Edna Schiltz and Paulie Neff.

School Calendar - Friday - 9:30 a.m. Western Plains program, Amelia Earhart; High School basketball at Dighton. Monday: High School basketball at Quinter. Wednesday: 12:30 p.m. - early dismissal. 1 p.m. Teacher Inservice. Feb. 5 - Junior High basketball at McDonald and Regional Scholars Bowl.

The following new books were shelved at the Library on Jan. 24: "A McKetrick Christmas," by Linda Lael Miller (large print); "All That Matters," by Stef Ann Holm; "The Christmas Sweater,"

by Glenn Beck; "Devil Bones," by Kathy Reichs.

Library hours are Mondays and Saturdays from 9 to 11 a.m. and on Wednesday evenings from 6:30 to 8:30 p.m. as volunteers are available.

Birthdays and anniversaries - Jan. 23 - Frank Neff, Mathew Geisinger, Shawn Boultinghouse. Jan. 24 - David Bainter, Julia Rogers. Jan. 25 - Diane Aumiller, Dawn Juenemann, George and Lola Wessel. Jan. 26 - Michele Goscha, Abby Boultinghouse. Jan. 28 - Roger Aumiller, Gary Robinson. Jan. 29 - Helen Karls, State of Kansas. Jan. 30 - Jack Mumm. Jan. 31 - Jim Erwin, Micah Wenger. Feb. 1 - Lisa Emigh, Marsha Rogers, Jerry Rall, Arron Emigh. Feb. 3 - Rachael Ritter. Feb. 4 - Norris Sulzman, Mary Galden, John and Julie Geisinger.

Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Henry Saw Lone, MASS: 10:30 a.m., Sunday</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>NORCATOUR UNITED METHODIST Pastor: Larry Danforth Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</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>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE Fr. Henry Saw Lone MASS: 8 a.m., Sunday.</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>LYLE UNITED METHODIST Guest Speakers every Sunday SUNDAY: Morning Worship 8 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>
<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>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>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>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>ST. JOHN'S LUTHERAN CHURCH 510 North Wilson Interim Pastor: Kevin Schnakenberg SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays.</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>ST. MARY'S CATHOLIC, HERNDON The Rev. Galen Long Phone 785-322-5560 MASS: SUNDAY, 8 a.m.</p>	<p>PAUL'S FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</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>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>		