

Norcatour News

By the Norcatour News Committee

The family of Arlene Hix honored her with a card shower in honor of her 90th birthday on Feb. 20. She lives at 201 S. Dexter Ave., Norcatour, Kan., 67653.

Linda Hunt will not be running again for the Norcatour City Council in the upcoming election.

Mrs. Stan Miller stayed in the cardiac unit at the Good Samaritan Hospital, Kearney, Neb., with her mother, Lila Rule, Clayton, from Feb. 11 until she was released Feb. 13.

Happy Birthday to Arlene Hix, Darren Wentz, Feb. 20; Deborah Comb, Feb. 21; Denise Bailey, Feb. 22; Juanita Eckhart, Feb. 24.

Happy Anniversary to Monty and Linda Hunt, Feb. 22; Gail and Denise Bailey, Feb. 23.

Results of the pool tournament on Wednesday, Feb. 11, at the Cardinal Bar and Grill were Lance Roe, first place; Chuck Forbes, second; Jeff Roe, third.

Results of the dart tournament on Wednesday, Feb. 11, were Alice Barnett, first place; Tonya Porter, second; Renee Harman, third.

Jerry R. Wescott will not be running for Norcatour City Council for personal reasons.

Lloyd and Sharon Stanton of Salina, were Tuesday overnight guests of his mother Arlene Hix. On

Wednesday, Richard and Kaylene Hahn of Norton, were visitors at the Hix home. Lloyd and the Hahns were former classmates at Norton Community High School.

Nickala O'Hare, daughter of Chris O'Hare, Norton, competed in a gymnastics meet in Lincoln, Neb., on Feb. 14. She placed first in vault with a 9.675 score; first in floor exercise with a 9.825; first in parallel bars, 9.6; and second in beam, 9.4.

She placed first overall in the 10A level three division. She is the granddaughter of Rodney and Janice O'Hare, Norcatour, and Don and Jeanne Pharis of Norton.

Choose moderate exercise



Home Time

By Tranda Watts
Multi-county Extension Agent

An inexpensive Kansas State University Research and Extension fitness program has thousands of Kansans dusting off their walking shoes and making a commitment to improve their health.

The low-cost, eight-week program — Walk Kansas, 2009 — encourages teams of six to compile 15-minute segments of heart-healthy exercise (walking, biking, gardening, active housework, etc.) to equal the distance of 423 miles across Kansas.

While the U.S. Department of Health and Human Services recommends 30 minutes of moderate physical activity five or more days a week (for a total of 150 minutes a week) for most adults, suiting up and going to the gym isn't always necessary.

Everyday activities, such as walking around the block or choosing the stairs instead of the elevator, can help with weight or weight loss, lower blood pressure, reduce stress

and the risks of diabetes and some cancers.

Walk Kansas 2009 is scheduled March 8 - May 2 and will mark the eighth year the fitness challenge has been offered.

The program has grown steadily, and, in 2008, most of the more than 20,000 people who participated, met their goal.

Registration, \$7, includes program materials, a weekly newsletter with nutrition and health tips, recipes, and local events.

An optional 2009 Walk Kansas T-shirt (in chocolate brown or kiwi green) is available for purchase at

\$6 (tax included).

The deadline for registration is Friday, March 6. For registration or more information, 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

Herndon Senior Citizens dinner and meeting was held Wednesday at the center with 11 members attending. Sharon and Sue Frick shared winning the blackout and Frank Hraha won the door prize. The next dinner meeting will be held at noon on Wednesday, March 18.

Rich and Mike Noble, Colorado Springs, Colo., visited Julie and Bob Hafner Saturday evening. They enjoyed dinner at Roger's Bar and Grill. Rich and Mike spent the weekend visiting their mother, Joan Noble, at Cedar Living Center in Oberlin. Julie Hafner ate Sunday dinner with her Aunt Joan and Aunt Edie Pettera.

The Immanuel United Church of Christ will hold its annual pancake feed on Sunday, March 1, at the Herndon Senior Center. Serving will be from 9 a.m.-1 p.m.

Lavern Frick celebrated his 65th birthday this weekend with family dining at Park Hill in Atwood on Friday evening.

Those attending besides the honoree were Sharon Frick, Vernon and Sue Frick, and Clarence and Evelyn Lorentz.

The celebrating continued with Sharon serving Sunday dinner for Lavern and family, Lance, Jording and Kyle.

Afternoon visitors of Edie Pettera Sunday at Cedar Living Center, Oberlin, were her aunt, Hattie Toth; niece, Janice Sattler, and cousin, Shirley Williams, all of Atwood.

Ron and Cindy Sattler spent an exciting weekend watching granddaughter, Payton Juenemann of Hays, while mom and dad attended the Dustin Ketterl wedding in Gove.

They all visited Great-Grandma Janice on Saturday afternoon and had dinner with Uncle Eric in Atwood. Payton loves helping on the farm with feeding the cows, checking for baby calves and looking for barn cats. Payton returned to the big city of Hays, Sunday afternoon, leaving the Sattler home a little quiet.

The Lenten season begins with Ash Wednesday service for St. Mary's Catholic parish at 5:30 p.m. today. The St. Mary's Catholic Youth Organization Schwann Truckload fundraiser was a success with a long line of parishioners having their orders filled after mass on Sunday.

Jerry and Kim Niemeth traveled to Hays on Friday to visit their son, Jesse. They happened upon another Herndonite, Troy Ecker, at Home Depot. Jerry, Kim and Jesse enjoyed dinner out before returning home.

Voni Sattler and Chris Wood visited their aunt, Esther Pennington, on Sunday afternoon.

Pinocle players met at the home of Harvey and Cheryl Steier on Saturday night. Others present were Lavern and Sharon Frick, Frank and Jean Huss, Clarence and Margaret Niermeier, Richard and Theresa Rippe, and Randy and Carolyn Timm filling in for regular players, Art and Nadine Rather. High prize went to Randy and Carolyn, Low to Richard and Theresa, and traveling prize to Jean Huss.

The next card party is at 7:30 p.m. on Saturday, March 21, at the home of Vern and Sharon Frick.

Julie's Memory Joggers
Herndon Nonpariel
Feb 13, 1913

Bion Stires, the popular cream and egg dealer, made us a brief call Monday and handed us necessary coin to push his and his mothers subscription up 52 notches each.

Bion has leased the Portschy building and has had it renovated, repapered and painted.

The rear rooms will be used as store rooms for his cream and eggs. The front will be fitted up for a lunch room.

He will handle a line of fresh bread, buns, pies and soft drinks at all time and tells us when he gets things started the hungry can be satisfied in short order.

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Look Ahead, Not Behind

By Rev. Kevin Schnakenberg, Interim Pastor, St. John's Lutheran Church, Oberlin

Is there something you look back at with fond memories? I'm sure all of us have many times and events in our lives that we remember with glowing recollection - a wedding, a convention we attended, a family reunion, a concert, a sporting event, or just a time period in general, such as your high school years. But there are also times we look back at something with memories that aren't so fond — a bad marriage, an accident involving ourselves or a loved one, a confrontation, the death of a loved one, or maybe just a time period in general, such as your high school years. Either way, we look back. If we keep paying attention to what is behind us, and ignore what's in front of us, we have the wrong focus.

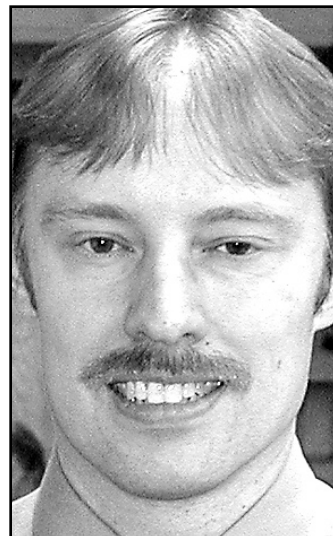
As a result we can become ineffective and inefficient. And that goes for both looking back at situations that were not good, lamenting over them, maybe even agonizing in regret over things we said or did, or didn't say or do, and for looking back at good times, becoming mesmerized with them, constantly thinking about those "good ole days" and desiring for those good times to return, things to return to the way they used to be. Jesus warns of the dangers of looking back in *Luke 9:62*, "No one who puts his hand to the plow and looks back is fit for service in the kingdom of God."

Now does that mean we should never remember past experiences, both good and bad? No. For one thing we can learn many valuable lessons from them.

But, it means we are not to be consumed by them. It simply means the correct focus is ahead to today and beyond. All our yesterdays are gone, in the past, there is nothing we can do about them now, we can't go back and change the mistakes we made, or relive the glory days. If we keep looking back to the past, fondly or regretfully, we may forget that Jesus Christ has saved us for today. As Scripture informs us, for those whom He has called as His people in faith, He has designed things for us to do before the creation of the world. If we constantly spend time contemplating the past, how can we carry out our duties, responsibilities, and privileges of serving in the kingdom of God? The worst part about our preoccupations with the past is that it can cause us to ignore the people around us who are dying apart from Christ today.

So, stay fit for service in the kingdom of God by not dwelling on the past, but keeping your eyes focused on what is ahead. How do you do that? Oddly enough, by looking to past events. Not *your* past events, but the events in the life of Christ. Look intently at the cross of Christ and His death for you that paid for all your sins — and remember His empty tomb which defeated death and hell for you.

Through regular reception of this Gospel, God Himself makes you a fit worker for the kingdom of God. A fit worker who not only has been saved yourself, but who also will help save others through the same Gospel of Jesus Christ.



Mount Pleasant News

By Dianne Bremer

An email address has just been received for Tim Waterman: timothy.waterman@auab.afcent.af.mil

Tim is in the Air Force Reserves, stationed at Qatar on the Persian Gulf and would welcome correspondence from home. He is the nephew of Karen Eskew and Melvin Waterman of Oberlin, and the son of Elmer and Margaret Waterman of Bonaire, Ga.

Ralph and Norma Unger were in Topeka on Thursday where he attended a Kansas Workers Risk Cooperative for Counties meeting. En route home on Friday, Ralph presided over a meeting of the Lutheran

Laymen's League Endowment Fund in Salina.

Jessica Bremer was recently accepted into the Top Hat Chapter of Alpha Lambda Delta at Washburn University and elected as Treasurer for the Washburn chapter.

Alpha Lambda Delta is a National Honors Society for first year students.

Jessica Bremer, Topeka, was a weekend guest of her parents, John and Dianne Bremer, and also visited her grandparents, Arthur and Alice May. Kristen Bremer, Colby, was an additional Saturday afternoon guest at the Bremer home.





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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>NORCATUR 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, LEONVILLE
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>CLAYTON UNITED METHODIST
Pastor: Larry Danforth
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 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>OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Jerry Nowack
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 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>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>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 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>PRAIRIE CHAPEL UNITED METHODIST
The Rev. Doug Hasty
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 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 IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 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>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> | | | |

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