

Norcatour News

By the Norcatour News Committee

Results of the Cardinal Bar and Grill Dart Tournament on April 8 were: Game 1: Renee Harman, first place; Kristi Gallentine, second; Tonya Porter, third. Game 2: Kristi Gallentine, first; Alice Barnett, second.

Results of the pool tournament on April 8 at the Cardinal Bar and Grill were Stan Miller, first; Larry Smith, second; John New, third; Gerald Jackson, fourth.

Weekend visitors at the Stan Miller farm from April 3 to 5 were Mr. and Mrs. Casey Tuttle, El Dorado. They came to take part in the wedding of Justine's friend, Megan Barrett in Oberlin on Saturday. Mr. and Mrs. Miller went to Benkelman, Neb., on April 4, braving rain, sleet and snow, to attend the surprise 40th anniversary celebration of Carl and Linda (Carter) Seabolt, then the Millers came back to Oberlin to attend the wedding of Megan Barratt and Wellington Sage.

On April 11, Mr. and Mrs. Stan Miller went to Garden City to celebrate Easter with the family of Mr. and Mrs. Dean Thornton at the home of their son, Shon Thornton. Then they returned to Norcatour for the fun night of Karaoke where family and friends joined them. They went to the Cardinal Bar and Grill on Easter Sunday for dinner with Lila

Rule, Clayton, and Mr. and Mrs. Gary Miller, Oberlin.

Dave and Patty Stapp and Sam met Dewaine Stapp and Charlotte Walinder Meints of Oberlin, at the Cardinal Bar and Grill for Easter dinner. Dave took Easter dinner to the farm for Kaitlyn who is recovering from knee surgery. Patty and Sam Stapp went to McCook to spend Easter Day with Dave and Linda Schliep, Spencer and Addison. Other guests were Greg Dempewolf, Darcie Zuck and Jada, Culbertson; and Marian Dempewolf, Bob Dempewolf and Rose Riffle, Oberlin.

On Saturday, April 4, postmaster Deb Combs attended her daughter, Riki Foos' wedding. Riki and Matt Lynch were married in Callaway, Neb. What was supposed to be a sunset wedding outside turned into a scramble to decorate a building inside. Callaway was caught in the latest round of snow and wind. Everyone pitched in and it turned into a lovely candlelight wedding.

Happy Birthday to Anthony Marshall, April 19; and Happy Anniversary to Brad and Shanna Long, April 16.

Dave and Patty Stapp met Kaitlyn Stapp and Lindsey Crouse of Hays, at the Colorado Orthopedic Surgical Hospital in Denver on April 8.

Kaitlyn was scheduled to have a scope done on her knee. She ended up having surgery to repair her knee. Kaitlyn accompanied her parents home on April 9 to recover.

Rea and Dee Magers and their kids, Jeff and Joy, Cedar Bluffs, enjoyed the Easter Buffet dinner at the Cardinal Café. Then they went to the Magers home and played scrabble.

Dorothy Ward, Beth Sebaugh, Bee Nelson and Joyce and Virgil Price shared a table at the Cardinal Bar and Grill for their Easter Buffet.

Norcatour's City-Wide Garage Sale has been set for Saturday, June 20, from 8 a.m. until 2 p.m. The fee to get your name and information on the map will be \$7; this helps to pay for advertisements and flyers. To sign up, stop by the City Office or call Chris at 693-4461.

Marge Hartzog accepted six quilts from the Lyle Sewing group on behalf of a new program, Daytime Companion Program for Dependent Adults, sponsored by the United Methodist Church, Hays District. If you're interested in learning more about the program and how you could help, call Mrs. Hartzog at (785) 678-2664.

The Calvary Echoes Gospel Quartet, from Wichita, will be in concert from 7 to 9 p.m. on Saturday, April 25, in Morgan Theater at The Gateway Civic Center, Oberlin. A free-will offering will be taken. Listen to 101.1 KFNF Radio for more details. This program has been sponsored by KFNF and The Decatur County Ministerial Alliance.

Congratulations to Von Johnson, Carl Lyon and Doug Dempewolf for being elected to serve the Norcatour community. The newly-elected officials will be sworn in at the council meeting in May.

On the go — with asparagus!



Home Time

By Tranda Watts
Multi-county Extension Agent

Now that spring is in full swing, you should be able to find all sorts of freshly picked produce. Consider asparagus either from your home garden or your favorite store.

All you have to do is wash asparagus by rinsing it in cold water when you are ready to use it. Eat. How easy is that?

Look for asparagus with deep green or purplish tips that are close and compact. Stalks should be straight and green for most of their length with a nicely rounded shape. Avoid spears that are shriveled, twisted or flat as they will be tough and stringy. After purchase, store asparagus in the fridge with the cut ends immersed in about one inch of water or wrap the ends in a damp paper towel and refrigerate. To trim asparagus before cooking, hold a spear in both hands. Bend the stalk until it snaps. It will naturally break where the asparagus starts to turn woody.

Size is not directly related to quality. Spears may be thick or thin and still be excellent for eating. For even cooking, it is best that the spears be uniform. How much will you need to buy? Figure about 1/2 pound per person. An appropriate serving would be 1/2 cup of chopped asparagus or 3 spears.

Though asparagus is usually eaten cooked, raw asparagus is just as tasty! Dip raw asparagus in low-fat dip for a crunchy snack.

Spread low-fat cream cheese on your favorite crackers and top with pieces of asparagus which can be raw or cooked.

For grilled asparagus, drizzle asparagus with a bit of olive oil. Wrap in foil and put it on a medium hot grill for 5 - 10 minutes. Garnish with toasted walnuts.

Even if fresh vegetables and fruits didn't taste so good, there is another

great reason for eating fruits and vegetables. They can reduce your risk of developing diabetes, heart disease, cancers and strokes. Fruits and vegetables are great tasting, high in fiber, low in fat and calories, and snackable

If you grow your own asparagus you know that asparagus is quickly replaceable. An asparagus stalk can grow up to ten inches in one day!

If you have further questions

about individual vegetables or fruits, contact your local K-State Research and Extension Office or e-mail twwatts@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 twwatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Decatur Health Systems

By Othelia Vacura

The Diabetic Support Group will meet at 2 p.m. Friday, April 24, in the Specialty Clinic for a presentation on foot care.

Please note that this differs from the usual time and day in order to accommodate podiatrist Dr. Stefan Lorincz from Kearney, Neb. We encourage all diabetics and their care givers to attend.

Our annual Community Walk is scheduled for 4 to 7 p.m. on Thursday, May 14, in Sappa Park. Participants may walk their own route or take part in one or two organized 30-minute Fitness Walks. Times for those will be announced later.

Allowances will be made for physical capabilities during these fitness walks, so if a person cannot do something, they can do some

alternate exercise. Hot dogs and drinking water will be supplied by Decatur Health Systems. Emergency medical technicians will do the grilling.

Appreciation gifts will be given to participants first come, first served, so plan to come early. Mark this date on your calendar and come join us in walking for fitness.

Employees from General Electric removed the old X-ray equipment from the radiology room on Friday so construction can begin to accommodate the new x-ray machine which will be arriving in a few weeks. The new computed radiography technology will allow distant doctors to see X-ray records quickly. In the interim, X-rays will be taken with a portable machine.

Lyle News

By Veda Wood

Margaret "Toots" Magers, Kathy Van Meter and Joyce Sumner played pinochle with friends at the Good Samaritan Center on April 9.

The Lyle quilters, Joyce Sumner, Toots Magers, Kathy Van Meter and Eleanor Jensen sewed on Tuesday.

The Liberty Star Club met at the home of Cathy Anthony on Wednesday with six members and Aubrey High as a guest.

We planned a plant sale for the next meeting, and discussed giving for the blood drive. Toots Magers had the lesson and Kathy Van Meter brought her Bingo game for the activity. Cathy served a delicious lunch.

David Huff visited with his parents, Earnest and Donna, on Sunday and Monday, and returned to his work in Yuma, Colo., on Tuesday.

June Jolly attended the funeral of Jack Macy, of Lebanon, Neb., on Tuesday. She went to McCook on Friday for a hamburger supper and pinochle; helped prepare for, and attended the Lyle Sunrise service and breakfast on Sunday; then went to a Carter/Jolly dinner at the American

Legion building in Lebanon, hosted by Rhonda and Dean Jolly.

Toots Magers' guests on Saturday were Charlie and Judy Easton and granddaughter Pam and Mike Horung and Brittney and Tyler Hawk. They also stopped by again on Sunday afternoon.

Easter dinner guests of Veda Wood home were Carol and John Moye and Kylie; Dwight and Teresa Wood, and Sandy and Larry McNames. Afternoon visitors were Tielia and Aubrey High, Emily, Maria and Garrett Mader. They brought and prepared the dinner and pampered me all day. (What did I do to deserve this?)

We, who braved the elements for the Sunrise Service, didn't see the sun, but we knew it was up there. We didn't see a hard rain, it was just foggy and drippy, so the service and breakfast were held inside the Community Building.

Carolyn Plotts did a bang-up job of directing the breakfast, and we thank her very much. Thank you to all who came, and please come back next year.

Peace Be With You

By Rev. Larry Danforth

United Methodist Churches, Clayton and Norcatour

Read: John 20:19 - 23

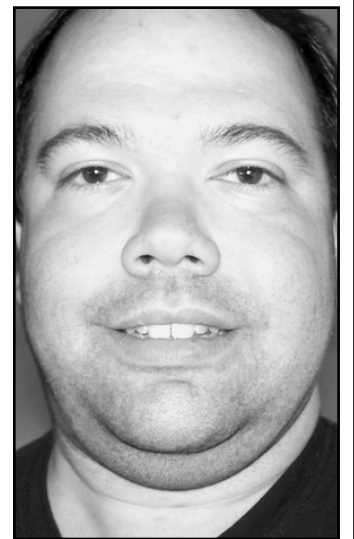
"Peace be with you." I used to think that this was simply a greeting and nothing more. But when I read it again, I noticed something. The disciples were afraid of the Jews and they had the doors locked. Then Jesus appeared before them, and everyone probably thought, "Oh my God, it is a ghost!" Obviously, Jesus could see that the disciples were having anything but peace in their hearts. So, the Lord offered proof that he was truly alive. And then he says, "Peace be with you," again. I think it is truly possible that these four words were not just a simple greeting, but it may have been a call to action.

Jesus then said, "As the Father has sent me, I am sending you." What if that sentence means: May my peace go with you in your mission and ministry so you can pass it on to others? The statement becomes a commission statement. It is just like the one that

Jesus gives to the disciples at the end of Matthew, only shorter. We have actually seen this before during Christ's ministry.

In the tenth chapter of the Gospel according to Luke we read in the fifth and sixth verses: "When you enter a house; first say, 'Peace to this house.' If a man of peace is there, your peace will rest on him; if not, it will return to you." So peace isn't necessarily just a greeting, but rather it is a blessing. It is something that you say, but it is something you do. It is like the difference between saying, "Welcome" to a stranger and being welcoming to a stranger.

"Peace be with you." Four simple words that could be the first step in a series of steps that bring new life to the church — the Body of Christ. It could reignite the flames that burn in our hearts just as it did for those gathered in that room two thousand years before and saw the resurrected Lord.



Jennings News

By Louise Cressler

Marge Hartzog fell Saturday evening and broke her wrist. She is in the Good Samaritan Hospital at Kearney, Neb. We certainly missed her Sunday at the fundraiser.

Mary Sweet, Administrator of the Kiowa County Memorial Hospital, who is a member of the Great Plains Health Alliance Administrators, spoke and showed pictures Sunday at the fundraiser for the Red Cross at the Senior Center in Jennings.

The Greensburg tornado damage and the rebuilding of the town was an interesting presentation. A presentation was given by Diana Hanchett, Branch Manager for the Phillips County Red Cross. She also had hand-outs for anyone who was interested.

There were approximately 60 present. It was an enjoyable meal and presentation. We thank all who came to support this. It was a county-wide project. The Jennings

City Council prepared and served the meal.

Mary Votapka, Oberlin; Tom Votapka, and Jason Rowh, Brecken and Drake enjoyed Easter Sunday dinner at the home of Sue Long.

Ramona Shaw and Carol Shaw, Selden, attended a bridal shower Saturday at the Methodist Church in Hoxie honoring Laura Shaw, bride-elect of Tucker Sexson of Weskan.

The United Methodist Church Disaster training class held Saturday at the church was attended by 18 people from Jennings, Norcatour, Norton and Downs with three instructors. This completes the training for a part of the group; some have one more training class.

The auction of Claudine Bennett's house drew a small crowd with three interested bidders. Jason Rowh was the high bidder.

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
Jerry Nowack
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: Gene Gee
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: Larry Danforth
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: Larry Danforth
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 8 a.m.

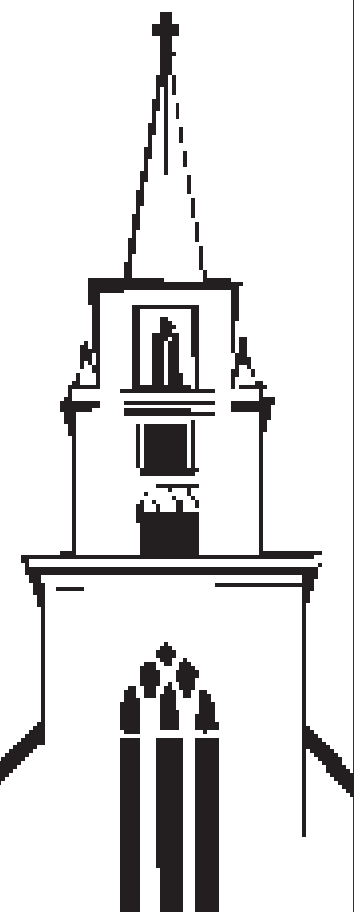
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastor Tom Smith
Interim Pastor
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

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
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.

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.

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.



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9-10:30 p.m. — Fellowship

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Hwy. 36 (across from Pizza Hut)
Oberlin, Kansas
785-475-3711