Norcatur News By the Norcatur News Committee

Finally, Norcatur is getting a cell tower! The crew, foreman Mark Hamit, Zack Hogarth, Mike Lester, Craig Wolf, Bobby Slocum and Kert Roller, from Hayden Tower Service, came out May 20 and started putting it up. It is a Viaero Wireless Tower located in the east part of Norcatur. They got the first 80 feet up before the Memorial weekend arrived, and 4 inches of rain fell. The tower will be a total of 330 feet tall, 80 feet at a time.

Larry Sumner went to Amistad Reservoir near Del Rio, Texas, and fished for seven days with professional fishermen. From there, Larry met Glenne Alexander and attended the Memorial Service at the Vietnam Veterans Memorial in Angel Fire, N.M. They met friends, including Bill Craig's son, Clayton, at the Red River, N.M., motorcycle rally over Memorial Day weekend.

Happy Anniversary to Darrel and Alice Barnett, June 5.

Happy Birthday to Ron Harman, June 3; Twila Forbes, Dennis Wood, June 7, and Pansy Price, June 8.

Results of the pool tournament on May 27, at the Cardinal Bar and Grill were Carl Lyon, first place; John New, second; Barb, whose last name is unknown, third.

Senior Citizens met May 29 in the Educational Building with a covered dish dinner and cards following. There were 15 players present. Winners were Bob Strevey, Virgil Price and Paul Welch.

Results of the dart tournament on May 27 at the Cardinal Bar and Grill were: Game 1: Kristi Gallentine, first; Patty Stapp, second; Alice Barnett, third. Game 2: Alice Barnett, first; Kristi Gallentine, second; Patty Stapp, third.

On Sunday, May 24, Virgil and Joyce Price, accompanied by Pansy Price, went home after church for lunch. Charley and Carolyn Kelley, Lamar, Colo., dropped by for a short visit. After attending services at Norcatur cemetery, they went to Clayton to the Mike and Ruby Cook home where they visited with several members of the Verl Crabill family, who are here because of the serious illness of their father.

Terry and Debbie New, Denver, were May 25 visitors of Lula Hix at Whispering Pines in Norton.

Gwynn and Judy Ward, residents of both Loveland, Colo., and Clayton, were visitors of Bee Nelson on May 28. They all had lunch at the Cardinal Bar and Grill and then returned to Bee's home to finish their visit. Gwynn and Bee are first double cousins.

Sympathy is extended to the Mapes family for the loss of Leone (Mapes) Billings, 106 ½ years old, of Chico, Calif., and, in a motorcycle accident, Jon Mapes, Santa Cruz, Calif.

Weekend guests of Beth Johnson was admitted to the Decatur County were Raeleen Boreherding, Lone Hospital and released on Sunday. Tree, Colo.; Mr. and Mrs. Clason Rupp, Springfield, Mo.; and Mr. Dean Forbes and Scott Beachel for and Mrs. David Johnson and girls, Lenexa. Raeleen and Beth attended a lunch for the class of 1949 at Alma, Neb., on May 23. Attending the luncheon were Mr. and Mrs. containers filled for Memorial Day.

Harold Kissel, Hastings, Neb.; Mr. and Mrs. Eldo Graham, Almena; Mr. and Mrs. Charles Gebhard, Phillipsburg; Velma Lubeck and granddaughter, Chelsea, Iowa; Carol Hrabe, Almena; Willa Plummer and Wayne, Topeka; Virginia Ott, Republican City, Neb. Beth Johnson and Clason Rupp attended the Alumni banquet at Long Island that night.

Nila Winchell would really appreciate receiving cards from anyone who remembers her from Norcatur. Her address is 5790 Denlinger Rd. #214, Dayton, Ohio, 45426.

Marjorie Prince, Liberty, Mo., Hix and brother, Gail Bailey and family

Prairie Land food packs can be picked up at the Educational Building at 8 a.m., Saturday, June 27. For information contact Bee Nelson, 693-4569, or Patty Stapp at The Bank.

Mr. and Mrs. Stan Miller went to Milford Lake on Friday, May 29, and spent the day with friends Mr. and Mrs. Cloyd Ikenberry, Mr. nity-wide garage sale Friday and and Mrs. Rodney Tuttle, Drew and Bethany of Quinter, and daughter, Mr. and Mrs. Casey Tuttle, El Dorado. On Sunday they enjoyed lunch at the Cardinal Bar and Grill with Lila Rule, Norton, and her brother, Dwight and Ruth Johnson of Lakewood, Colo.

Memorial weekend visitors of Genevieve Brunk in Hill City, were daughters Jerrilyn Manbeck, Gold Canyon, Ariz.; Beverly Michaelis, Waco, Texas; Malea and Tom Copeland, Arvada, Colo.; and Barbara and Wilber Stites and daughters, Lianne of Fort Collins, Colo. and Shauna and Ben Rumbaugh, Isabelle and Jemma of Evan, Colo. They all enjoyed supper with Genevieve Saturday evening and were joined there by Wilbur Stites' sister Glenda and Gary Donart from Las Cruces, N.M. Other guests were Marguerite Feist, Ellinwood; and Zoe Morin, Lyons, who stopped by especially to see Beverly and Barbara and relive old grade school days spent in Bushton. Many of Gen's family were able to attend Bob Rapp's memorial service on May 22 in Norcatur.

Kay (Anderson) Smiley has a new great-grandson, Riley, born March 23 to granddaughter Jolene and Brad, weighing under 5 pounds, but doing great! She now has nine greatgrandchildren. She also hosted a family reunion on Mother's Day, at her home, where 26 people attended.

R.D. Thornton returned to the Good Samaritan Center on Wednesday afternoon, May 27. His son, Ray, brought him back. R.D. is improving daily. On Friday, R.D.

They looked great! Also, thanks to Carol New for all her work on Main Street.

Those who enjoyed dinner together Sunday at the Cardinal Bar and Grill were Mary Leslie, Bee Nelson, Beth Sebaugh, Lula Hix and Dorothy Ward.

On May 27, Thom Baker and Brandi Kohart, along with Thom's two sisters, Pat Ispinosa and Judy Carrasco, Fort Stockton, Texas, went to a Baker family reunion in Smith Center at Grave Pickles farm. Pat and Judy returned home to Texas, May 26.

Brandi Kohart's daughter, Ashley arrived May 28, to spend some time Dillon, Jeffery Barker and Jeffery here visiting her mother, Arlene Jr., arrived from Lake Wells, Fla., to join them on June 2, in Norcatur.

> Wava Reames' son-in-law and grandchildren visited Monday evening, June 1, through Wednesday, June 3. Johnny and Shawnda returned to Dover, Okla., to go back to work and basketball camp, respectively, while James will be staying with Wava for a couple of weeks.

Oberlin will be having a commu-Saturday, June 12 and 13. Information needs to be in the Chamber of Commerce office by noon Wednesday, June 10, to be put on the map and list.

Maps and item lists will be available in the Chamber office June 11 and 12, and at the Museum, June 11, 12, and 13. For more information, call Carolyn Hackney at the Chamber office, 475-3441.

In 2008, the American Academy of Pediatrics (AAP) announced a new recommendation for vitamin Dintake, saying that children (from newborns to teens) need double the amount previously recommended. To reach this amount, 400 units daily, millions of children will need to take daily vitamin supplements.

So, what about adults? Should you be taking a vitamin D supplement?

New research points to growing evidence that the nutrient once called the "sunshine vitamin" is needed in greater amounts to not only strengthen bones, but to prevent serious diseases such as some types of cancer, cardiovascular disease, hyper-tension, diabetes, and multiple sclerosis.

Current recommendations of vitamin D for adults up to age 50 are 200 units, between 51 and 70, 400 units, and 600 units after age 70. The recommendations are based on the need for vitamin D to prevent bone disease. Some experts are suggesting that optimal intake should be higher.

Dietary supplements of vitamin D are generally recommended because there are few dietary sources of this fat-soluble vitamin. Natural sources include fish liver oils and fatty fish such as salmon and tuna, and a small amount can be found in egg volks. In the U.S., fortified milk typically provides 100 units per glass. Some juices, cereals, and yogurts are fortified with vitamin D, so careful reading of the Nutrition



Facts label is essential.

New research on Vitamin D

Vitamin D is often called the 'sunshine vitamin" because our skin makes this vitamin when exposed to the sun. A 10- to 15-minute exposure to the sun without sun screen a few times weekly has been believed to be sufficient for most Kansans, between April and October when the sun is most direct. All of us, during the winter months, and those with dark skin and persons living in less sunny climates could be at risk for vitamin D deficiency simply from not enough sunlight. Since too much sunlight is a cancer concern a supplement may be worth considering.

What is the best advice? Current research is showing that adults could benefit from a vitamin D supplement, especially if the sun

is not a reliable source or if your diet lacks the better sources of this vitamin. Consider a supplement to help you reach a vitamin D level of 800 to 1,000 units per day. And avoid taking more than 2,000 units as excess amounts of vitamin D may be toxic.

If you have other nutrition questions, please feel free to 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.

Internet Tonight! 475-2206

Taking the Time to Visit By Pastor Judith Stricker, United Church of Oberlin

since you visited a nursing home? Have you ever visited someone there? As a pastor of two churches 66 miles apart, I find one of my greatest challenges is to find time to visit each of the members of the two congregations who are in assisted-living or nursing homes.

Nursing homes are never quite the Marriott, but that style is what the designers had in mind. There are framed prints in the halls, mostly of places that most of us will never visit. Usually, there are large arrangements of silk flowers on small tables everywhere. Often there is some picture or decoration on the outside of each door, not the wreath that might be on a door at someone's home or a welcome mat, just not enough room for that. No longer are there pots of growing flowers or a mailbox in the front yard because there is no more front yard – only a number on the door. That has got to be difficult, just a number on the door. Very often, there isn't a chair there to sit in to visit with the resident. I usually pull up the wheelchair or walker to sit on. It never makes for a comfortable visit.

In reading an article in the Christian Century, I was reminded of my deep emotions that run the gamut when I visit nursing homes. The author, Craig Barnes, a professor of ministry at Pittsburgh Theological Seminary, put it this way, "A nursing home can be

Barnes tells of visiting a member of his congregation

I've got a question for you. How long has it been there and hearing the man say, "You lose life in pieces, and then one day you find yourself here, and you have a lot of time to wonder: where did it all go?"

Life is short. We so often find ourselves running on the "treadmill of life," trying to keep a steady pace until our health begins to fail with age. Then, there comes the event that brings everything into clear focus, the moment every last vestige of independence is lost. That is the day we give up home and surroundings and go into a state of "semi-isolation" for the rest of our lives.

As Christians, we are all called to visit the poor and sorrowing, the orphan and the old. It isn't just the pastor's job. If you haven't, then take the time to read to someone who no longer can. Take by treats to be shared by the residents, or produce grown in your garden this summer. Take your grandchildren or Sunday school class just to visit. Do it sooner rather than later, because in the end, "We all will place our lives on the altar before God," said the author of the article, "sometimes all at once, but most typically in pieces." Ephesians 2:8-10 says, "For by grace you have been saved through faith; and this is not your own doing; it is the gift of God - not because of works lest any man boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.'



Abig thanks to Doug Dempewolf, putting up and taking down the welcome flags on Main Street, and to Judy Jackson and Devonna New for getting the new flower

Lyle News By Veda Wood

May 2009 is history, and we're and took a tour of their home; took ready for June. Several things we intended to get done in May are still waiting — but we will try, try again. In school we learned this poem: "What is so rare as a day in June; then, if ever, come perfect days. Heaven tries the earth if it be in tune, and over it softly her warm ear lays. Whether we look or whether we listen, we hear life murmur or see it glisten." Somehow it has always stayed with me.

Kathy Van Meter had lunch with Dean and Donna Knutson of Council Bluffs, Iowa, at the Cardinal Bar and Grill on Sunday, May 24. Julia Van Meter, Gibbon, Neb., and Julie and Emily Van Meter, Bennett, Neb., visited at Kathy's home Sunday afternoon.

graves in Hill City and WaKeeney, and attended the very impressive memorial service at the Veterans cemetery in WaKeeney; the Cavalry; 21 volleys from cannons; release of balloons; bagpipe music; speaker and songs. Then on to Quinter, to decorate family graves; dinner at the cafe with Tim and Jolene Nejdl; visited with Judy and Charlie Easton

a drive in the country where Kathy was born; took a tour of a big hog house being built for long-time friends; then drove home in a wonderful rain. Isn't it great how that lady gets around?

Gary Anthony reported that Carol Woodmansee brought a very good message at the Lyle Church.

I was sorry to miss it, but was visiting my son Dwight and Teresa in McCook. We had a good day,

attending a McCook Christian Church service in the park, where we brought our chairs and enjoyed the singing of children who had finished their Bible School, as well as other music and message. Teresa had a block party/lunch for friends of former neighbor, Dale Corder On Monday, Kathy decorated who has been living with his son, Larry and wife of Kearney, Neb. We also had music by Dwight and friends, and visited with my sister, Sheryl Patterson.

> June Jolly and her family went to the Memorial Day service at the Lebanon Cemetery and had dinner in the Lebanon park. All Dean's family was home. June measured 6 ¹/₂ inches of rain over the weekend.

Classified ads get results!! Call 475-2206 **OBERLIN SACRED HEART** CATHOLIC CHURCH 785-475-3103 Fr. Henry Saw Lone, MASS: 5:30 p.m.., Saturday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE Fr. Henry Saw Lone MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN Fr. Henry Saw Lone MASS: 10 a.m., Sunday

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

(Southern Baptist) Pastor: Gene Gee

SUNDAY: Sunday School, 9:30 a.m.; SUNDAY: Worship Service, 10 a.m.; Morning Worship, 10:30 a.m., WEDNES-DAY: Service, 7 p.m., FRIDAY: Celebrate Recoverym 6-10 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.

OBERLIN COMMUNITY FELLOWSHIP NORCATUR UNITED METHODIST Pastor: Larry Danforth Almena

Church School, 10:30 a.m.

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

EVANGELICAL COVENANT CHURCH OF OBERLIN Pastors: Chris and Sharon Nelson 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.

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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.



Won't you become Christ's hands and feet and dressed up quite nicely, but those who live there will tongue until he comes again to take up where he left tell you it's still a nursing home." In the article, Mr. off? A good place to start is at a nursing home.

Schedule of Oberlin and area church services: