

# Norcatour News

By the Norcatour News Committee

Sympathy is extended to the family of Terri James, 52, who died Oct. 15, at her home in Norcatour. An obituary will be in today's *Oberlin Herald*.

Sympathy is also extended to the family of Norman E. Britigan, 69, a graduate of Norcatour High School, who died Saturday, Sept. 26, 2009, from a lengthy battle with cancer. Attending the funeral on Oct. 2, in Aurora, Colo., were his classmates Carole (Jackson) Salter and husband Butch, Wheatridge, Colo.; Gerald and Judy (Leichliter) Jackson and John and wife Carol New, Norcatour; Linda (Hix) Young, Conifer, Colo.; Bruce Bishop, Arvada, Colo. and Vona (Leichliter) Laird, Fredrick, Md. A reception followed at the Heather Ridge Country Club in Aurora, Colo.

Results of the pool tournament at the Cardinal Bar and Grill on Oct. 7 were Bill Ellis, first place; Gerald Jackson, second; and Larry Lively,

third.

Results of the dart tournament at the Cardinal Bar and Grill on Oct. 7 were: First game: Jeff Armbrister, first place; Patty Stapp, second; and Tonya Porter, third. Second game: Alice Barnett, first; Patty Stapp, second; Dolores Gallentine, third.

Lidia Knapp's mother, Lidia Ortiz, was here visiting from Wellington, Colo., for the past three weeks. Saturday they took her home and then helped her sister, Gabriela Smith and her three boys move her to Kansas. They are enjoying the full house and so are the dogs!

Prairie Land Food will be distributed at 7:30 a.m. Saturday, Oct. 24, at the Educational Building. **Please note the change of time.**

Rea and Dee Magers attended the St. Francis Church Bazaar in Norton on Sunday. It was a delicious turkey and beef dinner with all the trimmings. An auction of quilts, afghans and other items followed the

dinner. Last weekend, Rea and Dee met their son, Jeff, Cedar Bluffs, at the Lyle pot luck dinner and talent program. They had an enjoyable evening.

Guests of Frank Ward for dinner Wednesday, Oct. 7, were his son and daughter, Leslie Ward and Wava Reames.

Wava Reames has a guest, Connie Zink, from Randolph, N.Y., and is using Wava's home as "home base" while attending the funeral of her mother-in-law in Kearney, Neb. Connie is the youngest daughter of the late Lee and Marion Alban, formerly of Norton and Norcatour, and granddaughter of the late Walter and Florence Ward of Norcatour.

Happy birthday to Lori Roe, Oct. 17 and Virgil Price, Oct. 20.

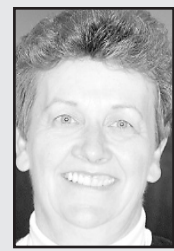
Norcatour United Methodist Church will hold its annual Bazaar and Soup supper at 5 p.m. Saturday, Oct. 24, at the Educational Building. An auction and raffle will follow.

Guests at the Stan Miller farm this last weekend were Mr. and Mrs. Rocky DeLano, Wichita; Mr. and Mrs. Chad Applebury, Eli and Karyssa, Colby; Mr. and Mrs. Curt DeDonder and Sophia, Topeka; Mr. and Mrs. Rodney Tuttle, Quinter, and Mr. and Mrs. Casey Tuttle, El Dorado, stopped for a visit on Saturday before they all went to the Cardinal Bar and Grill to help Gary Miller and Melissa DeDonder celebrate their birthdays and enjoy the music at karaoke.

Lloyd and Sharon Stanton, Salina, spent a few days last week visiting his mother, Arlene Hix, and his brother, Gail Bailey.

Larry Hix came to visit his mother, Lula Hix of Whispering Pines, Norton, and he was kind enough to surprise the *Norcatour News Sheet* with visitors Lula and Oran and LaVern Milner.

# Carving pumpkin in your diet



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Canned pumpkin (or fresh, for that matter) is, in fact, a healthful, filling food. Adding it to recipes, or substituting other ingredients with pumpkin, is a great way to boost the nutrition of the foods you eat without adding a lot of calories.

A half-cup of canned pumpkin has just 40 calories but is loaded with more than 3 grams of fiber and very little fat.

It also offers more than three times the vitamin A you need in a day in the form of beta carotene. That's more than you'd get from most supplements. And it's also a good source of vitamin C, vitamin K, iron and manganese.

Fresh pumpkin that's been cubed, boiled and mashed has fewer calories (about 25 per half-cup), but also less fiber (about 1-2 grams per half-cup) and somewhat less of other nutrients, but it's still a healthful if less convenient choice. If opting for fresh, choose smaller "sugar" or "pie" pumpkins instead of the large jack-o-lanterns for best results.

You can also cook pumpkin, as you would any squash, by baking, microwaving or steaming it. Just rinse the outside well, cut it in half, scoop out the seeds and cook as desired until the flesh is soft.

If you decide canned is a better option for you, choose a salt-free version; canned pumpkin with salt contains almost 300 milligrams of sodium in a half-cup. And don't make the mistake of buying pumpkin pie filling, which has almost three times the calories, instead of canned pumpkin (sometimes called pureed pumpkin).

Ideas for using canned pumpkin are incredibly varied. Or if you are an adventurous cook, try experimenting with your own recipes:

Add canned or mashed cooked pumpkin to cookies, muffins, quick

bread and pancakes. Experiment with the amount — pumpkin is moist, but too much can make products like these heavier than you're accustomed to.

The next time you make a pot of chili, include a can of pumpkin. It helps thicken up the chili and gives it some stomach-filling substance with very few calories. The pumpkin flavor blends in with chili spices.

Add pumpkin to soup (it's especially good with bean soup), or make a creamy pumpkin soup with canned or fresh pureed pumpkin, broth, onion, and milk, and flavored with cinnamon, nutmeg and pepper.

If you have further food preparation related questions, please feel free to contact your local K-State Research and Extension Office or e-mail [twatts@ksu.edu](mailto:twatts@ksu.edu).

Tranda Watts is a 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@ksu.edu](mailto:twatts@ksu.edu). For more information, contact the county extension office, 475-8121.



## Decatur Health Systems

By Othelia Vacura

Joanne Wendelin, a licensed baccalaureate social worker, and Ruth Miesner, a Kansas volunteer senior health insurance counselor, are helping Medicare beneficiaries review and compare their drug plan coverage.

If you are on Medicare and your drug plan doesn't cover some new medications or if you would like a comparison of plans to see if you could save money, make an appointment by calling 475-2208, extension 224.

Updated information on new plans, formularies, premiums and co-pays are also available on the Medicare website [www.medicare.gov](http://www.medicare.gov). Doing a cost comparison now will give you time to make a decision during the open enrollment period, Nov. 15 to Dec. 31.

Several employees, including nursing and medical staff, participated in a pandemic flu tabletop ex-

ercise on Friday. This training, developed by the Kansas Department of Health and Environment, gave an opportunity to brainstorm how to deal with a surge of patients.

We encourage everyone to continue to regularly wash their hands during this flu season and to cover your mouth and nose when coughing or sneezing. Use hand sanitizers when using public equipment, such as grocery carts or merchandise baskets. Do not visit hospital patients or Cedar Living Center residents if you display any respiratory symptoms, such as sniffles, coughing or sneezing.

If you need help for respiratory illness, please use common sense and keep your mouth and nose covered in waiting rooms and consult rooms. Masks are available at the hospital and the clinic. Being vigilant can help keep influenza under control in our community.

## Chamber News

By Carolyn Hackney

It is nice to have a few warm days again for people to get their outside work done and the crops harvested.

I hear the weather will be changing again the middle of the week. I hope it's not another week of cloudy weather.

I will be getting a large calendar to put somewhere in the Business Enhancement Entrepreneurial Center (BEE building) for anyone to add events that are coming up. It was discussed at the Convention and Visitors Bureau meeting how difficult it is to plan events without getting them doubled up. Sometimes they compliment each other, but not always.

Anyone can call this office at 475-3441 and have their event added to the calendar. I am hoping to have something here by today.

Oberlin Business Alliance will be hosting a tailgate party at the football stadium Friday. Burgers will be served for a donation.

There is still room for more vendors to participate in the Holiday Craft Show on Saturday, Nov. 28.

Oberlin has lots of events coming up this fall and for the holidays. I will try and keep everyone posted. If anyone would like to tell me about things, please feel free to call and let me know so I can pass it along.

Enjoy the warm weather and sunshine.

## Lyle News

By Veda Wood

We have had "Kansas weather" this past week, in other words, changeable! A week ago, Monday, we had a thunderstorm with over an inch of rain. Before the week was over we had unseasonable cold, frost, snow, freezing mist and drizzle. Of course, that is not too unusual, but is early in the season, and such a change. My son, Merlin, in Florida, had 101 degree temperature at the same time.

Joyce Sumner's granddaughter, Michelle (who was so ill recently), her husband and their children visited Joyce and the family at her son, Greg Sumner's home.

June Jolly has been under the weather, but says she is better.

Margaret "Toots" Magers said she hasn't done anything this week except for sewing on Tuesday. We decided not to try it this week, although Toots had already walked across to the community building to turn the heat on and now has to go turn it off.

Kathy Van Meter went to Omaha for surgery Oct. 13. We are praying

for you Kathy.

Cathy Anthony is still with her husband, Gary, in Wichita. Gary is much better and hopefully they will all be back home soon.

John and Carol New visited David and Tina Wood in Stroud, Okla., over the weekend. Evidently David butchered a beef, as they brought me some hamburger and what David calls, the "idgit pieces," as he doesn't care for the heart, liver, etc.

Teresa and Dwight Wood spent the weekend with Veda Wood and helped winterize her windows. Her son, Bruce Reves Jr. and a friend, Adam Anderson, northeast Kansas, came for some bow hunting and visited a few times. They saw two big bucks the first morning with no chance to get them. Dwight and Steve Maddy played for a birthday party at Jennings on Saturday night so we got to listen in for a while.

Tielia, A.J. and Aubrey High had supper with Veda Wood Monday evening. They gave her a coffee pot, as Veda's had "bit the dust."

## 'Build-A-God'

By Pastor Doug Mason, Lund Covenant Church

Did you ever go to a mall and visit a Build-A-Bear Workshop? If you haven't, let me tell you about them. It's a shop where a child can go and build his or her own teddy bear, or other animal (dog, rabbit, cat, etc...). The child can actually help stuff the animal with the fill material, then pick out the outfits that the stuffed animal can wear. There are computer stations there where the child picks the stuffed animal's name and gives it a birth date and then the critter gets a birth certificate. While it's rather expensive it is a fun opportunity for the child.

It struck me that a lot of people treat God just like that work shop. It's like a "Build-A-God" workshop. Most individuals decide for themselves what God looks like and acts like. They pick His sex, His temperament, His moral standards, and His absolutes. For example you may hear someone say, "My god would never keep a person out of heaven." Or, this is one of my favorites, "My God is bigger than the bible."

Whole denominations are building their own god to fit the image that they want Him to be.

When I talk with people that are hurting, one of the things that they ask is "Why would a loving God

let something like that happen?" A little bunny trail here. If someone is hurting and asks that, they are not really looking for an answer on the spot, they are just voicing their despair, so don't try to come up with an explanation. OK, back on the main path here. When people ask that question, it usually surfaces because they have a misconception of whom God is.

When people have a wrong concept of God it is usually because either they just don't know the scriptures or they know the scriptures and choose not to accept them. The people in this second group will pick and choose which scriptures they like and reject the scriptures they don't like. Instead of changing themselves, they change God. It's less threatening that way.

We have a tendency to conform to the world's way instead of conforming to God's ways. The apostle Paul wrote in his letter to the Roman Christians of his day, "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will." *Romans 12:2*



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 10:30 a.m., Sunday

**IMMACULATE CONCEPTION CATHOLIC, LEVILVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
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., WEDNESDAY: Service, 7 p.m.,

**Pastor: John Paulson**  
FRIDAY: Celebrate Recovery  
6:30 p.m., supper; 7 p.m., service.

**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, 9:45 a.m.; Worship Hour, 10:45 a.m. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

**ST. MARY'S CATHOLIC, HERNDON**  
The Fr. Stephen Folorunso  
Phone 785-322-5560  
MASS: SUNDAY and THURSDAY 8:30 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.

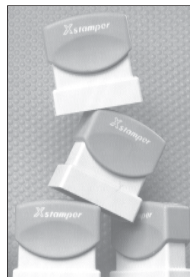
**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

**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.

**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.



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