

Norcatour News

By the Norcatour News Committee

Results of the pool tournament at the Cardinal Bar and Grill on Nov. 18 were: Loyl Springer, first; pLarry Lively, second; Dave Stapp, third; and Rusty Montgomery, fourth.

Thanksgiving weekend guests of Bee Nelson were Tara Nelson, Anita Volskay and Wiggles. Thanksgiving dinner guests were Tara, Anita, and also Bill and Dorothy Woods of Oberlin. Tara and Anita left for Independence, Mo., Sunday shortly after church since Tara was responsible for the organ portion of the service.

Carol Miller took her mom, Lila Rule of Norton, to Emporia on Nov. 25, to spend Thanksgiving with her family. They stopped in Hays to visit Mr. and Mrs. John Rule. They stayed with Mr. and Mrs. John Mast and family in Emporia, and Jerry Rule was also a visitor there until Saturday, Nov. 28, when they returned home. Stan stayed home to pick corn but did eat Thanksgiving dinner with Mr. and Mrs. Gary Miller, Oberlin.

Guests at the Hill households this weekend were Lori, Kyler and Kaylee Irtendauf, Westminster, Colo., and Erin and Sissy Fredrickson, Thornton, Colo. They enjoyed Thanksgiving dinner at the Andbe Home on Thursday and then another one on Friday at the house.

Saturday guests of Marian Dempewolf for an after-Thanksgiving dinner were Rose Riffle, Dan Dempewolf, Andy Dempewolf, Oberlin; Dave, Patty and Sam Stapp, Norcatour; Kaitlyn Stapp, Hays; Jerrod and Kortney Poire, Erie; Lee, Jamie and Caleigh Dempewolf, Topeka; Greg, Linda, Spencer and Addison Schliep, McCook.

Randy and Karen Stapp, Mt. Vernon, Ind.; Matt and Kim Tetrick, Omaha; Chris Stapp, Decatur, Ill.; Elaine Kingsley and Aaron, Allen, Texas; Jerrod and Kortney Poire, Kaitlyn Stapp, and Dave and Patty Stapp met for pizza at the Cardinal Friday evening.

Dewaine Stapp and Charlotte Meints, Oberlin; Aaron Kingsley, Dave and Patty Stapp, Kaitlyn Stapp, and Sam Stapp ate supper at the Cardinal Wednesday evening.

Thanksgiving guests of Dave and Patty Stapp were Jerrod and Kortney Poire, Kaitlyn Stapp, Sam Stapp, Michael Schamberger, Hoxie; Dewaine Stapp, Marian Dempewolf, and Elaine and Aaron Kingsley.

Thanksgiving evening supper guests of Dewaine Stapp were Charlotte Meints, Randy and Karen Stapp, Chris Stapp, Matt and Kim Tetrick, Jerrod and Kortney Poire, Kaitlyn Stapp, Dave and Patty Stapp, Sam Stapp, and Elaine and Aaron Kingsley.

Happy birthday to Ruth Dickey, Dec. 2; and Leota Goss, Dec. 3.

Happy anniversary to Dale and Jerry Goss, Dec. 3.

Virgil and Joyce Price celebrated Thanksgiving early as Randy Allen and Sherri Regal brought dinner to their home with turkey and all the trimmings. Arlene Hix was also a visitor of Virgil and Joyce on Friday, Nov. 27.

Todd Nelson was a guest of his mother, Bee Nelson, Sunday, Nov. 29, and left Monday morning for Colorado. They also celebrated his birthday, which was Nov. 30.

Mark, Debby and Brandon Ward spent the Thanksgiving holidays with Dorothy Ward. K.J. Ward was in Wichita with his uncle and family. Debby was also celebrating her birthday.

On Thursday, Ruby Pflieger hosted the traditional Thanksgiving dinner along with her son, Steve McMurry, and her daughter Lynn Ward. Those attending were Frank Ward, Leslie Ward, Wava Reames, Keith Ward, Kaley Ward and Robert Daniel; and pets, Molly, Bammer and Callie. Wava gave Frank a lift back to Whispering Pines where she visited with Lula Hix, Merle (Honey) Cozad, Oran and LaVern Milner, Betty Reid, and Wanda and

Ming Nuyen.

On Friday, Bee Nelson, Tara Nelson, Anita Volskay and Wava Reames loaded up a shotgun and a couple of handguns and headed for Wava's brother's pasture to partake of the gentrified sport of shooting clay pigeons, and actually hit some targets.

Frank Ward drove to Norcatour to visit, and enjoyed watching Leslie Ward and Keith Ward cut corn.

R.D. Thornton was released from the hospital on Monday of last week. Chris Dempewolf ate Thanksgiving lunch with R.D. at the Good Samaritan Center.

The Doug Dempewolfs celebrated Thanksgiving on Friday with a noon meal. Lunch guests included Doug, Chris, Sharee, M.J., Aaron and Hayden Mann and Scott Lyon. On Sunday Doug, Chris, M.J. and Scott enjoyed lasagna and watched a movie afterwards. During the weekend Doug, M.J. and Scott enjoyed visiting with the Buschy clan from Colorado.

A great Thanksgiving was enjoyed at the Rea and Dee Magers home. Arriving on Wednesday evening from Lakewood, Colo., were Bob and Cheri Pomeroy, Zach, Brenda and Ryan Pomeroy of Wheat Ridge, Colo. On Thursday they met with son, Jeff Magers and Joy Luota, Cedar Bluffs, and the Margaret "Toots" Magers family at Lyle for Turkey Day with great food and lots of visiting. Friday was hunting day for the guys and entertaining Ryan for the gals. On Friday, Matt Pomeroy and Angie Plank of Fort Collins, Colo., arrived. On Saturday there was another Thanksgiving Day at the Magers home. Zach had to leave on Saturday and the rest stayed over until Monday.

Cooking tips for the holidays



Home Time

By Tranda Watts
Multi-county Extension Agent

No need to wait for the New Year to start healthier eating habits. Check out these easy cooking tips that will help everyone be a little trimmer this season!

Meat/Poultry/Fish

- Choose from the many options for lean protein foods this season.
- When using lean cuts of meats, choose moist cooking methods, such as baking, boiling or slow-cooking.

- For all types of meat and poultry, decrease the fat content significantly by trimming off visible fat and the skin and by removing the fat from pan juices before use. Use fat-free broth thickened with cornstarch or pureed potatoes for a sauce or gravy. Add a small amount of fruit juice for extra flavor.

Side Dishes

- Include lots of vegetables in your meals, both raw and cooked. To cook, just steam and serve. Dress them up with herbs or pair with other vegetables, such as green peas with pearl onions.
- Use fat-free yogurt or fat-free cream cheese as a base for dips. For dippers, try veggie sticks or baked

whole wheat pita squares.

- Use a low-fat, reduced-sodium cream soup with fresh mushroom slices added for a quick vegetable sauce.
- Use fat-free evaporated milk when making cream soups or white sauces.
- Flavor dressing with fruits, herbs, spices and whole grains, rather than fat.
- Choose foods made with whole grains, such as brown rice, oats or whole wheat, more often instead of foods made with refined grains.

Dessert

- Many desserts taste sweet yet have little sugar or fat.
- Try poaching pears or baking apples or bananas that you have lightly seasoned with cinnamon

and cloves.

- Keep whole, dried, frozen or canned (in water or juice) fruit on hand for a quick and easy snack.
- Consider serving traditional pie fillings as a custard in order to eliminate the calories and fat in the pie crust.

If you have food related questions, contact your local K-State Research and Extension Office or e-mail twwatts@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 twwatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Selden News

By Jacque Boultinghouse

On Thursday at Senior Citizens, Marilyn Meyer won high, Edna Schiltz took second, Betty James got low and Lola Cook had the most Jacks. Other members present included Ralph Weis, Ann Hazlitt, Carol Shaw, Bernita Aumiller, Royce Cook, Jeanie Spesser, Gail Mumm and Shirley Emigh.

Birthdays and anniversaries: Dec. 12 - Betty James, Paul Zod-

row. Dec. 13 - Emmie Pauls, Kyle and Tasha Carman. Dec. 14 - Chris Koerperich, Jaylyn Wenger, Travis Smith. Dec. 15 - John and Helen Karls (40th), Heather Shaw, Vickie Albers. Dec. 16 - Steve Carman, Dana Broeckelman. Dec. 17 - Robyn Mendiola, Todd Walker, Nick Koerperich, Tyson Paulson.

School Calendar: Dec. 12 - Castle Rock Tournament at Quinter. Dec.

14 - 3:30 p.m. High School Scholars Bowl in Winona. 5 p.m. Soup Supper at the Community Center followed by the Grade School Christmas Program at 7 p.m. Dec. 15 - High School Basketball in Rexford with Healy. Dec. 17 - Junior High Basketball at Sharon Springs.

Lyle News

By Veda Wood

The weather has been wonderful for Thanksgiving, and already our thoughts are on Christmas. We had 15 people for our Thanksgiving dinner, and lots of talk and laughter afterward. Both daughters and families were here, with everyone bringing more food than we could eat. We do thank God for our abundance; family, food, friends and all good things (not especially in that order).

Dwight and Teresa Wood came Friday night and had dinner with me Saturday. Dwight had wanted to go to the farm for some time, so we spent some time just driving around. Teresa even coaxed Mr. and Mrs. Milner in for a short visit. Emily, Mariah and Garrett Bader and Aubrey High visited a while before heading for their other grandparents.

I had a call late Saturday night that my Aunt Alta May Van Gundy had been taken to the Norton Hospital with chest pain, and she would like for me to come down, so I spent some time there over the weekend. Tests are being done and good care is being given. She still doesn't sign papers without reading each one and knowing what is going on. That is what we are supposed to do, but usually we skip over some. I'm sure she would appreciate hearing

from friends.

On Sunday Allan Powell took Margaret "Toots" Magers to Judy's at Quinter where they had their annual Powell Thanksgiving soup dinner. Twenty-four members of her family had their Thanksgiving meal at the community building at Lyle. On Saturday, Kevin Engelhardt, his wife Catherine and her mother came back, had lunch, and decorated "Toots'" house.

"Big Game Hunter" at work. June Jolly has been bothered by having "possums" eating her dogs' food, etc. so she loaded her gun and took action. She got one, and has another, at least, to go. So anyone wearing a coonskin cap had better not go too close.

June Jolly's son, Carroll, was back from Council Bluffs, Iowa, over Thursday and Friday. Thanksgiving dinner was with her daughter, Linda McFarland of McCook. Their son, Les, was there from Lincoln, and their daughter was going to Chicago for training with new equipment with her job. Dean and Rhonda Jolly and family were there also. June went to Linda's again Friday.

Joyce Sumner accompanied her son, Ward and Marlene, to Olathe to visit Melanie and Steve Massey and sons.

Come Wisdom, Come Lord!

By Pastor Sharon Nelson

Evangelical Covenant Church, Oberlin

This Advent, we are walking through the verses of O Come, O Come, Emmanuel. Though hymnals don't always agree on the order of the verses (or the lyrics!), we'll dive into the verses that call on the God of wisdom and the Lord of might.

O come, our Wisdom from on high, who ordered all things mightily; to us the path of knowledge show, and teach us in her ways to go.

Proverbs 7 warns men of an adulterous woman. She is seductive and persuasive, but her ways lead to death. In *Proverbs 8*, we are introduced to a very different woman. She is called Wisdom, and her ways lead to life. "For those who find me find life and receive favor from the Lord. (verse 35)" Like the adulterous woman, Wisdom is out in the street. But Wisdom is crying out for everyone to choose knowledge, sound judgment and fear of the Lord. She calls to those who are foolish and to those who need guidance. She claims that she has been with God from the beginning (verses 22-30).

O come, o come, our Lord of might, who to your tribes on Sinai's height, in ancient times gave holy

law, in cloud and majesty and awe.

God's people were slaves in Egypt for four hundred years. Generations became accustomed to being told what to do. So when God rescued his people from their harsh life in slavery, they didn't know how to act. They didn't know how to worship God or how get along with one another. While they were in the wilderness, on their way to the land promised to them, God met Moses on Mount Sinai. There he gave Moses the instructions for living for all his people. Like wisdom, these instructions lead to blessing and life.

This hymn attributes these ancient works to Jesus. This man, who lived in the Middle East for a little more than thirty years, is also the one who ordered creation. He is also the one who gave God's word to Moses. Jesus was not created by God. He is God and existed before anything was created. He is a member of the Holy Trinity. He is wisdom, He is the Lord of might, and He is coming again.

Rejoice! Rejoice! Emmanuel shall come to you, O Israel!



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, LEVILLE

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.,

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 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..

Mount Pleasant News

By Dianne Bremer

Roland and Pam May, Zach and Hannah, left Friday, Nov 27, for Pam's Baresel family reunion in Junction City. Saturday evening they attended the wedding of her cousin, Michelle Munson, at the Presbyterian Church in Junction City, followed by the wedding dinner and reception in Manhattan. The Mays returned home Sunday evening, Nov. 29.

John and Edith Tate returned home Tuesday evening after spending Thanksgiving with Jaron and Tara Tate and Abigail at Hot Springs, Ark. On Thanksgiving Day, John accompanied Jaron to Little Rock, Ark., where Jaron was interviewed at their local NBC television station. During their stay, they also enjoyed a large craft fair in which there was an area where children could make their own craft projects as well. En route home, they visited family friend, Ardie Jenkins, of South Leadville, Ark.

Cassidy Shields, Ryan May, Zach May and Hunter Nedland were among those singing in the Northwest Kansas Music Educators Association (KMEA) High School Honor Choir and Elizabeth

Nedland played third chair French Horn in the KMEA High School Honor Band at the Beach/Schmidt Performing Arts Center on the Fort Hays State Campus Saturday afternoon. Students from Northwest Kansas schools audition for seats in the choir and band and are later chosen by judges for these honor concerts. Among those attending the concert were Dan Nedland and Rhonda May, and the Roland May Paul Shields and Roger May families.

Evelyn May was honored Sunday morning at St. John's Lutheran Church in Oberlin during the annual meeting brunch for her service of over 60 years as a Sunday School teacher before her retirement this fall.

Norman and Joanne Wendelin attended "Christmas at Concordia" in Seward, Neb., on Sunday where Rory Wendelin sang in the A Cappella Choir. Also attending were Greta Wendelin, and Lawrence, and Ladd Wendelin, Lincoln, Neb.



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