

# Norcatatur News

By the Norcatatur News Committee

Lloyd and Sharon Stanton of Salina were recent overnight guests of his mother, Arlene Hix. They had spent a week in Denver on business.

Sympathy is extended to the family of John Wesley Shick, 59, who died Oct. 23, 2009.

Happy birthday and anniversary to Paul Welch, Justine Miller Tuttle, Dec. 17; John and Carol New, Dec. 18; Tom and Betsy Jakowski, Dec. 19; Carissa Wentz, Jim Bob Beachel, Frank Ward, Sandy Gade, Dec. 22.

Lynn Jeffries has been enjoying Ben Cobb as a house guest for a week. He is in Los Angeles setting up video projections for DirectTV's holiday office party. Ben Cobb and Alison Carey are living in Ashland, Ore., where Alison works at the Oregon Shakespeare Festival as director of a play commissioning program called American Revolutions: The United States History Cycle. Daughter Emma Cobb has started high school and son Elijah is in the fifth grade. Alison and Ben will be producing an adaptation of "A Midsummer Night's Dream" with Elijah's class this spring.

Bill Rauch will be overseeing his third season at the Oregon

Shakespeare Festival, and directing "Hamlet" and "The Merchant of Venice." Chris Moore directed an enormously successful production of "Dead Man's Cell Phone" last season, and this season will direct "Cat on a Hot Tin Roof," in addition to acting in two plays. For more information on the festival go to their website, www.osfashland.org.

Susan (Rosen) Moen, the stage manager for Cornerstone's production of "Tartooof," is also living in Ashland, Ore. She runs an organization which helps victims of sexual assault.

The singing group, The Ditty Bops, continue to record and tour. Their latest album is "Songs for Steve." You can also hear them singing angelic backup vocals on Bob Dylan's recently released holiday album, "Christmas in the Heart."

Lynn Jeffries will be more of a homebody in the near future. She is making puppets for an adaptation of Alice in Wonderland, and looking forward to projects with The Ditty Bops, Paul Zaloom and Cornerstone Theater in the coming year.

Thanksgiving and 80th birthday celebration visitors of Dewaine Stapp were Randy and Karen Stapp, Mount Vernon, Ind.; Kimberly and

Matt Tetrick, Omaha; Christopher Stapp, Decatur, Ill.; Elaine and Aaron Kingsley, Allen, Texas; Kourtney and Jerod Poire, Emporia; Kaitlyn Stapp, Hays; Dave and Patty Stapp, Sam Stapp, Norcatatur, and Charlotte Walinder, Oberlin. All enjoyed a week of family dinners and gatherings both at Dewaine's and at the Cardinal Bar and Grill.

Dewaine Stapp, Aaron Kingsley and Elaine Kingsley spent Thanksgiving Day with Dave and Patty Stapp and family.

Elaine Kingsley enjoyed an evening of fun with Nancy Ellis, Toppeka, and Joy Votapka, Oberlin, for soup and lots of good conversation.

Gary Anthony has returned home from his short stay at the Hillcrest Nursing Home in McCook. Now that he is back, he welcomes visitors.

The last Norcatatur Newsheet will be this week. The next issue will be Jan. 5.

As many of you know, Norcatatur's grade school section of the city building needs a new roof, The City Council is going to be getting bids to put on an A-framed roof on the grade school section. Several people have said they would be interested in donating money to help the city with this project. We are asking for pledges so we know how much people are willing to give toward this project, to see if it is even feasible for the city to do. You can contact Chris Dempewolf at the office with your pledge.

Water bills will not be read this month due to the snow. Everyone will be charged the minimum.

Sharee and M.J. Dempewolf visited with their grandpa, R.D. Thornton, at the Good Samaritan Center over the weekend.

# How to burn holiday calories



## Home Time

By Tranda Watts  
Multi-county Extension Agent

Food and food safety pros have numerous tips for preparing a traditional holiday dinner, but, there are few recommendations for working off the calories from those dinners.

A modest holiday dinner, with 3 ounces of skinless roast turkey; 4 ounces (one half cup) of mashed potatoes; 2 tablespoons of gravy; 4 ounces of green bean casserole; 4 ounces of honey-glazed carrots; dinner roll with two teaspoons of soft margarine; relishes (including a stalk of celery, 1 ounce sweet pickle, 1 cinnamon-spiced apple ring, 1 tablespoon black olives, and 3 tablespoons jellied cranberry sauce), and a slice of pumpkin pie with a tablespoon of whipped topping will have about 1,100 calories, 38 grams of fat, 150 grams carbohydrate and 40 grams of protein.

With food, fellowship and gratitude the goal for the holiday, consider moderate physical activity to help burn the extra calories, rather than tipping the scale upwards.

Try waiting 30 or more minutes after eating to allow time for digestion before moderate physical activity.

A person weighing 154 pounds should plan on about four hours of walking at 3-1/2 miles per hour or 2 hours of jogging at five miles

per hour to burn all of the calories consumed during the sample holiday meal.

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. For more information, contact the county extension office, 475-8121.

## Mount Pleasant News

By Dianne Bremer

Wednesday to Friday guests of Martin and Evelyn May were Ernest May, Tonganoxie; Pastor Paul and Meaghan May and Austen, Marco Island, Fla.; Rebecca May and Stephen May, Lawrence; and Brian and Sarah (May) Shaw and Caden, Andover. Additional Thursday evening guests at the Martin May home to celebrate their family Christmas and Martin's 85th birthday were Marvin May, Janice and Greg Cundiff, Andy May, Kalen Townsend, Kelsey May and Hunter May. Kelly May, and Chris and Kasey May and Kaylee were unable to attend due to earlier commitments.

Andrew and Stephanie Frankforter, Ethan and Isaac, Kearney, Neb.,

were Wednesday to Friday guests of Elwood and Jeanie May. They visited with Elwood on Thursday while Jeanie attended a Christmas party with her mother, Stella Casey, at the Woodhaven Care Center in Ellinwood.

Mike and Nancy Shields and Corinne, Omaha, Neb., and Paul and Kelly Shields, Tyler, Cassidy, and Caitlin were Saturday guests of Gaylord and Shirley Shields, enjoying dinner and their family Christmas. On Sunday, Stuart Euhus joined the Mike and Paul Shields families for dinner at the Shields home. Mike, Nancy and Corinne returned home Sunday afternoon.

The Children's Christmas program at St. John's Lutheran Church in Oberlin was held Sunday, Dec. 13, during morning worship services. All ages of youth were represented and the newly-formed Lutheran Youth Fellowship and Junior High youth choir sang two selections and was directed by Rhonda May.

Cameron Nedland, Kansas State University, came home Wednesday to spend semester break with his parents.

Jessica Bremer, Washburn University, came home Saturday, Dec. 12, to spend semester break with her parents.

## Lyle News

By Veda Wood

I know I'm in my second childhood by the way I love my blanket. I have an ultra-soft blanket my daughter gave me that I take to my easy chair and to my bed. It is so warm and feels so luxurious. So I empathize with Linus and all children who can't part with their blankets.

The weather we have had this last week makes it extra special. The weatherman says it is 14 below zero this morning. Where's my blanket?!

Keith Powell of Tillamook, Ore., had been helping Elden and Earnest Huff with their harvest. He went home with plans to return later; but before leaving, Elden and Charissa Huff and Margaret Magers brought a complete ribeye steak supper to

the home of Earnest and Donna Huff. Yes, he is the same one who brought them a delicious oyster supper a few months ago.

Gary Anthony is back at his home in Norcatatur now. We are so thankful and hope to be of some help to the family.

Kathy Van Meter and Lloyd Frandsen attended the Cattleman's Convention in Kearney, Neb. There was a banquet on Thursday evening, with an interesting regimen of auction, speakers and meetings.

Aubrey High is wearing a cast on her arm from a fall. I doubt that it will slow her down very long.

Thanks to the Prairie Dog 4-H Club for the great box of goodies! I just had to peek and sampled one of the pretzel sticks. mmm-good.

## Jennings News

By Louise Cressler

For the December meeting, the Jennings Book Club enjoyed the movie, "The Blind Side" at the new Oberlin theater. All were very impressed with the wonderful theater accommodations and with the movie.

Those attending included Patty and Jerry Foster, Joan and Mike McKenna, Kathy and Paul Nauer, Lynn and Warren Tacha, Carla Latimer and Bob Jones.

Enjoying a bountiful Christmas dinner Thursday, Dec. 17, at the Sunflower Senior Center were Ramona and Stan Shaw, Bob and Neoma Tacha, Dona and Eugene

Mrstik, Wayne and Louise Cressler, Carla Latimer, Bob Jones, Tommie and William Kump, Pat Hall, Violet Foster, Larry and Glenda Johnson, Agnes Wahlmeier, Eleanor Morel, Imogene Keenan, Rachel Carter, Kenneth Carter, Barbara Patterson, Ruth Chance, Allan Taylor and Gail Brandyberry. Many items have been collected by the group for the Food Pantry in Oberlin.

Allan and Sherry Carter, Overland Park, are the proud grandparents of Allan Peter born Dec. 12 to Missy Carter Cawfield.

Wishing everyone a Merry Christmas!!!!

# Come Dawn, Come Prince of Peace

By Pastor Sharon Nelson  
Evangelical Covenant Church, Oberlin

As we look at the last two verses of O Come, O Come Emmanuel, Christmas is almost here. Those of us who use Advent candles in worship are finding that the light is getting brighter, even as the days get shorter.

*O, come, our dayspring from on high, and cheer us by your drawing nigh. Disperse the gloomy clouds of night, and death's dark shadows put to flight.*

Zechariah and Elizabeth had long been unable to have a child, until an angel spoke to Zechariah in the temple. They would have a child, John the Baptist, who would prepare the way for the Lord Jesus. When the child was born, his father was filled with the Holy Spirit and praised God. Read *Luke 1:68-79*. He didn't thank God for finally answering his prayers for a child. Instead, Zechariah praises God for bringing redemption and salvation to the people of Israel. He tells of his own child's role in the good thing that God is doing (*verses 76-77*). He tells of the one greater than John who will be the rising sun from heaven. He will shine on those living in darkness and in the shadow of death (*verses 78-79*).

This is the darkest week of the year, with last Mon-

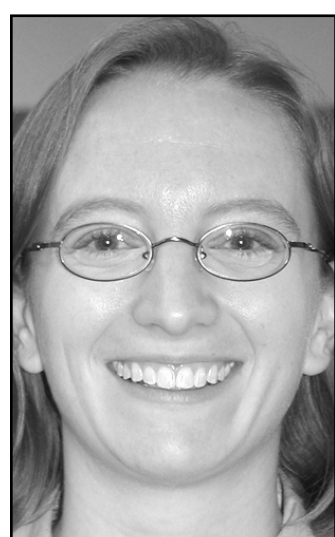
day being the darkest day of the year. Many people suffer from sadness especially at this time of year. We can feel lethargic and down during these short days, with to-do lists much longer than the daylight. The good news is that Jesus is the dawn. His birth is the beginning of a new, bright day.

*O, come, desire of nations, bind in one the hearts of all mankind; O, bid our sad divisions cease, and be yourself our King of Peace.*

The darkness is not just a matter of less daylight. Wars rage on between nations. Our own nation is divided, with the Left blaming the Right and the Right blaming the Left for our problems. Churches and families break apart.

But the Dayspring is coming soon. The King of Peace is coming again. As we remember the birth of Jesus this week, we remember that his birth is a dawn of God's new work. His birth signals that a new day of peace is coming. Nothing can stop the light and peace of Jesus: not winter, not divisions, not even death. Perhaps the cliché is true: It's darkest before dawn.

*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.

**NORCATATUR 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.

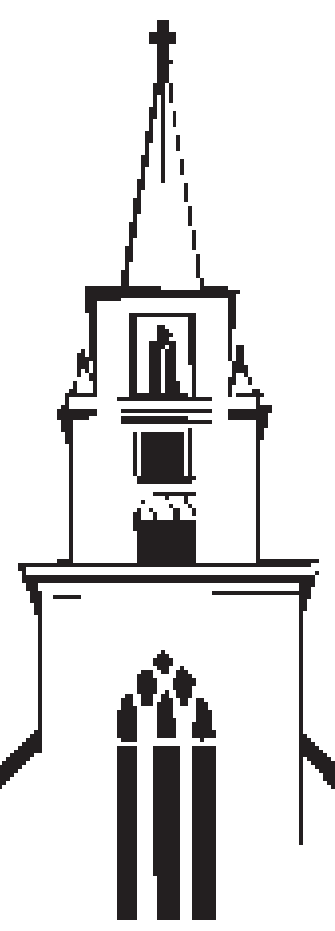
**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
Pastors: Chris and Sharon Nelson  
810 West Cedar, Oberlin  
Office Phone 785-475-2769  
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

**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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