

Norcatour News

By the Norcatour News Committee

Fish can improve health

Rea and Dee Magers had a nice visit with Dewayne and Aurelia Jackson on Tuesday afternoon, Feb. 16.

"Wear all the red you can" was what Lula Hix said when she called Bee Nelson to tell her the monthly coffee at Whispering Pines was going to be on Thursday, Feb. 18.

Dorothy Ward and Bee did as she requested and went wearing lots of red! Many of the ladies at Whispering Pines hadn't read *The Norton Telegram* or listened to what they were supposed to do, so not many had red on. Guess who won the door prizes? Yes sir, it was Dorothy and Bee! They each won a gift certificate to join them at Whispering Pines with a guest for a dinner during the month of March. That was a pleasant surprise and it was a fun afternoon with great refreshments.

The Norcatour Methodist Church pancake supper will be held from 5 to 7 p.m. Sunday, March 7. Happy birthday and anniversary to Gail and Denise Bailey, Feb. 23; Juanita Eckhart, Feb. 24; Christy Baker, Mike Helm, Feb. 25; Dave Hare, Robert Schoenrad, Feb. 26; and Lucas Bailey, March 2.

Results of the pool tournament at the Cardinal Bar and Grill on Wednesday, Feb. 17 were Kendall Fisher, first; Dave Stapp, second; Sam Stapp, third; and Carl Lyon fourth.

Senior Citizens met Feb. 19, at the Educational Building. There were 14 players present. Winners were Eleanor Jensen, June Jolly and Veda Wood.

Results of the dart tournament at the Cardinal Bar and Grill on Wednesday, Feb. 17 were: Game 1 - Patty Stapp, first; Alice Barnett, second; and Kristi Gallentine, third. Game 2 - Patty Stapp, first; Kristi Gallentine, second; and Alice Barnett, third.

Mr. and Mrs. Stan Miller went to Topeka on Feb. 17 to visit Mr. and Mrs. Curt DeDonder and Sophia.

Guests at the Stan Miller farm were Mr. and Mrs. Rocky DeLano on Feb. 15-16. They came to attend the funeral of Bev's uncle, R.D. Thornton. Aimee Applebury of Colby also visited.

Wava Reames enjoyed Chinese food for lunch with her father, Frank Ward, on Wednesday. On Friday, Wava visited with Stan Miller, then

went to the car wash in Oberlin. In Atwood, she had no difficulty finding Ben Lee Processing. Once done at Ben Lee's, she found a cafe in Atwood that served Mexican and American. Her last stop was to Robert Daniel and Kyle Kindall, who recently opened Creative Collision in Oberlin, to have a scratch on her car checked.

A defensive driving course, taught by Annis Gill for American Association of Retired Persons will be offered in Norcatour at 9 a.m. on Friday, March 12, at the Educational Building. You don't have to be a member to take the eight-hour course. The cost is \$12 for AARP members, \$14 for non-members. Lunch will be at your discretion. Upon completion of the class and presentation of a certificate, you are eligible for a discount from any insurance company. To sign up for this class, call Wava Reames at (785) 693-4229. Please don't leave a message, as the machine doesn't give her all of the messages. If you haven't heard from her in a reasonable time, please call back.

Museum Tid-Bits

Thanks to Steve Miller for the Norcatour FFA banner, band hat and basketball uniforms and the U.S. Flag that he donated to the Norcatour Museum.

Thanks to Monty and Linda Hunt for the Citizens State Bank key chain and baby comb and for the KG Ward Agency key ring.

Is There a Catch to Eating Fish?

Along with benefits to the brain, nerves and eyes of getting enough omega-3 fats, did you know that omega-3 fats also decrease risk for heart disease, stroke, dementia and Alzheimer's? Read on to find out more about getting plenty of these healthful fats.

Humans cannot make omega-3 fats, so we must get them from food. All three types of omega-3 fats have long names: EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid) and ALA (alpha-linolenic acid). The first two are found in fish, especially oily fish, while ALA is in certain plant foods.

Listed below are some commonly-asked questions and answers that you can use to improve your family's health.

Why should I eat fish? Fish is a good source of protein and is low in saturated fat. Eating fish regularly helps you replace other foods that may be high in saturated fats, such as fatty meats or full-fat dairy products. Eating fried, salted or dried fish is not recommended.

Love your heart by eating at least two servings a week of a variety of boiled or baked fish, in order to get about 500 milligrams per day of EPA/DHA. Adults at risk for heart disease should strive to get twice that amount, or one gram of EPA/DHA per day.

How safe is it to eat fish twice a week or to take fish oil supplements?



Home Time

By Tranda Watts
Multi-county Extension Agent

Levels of contaminants are generally highest in older, larger, predatory fish and marine mammals.

Taking fish oil supplements should only be considered after talking it over with your doctor. Since mercury accumulates in the meat portion of a fish, fish oil supplements contain almost no mercury. However, high doses of omega-3 fats can have harmful effects, such as putting you at risk for excessive bleeding.

Are there differences in the omega-3 fat content between wild fish and farm-raised fish? Sometimes wild fish have higher levels of omega-3 fats than farmed fish, but

sometimes it is the opposite. The omega-3 fat content of wild fish can vary by the temperature of their environment, while the omega-3 fat content of farmed fish can vary based on what the fish are fed. Try to eat fish at least twice a week regardless of whether it is wild or farmed.

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.

Lyle News

By Veda Wood

Kathy Van Meter and Lloyd Frandsen attended the banquet given by the bank in Holbrook on Feb. 14.

On Feb. 16, Kathy Van Meter, Margaret Magers, Joyce Summer, Eleanor Jensen and June Jolly sewed until noon, then came to the Cardinal Cafe where Veda Wood joined them and they had a birthday lunch for June, then returned to the Lyle Community building for more sewing.

Toots Magers was met at the cafe on Tuesday by Don and Shanna Nitzel and their son, Don, who took her with them to Oberlin where they attended R.D. Thornton's funeral. They visited Coleen Rippe, had cookies and coffee, then to Toots' home, where they had pizza and cards.

Rea and Dee Magers went by train to Denver to celebrate their grandson's birthday.

June Jolly played cards at her K.T. Club on Thursday, and after

Friday's Senior citizen's cards, went to McCook to the Farm Home show.

At the last meeting of Liberty Star Club, Kathy Van Meter showed us a picture that someone had given her of the old Lyle School, around 1918 or 1919. I just knew the small boys on the picture were Silver and Lester Chambers, and one looked like my mother, and I knew one was Mama's brother, Frank Huff. On studying it, I realized my mother would have been older, and she didn't go to Lyle school, so it had to be her sister, Alta May. I took it to the Andbe Home and, sure enough, Aunt Alta identified nearly everyone.

The teacher was Joe Chambers, and the pupils were Gertrude Winner, Alta May Huff, Pearl Shick, Marge Adkins, Elver Vertrees, Frank Huff, Everet Vertrees (Elver's twin), Glenn Huff, Elta Shick, Lester and Silver Chambers. There were three that were unidentified, but could possibly be Adkins kids.

Herndon News

By Julie Hafner

Deb Portschy, Jennifer Beims, and Peach Beims spent the weekend in Russell and attended the Happy Scrappers Scrapbook weekend held at the AmericInn. The gals worked on their scrapbooks Friday evening, all day and night Saturday, and again Sunday morning. There were 48 ladies in attendance from all over Kansas. They enjoyed the weekend catching up with their "scrappin'" and meeting new friends.

On Saturday, Cindy Sattler, and Dana and Payton Juenemann of Hays, went to visit Aunt Mary Sattler in Atwood. Sunday, Ron, Cindy and Chase, Dana and Payton went to lunch with Great-grandma Ardythe and Great-grandpa John Cederberg in Oberlin and visited in the afternoon.

To celebrate not having school on Friday, Rachel Grafel had friends, Mariah Jones and Fatouma and Sheriff Singhateh, for a sleep over Thursday night. They rode horses, visited, watched videos of African singing and dancing and enjoyed the Olympics together.

Bailey Marie Solko was born at 2:30 a.m. on Friday, Feb. 19 to Jared and Vanessa Solko of Oakland, Iowa, at the University of Nebraska Medical Center in Omaha. Bailey weighed 7 pounds, 3 ounces and was 21 inches long. Grandparents are Jeff and Sherri Ellis, Jolley, Iowa; Kathy Solko, Loveland, Colo.; and Alan and Ann Solko, Herndon. Esther Pennington of Herndon is a great-grandmother.

Stations of the Cross followed Mass Sunday at St. Mary's. The parish council members were leaders with Andy Green and Destiny Schroeder, readers; Del Solko, cross bearer and Tim Rippe, candle bear-

er. The Stations are a form of prayer and for us to use this opportunity to allow Jesus to touch our hearts.

Tom and Myra Sattler, Herndon; David, April and Lauren Sattler, Norton; and Gigi, Jackie and Kale Sattler, McCook, attended the graduation of Dan Sattler in Omaha, Neb., who earned a business degree. On the way to Omaha, they stopped to visit Jerry and Lois Solko in St. Paul, Neb. Before returning home, they went to Smithland, Iowa to visit two of Myra's sisters and their families. Iowa had snow fence post high so it was good to get back to Kansas.

St. Mary's CYO will be serving a St. Patrick's Day benefit breakfast following the 8:30 a.m. Mass on Sunday, March 14. Pancakes, sausage, eggs, coffee and juice will be served. There will also be a silent auction so you can bid on items. Serving will end at 11 a.m. Everyone is welcome!

Guests of Bob and Liane Martin for dinner Saturday evening were Dick and Betty Martin of Wilsonville, Neb.; Bill and Kristen Pump, Leslie and Brenden, Venango, Neb.; and Kirche, Tasha, Kiana and Tristan Martin, Indianola, Neb. They were celebrating the family February birthdays and the 45th wedding anniversary of Dick and Betty. The Kirche Martin family spent the night and attended Mass in Herndon on Sunday with Bob and Liane.

Joan Noble, Cedar Living Center in Oberlin, celebrated her 92nd birthday on Monday with family and residents and staff. Her sons, Rich and Mike Noble of Colorado Springs, Colo., were weekend visitors for a special birthday surprise.

Safari Adventure

By Rev. Doug Hasty

Oberlin-Prairie Chapel Methodist Church

God's Wild Kingdom: Lessons Learned on a Safari (Part 1)

Adam Hamilton is a pastor who has spoken at our Annual Conference several times, and I would like to share some thoughts from his Safari adventures in Africa.

Can you imagine with me the thrill of seeing wild animals while on a safari in Africa? You might see lions, elephants, hyenas, rhinos, giraffes, zebras, gazelles, hippos, cheaters, monkeys, birds of so many colors, and I could go on. Have you ever thought of God having a wild kingdom (and it's not always tame)? God made each one of us with a yearning for adventure; He also gave us a yearning for a life of easy and comfort. Some how a lot of us in America seem to have a stronger sense of a yearning for comfort and a life of convenience. We sometimes acknowledge our yearning for adventure in the way we get wrapped up in sports or go see a scary movie. But I believe God has a different purpose for our adventure.

There are three things I want us to consider, you were meant to live in God's Wild Kingdom: One, Life is journey—who are you following? Two, you have to pay attention. Three, are you willing to leave your comfort zone (you have to leave the paved road on your safari)?

In Genesis chapter 2 we are told that God walked with Adam and Eve in the cool of the afternoon. Can you imagine the boat ride Noah had as it rained for 40 days and nights? What about when God called Abra-

ham to leave his country and follow him? Much of the Old Testament is about the Israelites taking their own journey—walking down a path that leads them into trouble then they cry out to God to help them. God steps in and helps them get back to the right path. Or come long with Peter and Andrew when Jesus told them to leave their nets and follow him? Do you want more adventure in your life, then take Jesus seriously when he says, "Come follow me!"

When you are on a safari you have to pay attention. The animals are wild, there is the possibility of real danger. So you are on a journey and you have decided to follow the Lord, how do you know where He wants you to go? How do you know what mission or project He wants you to take on? Well as Christians we listen to God by reading the Bible and we pray. We have to pay attention or we might miss something important, or we might get on the wrong path. The adventure is found in saying "yes" to God. You have to pay attention or you will miss God's call.

Are you willing to leave the tar road on your safari? Some of the neatest things are only seen far away from the paved road. There is an element of thrill and adventure in taking a risk. Taking a risk is part of the journey. It is not easy following Jesus. Jesus said, "If anyone would come after me, he must deny himself and take up his cross and follow me." Matthew 16:24 It is not easy to follow Jesus, but this is the kind of life that leads to a richness, of joy, and love and peace. I pray that you will hear God's Spirit calling you to

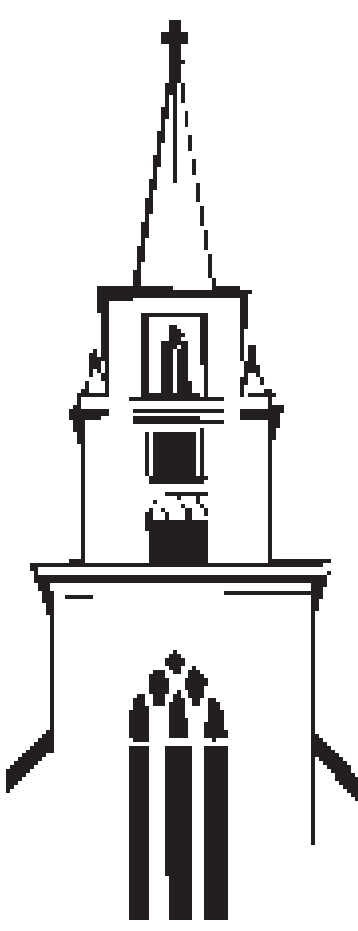


Schedule of Oberlin and area church services:

- 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**
Pastor: Barbara Patterson
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 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, 10:00 a.m.; Fellowship and coffee time; 10:30 a.m. The "no sermon" worship hour with the Lords Supper and Adventures With God open bible Study; TUESDAY: Ladies Bible Study, 9 a.m.
- ST. MARY'S CATHOLIC, HERNDON**
Fr. Stephen Folorunso
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.
- HERNDON COVENANT CHURCH**
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Youth Group, 4 p.m.
- NORCATUR 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
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



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