

Norcatour News

By the Norcatour News Committee

After a few postponements, the Norcatour Royal Neighbors gathered at the Norcatour City Hall Friday, Feb. 10, 2010, for their belated Christmas dinner. There were 20 people who enjoyed the meal prepared by Jerry and Bonnie Wescott. There were guests from Rexford, Wilsonville, McCook camps and friends from Norcatour. The door prize of a stadium blanket was awarded to Joyce Price.

Results of the Texas Hold 'Em Tournament at the Cardinal Bar and Grill on Feb. 27 were Brooks Jackson, first place; Tom Brannan, second; Galen Wentz, third; and Rich Hageman, fourth.

The annual meeting of the Board of Directors of the Norcatour Citizens Alliance was held Feb. 18 at the Cardinal Bar and Grill at 6:30 p.m. Board members present were President Bob Strevey, Vice President Rodney O'Hare, Secretary-Treasurer Denny Leichter, Kristi Gallentine and Troy Wentz. The

treasurer reported that the Alliance distributed \$3,092 in 2009, and has distributed over \$103,000 since its inception. Thanks for using the Norcatour Citizens Alliance.

Happy birthday to Gene Gallentine, March 5; Joye Hill, March 6; Lance Roe, Galen Wentz, March 7; and Betsy Jakowski, March 8.

Results of the pool tournament at the Cardinal Bar and Grill on Wednesday, Feb. 24, were Kendal Fisher, first place; Larry Lively, second; Stan Miller, third; and Jamie Miller, fourth.

Results of the dart tourney at the Cardinal Bar and Grill on Wednesday, Feb. 24, were: Game 1 - Alice Barnett, first place; Patty Stapp, second; and Kristi Gallentine, third. Game 2 - Kristi Gallentine, first; Patty Stapp, second; and Alice Barnett, third.

Barry Molzahn and Dennis Molzahn, Independence, Mo., and Cathy Claussen have been recent visitors of Fred Molzahn and Beth

Johnson.

Randy Allen came through his surgery and mail will reach him at St. Joseph's Hospital, Rm. 812, Bed 1, 1830 Franklin St., Denver, Co., 80218.

Helen McVay moved to an assisted living center on Monday, March 1. She has been recovering and doing rehabilitation since early January from kyphoplasty surgery on her back on Jan. 14. Other than that, she has been feeling good and continuing to do physical therapy on her knee. Last week she had a little taste of Kansas when it snowed for about two minutes in San Antonio.

You can reach Helen McVay at (785) 202-0403, or write to her at Emeritus at Woodbridge Estate, 9505 Fredericksburg Rd., Apt. 7, San Antonio, Texas, 78240.

Rea and Dee Magers took the 3:45 a.m. train from McCook to Denver on Feb. 20. Bob and Cheri Pomeroy picked them up at the depot. Later in the day, Bob had a severe attack of kidney stones, so their plans for a 30th birthday party for Zach had to be put on hold. Bob was hospitalized for three days and is doing much better. Rea and Dee's grandson, Zach, took them to Union Station and they arrived back in McCook Wednesday afternoon.

After church on Sunday, Bee Nelson, Dorothy Ward and Beth Sebaugh had chinese food in Norton, accompanied by Bob Schoenrad, and they stopped to pick up Frank Ward at Whispering Pines. Wava Reames was a little under the weather, so decided to stay home.

Keep your health and wealth



Home Time

By Tranda Watts
Multi-county Extension Agent

Want to save money AND be good to your heart? Here are some tips on how to do just that.

High on Fiber... Low on Cost. Did you know that adults are advised to eat 25 grams of dietary fiber each day? Fact: the average adult in the U.S. eats just 11 grams of fiber each day, less than half the amount recommended. Dietary fiber provides many benefits, including lower cholesterol levels and improved heart health. Here are three foods that would be easy to add to your family diet to increase fiber intake. They're both tasty and inexpensive.

Oatmeal. At just seven cents per half cup serving, a bowl of old-fashioned oatmeal provides 4 grams of dietary fiber. Add fruit or nuts (or both) for even more heart friendly nutrition!

Apples. They're a perfect on-the-go snack, for less than 85 cents a serving. Naturally portable, one apple provides about three grams of dietary fiber.

Beans. Black beans, kidney beans, pinto beans... take your pick! Not only are these nutritional powerhouses full of dietary fiber (about six grams in half cup), beans also are very economical sources of protein. Canned varieties cost about 23 cents per serving, and the ones that you home-cook from dry are even less expensive. Keep cooked beans on hand to make quick dinners and to pack into brown bag lunches. Three cups of beans a week are recommended for adults.

Make Less Meat meals. Meats are usually the most expensive por-

tion of a meal. Most adults eat more than the five to seven ounces they need each day of cooked protein-rich foods. To stretch your food dollars, use smaller portions of red meats and poultry, and add plenty of vegetables, fruits and grains to the dish. For instance, think eggplant lasagna or a hearty stew with vegetables, rice, beans and meat or poultry.

Eat In and Cash In. Each adult in the U.S. buys a meal or a snack from a restaurant 5.8 times per week, on average, according to the National Restaurant Association. The costs for those can add up fast! These habits are mostly at your health's expense, though, since foods eaten

away from home typically are high in calories, sodium and unhealthy saturated and trans fats.

What to do? Limit the number of times you eat out. Instead, enjoy a heart-healthy meal at home featuring fruits, vegetables, whole grains, lean protein and low-fat dairy foods. Your family's hearts and wallet will benefit.

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

I taught my dog to use the dictionary.

Before you say, "Oh yeah!" let me explain. As she is knee-high to a grasshopper, and has a habit of jumping on my lap, and is beginning to show her age; she hesitates to jump, but sits and begs to be lifted up.

I, who am also showing my age, had a cataract removed, and have instructions not to lift and not to stoop over. The only thing handy large enough for a step were my big dictionaries, which I scooted over in front of my chair.

With a little help, she learned to use "the step." But what will I do when I need to look up something, as the dictionary is as heavy as she is? Oh, well. I won't be a wimp forever. My eye is fine, and this page looks so bright, it's amazing! I'm to have the other one done within a month.

Margaret "Toots" Magers was visited by her daughters, Jane Engelhardt and Judy and Charlie Easton, and also Pam and Mike Hornung on Saturday. She, Kathy Van Meter and Joyce Sumner will meet Coleen Rippe at the Good Samaritan Center for Pinochle Monday.

Keith Anthony is in the Decatur County Hospital. We hope he will be better soon.

The First State Bank of Holbrook,

Neb., sponsored Kathy Van Meter to their "Women in Agriculture" Conference in Kearney on Thursday and Friday. Over 300 women were entertained with workshops, speakers and lots of food.

Congratulations to Kathy Van Meter who received news Monday of the birth of her fourth great-grandson, Jamey, son of Brian and Maria Joplin of Garden Plain. He is 7 pounds, 3 ounces and 20 inches long. Jack and Sylvia Lovin are grandparents.

June Jolly's family had a reunion in Kearney, Neb., Saturday and Sunday. Thirty people got together for visiting, picture taking, shopping and a hockey game. She encountered thick fog around Arapahoe on the way home.

The Wood home was full of love and fun on Sunday, nearly half the guests five years and under. Hester Bundrock and sons, Cohen and Cruise, came from Fort Collins, Colo.; her twin sister, Hannah Jirak and sons Landon and Layton from Blanchard, Okla., met at Stockton on Friday and came here on Sunday. Other family members here to visit were Carol and John Moyer of Oberlin; Sandy McNames of Grinnell; Dwight and Teresa Wood of McCook; and Adrienne Vacura and daughters Kiley and Skylar of Oberlin.

God's Wild Kingdom (Part 2)

By the Rev. Doug Hasty,

United Methodist Churches, Oberlin, Prairie Chapel

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.

In God's wild kingdom there are lessons that we can learn about our spiritual life from the wild animals. Now when you go on a safari it helps to have a good guide. The guide is there to help you see as many wild animals in their natural habitat as possible; all the while keeping you safe and protected. As we consider the lessons we can learn from the wild animals I want to ask three questions: One, where is your watering hole? Two, what are you feeding your soul? Three, who is in your herd?

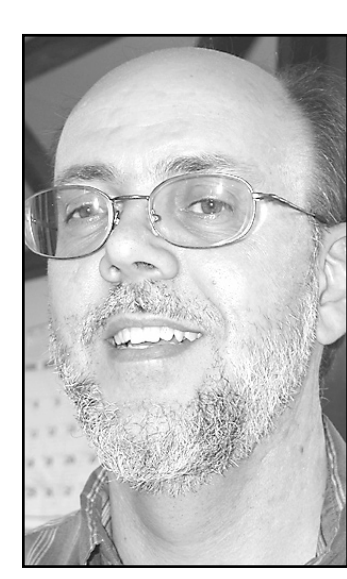
A good guide knows that all of God's creatures need to drink water daily. So your guide will take your tourvan and park near a watering hole. You don't have to go looking for wild animals if you wait long enough they will all come to drink. Now in an hour's time you might see 15 or more different species come to drink. So let's think of the diversity in the church as different species and the worship hour is God's watering hole. As humans we don't only need to drink from the fellowship we have in God and with his people but we physically need water. Our bodies are made up of nearly 60 percent water and our brains are made up of over 70 percent water. It is essential that we have water every day. The Bible uses water as a symbol

for spiritual water that we need that comes from God. The challenge is to drink the clear, clean fresh water that comes from God, not the tainted murky water that comes from the world.

Someone will ask, how can I drink this spiritual water, the living water that comes from God? There are two primary spiritual disciplines that help us drink God's life giving water. First is prayer; a prayer life that builds a personal relationship with God. A prayer life where you can pour out the depths of your soul to God and then you listen as God picks you up and fills you with hope, and responds in love. Second, is gathering each week with God's people in worship. Worship that let's us give praise to God, and speaks of our love, a worship where God's word can teach and correct and point out to us how to live in God's kingdom. Without these two spiritual disciplines in our lives we will become spiritually dehydrated, we won't think clearly, we will be slow to respond to temptations, we will be a target for the lion that prowls around ready to devour us. To be healthy it is essential to pray daily, and it is equally essential that we gather together for worship at least once every seven days!

I hope you are getting some insight from this journey on safari.

Grace & Peace to you



Midway News

By MaryLou Olson

Sympathy is extended to the family of Michael Thompson, 27, who died Feb. 18 in Wichita. His mother is the former Christina Hanson, daughter of the late Clarence and Anne (Henningsen) Hanson of this community. Memorial services were held March 1 at the Trinity Lutheran Church in Colby with inurnment at the Fairview Cemetery in Atwood.

Covenant Women met Saturday the Herndon Covenant Church for a Rip and Roll Day for missionaries. Breakfast was served by the officers.

Larry and Deb Marks, Amalia, Joe and Amber of Mulvane were recent houseguests of Bob and Sally Olson. They came to attend funeral services for his sister, Mary Kirk, who died Feb. 16 in Olathe. Services were held on Feb. 22 at Sacred Heart Church in Atwood.

Judy Thoren came Saturday to visit her uncle and aunt, Frank and Margaret McEvoy. Additional guests to visit her Saturday evening

were Alan and Pat Erickson, Colby; Dawn Beckman and children, Grinnell; Lonnie and Mary McEvoy and Shane, Stan McEvoy, Tammy Sporn and Phil Erickson. She is a missionary to Afghanistan, but is on furlough for a year and is spending the time with her parents, Harold and Mary Thoren, and her brother, Jon and family in Del Rey, Calif.

Word has been received from Dale and Mary Ann (Benda) Bishop of Lincoln, Mont., that their daughter and family, Susan and Manuel Arblaca and three daughters, of Quillon, Chili, are safe after the earthquake. They are serving there as missionaries. Susan is a granddaughter of Dolores Benda.

Steve and Arian Arnold returned home Sunday after visiting the past week with Mike and Nione Rhodin at Loveland, Colo., and relatives in the Boulder area.

Scott Olson of Celina, Texas, visited a few days recently with his grandparents, Bob and Sally Olson.

Mount Pleasant News

By Dianne Bremer

Jessica Bremer was tapped Thursday evening as an inductee to Mortar Board, a national college senior honor society which recognizes college seniors for their superior achievement in scholarship, leadership, and service. She will be inducted into the Washburn University Ichabod Chapter of Mortar Board in April. The three Greek letters, Pi, Sigma, Alpha, signify the Mortar Board motto of service, scholarship, and leadership.

Hunter Nedland placed first in Extremporaneous Speaking, Elizabeth Nedland competed in Poetry

and Individual Duet Acting (IDA), and the Decatur Community High School speech team placed second in the Atwood Forensics tournament on Saturday.

Gerald and Connie Olson returned home Sunday evening after spending a few days visiting Stean Olson, Hays; Kelly Olson, Manhattan; and Gerald's sister and husband, Bob and Janice Baer, Topeka.

John and Dianne Bremer were Friday evening dinner guests of Kristen Bremer and Dwayne Bray of Colby at an area restaurant to celebrate John's birthday.

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

- 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..

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