

# Norcatour News

By the Norcatour News Committee

Marjorie Prince of Liberty, Mo. came Sept. 30 to visit her mother, Arlene Hix and her brother, Gail Bailey and family. Scott, Tiffany, Dakota and Austin Spencer of Kearney, Mo. spent the weekend of Oct. 1, visiting Mrs. Hix and the Gail Bailey family.

Beth Sebaugh and Dorothy Ward accompanied Bee Nelson to Norton Sunday, Oct. 3, for Sunday dinner at the American Legion.

The Norcatour United Methodist church plans to hold its bazaar and soup supper on Saturday, Oct. 25 starting at 5 p.m. An auction will follow at 7 p.m.

Wava Reames is recuperating after having the flu for two weeks.

Word was received of the death of Lola Nicholson Grill on Sept. 29, 2010. She was the daughter of

Hazel R. and Bessie L. Brown and was born April 13, 1919, in Devises in Norton County. She married Clifford Nichols on March 12, 1935, in Oberlin and they moved to Oregon in 1948. After his death, she married Arnold Grill.

She is survived by a brother, Vernon and Lois Wycoff and families, Papillion, Neb.; daughters, Nadine and Jim Barker, Lebanon, Ore.; Elaine and Earl Harcrow, Sweet Home, Ore.; and Rita and Ted Holder, Cottage Grove, Ore.; a son, Everett and Pat Nicholson, Salem, Ore.; and a step-son, Ronald and Lee Grill and families, Sweet Home, Ore. Funeral services were held Monday, Oct. 4, at Sweet Home Church of Christ with burial at Gilliland Cemetery in Sweet Home.

Thirteen senior citizens met on

Oct. 1 to play cards at the Educational building! Winners were Gary Anthony, Virgil Price and Arlene Hix. We were happy to have Arlene Hix's daughter come and join us and Pastor Woods who stopped for a friendly chat. The next meeting will be at 1:30 p.m. Friday.

Happy Birthday to: Rebecca Wentz, Oct. 8; Robert Dickey, Oct. 11; Larry Sumner, Oct. 13.

Happy anniversary to: Elden and Marilou Long, Oct. 6; Jim and Carolyn Plotts, Oct. 8.

Alice Rubendall Anderson called to say Franklin, Neb., had the Vietnam Veterans Moving Wall, recently, and that she was really impressed. Her brother, John was in Vietnam, so they took him to see the wall.

# Reducing the size of recipes



## Home Time

By Tranda Watts  
Multi-county Extension Agent

If you are a young single or if your family has downsized to two people again, you may be thinking about how to downsize some of the old family recipes that would feed an army or at least a larger family. Many, but not all, recipes can be downsized successfully. Here are some guidelines that will make the adaptations more successful.

- It may be easier to make the entire recipe for baked goods and freeze half.
- When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.

- The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use two tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.
- A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe, use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a

different pan size, try and keep the depth of food the same. Reduce the oven temperature by 25 degrees F. When substituting a glass pan for a metal one.

- Two Web sites that let you adjust their recipes to smaller serving sizes are:

- www.mealsforyou.com, and www.allrecipes.com

- To help divide recipes, remember:

- 1 cup = 16 Tablespoons
- 1 Tablespoon = 3 teaspoons
- 1 cup = 8 fluid ounces
- 1 fluid ounce = 2 tablespoons
- 1 pound = 16 ounces (weight)
- 1 pint = 2 cups

- 2 pints = 1 quart
- 4 quarts = 1 gallon

If you have questions about similar subject matter, please feel free to contact your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

Tranda Watts is 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@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

## Lyle News

By Veda Woods

Oops! Changes are in order! Last week we said the Lyle Community Fund program/party would be Oct. 23. Then we heard that is the day set for the Norcatour Methodist Church Bazaar, so the date has been changed to Oct. 30 and it will be a Halloween party. Dress for Halloween if you like and expect a good time. We will have potluck at 6 p.m., followed by entertainment by "whosoever will."

June Jolly intended to help sew last Tuesday, but got really sick in the night. Her daughter came and stayed with her awhile, until they felt that she would be all right. She came to Norcatour for pitch on Friday, back to McCook for more cards

in the evening, and to Norton with Toots Magers on Sunday evening. On Saturday, she took Dean and Rhonda Jolly and Jim and Shawn Goliham, all of Lebanon, Neb. to the cafe in Beaver City.

Kathy Van Meter celebrated her 60th class reunion at the Hoxie Homecoming. They have lost 15 out of 36 graduates of the class of 1950. She and Lloyd Frandsen rode on the float in the parade, had lunch at the 4-H building, and watched the program for the 25th and 50th year classes in the library. She was honored with the 12 from her class. They toured the town of Tasco and visited Larry and Irene Cressler at their log cabin, and had their picture

taken with a Model T truck, which actually runs. On Sunday they visited the new hospital in Cambridge, Neb., heard speakers and became acquainted with the facility.

Elden Huff reported to Margaret Magers that his dad, Earnest is doing much better, and is walking some.

My daughter, Carol, set up a new computer for me on Friday, so if I goof-up it won't be the computer's fault. They say, "Live and Learn." The trouble is, I forget faster than I learn.

## Decatur Health Systems

By Othelia Vacura

Everyone is invited to the open house for the new Family Practice Clinic from 2 to 4 p.m. on Sunday.

The clinic is in the Specialty Clinic Annex of the Decatur County Hospital. Come and get acquainted with Dr. Leslie Dally and the clinic staff.

Cheryl Timm from the physical therapy department reports that

the Decatur Health Systems-Care for Your Heart program is nearing the goal of losing 1,000 pounds in 2010.

Participants work with a partner for encouragement. The pair with

the greatest percentage of weight loss for each 12-week session wins the cash collected from sign-up fees and fines for weight gains.



## Midway News

By Mary Lou Olson

Sympathy is extended to the family of LaVern Holle, 80, of Agra, who died Oct. 3 at the Nebraska Medical Center in Omaha. He was a native of Rawlins County.

Survivors include his wife, the former Carolyn Soderlund, Agra; and a daughter, Jean Ann and Stan Wagner, Eric and Kristin, Phillipsburg. Funeral services were held Thursday morning at the St. John's Lutheran Church in Kensington with burial at the Agra Cemetery.

Among those who attended the services were Larry Holle, Kevin Holle, Kent Holle, Orrin and Beth Holle, Henry, Eli and Maggie, Shelly and Cheryl Holle, Keith

and Mary Lou Olson and Frank and Margaret McEvoy. The McEvoy's spent the afternoon visiting Joe and Joan Thummel and Mary McClure in Phillipsburg.

Curtis and Dawnelle Heim, Karli, Kelsi and Christopher, and friend, Mike, of Tucson, Ariz., and Clint Schmidt of Denver are visiting Chris and Sherri Schmidt, Daisy Schmidt and other relatives.

Mary Rachel Olson of Manhattan spent the weekend with her parents, Mark and Barbara Olson. Additional Sunday dinner guests were Keith and Mary Lou Olson to help Keith celebrate his birthday.

## Rexford News

By Vicki Allison

"May the Spirit of the Prairie Live On" was the title of the 125th Birthday Celebration of Thomas County on Saturday at the Colby Community Building.

The committee planned an excellent program for all Thomas County residents. Rexford Mayor Dennis Allison and Postmaster Mary Withers were recognized during the assembly, along with other elected officials and county workers. Linda Garrett was part of the revue of past and present, portraying the historical figure Mary Hay.

A special thank you to the Rexford Lions Club members, Delores, Darrel, Darla and DeAnn Dible, and Mary Luna for preparing the excellent and tasty barbecue meal to feed everyone.

Rexford is a giving and forgiving community as we all work toward fostering the same prairie spirit as our ancestors did 125 years ago.

The community was saddened on hearing news of the passing of Darrel Leh on Oct. 8 at Hays Medi-

cal Center. Heartfelt condolences to Marjorie and the family.

I enjoyed playing bingo with the other 10 attending the second bingo event at the Red Barn on Saturday evening. Thank you, Vesta Roth, for being the caller.

If you're interested in joining the Book Club held at the Red Barn the first Tuesday of the month, contact Gail Williams.

Happy Birthday to Ron Dible, who celebrated on Oct. 11.

Golden Plains Middle School and High School activities for the week: Tuesday, Lady Bulldogs volleyball with Logan/Norton at Logan, 4 p.m.; Thursday, Middle School volleyball and football with Triplains/Brewster at Rexford, 4 and 5:30; Friday, football with Wallace County at Rexford, 7 p.m.. Golden Plains Class of 2011 will be recognized along with parents during a Senior Night activity during half time of the football game.

Until next time, make your week memorable.

## Mount Pleasant News

By Dianne Bremer

Jay and Becky Tate, Dakota, Mollie, and Grace were Wednesday evening visitors of John and Edith Tate, enjoying supper and birthday cake in honor of Mollie's 10th birthday which was Oct. 4.

Alfred Euhus, Centennial, Colo., was a weekend guest of his brother, Dennis Euhus.

Colleen Rittmann, Christian and Rieley, Shawnee, arrived Friday to enjoy the Decatur Community High School Homecoming activities and returned home on Sunday. They were weekend guests of her parents, Ralph and Norma Unger.

Lois Larson was honored on her birthday Saturday night with a supper at the home of Norman and Joanne Wendelin. Also helping her celebrate were Wayne Larson,

Brad Larson, and Jay and Suzanne Cooper, Wichita.

Weekend guests of Gaylord and Shirley Shields were Brett and Ali Shields, Sam and Levi, Harlan, Iowa; and Mike Shields, Omaha. Additional Saturday evening dinner guests at the Shields home were Paul and Kelly Shields and Caitlin.

Jaron and Tara Tate, Hot Springs, Ark., were among 45,000 runners in the 33rd Chicago Marathon on Sunday. Jaron ran the 26.2 mile race in 4 hours and 23 minutes, and Tara ran it in 4 hours, and 59 minutes. Jaron is the son of John and Edith Tate of Oberlin.



## An Intrusive God! By Pastor John L. Paulson

After God led the Israelites out into the desert, He interjected Himself into their lives. They soon learned that God had requirements of them and demands upon their lives. Deut. 10:12-13 NLT states, "And now, Israel, what does the Lord your God require of you? He requires you to fear him, to live according to his will, to love and worship him with all your heart and soul, and to obey the Lord's commands and laws that I am giving you today for your own good."

Then like now, people react to God in one of two ways. Most reject God's intrusion on their lives and work hard to live lives on their own terms. The Book of Romans tells us that the wages for a life of sin is death. (Romans 6:23) God allows us to live life this way but will not bless it with Spiritual fruit. Life lived on our own terms is doomed. Life lived on our own terms is doomed to be ordinary, mundane, spiraling ever downward and always lacking true peace, satisfaction or accomplishment.

Neither wealth nor fame nor success can bridge the gap between this life and the next. Without God, life becomes a race against my fellow man. Whether your struggle is finding your next meal or how to finagle some land away from your neighbor, without God this race only leads to the finality of death and the reality that I can do nothing to put death off even

one day. Jesus made it clearly known to us that unless sin is forgiven and taken away, you will die in your sins. If you die in your sins, you will be buried in your sins. If you are buried in your sins, you will be raised up to face God on the Throne of Judgment in your sins. If you face the Judgment Throne of God while still in your sins, you will receive the sentence of Eternal Damnation.

The only other way people react to an intrusive God is to surrender their lives to Him entirely. Many try to find a middle ground but there is none. Belief in God is an all or none proposition. If you are ready to yield to an intrusive God then take note of Romans 6:23 in its entirety. Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."

In Matthew 16:24-26 NLT, Jesus said to the disciples, "If any of you wants to be my follower, you must put aside your selfish ambition, shoulder your cross, and follow me. If you try to keep your life for yourself, you will lose it. But if you give up your life for me, you will find true life. And how do you benefit if you gain the whole world but lose your own soul in the process? Is anything worth more than your soul?"

Jesus Christ is the intrusive God. Are you putting him off or telling Him, "I surrender all?"



## Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 Fr. Mark Berland, MASS: 10:30 a.m., Sunday</p>	<p><b>OBERLIN UNITED METHODIST</b> 102 North Cass — 785-475-3067 The Rev. Linda Willey SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.</p>	<p><b>LYLE UNITED METHODIST</b> Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 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.</p>
<p><b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b> Fr. Mark Berland, MASS: 8 a.m., Sunday.</p>	<p><b>CLAYTON UNITED METHODIST</b> Pastor, Ed Woods Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> 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.</p>	
<p><b>SACRED HEART CATHOLIC, SELDEN</b> Fr. Mark Berland, MASS: 5:30 p.m., Saturday</p>	<p><b>OBERLIN ASSEMBLY OF GOD</b> 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.</p>	<p><b>LUND COVENANT CHURCH</b> 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.</p>	
<p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b> Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. DRESDEN SUNDAY: Morning Worship, 9:30 a.m.</p>	<p><b>OBERLIN CHURCH OF CHRIST</b> South Beaver Street - Oberlin Bill Duncan — Phone 785-475-3259 SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 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..</p>	
<p><b>PRAIRIE CHAPEL UNITED METHODIST</b> The Rev. Linda Willey SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p><b>ST. MARY'S CATHOLIC, HERNDON</b> Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p>		
<p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p><b>HERNDON COVENANT CHURCH</b> Pastor: Keith Reuther Phone 785-322-5316 SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p>		
<p><b>UNITED CHURCH OF OBERLIN</b> 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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p>	<p><b>NORCATOUR UNITED METHODIST</b> Pastor, Ed Woods Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>		
<p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> Pastor: Gene Gee SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,</p>			

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