

Norcatour News

By the Norcatour News Committee

The Toney Brothers, a gospel music quartet, will be at the Kensington United Church at 7 p.m. on Friday, March 18. Organized in 1955, the original group consisted of the actual Toney brothers. Quickly, they became known for their smooth harmony and professional presentation.

Results of the pool tournament held at the Cardinal Bar and Grill on March 2: first, Stan Miller, second Don Relaford.

Denny Leichter has made many trips to Denver in the last six weeks. Vene and Phyllis had requested to move to a retirement apartment. Very unexpectedly, Phyllis died on March 1. Vene plans to move among Debbie in Pueblo, Colo., Denny, and Darcy in Parker, Colo., starting with Debbie on March 5. 2011. Debbie's daughter Kami, a full time missionary stationed in Atlanta, Ga., was able to be here a few days in between trips to Germany and Nepal. Denny's daughter Stacey returned to Colo-

rado in between Columbia, South America and Australia. Phyllis was thrilled to see and hold Jake's new daughter, Abby Ruth when she was 10 days old about two weeks ago. Their fifteenth great-grandchild is due in June.

The Postal Service and U.S. Postal Inspection Service joined other local, state and federal government agencies and consumer protection organizations nationwide for National Consumer Protection Week March 6-12. The purpose is to help educate consumers about identity theft and fraudulent schemes. The post office in Norcatour has available two free booklets. Please stop by and pick up a copy of each. One concerns Identity Theft and the other gives you seven practices for safer computing.

Wava Reames had lunch with her dad, Frank Ward, on Wednesday at the Hidden Dragon. Frank Ward picked up son Leslie to attend the annual Methodist pancake feed Sunday evening. Judy Carol Ritter,

wife of retired elder Rev. Robert Ritter, died Jan. 5, 2011. Memorial service was held on Jan. 7 at the Oakley Chapel of the United Methodist Church in Rogers, Ark. Her husband served the church in Norcatour in 1976 for three months during the Bicentennial of the United States' 200th birthday. Survivors include her husband; a son, Chris Ritter; a daughter, Ellisa Roberson, and a granddaughter.

Happy Birthday to Sharee Dempewolf, March 14, Jason Briener, Jim Plotts, and Max Ward, March 15.

Twelve people attended Senior Citizens on March 4 to play cards. Winners were Al Sedlmayer, Jody Lyon, and Arlene Hix and Veda Woods tied. Come join us at the Methodist Educational Building at 1:30 p.m. Friday. See you there!

Charles and Inez Keller called on Dorothy Ward Wednesday afternoon, March 2. They joined in with the prayer circle for the several people who are facing difficulties.

Celebrating its 10th year, a fitness challenge program that encourages health-promoting physical activity seems to be a winner, even for couch potatoes. Or, should we say "former couch potatoes?"

The low-cost program idea was developed to encourage an increasingly sedentary population to get up and move toward a more healthful lifestyle.

As a fitness challenge, Walk Kansas invites friends, neighbors, family and co-workers to form teams of six to cover the equivalent of the 423-mile distance from Kansas' east to west borders during the eight-week program.

The goal is to encourage at least 30 minutes of aerobic heart-healthy physical activity five or more days a week (150 minutes per week).

In reviewing 1,950 surveys from the more than 18,000 Walk Kansas, 2010 participants, 98 percent of program participants completing the survey met their goal.

Seventy-three percent of program participants completing the survey reported feeling confident that they would continue 150 minutes of aerobic exercise weekly; 40 percent reported adding strength training exercises to their routine, and, with thanks to encouragement from the program, 80 percent reported eating more health-promoting fruits and vegetables than prior to enrolling in the fitness challenge.

Survey results from participants also indicated:

- 65 percent of the participants reported increased energy;
- 49 percent reported a better (or more optimistic) attitude;
- 41 percent reported improved sleep;
- 41 percent also reported weight



Home Time

By Tranda Watts
Regional Extension Agent

- loss;
- 40 percent reported increased muscle strength;
 - 30 percent reported increased flexibility;
 - 30 percent reported being better able to handle stress;
 - 14 percent reported lowering blood pressure;
 - 8 percent reported lower levels of blood cholesterol and
 - 6 percent reported being more able to manage diabetes.

Although initially developed to encourage walking, the program has been gradually expanded to include a variety of health-promoting exercise. Swimming, bicycling, playing tennis, pushing a lawnmower and hiking are examples.

Walk Kansas, 2011 is scheduled

March 13-May 7; costs for the fitness program are \$7.00 per person plus \$6.00 for an optional t-shirt. If you haven't signed up yet for Walk Kansas, why not? It's not too late. Just stop by the Extension Office and get involved in Walk Kansas 2011.

Questions? Contact your local K-State Research and Extension Office or e-mail twatts@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 twatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Herndon News

By Julie Hafner

Dave and Judy Ketterl, Herndon, traveled to Hays on Friday and visited with Frank Cox and Ed and Georgia Moore.

The Herndon area extends sympathy to the family of Alicia Burkhalter Rippe who passed away Saturday, March 12, 2011, surrounded by her loving family. The Lord called her home after a very courageous battle with cancer. Mass of Christian Burial is today at St. Mary's Catholic Church in Herndon. Rosary was held Tuesday evening and burial is at St. Mary's Cemetery. Dinner followed at St. Mary's Hall in Herndon.

Lenten Stations of the Cross followed Mass at St. Mary's on Sunday. Readers were Marcus Portschy and Jessica Riener; Audrey Basgall, Cross-Bearer and Ceanne Schroeder, Candle Server.

Family and friends at Herndon congratulate Hattie Toth, Atwood, on celebrating this special 100th birthday on March 18, 2011. Open house will be held Sunday, March 20, at the P.D.C. Room in Atwood from 2 p.m. to 4 p.m., hosted by her children, Eda Allen, Shirley Williams and J.B. Toth.

Ron and Cindy Sattler spent Sunday in Hays with Chase, Dana, Payton and Paycie Juenemann. They celebrated by dining together and enjoyed the Mickey Mouse birthday cupcakes that Payton picked out for

her mother.

Plan to attend the Annual CYO St. Patrick's Day Breakfast at St. Mary's on Sunday, March 20. Serving will be from 9:30 a.m. to 11 a.m. There will also be a silent auction. Proceeds will go toward funds to attend the National Catholic Youth Conference in Indianapolis, Ind., in November 2011.

Grandma Rita Marintzer, Great-Grandpa Pete and Great-Grandma Leen Portschy traveled to Westmoreland on Friday to pick up grandson, Kade. Kade enjoyed seeing Grandpa Greg's baby calves. Justin and Lori cooked supper for the Marintzers Friday evening and Saturday Isaac joined the group playing with Kade and checking out all the farm animals. Greg, Rita and Uncle Joe took Kade home on Sunday and ate supper with Tara and Jacob before returning home Sunday evening.

Julie's Memory Joggers
Herndon Nonpareil
August 21, 1913

Joe Hutfles, wife and little son left Monday evening for a several weeks vacation. They will visit John Hutfles and family at Kelly, Kan. and will spend a few days with Mrs. Hutfles's mother at Topeka, Kan. and will probably visit Steve Solko and family in Hartington, Neb. before returning home. Mr. and Mrs. Hutfles are hard working people and

have justly earned a several weeks outing and pleasure trip.

Mrs. C.W. Kirchner and father Nicholas Wahrman returned Monday from a several days visit at Crete and Germantown, Neb.

Bennie and Paul Barenberg arrived here Tuesday from Wild Horse, Colo. The boys say it is very dry in that country.

Leo's Sharpening

(620) 629 5499 leos.sharpening@yahoo.com

will be in OBERLIN

"LOOK FOR THE RED CABOOSE"

next to Southwest Implement

Monday, March 21, 9 a.m. to 5 p.m.

Tuesday, March 22, 9 a.m. to 2 p.m.

SHARPENING CARBIDES, PLANER
BLADES AND MOST ITEMS FOR HOUSEHOLD,
WORKSHOP AND GARDEN

SERVICE WHILE YOU WAIT



"The Easter Vigil: The Second Story"

The Rev. Charlotte Strecker-Baseler, Faith Lutheran

This month my meditations are focused on the stories from The Easter Vigil worship service. The early Christians gathered together the night before Easter in hopeful expectation of the celebration of the Resurrection of Our Lord Jesus Christ. This worship service usually lasted at least two hours. Stories recalling the powerful deeds of God were read. Last week I focused on the first story, The Creation Story; this week the second story, The Flood, is told from Genesis chapters 7, 8 and 9.

The Flood story is a story of faithfulness of God to God's original plan for humanity. It is a story of one faithful family that could carry on the thread of history called humanity. It is a beautiful story with animals coming two by two into the ark. It is a story full of promise for good things.

God is love. We understand that in the Flood story God is about love and the love for the creatures God created. In this marvelous story, God acts out of love. God relates to us in love. God is our perfect loving parent.

God destroyed the earth by flood not because God demanded perfection. Rather we can best understand this profound story in realizing that God as Creator was crying tears of frustration because humanity misused their free will. Humanity had become completely ungodly as they turned their backs on God and moved as far away as possible from God's intended creation. Their sinfulness was so horrible that God could only "start over" with this project. God created us in the image of God, not to become evil and demonic, full of sin and hate; rather, God hoped that

God's creatures would be an image or a reflection of God's love and goodness. God wanted humanity to relate to one another as God in the Trinity relates to one another: full of love and care for one another, quick to heal and grow and live and be helpful to one another. Those tears that God cried flooded the earth as only a parent's tears could. In order to allow a thread of history to continue among the creatures, God found one and only one family faithful enough to save. Noah and his family were faithful to God's ways and they were blessed to live another day.

In the resurrection of Jesus Christ, the world has been saved from destruction, as pictured in a world-wide flood. The church has likened itself to the ark, its wood to the cross, the flood to baptism, and the dove to the Holy Spirit bringing divine peace.

The story of the Flood is a dramatic telling of God's love and faithfulness to God's plan for us. The flood waters are recalled when we join in the participation of God's faithful family in baptism. We are born into a fallen humanity, but in the waters of baptism we are made clean and brought into the body of Christ, brothers and sisters of Christ by virtue of Christ and his cross and resurrection for us. Washing away our sins, and joining us in fellowship with God through Christ, we learn to live in God's ways as God had ordained from the beginning of time.

Let us love and serve one another as we give thanks for Jesus the Christ, who washed away our sins with his very own blood on the cross, and, who brings new life out of an empty tomb!



Chamber News

By Carolyn Hackney

I am finishing up the information for the April and May table tents. We are starting to do them this time for only two months of events, with the third section a listing of places where tourists might enjoy spending some time.

I will be e-mailing the information to the printer on Thursday morning, so if you know of some event that tourists would be drawn to, please call the office at 475-3441. Leave a message if I am not in the office.

A couple of events coming up this weekend are the KFNF Home Show at The Gateway on Saturday and the Alif Be Khe Trivia Night a 7 p.m. at the American Legion.

I hear the bowling alley is open for business. I have not had the opportunity to try it out, but I'm hoping to some evening this week. I do intend to spend a little time down there and sharpen up my bowling skills. It's

been a long time.

The bowling alley is looking for someone to work from 4 to 8 p.m. on Sundays, Mondays, Tuesdays and Fridays. If interested, please stop in and see Connie here in the BEE Building or call her at 475-2901. This position will begin on March 28, working in the food and drink section.

I will be out of the office on Wednesday, March 16, for a Northwest Kansas Travel meeting in Rexford.

I have mentioned before about "agritourism." I will be putting up some flyers around town with more information about ideas, and also sessions that will be taking place in Colby on Wednesday evenings. I am also working on a packet to have available for anyone who is interested. I hope to have all the literature ready and out by the middle of next week.

Jennings News

By Louise Cressler

Government commodities will be given to eligible persons from 10 a.m. to 11 a.m. on Thursday at 403 S. Pennsylvania in Jennings.

Children's Reading Hour at the Jennings City Library was held on Saturday.

The children learned to look at the author's and illustrator's name. The books were then sorted alphabetically to put on shelves in the back room of the library.

Those attending were: Taylor Wahlmeier, Taryn and Jordan Fleckenstein, Candice, Abe, Sidney and Rayna Taylor. Carla Latimer, librarian, and Bob Jones helped the children sort books. Snacks were served.

Kay and Doyle Brown enjoyed a month visiting with their daughter

Keli and Phil Kleidosty in Kekaha, Hawaii. Bill and Janiece McDowell, Colby went to Hawaii for a week of island hopping with Kay and Doyle. Janiece is Doyle's sister.

Kurt Brown, Millie and Dashiell, Quinter and friend, Joan Moore, McPherson, visited over the weekend with his parents, Doyle and Kay Brown.

City water meters will be read Monday March 21. Please post your reading on door if your meter is inside your house.

The correct birth weight on Nick and Kerri Wahlmeier's baby announcement was 9 pounds, .06 ounces, not 9 pounds, 6 ounces as was printed incorrectly in last week's newspaper.

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, LEOVILLE

Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN

Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

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. Linda Willey
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. Linda Willey

SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST

Pastor: Ed Woods

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: 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.

ST. MARY'S CATHOLIC, HERNDON

Fr. Nick Parker
Phone 785-322-5560

MASS: SUNDAY and THURSDAY 8:30 a.m.

HERNDON COVENANT CHURCH

Pastor: Keith Reuther
Phone 785-322-5316

SUNDAY: 9:45 a.m.

Morning worship, 11 a.m.

Youth group, 4 p.m.

NORCATUR UNITED METHODIST

Pastor: Ed Woods

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

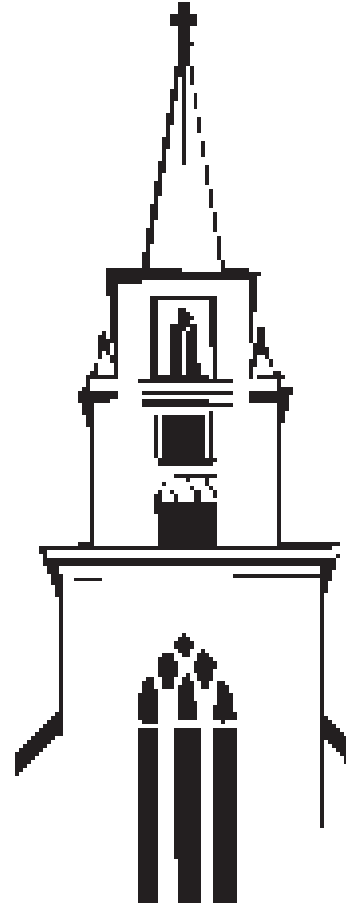
Interim Pastor:

Kevin Schnakenberg

SUNDAY: Sunday School and Bible class, 9:15 a.m.;

Divine Worship Service, 8 a.m.;

Holy Communion: 1st and 3rd Sundays..



Paul's FUNERAL HOMES
A Trusted Name Since 1925.
Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls