

Norcatour News

By the Norcatour News Committee

The Memorial Day service was a very special event this year at the Norcatour Cemetery. It was awesome to have the group of motorcyclists leading the veterans, then standing to the side holding flags during the ceremony. Andrea Spanier sang the National Anthem; Aaron Helm was guest speaker and Anthony Marshall and Nolan Hennngson played "Taps."

Several enjoyed touring the Norcatour Museum over the weekend. It is open from 8 a.m. to noon Monday through Friday or by special arrangements by calling Deb at (785) 693-4461.

Ed Temmel has been hired as the new City Maintenance man in Norcatour.

Memorial weekend guests of Dave and Patty Stapp were Jerrold, Kortney and Kynleigh Poire, Lindsey Couse, Kaitlyn Stapp and Michael Schamberger and Sam Stapp. Marian Dempewolf, Dave and Linda Schliep, Spencer and Addison, and Dewaine Stapp were Saturday afternoon visitors. The men enjoyed fishing and the women had a baby shower for Kynleigh.

Guests at the Stan Miller farm over Memorial weekend were Justine Tuttle and Jade, El Dorado; Mr. and Mrs. Curt DeDonder and Sophia, Topeka; Aimee Applebury, Eli and Karyssa, Colby. They were guests of Mr. and Ms. Gary Miller for lunch on Sunday at the Cardinal Bar and Grill. Additional visitors were Mr. and Mrs. Richard Miller, Mission, Texas; Mr. and Mrs. Steve Miller, Hays, and Mr. and Mrs. Rocky Delano, Wichita. Sophia remained and spent a week with her grandparents.

Rea and Dee Magers accompanied Sherrie Regal to Denver on May 25 and were met by their daughter, Cheri Pomeroy. They visited Dee's sisters, Regina Vivian, Lakewood, and Mary Lou Williams, Littleton. On Friday, they toured the printing company offices of their grandson, Zach Pomeroy. On Friday evening, the Pomeroy's had birthday a barbecue for their grandson, Matt Pomeroy, and Zach's wife, Brenda Pomeroy.

On Monday, Rea and Dee attended Memorial Day services in Lebanon, Neb., with Jeff Magers and Joy Luoto of Ceder Bluffs, then enjoyed lunch at the Veterans of Wars building. Live Big Youth Group meets from 3:30 to 5 p.m. on Sundays with study, games and treats. Bible study begins at 7 p.m. on Mondays.

The Wentz families have been busy with graduations the last

couple of weeks. On May 14, they all went to Hays for Katrina (Wentz) Edgerton's graduation from Fort Hays State. She graduated with honors from the education department. Following the graduation, everyone went on to LaCrosse for a nice reception at Katrina and David's home.

On Sunday, May 22, everyone gathered at Decatur Community High School in Oberlin to watch Carissa Wentz receive her high school diploma. Carissa was named Salutatorian and Jacob Helm was Valedictorian for the Class of 2011. The top two students are from Norcatour pretty impressive!

Helen McVay underwent total knee replacement surgery on May 16. The surgery went well, and she is currently undergoing rehabilitation. Mail can reach her at 9150 Timber Ranch, San Antonio, Texas, 78250.

Mark, Debby and Brandon Ward of Hugo, Colo., came to Norcatour, on May 20, to take Dorothy Ward to Newton to see her grandson, K. J. graduate from Bethel College. Baccalaureate was on Sunday morning, and graduation was in the afternoon. That evening K. J. and wife, Breanna, hosted a lawn barbecue at their home for a large crowd of relatives and friends. Brandon had just completed his first year of college at Grand Junction, Colo.

Birthdays include: Ron Harman, June 4; Colt Gunter, June 5; Twila Forbes and Dennis Wood, June 7, and Pansy Price, June 8.

Happy Anniversary to Darrel and Alice Barnett, June 5.

Roger Beachel arrived on May 25. He has been staying with his brother, Dick Beachel, and visiting family. Roger attended the Memorial Day service and his 50th class reunion. He will be continuing on to Iowa for several weeks to visit his son and family.

David Johnson spent the weekend with Beth Johnson and Fred. He attended Alumni activities in Oberlin. On Saturday night they attended the Alumni banquet at Long Island. He returned to Lenexa Sunday evening.

A weekend guest of Virgil and Joyce Price was her brother, Max Thielbar, of Lincoln, Neb. On Sunday they attended the open house for Alumni of Danbury schools.

Wava Reames had lunch with her dad, Frank Ward, Tuesday noon. On Monday evening she was a supper guest of Les and Lynn Ward. Other guests included were Keith Ward and M. J. Dempewolf, Kaley and Robert Daniel, Frank Ward, Steve

McMurry and Ruby Pflieger. Wava also said she appreciates the efforts made by many to have the cemetery mowed and edged, the flags hung and removed and the flowers placed at the gravesites.

On Friday, Steve and Debbie Obrecht, Kyle and Kathleen Obrecht with Maverick, Mercy, Leila and Cliona, Terry and Darcy Robbins arrived at the Denny Lechlitter farm Vene has been helping there since Easter. On Saturday morning they decorated over 30 graves.

On Saturday afternoon, 78 people attended the memorial service for Phyllis Lechlitter in Clayton, conducted by Kyle Obrecht, then 50 people came to the Lechlitter farm for supper. Included were: Ed and Beverly Morgan, Florida; Rex and Connor Gallentine, Norm and Julie Gallentine, Joel and Tami Shaw and Dante, Oberlin; Dale and Emily Waldo, Salina; Al and Beck Rohr, Colorado Springs; Gene and Kristi Gallentine, Bill LaSalle, Lora and John Ray Arnold Clayton; Richard and Venietta Miller, Texas; Steve and Marva Miller, Hays; Denzil and Joyce Anderson, Belleville; Robert and Karen Brooks, Manhattan; Darrel and Sharon Beins, Wood River, Neb.; Priscilla Lawn Duncan, Aurora, Colo.; Steve and Debbie Obrecht, Pueblo, Colo.; Kyle and Kathleen Obrecht with Maverick, Mercy, Martial, Leila and Cliona, Lakewood Colo.; Brooke Hegerbart with Jonis and Steven, Hilario Tamez and Ginger, Denver; Terry and Darcy Robbins, Parker, Colo.; Trish Brooks and Aunt Lela Brooks and Gary Brooks and LeeAnn and Gavlin, Norton; Ron and Cheri Porter and Craig Eckhart and Jessie Graves, Nebraska.

Following church Sunday, they ate lunch at the Cardinal, and attended the services at the Norcatour Cemetery. Homemade ice cream after supper on Sunday evening was followed by lots of questions put to Lora Arnold about the past.

Decatur Health Systems

By Othelia Vacura

Manager Rhonda Jennings announced this week that the Family Practice Clinic is adding an additional early morning clinic on Tuesdays.

Hours at the clinic will be 7 a.m. to 5 p.m. on Tuesdays and Thursdays, and 9 a.m. to 5 p.m. on Monday, and Friday. The morning clinics have proved to be popular for appointments scheduled before regular work hours, she said.

After visiting the clinic, some patients have received a letter from Medicaid saying that they need to choose a different doctor, but that is

not true. Care at the clinic is covered under both Medicaid and Medicare. This misunderstanding is caused by the slow governmental approval process. A group application for the clinic was submitted several months ago, and we are waiting for the final approval. In the meantime, services will be covered.

The Diabetic Support Group met on Thursday evening. Lisa Votapka presented a program on "Taking a Closer Look at Food Labels." All diabetics and their support persons are invited to attend the next meeting, at 7 p.m. on Thursday, July 7, in

the Specialty Clinic lobby. Seventy-five people took part in the Community Walk in Sappa Park on May 23, postponed from the previous Thursday due to rainy weather. Decatur Health Systems provided refreshments to those who came out, and Decatur County emergency medical technicians did the grilling. The public is encouraged to use Sappa Park's beautiful trails year round for healthy exercise such as walking or biking. A new addition to this year's walk was the 5K Run/Walk, which drew six participants.

Rexford News

By Vicki Allison

The Egypt File--Decoding the Mystery of Life (answersingensis curriculum), was the theme for Vacation Bible School at the Rexford Community Church held the week of May 22 to May 26. There were 41 children, ranging from toddlers to 6th graders, opening files and discovering the truth about life; the wonder of life; eternal life; the value of life; and using your life, because we are made in the image of God.

The children's mission project for the week was to reach a goal of raising \$600 for helping spreading the gospel in North Korea. Their goal was reached by the last day of Vacation Bible School. A gracious

thank you to all staff and helpers for making the program a fun and valuable education for the young in our community. The church looks forward to developing next year's program.

On May 12, Cleda Moeder drove to Shawnee to attend the graduation of her grandson, Taylor Moeder, at James Academy on Friday, May 14. On Sunday evening, May 22, a surprise birthday dinner party was given for Cleda at the Hereford House Restaurant. The celebration included balloons, cake, gifts, and singing Happy Birthday. Cleda returned home May 23. The Red Barn will again have their

Spuds 'n Splits, (baked potato bar and ice cream sundaes), at 6:30 p.m. on Thursday, June 16 for adults ages 40 and over. There is no charge, but donations are appreciated to help cover the cost. If your planning to attend, call Gail Williams at 687-8236 or Jolene Hansen at 687-2220. It is important for them to know how many will be attending.

Cleda Moeder's visitors on Wednesday, June 1, were Jo Goscha of Garden City and her daughter Nancy Goscha of Newbraunfels, Texas.

Until next time, may your week be memorable.

Athletes can maintain nutrition

By TRANDA WATTS
twatts@ksu.edu

Is one or more of your children or grandchildren an athlete? Just because it is summer, it doesn't mean that families should not be concerned about their athletes' nutrition. Good nutrition (especially enough fluids, calories, carbohydrate, protein and fat) before, during and after exercise can help children maintain energy, maximize performance, improve exercise recovery time, maintain a

healthy body weight, replenish glycogen stores, and build and repair muscle tissue

Before exercise, be well-hydrated, and eat familiar high-carb foods moderate in protein but low in fat and fiber. During exercise, drink enough fluid to balance sweat losses, and eat 30-60 grams of carbohydrate per hour. After exercise, drink 2 to 3 cups of fluid for every pound of weight lost during exercise. Eat 5 to 7 grams of carbohydrate for every

100 pounds of body weight in the first 30 minutes, and again every two hours for 4 to 6 hours after the event.

Younger children who are not necessarily athletes should consume water rather than sports drinks on a regular because there is a high sugar content in many commercial drinks which is not the best choice for children.

It was a Great Day Pastor Bill Duncan, Church of Christ

It was in downtown Jerusalem, 9 am, Sunday morning, 33AD.

Everything that God had planned for nearly 5,000 years, and ready to put into effect was happening. It was all perfectly recorded in the Bible--Acts Chapter 2.

It was The Day That God's Church Began. It was a Great Day for 8 reasons:

1. It was a Great Day: The Jewish Pentecost, 50 days following the feast of the Passover.
2. It began with a Great Event: God the Holy Spirit began His work on earth. He created the sound of a mighty wind, without the wind, and created the appearance of small flickering flames, without the fire, above the heads of the 12 apostles of Christ He caused these men to speak audibly the Glories of God in 16 different languages which they had never studied.
3. It was a Great Assembly: Thousands of people from many nations were visiting in the city. God's timing was perfect.
4. It was a Great Sermon: The apostle Peter stood up and spoke: We are not drunk as some of you say. Jesus Christ is a man. He was approved by God. You executed Him by crucifixion without cause. He

was resurrected after being dead for 3 days. He ascended into Heaven at God's right side. God made Him both Lord and Christ--THE MESSIAH.

5. There was a Great Question: The people were stabbed in the conscience of their soul, and asked: What Shall We Do?

6. There was a Great Answer: Peter said, be sorrowful and repent of your sins, and be immersed in water, every one of you.

7. There were 2 Great Reasons: 1. To receive the forgiveness of your sins. 2. To receive the gift of God the Holy Spirit to live in your body as a guarantee of the hope of eternal life.

8. There was a Great Response: 3,000 people came forward in response to the sermon to obey the Good News about Christ. They were all immersed in water for the forgiveness of their personal sins, and God added them to His church that day.

Dear reader, Has your great day come yet? God, Jesus, and the Holy Spirit never change, they don't have to, they are God. So, what those people did then, we can do now, and what they received then, we can receive now. Make it Your Greatest Day also.



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.

NORCATOUR 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.

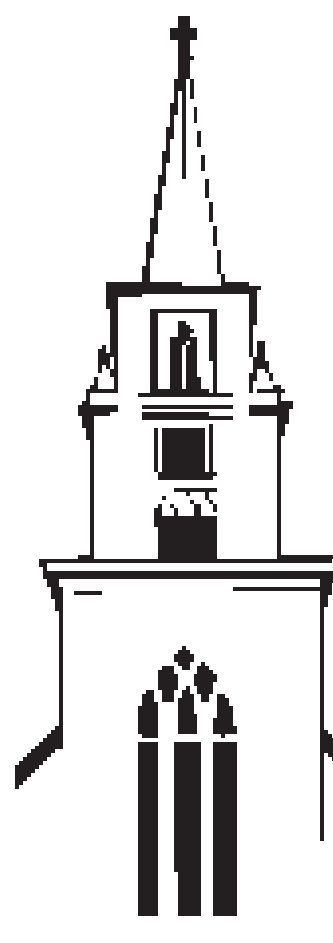
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

LUND COVENANT CHURCH
Chairman Brad Marcuson
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

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785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls



Selden News

By Jacque Boultinghouse

The 18th Annual Antique Tractor and Classic Car Show was held this past weekend. The day turned out to be perfect. A very Big Thank You to all who helped as the day could not have been possible without everyone. We are already making plans for next year, so remember to mark your calendar for the first Sunday in June.

Birthdays and anniversaries: May 27 - Tasha Carman, Gary and Jerrie Robinson, Drew Stevenson. May 28 - Scott Bruggeman, Kendra Spresser, Andrea Mitchell, Steve and Helen Carman. May 29 - Robert Wessel, Jan Juenemann, Joe Geisinger. May 30 - Dick Stevenson, Devin Spresser, Amy Rogers Hurdle. June 1 - Gary Gillum. June 2 - Charles Focke. June 3 - Greg Bruggeman, Abbie Miller, Charlene Shaw. June 4 - Robert and Pat Wessel. June 5 - Steve and Judy Rogers, Mindy Fleckenstein. June 6 - Gerald and Arvilla Juenemann,

Tammy Robinson. June 7 - Teegan Turnbull, Gary and Shirley Emigh. June 8 - Jayln Shaw, Randy Sulzman, Melissa Lobato. June 9 - Helen Juenemann, Marcia Shaw, Barbara Nelson. June 10 - Don Spresser. June 11 - Tom Juenemann, Chris and Dana Koerperich, Derrick and Dana Juenemann. June 12 - Jodi Ryburn, Katie Aumiller. June 13 - Rose Bainter. June 14 - Darrel Dipman, Russ and Marcia Aumiller, Kevin Carman. June 15 - Michael Schiltz, Dan and Annette Spresser, Derrick Juenemann June 16 - Chris Wessel, Larry Juenemann, Bernie and Bobbi Koerperich.

The summer Reading program started on Monday They will meet each week on Monday mornings from now through June 27.

Anyone wanting to contribute to the 4th of July fireworks display may send their donation to the City of Selden.

Jennings News

By Louise Cressler

United Methodist Women going to Cedar Living Center in Oberlin on Wednesday, June 1, were: Kay Brown, Helen Rhodes, Lila Jennings; Terri Hanke, Rochelle Mathers and Louise Cressler. Terri, accompanied by Kay sang several songs for the residents. Angel food cake and ice cream were served.

"The Children" will sing at 6 p.m.. at the Sunflower Senior Citizens carry-in potluck supper on Tuesday, June 14. Potluck supper will follow the singing. Some of the children have ball games to go to that evening.

Weekend guests at the home of Stan and Ramona Shaw included Matt and Whitney Armstrong, Webb City, Mo.; Brandon and Rose Wagoner, Noah and Naomi, Grandby, Mo.; Kevin and Colleen Wagoner, Sharon Springs, and Lisa

Boller, Tyce and Tenley, Lochbuie, Colo. Additional visitors on Sunday included Jeff and Mary Wahlmeier, rural Clayton; Nick and Kerrie Wahlmeier and Trenton, Oberlin; Adam Wahlmeier and Ashley Wegener, Norton; and Zach and Katie Goleboski, Lexy and Lenzy, Colby.

The Vacation Bible School program, presented at 11 a.m., at the United Methodist Church, was enjoyed by all attending. There were a total of 17 children who attended Bible School each evening throughout the week.

Guests of Kay and Doyle Brown over the weekend were Kurt Brown, Dashielle and Millie, Quinter, and Joan Moore, McPherson. All attended the Car Show in Oberlin and the Tractor Show held in Selden.