

Norcatour News

By the Norcatour News Committee

You can eat more vegetables

Congratulations to Virgil and Joyce Price, who will be honored with a reception from 2 to 4 p.m. on Saturday at the Norcatour Educational Building in observance of their 65th wedding anniversary.

On Friday, June 3, the Helm family received word that Col. Fred L. Helm (U.S. Army Retired) had died in Hilo, Hawaii. Words of sympathy and comfort will reach Helen Helm at 1205 Nelson St., Apt E. 13, Cambridge, NE, 69022

Nickala O'Hare, granddaughter of Rodney and Janice O'Hare, attended a volleyball camp in Oberlin for 8th grade and under girls. It was presented by the University of Nebraska at Kearney volleyball players. Nickala spent Tuesday and Wednesday nights with Rodney and Janice. Nickala was presented with the Outstanding Camper Award.

Guests of Bee Nelson for the Memorial day holiday were Tara Nelson, Anita Volskay and DJ (black lab), Independence, Mo.; and Todd Nelson and Garrett, Wichita. They also visited with the Magers, McCallisters, Wava Reames, Dorothy Ward, Mary Lesle and several others.

There was another fantastic Memorial Day celebration at the Norcatour Cemetery, a touching remembrance for those who have fallen. There is so much for people to be proud of and many people who have left this community, still consider it "home".

Minh and Wanda Nguyen of Lone Tree, Colo., visited Betty Reid in Norton from May 27 through May 30. On Saturday they visited Arlene Hix in Norcatour, then that afternoon visited Oran and LaVerne in Norton to wish LaVerne a Happy 95th birthday. On Sunday they ate lunch at the Norcatour Cafe, stopped by the Norcatour museum and library and attended the Memorial day services

at the Norcatour Cemetery. Thanks to everyone in Norcatour for making Sunday such a special day.

Betty Reid had spent two weeks in April visiting Minh and Wanda in Colorado and plans to visit them again in July.

Some serious card playing took place at Senior Citizens on June 3. Winners for the day were, Jackie Porter and Beth Johnson, tied for first, followed by Eleanor Jensen and Marjorie Prince. There were 12 people present. Be sure to attend at 1 p.m. on Friday. We will welcome you and really we don't get serious; it's all for the fun.

Judy Menges and Janel Andrews, Colby, attended Memorial Day services, then later went to Norton to visit Vi and Veryl Van Der Wege. Vi recently had foot surgery. Her daughter, Connie Menges Lewis of Olathe spent a few days with her. Judy and Janel also visited Idaho Hoover at the Andbe Home in Norton.

"Does that nice looking guy without glasses look familiar? Yup, it's Dewaine Stapp. After six weeks he had completed his cataract surgeries and is seeing great. He says he can't remember seeing colors so clearly and bright. No wonder he is smiling.

Bee Nelson accompanied Dorothy Ward to Oberlin on June 5 for dinner at the Frontier Restaurant. They played cards at the Good Samaritan and brought dinner back to their side kick, Wava Reames, who has been under the weather.

Memorial weekend guests of Cheri and Jerry Hill were daughters, Lori, Erin and families. They helped remove two big trees, went turkey hunting, visited at Good Sam, helped with the flags at the cemetery, and attended the great service there. As a veteran, I wish to extend my thanks to all the people

that put this together each year and participate in it. Without your dedication it obviously wouldn't happen. I know that there services go on all over the country, but these small community ones are a lot more personal and Norcatour has one of the best. Thanks again.

Jerry Hill attended the Selden Antique Show and was presented a "Top 5" plaque during the parade, which was a total surprise.

Rea, Dee and Jeff Magers, and Joy Luoto went to the family reunion of Dee's aunt, Lorraine Long, at Webster Reservoir, on Saturday. There were 65 present. The get together on Saturday was a huge buffet, followed by Father Henry Saw, of Hill City, saying Mass for the group under the big white tent. It was wonderful "cousin" day.

1961 REUNION

The Norcatour High School class of 1961 observed their 50th anniversary of graduation over Memorial Day weekend. There were 13 members in the class and 10 classmates and spouses met on Monday at the farm home of Shirley Brooks Gallentine and husband Jerry, near Clayton.

Attending were: JoAnn Schultze Lyon, Norcatour; Bill Eckhart, Almena; Roger Beachel, Jr., San Diego; Allan and Patty Powell, McCook; Walter and Linda Wentz, Visalia, Calif.; Jim and Yanis Helm, McCook; Linda Roe Henry, Atwood, and Judy Rogers Menges, Colby. Several classmates attended all 12 years of school together.

Unable to attend were Eloise Francis Thornton, Ingalls; Terry Lyon, Wichita, and Jerry Rule, Dodge City. Their teacher, Ronald Temple and wife Jerry, Norcatour, joined them for a visit. The group enjoyed highlights of classmates over the last 50 years.

It's easy to eat more vegetables according to the new Choose My Plate guidelines! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1) Discover fast ways to cook - Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2) Be ahead of the game - Cup up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3) Choose vegetables rich in color - Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are also good for you.

4) Check the freezer aisle - Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite



Home Time

By Tranda Watts
Regional Extension Agent

dishes or eat as a side dish.

5) Stock up on veggies - Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added".

6) Make your garden salad glow with color - Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good, but taste good too.

7) Sip on some vegetable soup - Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced or low-sodium soups.

8) While you're out - If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9) Savor the flavor of seasonal vegetables - Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmer's market.

10) Try something new - You never know what you may like. Choose a new vegetable. Add it to your recipe or look up how to fix it online.

If you have questions, please feel free to contact your local K-State Research and Extension Office or e-mail <mailto:twatts@ksu.edu>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@ksu.edu. For information, contact the county extension office, 475-8121.

Jennings News

By Louise Cressler

The Jennings Book Club met May 31 at the home of Shelley McKenna. The group reviewed the book "Heaven Is For Real" which everyone had read. Twelve members and two guests enjoyed the evening. Those present were: Kay Brown, Ruth Chance, Terri Hanke, Sue Long, Joan McKenna, Helen Rhodes, Julie Carter, Patty Foster, Carla Latimer, Rachel Mapps and Lynn Tacha. Guests were Becky Carter and Peggy Foster. The next book they will read is "Moon Over Manifest." Refreshments were served by the hostess.

Children's Reading Program on Saturday, June 11, at 10 a.m. at the Jennings City Library was a fun time. Jack Graham, Norton, presented a magic show for the children.

They then made and decorated Father's Day cards and enclosed a package of microwave popcorn

for their Dads. Children attending were: Taryn and Jordyn Fleckenstein, Candice, Sidney, Rayna and Abe Taylor, Devin Davidson, Allison Hartzog, Jackson, Nolle and Aeowynn Skubal, Katie Golemboski, Brecken Rowh and Lexy and Lenzy, Colby.

Ramona Shaw spent several days last week at the home of Cindy and Danny Black, Logan and Bowen in Carlsbad, N.M.

Jean Halligan, Goodland, brought her mother, Mary Votapka, from Cedar Living Center to the home of Tom Votapka. Jean's daughter, Angie Brumbaugh, Brady and Brennan, Owassa, Okla.; Jason Rowh and Brecken. Sue Long and Terri Hanke were also guests of Tom.

Five Norton Correctional men and their supervisor came Friday to help out the City of Jennings by mowing at the sewer ponds. They will be back Monday to finish it.

Herndon News

By Julie Hafner

Herndon residents extend sympathy to the family of Edith Kompus Pettera, who died Saturday, June 11, at Cedar Living Center in Oberlin. She was born Oct 29, 1911, to her parents, Joseph and Lena Kompus and graduated from Herndon High in 1930.

She married Joseph Pettera and made Herndon her home most of her life. A celebration of her life will be held Friday, June 17 at St. Mary's Catholic Church in Herndon with Mass at 10:30 a.m. and burial in St. Mary's Cemetery.

Rosary will precede the Mass at 10 a.m. Friday morning. Christian Mothers will be serving dinner at the hall.

Jerry Bennett, Christian Music Singer from Nashville, Tenn., will be performing at the Christian Church Disciples of Christ in Atwood on at 7 p.m. Saturday, June 18, and at the Gateway in Oberlin at 7 p.m. on Sunday, June 19.

Admission is free. A free will offering will be taken. The public is invited to attend. Richard and Theresa Rippe attended a wedding last weekend in Shelton, Neb., where Rodney Rippe was best man for his former college roommate.

While there, they spent time with Katelyn Clark and several others of Rodney's college friends.

Cindy Sattler was pleasantly surprised Saturday evening as family and friends gathered at the Herndon Pool hall for her 50th birthday celebration.

Partygoers enjoyed birthday cake, meat/cheese trays, chips, dip and beverages while wishing Cindy many more happy years.

Nieces, nephews, family members and friends from near and far gathered at Herndon Immanuel United Church of Christ to say goodbye to Louise Leitner on Saturday morning, June 4.

Louise grew up in Herndon and passed away in Overland Park on Jan. 3, 2011. She was born Sept. 24, 1918, on a farm near Herndon to John and Anna Leitner, the youngest of seven children.

She graduated from Herndon High School in 1937, taught school for two years and went to college in Washington State before joining the Marine Corps during World War II.

In 1945, she became a stewardess with Pacific Northern Airlines and was active in World Wings International, a philanthropy organization of former flight attendants; the Women's National Farm and Garden Association and the American Legion.

She returned to Kansas in 2003. She is survived by her sister, Emma Oakden, Puyallup, Wash.; and other relatives. Dennis Brown officiated and Tonya and Jenny Tally provided music. Burial was in Immanuel United Church of Christ Cemetery.

After the service, a luncheon was provided for family and friends at the Herndon Senior Center.

Like Father, Like God

Pastor Bill Duncan, Church of Christ

One time some of us men were sitting around talking. I asked the one next to me, "How did you get along with your father, did he encourage and praise you?" His answer, "The only praise ever I got from my dad was the hell that he didn't give me." The absence of some words can hurt just as much as critical words do. This adult man, when he stops and thinks about it, is still hurting from the rightful compassion and praise he should have received from his father, and didn't.

Psalm 127:3 "Sons are a heritage from the Lord, children a reward from Him."

My general observation of family life, near and far over the past 40 years, is that fathers, overall, have done a rather poor job of their family privileges and duties. Neglectful and sinful behavior on a father's part propagates itself throughout their family, the community and on into society in general. (Kids do leave home and move away.)

In doing family counseling for decades, it is obvious that we need men who will take the time and interest in good, kind and firm character development in kids, taking the lead in family honest talks, in Bible devotions and reading, goodnight prayers and kisses on the cheek with each of the kids, spending time and money with other God-loving men and their families in entertainment, trips, serious talk about problems of youth. Men who will take the time to learn more

about family leadership, helping mom and kids get ready for church services. This is not dull nor boring, but rewarding relationships for now and for decades to come, even eternity is at stake. (Did you know, 'the USA has in our prisons one-third of the total of all the countries of the world's prison populations combined?' Chuck Colson-Prison Fellowship Ministries, Dec. 2010) This shows the failures of their fathers, and these men cannot be present as a good father for their children (for those who have them).

The answer to this societal plague of poor fatherhood is for men to turn to God from their ungodly attitudes, interests, and behaviors, and let God work in their life. It isn't difficult nor a big secret. The Bible is your friend not an enemy.

See Psalm 103. 13, 17 & 18: "As a father has compassion on his children, so the Lord has compassion on those who revere Him. But from everlasting to everlasting the Lord's love is with those who revere Him, and His righteousness with their children's children, with those who keep His covenant and remember to obey His precepts." (revere: contains a mixture of intellectual and emotional meanings of respect, awe, and fear).

See how easy that was, how good it makes you feel? God Bless you on Father's Day, as today is the beginning of the rest of your life. God is the God of New Beginnings.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 5:30 Saturday

IMMACULATE CONCEPTION CATHOLIC, LEVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 10:30 Sunday

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
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
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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