

Norcatour News

By the Norcatour News Committee

Congratulations to Rea and Dee Magers, who celebrated their 60th wedding anniversary with an open house on Saturday at the Educational Building in Norcatour. Their address is Box 100, Norcatour, Kan., 67653.

Sympathy is extended to the family of Keith Mannie, 33, of Norcatour, who died July 2.

Senior Citizens met on July 1 at the Educational Building with 17 present. Winners were Arlene Hix, Rea Magers and Lora Arnold. The next meeting will be at 1 p.m. Friday.

Sunday afternoon guests of Dorothy Ward were Rodney and Lisa Lechlitter, Siebert, Colo.; and Laci, Darren and baby, Alora Way, Goodland.

Dave and Patty Stapp and Ray and Deanne Schamberger have a new granddaughter, Gabby Michele, who was born June 30, 2011, at 5:31 a.m. at the Quinter Hospital. She weighed 7 pounds, 15 ounces and was 19 inches long. Her parents are Kaitlyn Stapp and Michael Schamberger. Great-grandparents are Dewaine Stapp and Marian Dempewolf, Oberlin. Guests at the Dave and Patty

Stapp home were Jerrod and Koneyn Poire and Kynleigh and Sam Stapp. The Poires came June 30 and returned home July 4. Several trips were made to Quinter and Hoxie to make the acquaintance of their niece and cousin, Gabby Michele.

Bee Nelson and Anita Volskay visited Rea and Dee Magers Thursday evening. Mr. and Mrs. Magers enjoyed doing a barbecue for their son, Jeff, of Cedar Bluffs, and a co-worker, Bruce, of McCook, on the Fourth of July. Jeff's friend, Joy, had to work.

Happy Birthday to Dickie Beachel and Gwynn Ward, July 9, and Happy Anniversary of Russell and Karyn James, July 7, and Rea and Dee Magers, July 9.

Rhetta Hare suffered a broken hip in a fall in Salina. She and David and some of her family had started on vacation to Texas and Louisiana. She is in the Norton County Hospital after undergoing surgery. Mail will reach her at the hospital, 102 E. Holme St, Norton, Kan., 67654, phone (785) 877-5146.

Word was received of the death of Burtis Taylor, 96, on May 30, 2011, at Irvine, Calif. He served as principal at Norcatour Rural High

School for the school years ending from 1941 through 1944. Survivors include two daughters, Mary Ann Farmer and Jane Fickling, and families. He was preceded in death by his wife, Opal, and daughter, Linda Green.

Visitors of Wava Reames have included her grandson, James; Brenden Wentz and Dorothy Ward.

Mike and Deb Helm donated Cardinal yearbooks 1962, 1963 and 1966 to 1970, the final year for the Norcatour High School as well as a 1969 McCook College Chieftan yearbook. These are a great addition to our Museum.

Troy, Deb, Anthony and Amanda Marshall, Adam, Andrea and Evy Spanier, Neil Marshall, Inez Jackson and Allan and Deanne Langness enjoyed a cookout at the Troy Marshall home before heading to the Norton Lake to enjoy the fireworks. Allan and Deanne then came to the school on Tuesday to finalize their measurements so the building process can begin on the roof.

The inmates from the Norton Correctional Facility came on Thursday to move rock from the roof before the new one goes up. Around \$10,000 is still needed for that section.

Donations may be sent to Norcatour City, Box 89, or through the Citizens Alliance, in care of Denny Lechlitter, 1001 Rd. O, Clayton, Kan., 67629 and specify for the School Roof Project.

Congratulations to Ed Temmel and Elsa Schott who are the proud parents of a baby girl, Ava Lynn Rose, born on June 28, 2011. She weighed 7 pounds, 11 ounces and was 20 1/2 inches long. Welcome to Norcatour, Ava!

The City Council meeting will be held at 7:30 p.m. Monday.

Twila June Forbes is recuperating after undergoing surgery for injuries which she suffered in a fall. She must stay off the leg for two months and then will have several more months of rehabilitation.

Dance your way to fitness

Whether you prefer to exercise in the privacy of your home or at your local fitness center, you'll find that dancing is a great way to get your body moving.

A person weighing 150 pounds can burn approximately 200 calories in 30 minutes with light dancing, such as ballroom dancing. More intense dancing, such as ballet, can burn upwards of 275 calories per 30 minutes of activity. Dancing is a great way to improve cardiovascular fitness, muscle strength, endurance and flexibility.

Experts also say that certain dancing styles offer different benefits. For example, if you are looking to improve muscle tone in your legs and stomach, ballet or reggae dancing should be your choice. If you are looking to improve cardiovascular fitness, then tap, jazz and African dance would be the best for you.

The wonderful part about dancing is that you do not have to follow a certain style (e.g., ballet, tap, jazz)



Home Time

By Tranda Watts
Regional Extension Agent

to get the health benefits. You can just pop in a CD, play the music of your choice and start boogying in your living room!

If you have young children, get the whole family involved by having a dance competition. Have the children pick out their favorite song and let them create their own moves. Want to try something new with your spouse? How about enrolling in a ballroom dance class? It may take a while to convince your partner that it will be fun, but once the class begins, it will be a guaranteed good time!

Check with your local park and recreation services to find where

classes might be offered near you. As with any type of exercise, it is recommended that you consult with your physician before starting a new exercise.

If you have health and fitness questions, contact your county 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@ksu.edu. For information, contact the county extension office, 475-8121.

Herndon News

By Julie Hafner

The memorial service for Robert Hoffman, Kearney, Neb., originally scheduled for Friday has been rescheduled for 10:30 a.m. Monday, Aug. 15, at Prince of Peace Catholic Church in Kearney. His wife, Joann Barenberg Hoffman, is the daughter of Vincent and Nelda Barenberg.

Tom and Myra Sattler left July 1, for Sioux City, Iowa, to attend the wedding of niece, Joelle Theobald to Jeremy Stroh. After the wedding, they visited with Myra's sisters and brother. Sunday they traveled to Madison, Wis., where they were guests of Tom's brother, Gerald and wife, Carol Sattler. After a pleasant time they headed home making a stop in Mapleton, Iowa, Myra's hometown, to view the damage of the tornado that struck this spring. The Sattlers returned home last Wednesday.

Sympathy is extended to the family of Francis Henry (Chaz) Janousek. He was born to Charles and Lydia (Micek) Janousek at Beard-sley and graduated from Herndon High with the class of 1949. He died Wednesday, July 6, 2011, in Oberlin. Mass of Christian Burial was Friday at St. Mary's Catholic Church with burial in St. Mary's Cemetery, Herndon.

Jan Alexander, Arvada, Colo., was home for the funeral of her uncle, Francis Janousek. Jan, Jerry and Kim Niemeth were guests of Laverne Niemeth on Sunday after Mass, enjoying coffee and rolls before Jan returned home. Jesse Niemeth of Hays was pallbearer for the funeral on Friday and visited family and friends.

Congratulations to Laverne and Sharon Frick for "Yard of the Month" award sponsored by the Herndon Pride. The couple exhibits a green carpet of lawn and enjoys a shady backyard with an array of colorful flowers. Driving by 349 Palermo will bring a smile to your face.

Caleb and Elijah Foxhoven, Parker, Colo., spent the week with Grandpa Bob and Grandma Julie Hafner. They enjoyed fireworks and making Smores with Janice and Jayme Sattler on Monday, pizza on Wednesday, three-wheeling and swimming with friends before returning home Saturday.

Reminder, the Herndon Senior monthly dinner will be held next Wednesday at the center. The potluck dinner will begin at noon for Herndon residents and guests to enjoy an afternoon of fun.

Selden News

By Jacque Boulinghouse

June 30, during Senior Citizens at the Community Center, Betty James won high, Shirley Emigh took second, Helen Karls got low and Carl Mumm had the most jacks.

Other members present included Ralph Weis, Royce Cook, Lola Cook, Jeanie Spresser, Pat Wessel, Ann Hazlitt, Rowena Carpenter, Gail Mumm Bob Wessel and Lillian Sulzman.

On Thursday, during Senior Citizens at the Community Center Ann Hazlitt won high, Shirley Emigh took second, Jeanie Spresser got low and Paulie Neff had the most queens.

Birthdays and anniversaries: July

8 - Dan Spresser, Larry Radovich, Gabrielle Schiltz. July 10 - Jerry and Paula Schiltz, Landee McKenna. July 11 - Kayla Wurm, Chris Koerperich, Delores Juenemann, Luke Juenemann. July 12 - Darrel Bruggeman, Lakyn Rogers. July 13 - Clem Mumm, Dan and Janella Benoit, Mary Juenemann.

New Books that were shelved at the Selden Public Library include: "Escape", by Barbara Delinsky, "Beach Lane", Sherry Woods and "Heartbreak Creek", Kaki Warner. The Selden Public Library is open every Monday and Wednesday from 9 to 11 a.m. and on Wednesday evenings from 6:30 to 8:30 p.m.

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"For such a time as this" By Pastor Chris Nelson, Oberlin Covenant Church

The Jewish people were in grave danger. Haman, King Xerxes' second-in-command, had issued a decree throughout the whole Persian Empire that every last man, woman, and child of Jewish origin was to be killed. Fortunately, God's people had an insider in the palace: Queen Esther.

Esther's real name was Hadassah, but she had kept her Jewish identity a secret. It had been four years since she had been chosen out of all the young women of the realm to be the next queen. Now her royal position might be the only thing standing between the Jewish people and disaster. Read Esther 4:1-17.

But Esther would be taking a great risk in interceding for her people. The Persians had a law that forbade any person from the lowest slave to the highest noble from approaching the king without first being summoned. To do so meant certain death — unless by chance the king might see fit to spare that person's life — and lately Xerxes had shown little interest in seeing his queen. Besides, so long as Esther's Jewish identity remained a secret, perhaps she would be safe

from Haman's edict if she just laid low.

On the other hand, what if Esther had been chosen to be queen just "for such a time as this," as her cousin Mordecai suggested? What if God had put her in just the right place at the right time to make a difference?

Esther decided to take that chance. After summoning the whole Jewish community in the city to intense prayer for three whole days, she dressed to enter the royal court where the king was sitting on his throne. The whole throne room must have held its breath for a moment as they waited for the king's reaction, but Esther breathed a sigh of relief when she saw him smile and extend his scepter toward her in welcome.

Esther's courageous risk would ultimately save her people because she recognized that she had been given the privilege and responsibility to be queen "for such a time as this."

I wonder what momentous times you and I have been put in a position to impact for good?

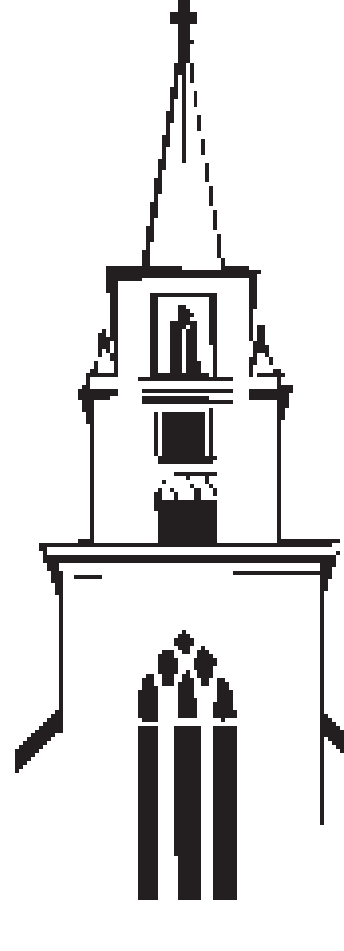


Schedule of Oberlin and area church services:

- OBERLIN SACRED HEART CATHOLIC CHURCH**
785-475-3103
Fr. Mark Berland, MASS: 5:30 p.m., Saturday
- IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**
Fr. Mark Berland, MASS: 8 a.m., Sunday.
- SACRED HEART CATHOLIC, SELDEN**
Fr. Mark Berland, MASS: 10:30 a.m. 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-Presbyterian 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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