

Norcatour News

By the Norcatour News Committee

Helen McVay is still undergoing therapy but is making good progress. She is walking some with assistance.

Ken McVay purchased a home in Wamego and moved there recently.

Betty Reid accompanied Minh and Wanda Nguyen to Lone Tree, Colo. Neighbors and their sister from California came by for a visit and to wish Betty a "Happy 93rd Birthday." They were July 9 dinner guests of Chanh and Lien Nguyen and also got to see Sue and four-year-old Austin who were visiting from Dallas, Texas. They brought Mrs. Reid home on July 15 and returned home on July 16.

The Knutson and Montgomery families met for the fifth annual Knutson-Montgomery reunion at a motel in Grand Island, Neb. The sons of Donna Knutson and Bob Montgomery were in charge of the meals.

Those attending were Donna Knutson, Council Bluffs, Iowa; David, Drew, Derrick and Justin Knutson, Omaha; Dennis, Jamie, Kelsey Knutson and friend, Council Bluffs, Iowa; Dewaine, Denise, Sarah, Jacob and Vanessa Knutson, Palmyra, Neb.; Bob and Anita Montgomery, Oberlin; Bobbie Frakes, Trenton, Neb.; Brad Shuler and Jason Gillespie, Ottumwa, Iowa; Blake, Amanda, Keegan and Karson Shuler, Bartley, Neb.; Blaine Shuler, McCook; Ron, Gina and Alyssa Montgomery, Jennings; Renee Harman, Oberlin, and Scott Harman, Norcatour.

Scott Harman has been doing a lot of rodeo riding.

Dennis and Judy Shirley will observe their 50th wedding anniversary with an open house from 3 to 5 p.m. on Saturday at The Gateway in Oberlin.

A surprise birthday party honored Peggy Roe of Elk City, Okla., while she was in Norcatour on July 16 with all of her family: Bruce and Tina Roe, Connie, Kari and Marly Kasson, Brian and Monica Roe, Pam Morrissey and daughter and grandson, Jennifer and Andrew, Brenda and Danny Callaway, Kathy and Tom Brannon and Jason, Bradley Rose and Lisa, Jeff and Lance Roe; also her sisters, Dixie Collins and Sue Hillebrand and her brother, Larry and Faye Gallentine; Linda Smith, Dixie's daughter and grandson, Cody Engel; Larry Gallentine Jr., and wife, Brenda and daughter Amber. Those who stopped by for cake and tea were Joyce Sumner, Sandi Kasson and Stan and Carol Miller.

Lora Arnold attended the bridal shower for Melissa Hillebrand at the Clayton United Methodist Church on July 23.

Susan Bolek and Sarah of Valparaiso, Ind., has been visiting her mother, Lora Arnold, and her brother, John and Brenda Arnold. Lora Arnold and Susan attended the open house in Norton at the Andbe Home which marked its 50th anniversary.

Bob and Kay Strevey will have a come and go party from 1 to 3 p.m. on Sunday at the Norton Senior Center in observance of their 40th wedding anniversary. Hosts will be their daughters, Trudi, Wendy and Hollie.

Happy birthday to Doris Auker, July 28; Tyler Lange, Kaitlyn Stapp, July 28, and Carolyn Kelley Plotts, Aug. 1.

Rusty Montgomery won first; Stan Miller, second, and Carl Lyon, third at the pool tournament at the Cardinal Bar and Grill on July 6. Winners on July 13 were Carl Lyon, first and Stan Miller, second. On July 20, Stan Miller won first and Carl Lyon, second.

David Johnson, Brittany and Lilli of Lenexa spent the weekend of July 15 to 17 with Beth Johnson and Fred Molzahn.

Bee Nelson attended the bridal shower honoring Rebecca Helm on July 24 at the Golden Age Center in Oberlin.

Dewaine Stapp and Charlotte Meints drove to Milford, Neb., on July 22, where Charlotte stayed with her son, Mike and Glenda Walilinder, for the weekend. Dewaine went on to Omaha to visit his granddaughter, Kimberly and Matt Tetric and Claire. His son, Randy, of Mount Vernon, Ind., was also a visitor there for the weekend. The Tetric family works for Car-gill and are preparing to move to Dayton, Ohio. Mrs. Meints and the Walinders joined them in Lincoln in Saturday evening for a surprise birthday party for her step-daughter, Connie Stuckey, at the Outback Steak House.

Guest of Wave Reames this summer has been her grandson, James. Great-grandpa Frank Ward hosted a birthday party for him on July 22 at his apartment at Whispering Pines in Norton. Les and Lynn Ward provided the pizza and Wava, the Dairy Queen ice cream cake with Yoda from Star Wars as decoration. Other guests were Ruby Pfeifer, Robert and Kaley Daniel, Norton, and Keith Ward, Norcatour. His mother, Shawna, will come this week for him.

Choose best value in meat

Meat and poultry can be among the more costly items in the grocery cart, but the least expensive per-pound price may not be the best bargain.

Lean (and boneless) meats can be more costly per pound, but usually offer more value for your money. Consider the cost-per-serving before buying.

One pound of lean boneless meat will typically yield about 12 ounces (four three-ounce servings) after cooking. A cut with bone, gristle or fat will typically cost less per pound, but more per serving, because of waste.

Rib and loin cuts are tender cuts that lend themselves to quick cooking, such as stir-frying, broiling or grilling.

Tougher cuts of lean meats such as chuck, round, flank, plate, shank or brisket often are a very good value. Try cooking these cuts slowly in liquid until they're tender.

Marinating less tender meats also enhances their tenderness, and adds flavor.

Buying ground beef in bulk usually offers a savings, but dividing a larger purchase into family-friendly portions for cooking or freezing is recommended.

To reduce over-the-counter cost, assemble kabobs or shape patties yourself, and look for reduced-price tags that signal meat and poultry products that will need to be cooked within one to two days of purchase.

Buying at sale prices is recommended, but only if quantities can be reasonably used or frozen for future meals. It is also recommended that consumers try doubling or tripling a recipe and freezing the extras for



Home Time

By Tranda Watts
Regional Extension Agent

future meals.

With poultry, cook a whole bird. Roast chicken and turkey generally offer good value. After roasting a whole bird, a family can freeze the extra portions and stretch their food dollars with cost-saving sandwiches, salads and casseroles.

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 Decatur County extension office, 475-8121.

Lyle News

By Veda Wood

Kathy Van Meter and Lloyd Frandsen attended the movie, "Freedom Writers" with popcorn and hot fudge sundaes on Thursday, sponsored by the First State Bank of Holbrook, Neb. They also took in the rodeo at Beaver City on Friday.

Margaret Magers had good pictures of her great-granddaughter, Cori Guy's wedding. The bridesmaids were in purple, the bride in white and everyone looked pretty and happy.

June Jolly has been

gardening, playing cards and bingo and going to garage sales.

I sent son, Merlin, a copy of the *Norcatour News* and he said they enjoyed it. Terri put the poem about the old tree on her facebook, but what really interested him was the article in the old news about the well that had human bones 100 feet down.

The Lyle sewing ladies have tickets for a drawing for the quilt given to them by Leone Purton and quilted mostly by Toots Magers. The proceeds will go to the church.



Jennings News

By Louise Cressler

Taylor Wahlmeier's name was omitted from the list of children enjoying Children's Reading Program on Saturday, July 9, at the Jennings City Library.

She was a tremendous help with filling the water balloons.

Merle Snyder has spent the last week in the Sheridan County hospital. She is feeling much better.

Chris Gillespie and Tom Neff, Marion, had lunch with her parents, Stan and Ramona Shaw on Friday. On Saturday, they all attended the open house at the Golden Age Senior Center in Oberlin honoring Tom's parents, Don and Gerry Neff on their 55th wedding anniversary.

Jeff and Mary Wahlmeier, rural Clayton, and Stan and Ramona Shaw attended the baptism of Lenzy Reese Golemboski, infant daughter of Zach and Katie Golemboski, Colby at the Sacred Heart Catholic Church in Colby on Sunday. A picnic followed in Fike Park.

The Adrian and Bertha Barnes Mowry descendants' reunion was held in the Sunflower Senior Center in Jennings on Saturday, July 23. A potluck meal was served with the Mabel Mowry Shimmick family as hostesses.

Those in attendance were Hugh and Kelley Wigginton, Helen and Don William, Janice and Dale Brown, Hoxie; Richard Mowry, Morland; Cai, Megan and Caitlyn Mowry, Burlington, N.C.; Masha P.,

Masha and Paul Loomis, Henrico, Va.; Dorothy and Dean Vacura, Marge and Daryl Hartzog, Jennings; Bill and Amy Vacura, Matthew and Brandon, Norton; and Blake and Crystal Vacura, Ashley and Zachery, Omaha.

Lila Jennings hosted a dinner Wednesday evening honoring David and Jodi Mrstik, Oshkosh, Wis., and Cruz Mrstik, California. Others enjoying the evening were Dona and Eugene Mrstik, Brian Jennings, and Brett and Rhonda Jennings.

The Jennings Fireman's Fun Day is rapidly approaching. As usual, it will be on the fourth Saturday of August, which is Aug. 27.

Plan now to join us for a day of kids' games, Bingo, Health Fair, a parade and other events throughout the day.

Our theme this year is "Happy Birthday, Kansas — Celebrating 150 years of Statehood." We still need items for the garage sale, cake walk and bake sale.

We encourage your participation in the parade. Anyone willing to help in any way may contact: Stann Hartzog, 678-3020; Terri Hanke, 678-8111; Marge Hartzog, 678-3010 or any of the members of the Jennings Fire Department.

The Sunflower Senior Citizens Potluck Supper will be held at 6 p.m. on Tuesday, Aug 9. We welcome all to join us.

Talking with Teenagers Doug Mason, youth minister Oberlin Teens for Christ

I'm writing this month's pastor's columns for the teenager. If you are an adult, go ahead and read it but it ain't about you and you just might get a little angry, but hey, oh well.

OK, teenage-type person. Isn't church amazingly boring? I know, right? Speaking as a person who has been on both sides of the pew, I'm with you on that. Parents might be making you get out of bed the one day a week when you don't have school-related stuff to do just to go sit in a pew, surrounded by a bunch of grey-haired old ladies, singing ancient songs, while somebody drones on and on about something or other, that once it's over you are not sure what he or she said or how it applies to you.

Maybe you're old enough where your parents don't make you go anymore so you don't. Maybe your parents don't go. Maybe only your mom goes. At any rate, in most cases, Sunday morning church is irrelevant to you. I understand. BUT...

The idea of church is that we come together, as a people of God, to praise Him, to lift each other up, and to help other people know who God is. Adults in most churches just do a really lousy job of it.

The way Jesus lived in his day was radical. It was against the social norm. He drove the spiritual leaders of the day crazy! Jesus' idea of church is to live church, not just pretend to be holy one day a week, and it didn't involve doing things the proper way.

Steven Curtis Chapman has a new song that just came out that reflects a scripture verse, which says, in extreme paraphrase, "Do everything you do to glorify God." Check it out on iTunes. If you want to get church right, don't do what the adults around here

are doing, cuz they got it wrong. But that doesn't mean you got it right. Go look in a mirror real close at your face. Ignore the acne. I don't care if you girls have make-up on or not. Look deep into yourself. Chances are you'll see that you live for you. You're not happy with who you are. But you live for yourself anyway. Most of you spent your summer doing anything but glorifying God. You got up when you wanted to. You were hang'n at the pool, play'n Halo, maybe you had a job, you went to sports camps or music camps, but what have you done beyond yourself?

There's two things I know: 1) There is a God. 2) He's not me!

You are never going to be happy with who you are as long as you are focused on you. Most adults go to a church that they are comfortable with. They do church the way they want to do church, not the way that is going to reach those that are hurting. Not the way that will bring more people to a relationship with their Creator. If we change the way church is done they get mad because it's uncomfortable. When they get mad it's because they are focused on themselves, even if they are putting on the "holier than thou" face.

There is a God. We were created with a need to glorify Him. When you start putting yourself second, you will then look in the mirror and be much more satisfied with who's looking back at you. Do church, but do it every day ☐ everywhere, by living a life that is focused on bringing attention to God ☐ not you. It's radical, and it might make people mad, but I'd rather put a smile on God's face than keep feeling unfulfilled and insignificant.



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, LEVILLE
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.

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.

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.

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.,

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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, open Bible Study, 10:30 a.m.; 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.

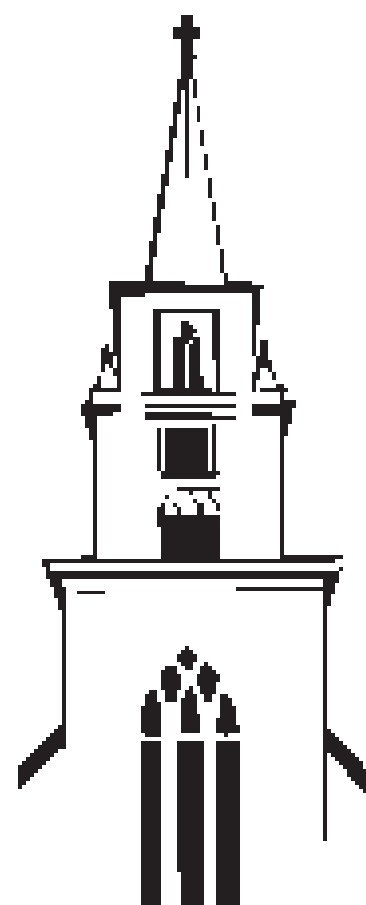
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

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..

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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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