

# Norcatour News

By the Norcatour News Committee

A blood drive will be held in Norcatour from 9 a.m. to 12:15 p.m. on Thursday, Sept. 15, at the Educational Building. A minimum of 10 volunteers are needed with a maximum of 14. Call Scott Hartzog at (785) 475-8454 to make an appointment.

Fifteen senior citizens met on Sept. 2 at the Educational Building. Winners were Virgil Price, Margaret Magers and Dee Magers. The next meeting will be on Friday, Sept. 30, with a potluck dinner at noon and cards to follow at 1 p.m.

Jeff Magers and girlfriend, Joy Luoto, Cedar Bluffs, were Thursday guests for lunch and Scrabble at the home of Rea and Dee Magers. On Saturday, Bee Nelson and Rea and Dee Magers attended the wedding of Becky Helm in Indianola, Neb., then went to McCook for the reception, dinner and dance.

On Sunday, Jeff and Joy brought her mother, Darlene Werlinger, and her sister, Kami Smith, Shylo and Sky of Rapid City, S.D., for a barbecue at the Magers home.

Bee Nelson was invited to the home of her cousins, Max and Norma Ward for homemade ice cream and birthday cake on Sept. 4, and enjoyed seeing all the cousins and their grandchildren, plus a few more.

Scott Harman has been doing lots of rodeos and doing great. He made the front page of the Hays Daily News last weekend.

Chance Harman has been riding a lot in Canada and is also doing great.

After two years of not riding, he told his Grandfather Bob Montgomery that it seemed just like old times!

Bob and Anita Montgomery attended the Helm-Cox wedding in Indianola, Neb., on Sept. 3 and the reception, dinner and dance in McCook.

Birthdays include: Joyce Price, Alice Shirley, Sept. 7; Retta Hare, Sept. 8; Dennis Leichter, Wayne McCallister, Sept. 9; Lacey Roe, Sept. 12; David Ward, Sept. 13.

Don Relaford took first; Wanda Farr, second, and Stan Miller, third, at the pool tournament at the Cardinal Bar and Grill on Aug. 31.

Effective Saturday, Sept. 17, mail deposited after 2:30 p.m. will not be dispatched until the next business day at the Norcatour Post Office.

Leslie Thielbar of Chicago visited his uncle and aunt, Virgil and Joyce Price, on Aug. 30. He had been visiting his parents, Max and Doris Thielbar in Lincoln, Neb. He also visited Melvin and Carlotta Thielbar in McCook.

Lila Marquez and Lidia Knapp enjoyed a vacation from Aug. 17 to Aug. 24. They flew to California and on Aug. 20, attended a family reunion with over 100 cousins, spouses and kids.

Library hours are from 8 a.m. to noon Monday through Friday. They have a lot of new large print books. Books and videos will be delivered to shut-ins by calling 693-4461. The library has two new shelves which were purchased with memorial money and built by Troy

Marshall. More shelves are needed, so if anyone wants to make a donation to help with the project, they can send checks to the library or through the Citizens Alliance, specifying it for the library. Deb Marshall is the city librarian and Betsy Jakowsky is her helper.

The Lyle Women have a beautiful quilt on display at the City Office and are selling tickets for \$1 or \$5 for 6. They may be purchased at the City Office or from Veda Woods or other Lyle women.

The Kintigh family reunion was held on Aug. 20 at the Methodist Educational Building in Norcatour. Those present were John and Joan Ankenman, Norcatour; Cletus Kintigh, Lyons; Mr. and Mrs. Harold Eversmeyer, Murray, Ken.; Merle Eversmeyer, Manhattan; Evelyn Young, Denver; Tamara Bunney, Garden City, and Beth Sebaugh, Oberlin.

Weekend guests of Dorothy Ward were Mark and Debby Ward of Hugo, Colo. and K.J. and Breanna Ward of Newton.

The Border to Border U.S. Highway 36 Treasure Hunt will be held from 8 a.m. to 6 p.m. on Friday and Saturday and from noon to 4 p.m. on Sunday at Norcatour.

There will be a Lyle Community Building benefit with a potluck supper at 6 p.m. on Saturday, Oct. 15. The Sweet Adeline Prairie Rose Harmony Singers, along with local talent, will perform. Proceeds will go for the upkeep of the building.

# Breakfast: Is it in you?



## Home Time

By Tranda Watts  
Regional Extension Agent

Since teaching kids about the importance of eating breakfast and teaching them how to make their own simple breakfasts was how a great deal of my time was spent this summer, it seems only fitting that this reminder should go out to all adults as well as youth.

There is research to back up the saying "Breakfast is the most important meal of the day." Breakfast contributes to higher achievement, lower rates of absence and tardiness, increased concentration, fewer calories, and better nutrition for youth and adults.

We also know that children learn from watching parents. It stands to reason that if you do not model eating breakfast; your children will not get the benefits either.

Ideally, you want to make a balanced breakfast that consists of protein, fat and carbohydrates.

If breakfast is rushed, eating something is still better than eating nothing.

Simple breakfasts that can be pre-

pared quickly and easily include:

- Breakfast splits
- Peanut butter pita pockets
- Juice and cereal with milk
- Toast with peanut butter and a piece of fruit
- Yogurt parfaits
- Breakfast burritos
- A hard-cooked egg and a bagel
- Make your own instant oatmeal packets... (kids love to make them and they will save you money.)
- A cereal bar or a piece of fresh fruit and string cheese are great portable breakfasts
- Oatmeal pancakes
- Whole grain cereal treats

Leftovers can be breakfast too! pizza, soup and crackers, tortillas with melted cheese or chicken drumsticks can all work in a pinch!

If you want recipes for some of these simple, easy to make, breakfast dishes, contact me.

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](mailto:twatts@ksu.edu). For information, contact the Decatur County extension office, 475-8121.

# Jennings News

By Louise Cressler

Dashiell Brown, son of Kurt Brown and Valerie Kuchera of Quinter, won the state championship tractor pull for 5-year-olds at the Kansas State Fair. There were 55 participating. Dashiell's grandparents are Galen and Eleanor Augustine, Lenora, and Doyle and Kay Brown, Jennings.

Saturday evening dinner guests of Bob and Neoma Tacha were Roger and Peggy Tacha, Oakley; Dusty Tacha, Winfield; Royal and Gayle Tacha, Hoxie; Garrett Tacha, Colby; and Micheal and Ashley Brown, Brynna and Ayden, Norton. Neoma prepared the meal which was similar to the one that was prepared for their wedding on Sept. 14, 1946, with the exception that neighbors did not have to share their sugar ration cards for the wedding cake and the ice cream was not homemade. A fun evening was had reminiscing about the events of the past 65 years.

Bob Tacha was to celebrate his 90th birthday on Tuesday.

Kevin and Colleen Wagoner, Sharon Springs, visited their parents, Stan and Ramona Shaw and

Alice Wagoner over the weekend. On Sunday, Kevin and Colleen participated in a golf tournament at Hoxie and visited with Wilfred Wagoner at the Sheridan County Long Term Care.

Kay Brown, Rachel Carter, Glenda Johnson and Louise Cressler attended a friendship coffee at the Oberlin United Methodist Church Saturday morning. A table was set with all kinds of goodies; also coffee and tea. Nanette Zanders of Oberlin gave an interesting program about the schools and orphanage they have started and sponsor in Haiti.

Sharon Gaston, Ames, Iowa, and grandson Cody Clark, Boone, Iowa, came Sept. 1, to visit her parents, Wayne and Louise Cressler. On Saturday, Gwen Anderson, Council Grove; Megan Faris, Jessica Lemmons, Gabriel and Josie, Manhattan; and Russell Cressler, Bison, came to visit. On Sunday, all attended the Mowry-Brewster Reunion held at the Sunflower Senior Center. Mary Kinsler visited and ate dinner with the group Saturday evening. All returned home by Tuesday.

The Czech Museum meeting was held on Sept. 1, with President Neoma Tacha conducting the meeting. Directors present were Mary Wahlmeier, Alice Mizer, Lila Jennings, Bob Tacha, and Doyle Brown. After the last meeting's minutes and treasurer's report, a report was given about Fireman's FunDay. The museum had 100 visitors from six states and 10 Kansas towns.

The board would like to thank Dave Krizek, Mike Tacha and Bob Tacha for rebuilding our east privacy fence, and Rita Carey, Denver, for her donation of wreaths and ribbon. The next meeting will be at 2 p.m. on Thursday, Oct. 6. The public is welcome to attend.

# Lyle News

By Veda Wood

Visitors of Margaret, "Toots" Magers were Charles and Inez Keller of Oberlin and Ruth Vise and Karla Clason of Beaver City, Neb. On Sunday, Don and Shanna Nitzel of Oxford, Neb., visited.

Kathy Van Meter enjoyed a trip to Omaha with a bank group of 17 where they saw a three-hour concert by the Jersey Boys. They had lunch at the "Old Market Place" and supper at the Cheesecake Factory.

Teresa Wood called that Dwight's group will not be with us at our Community Building benefit as they will be playing in Lincoln, Neb. that evening. We want you to come help entertain or just watch, eat and visit.

Potluck supper will be Saturday, Oct. 15 at 6 p.m., followed by a good time furnished by local talent. Several Sweet Adeline Prairie Rose Harmony singers will be there.

I feel a little like Aubrey who said, "I don't get around as well

since I'm getting older." She has reached the ripe old age of 6.

Since I have some room left - this is a thank you note written by Uncle Elmer Van Gundy:

The socks you sent came just in time, my heels were sticking thru'. I thought I wouldn't buy a pair 'til I saw what came from you.

I think I'll make them last a year, perhaps my hopes will fade, And if by chance you fail me then, I'll call the Ladies Aid.

Then those nice supporters, the finest in the town, will either hold my stockings up, or they will pull me down.

I like the German cookies, they're hard as they can be. Just dip them in your coffee, your Postum or your tea.

After all is said and done, in these times of graft and greed, A faithful friend is nice to have when you're in want and need.

# Herndon News

By Julie Hafner

Dave and Judy Ketterl attended the State Fair in Hutchinson with Aaron, Sarah, Gideon and Isaiah White of Norton on Thursday and Friday. Sarah and Aaron worked in the Kansas State University veterinary building.

St. Mary's Altar Society met in the rectory after Mass on Sunday. Officers, nine members and a guest attended making plans for the annual St. Mary's Fall Bazaar, which will be held Sunday, Nov. 13. Mark your calendar to attend this event. They will be serving roast turkey and dressing with all the extras.

Tickets will be available soon for prizes of \$500, \$250, \$100, \$50 and ten \$10 for the give-a-ways. Contact

any altar society member for further information.

*The Northwest Clarion*  
Nov. 6, 1985

This Week's Special 1974 Buick LaSabre, 4-dr, very good mechanically, \$395. Kump Motor Co.

Pre-Holiday Savings Sale. Everything Marked down 33%-73%. Corcoran Furniture

Enjoy Great Comfort and a Lower Gas Bill. Guinn's Heating and Plumbing  
Special Prices on: Socks, Gloves, Caps, Thermals, Jog suits, Sweat-shirts, Wright's Apparel

We're shooting for the best price. Kermit's Party Time Hunters' Specials

# For All Times Chaplain John L. Paulson

'... choose you this day whom ye will serve;  
Joshua 24:15 KJV



## Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 Fr. Mark Berland, MASS: 5:30 p.m., Saturday</p>	<p><b>UNITED CHURCH OF OBERLIN</b> 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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p>	<p><b>NORCATOUR UNITED METHODIST</b> Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 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.</p>
<p><b>IMMACULATE CONCEPTION CATHOLIC, LEVILLE</b> Fr. Mark Berland, MASS: 8 a.m., Sunday.</p>	<p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> Pastor: Gene Gee SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,</p>	<p><b>LYLE UNITED METHODIST</b> Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> 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.</p>
<p><b>SACRED HEART CATHOLIC, SELDEN</b> Fr. Mark Berland, MASS: 10:30 a.m. Sunday</p>	<p><b>CLAYTON UNITED METHODIST</b> Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>LUND COVENANT CHURCH</b> 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.</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 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..</p>
<p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b> Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. <b>DRESDEN</b> SUNDAY: Morning Worship, 9:30 a.m.</p>	<p><b>OBERLIN CHURCH OF CHRIST</b> 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.</p>	<p><b>ST. MARY'S CATHOLIC, HERNDON</b> Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p>	<p><b>HERNDON COVENANT CHURCH</b> Pastor: Keith Reuther Phone 785-322-5316 SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p>
<p><b>PRAIRIE CHAPEL UNITED METHODIST</b> The Rev. Linda Willey SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p><b>OBERLIN UNITED METHODIST</b> 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.</p>	<p><b>PAUL'S FUNERAL HOMES</b> A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</p>	