

Norcatur News

By the Norcatur News Committee

Sympathy is extended to the family of Frank Ward, who died on Sept. 14 at the Norton County Hospital.

Dorothy Ward and Bee Nelson enjoyed the Norton County Arts Council Homes tour membership drive and the tours of the homes of David and Charlotte Kindall and Brian Schulze.

Birthdays include Alice Barnett, Rodney O'Hare, Sept. 15; Lisa Rhodes, Don Daniels, Sept. 1; Charlotte Plotts, Sept. 19, and Doug Dempewolf, Sept. 20. Robert and Kaley Daniels had an anniversary on Sept. 18.

Those from the Norcatur High School class who gathered over Memorial Day for their 50th reunion at the home of Shirley Brooks Gallentine and husband, Jerry, near Clayton were JoAnn Schulze Lyon,

Norcatur; Linda Roe Henry, Atwood; Judy Rogers Menges, Colby; Rodney O'Hare, Norcatur; Bill Eckhart, Almena; Roger Beachel Jr., San Diego; Allan Powell and wife Patty, McCook; Walt Wentz and wife Linda, Visalia, Calif.; and Jim Helm and wife Yanis, McCook.

Unable to attend were Eloise Francis Thornton, Ingalls; Terry Lyon, Wichita, and Jerry Rule. A former teacher, Ronald Temple and wife Jerry, Norcatur, joined them for a visit.

Those who enjoyed the 30th annual Eckhart reunion at the Denny Leichliter farm over Labor Day were Trish Brooks, Gary Brooks, Lela Brooks, Leann and Gavlin Henderson, Norton; Karen and Robert Resser, Manhattan; Cheri

Porter and Craig Eckhart, Scribner, Neb.; Jessy Graves, Papillion, Neb.; Kevin, Judi, Nathan, Hannah and Brynn Eckhart and friend Shanna, Fremont, Neb.; Terry and Darcy Robbins, Parker, Colo.; Kyle, Kathleen, Maverick, Mercy and Martial Obrecht, Lakewood, Colo.; Jake, Kathryn, Nathan, James and Abigail Leichliter, Colorado Springs; Steve and Debbie Obrecht, Pueblo, Colo.; Denny and Vene Leichliter, Clayton. Vene remained to help Denny with fall harvest.

Visitors were the Norma Gallentine family: Becky and Al Rohr, Colorado Springs; Emily and Dale Waldo, Salina; Gary and Tracy Gallentine, Titusville, Fla.; Gene and Kristi Gallentine, Clayton; Rex and Connie Gallentine, Milford; and Tami and Joel Shaw, Oberlin.

Get plenty of fruits, veggies

Did you know that September is National Fruits and Vegetables Month? Make half your plate fruits and vegetables each meal. It's one of the healthiest things that you can do for yourself and your family. Here are 10 great tips for saving money while getting the maximum benefits from fruits and vegetables.

Get a Food Spending Plan. Find out what is a reasonable amount to spend in order to feed your family healthy meals, using an easy (and free!) Calculator online, at <http://www.extension.iastate.edu/food-savings/foodollar.

Cook enough for several meals and freeze leftovers. Place enough food for one meal in a freezer container. Thaw in the refrigerator for a no-hassle meal in the future, on a day when you don't have time to cook.

Buy fresh fruits and vegetables in season, when they are lower in price and taste better. To know which foods are in season during each month, visit the website, <http://www.fruitsandveggiesmatter.gov/downloads/Get_Smart_Sjplomg.pdf.

Minimize waste, by buying only the amounts your family will eat. Enjoy the comforts of home more often. Eating at restaurants increases the amount you spend on food. Include fruits and veggies in quick meals that you prepare at home. For delicious low-cost recipes to make in 30 minutes, visit the website, <http://recipefinder.nal.usda.gov.

Make homemade soup for a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in lunch-size containers. Canned fruits and vegetables can be stored for a long time. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.

To make many fresh fruits and vegetables last longer, store them in the refrigerator soon after getting home from your shopping trip. Clearly label your foods in the freezer and refrigerator with the contents and date. Use within a safe time frame.

Buy frozen fruits and vegetables in large bags, to stretch your budget. Avoid those with added sugar, salt or sauce. *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 twwatts@ksu.edu. For information, contact the Decatur County extension office, 475-8121.*



Home Time

By Tranda Watts Regional Extension Agent

Good Samaritan Center

By Lisa Paulson

Then hurrah for Alma Mater May she live and grow Til one hundred thousand class-

es From her portals go And in future on life's pathway May we meet success

And review our happy schooldays At D-C-H-S!

The excitement of Homecoming crosses the generational line and finds its way into the hearts of the residents here.

It is fun and amusing to hear stories of "Speedy Ready" (former resident John Ready) on the football field. Talk of past homecoming queens, who they were, and who they married, etc. Then there is the excitement of great-grandchildren who are carrying on the traditions, so long ago established.

Thursday, we had our very own Homecoming football game. The two teams that came together to play were the "Has Beens" with Walter May as captain. Other players on his team were Amy Rehm, Edla Olson, Evelyn Olson and Eulaine Benda. They were up against the "Up and Ready" team with Betty May as Captain. Her team members were Alice Bobbitt, Leone Porsch and Olive Arnold.

The "Has Beens" came out on top. Proof of the support and enthusiasm for the high school could be seen in the faces of all the residents, staff, friends and family as they crowded onto the front porch to watch the Homecoming Parade.

Queen Samantha Anderson, great-granddaughter of Eva Bryan and Queen Candidates Megan Wentz, our beloved certified nursing assistant and my daughter, Serena Stacy were met with lots of cheers and applause. What would homecoming be without the dance? Not near as much fun!

So we hosted the Golden Oldies Homecoming Dance right here! Michael Milbauer was our guest musician, joined by Cheryl Miller, Loren Schrock and John Paulson for some fun and lively entertainment. Dorothy Pryor and Betty May wore fancy gowns and all the ladies wore pretty hats. The men too, wore hats and Galen proved to be quite the dancer and Glenn Martin looked mighty dapper in his hat even though he preferred to be a wallflower.

The really special dances were when the couples, Laddie and Vera Kacirek and Walt and Betty May were on the dance floor. Then before the night was over Lucy Schissler requested "The Old Rugged Cross" be sung in memory of Stuart Euhus. Stuart never missed one of our dances, and we sure miss him!

The highlight of the evening was the crowning of the homecoming queen and king. Vera Kacirek was crowned queen and Galen Tacha took the king's crown. Our thanks to Colleen Rippe, Brittany Johnson and Franci Miller for helping all night long. It was quite an evening.

We had lots of other things happening this week, too. The first of two classes of first graders came to find out who their reading pals will be and to leave their hand prints behind. Such a well-behaved group of kids we have this year!

We are anxious to have them start reading and watch them grow in both their skill and their stature! Are you wearing purple? Today, Sept. 21, is Alzheimer Awareness Day! It is a reminder and preparation of our big event on Saturday, Oct. 15. The Seventh Annual Rock-a-Thon which will be a community Walk and Rock-a-Thon. The theme will be "Don't Forget to Remember Me." The proceeds this year will go to the Alzheimer's Association. Watch for more details!

Family members, don't forget the Potluck on Friday, Sept. 30.

Guests this week were: Edie Tate for **Lois Carlson**. Eunice Martin for **Glenn Martin**. Carolyn Strevey (Norcatur) and Von Johnson (Norton) for **Crystal Moore**. Marilyn Horn for **Myrtle Ross**. Duane and Marilyn Waldo (Tucson, Ariz.) for **Mary Waldo**. Connie Simonsson for **Amy Rehm and gOllie**. Max Carman for **Myrtle Waldo and Elden Haas**. Arian Arnold (Herdon) for **Edla Olson**. Detta Anderson for **Opal Bryan, Mildred Holmdahl, Laurene VanOtterloo and Eva Bryan**. Frank and Mert McEvoy and Eunice Richards for **Lucy Schissler**. Reva Marshall for **Dorothy Hunt**. Murry and Audrey Pavlicek for **Mary Lemman**. Bud and Vicky Mumm (Gem) for **Doris Marintzer**. Hill (Norcatur) for **Cheryl Hill**. and Connie Olson and the Scott family for **Evelyn Olson**. Nadine and Allen Tacha (Jennings) for **Galen Tacha**. Cecil Hess and Elaine Bryan for **Laurene VanOtterloo**. Ralph and Norma Unger for **Lucy Schissler and Mildred Holmdahl**.

High Plains Ag Profit Workshop – Goodland, KS

Thurs. Sept. 29 thru Sat. Oct. 1

Explore the possibilities, benefits and profits of grass-fed beef production, the bison advantage, rangeland hair sheep, species co-grazing and more.

Farm ground segment will cover no-till, cover-cropping, poly-culture, natural fertility strategies and the mixing of livestock with farming for greater benefits. See how a modern weed-wiper and crop-roller can help.

Key note educator and internationally renowned Certified Holistic Management Educator Kirk Gatzia will teach basic HM principles and hands-on rangeland monitoring.

\$160/person/day (lunch included) or \$500 for all three days (lunches and dinners included) Call 855-330-1493 for more info or to sign up! (Book by Sept 21)

God's Grace By Chaplain John L. Paulson

As a father pities his children, So the LORD pities those who fear Him. (Psalms 103:13 NKJV) Early one morning, in a town I won't name, I was enjoying a walk. I happened to see a young girl driving her car and drop a young man off at his house. I didn't make any assumptions of their activities of the night before but as she backed her car out of his driveway, we locked eyes for a brief moment and then she looked down and seemed covered in shame. Not so the young man. When he looked back to the car, he too saw me. He simply shrugged his shoulders and with light steps, disappeared through a fence and out of sight.

meaning of what his mother had been saying over and over to him. How do these stories relate to each other? The mother's words of caution to her young son were spoken in the same love that God tells us that sin deserves judgment and to turn from it to faith in Jesus Christ and obedience to His way of living life. God is using the voice of a concerned Father toward you, His child. If we lived under the Law, the young girl and boy could have been stoned to death. If this were the Day of God's Judgment, the boy and girl would be cast immediately into hell for all eternity. But right now, and for an unspecified time, we live under God's grace. Oh how I pray that you would look upon the cross where our Savior died and experience the comprehension of a small boy looking upon a dead baby rabbit. Sin is real, death is real, judgment is real and God's grace is real.



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, LEVILLIE 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.

- 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.

Paul's FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls

Jennings News By Louise Cressler

The Senior Citizens potluck supper was held last Tuesday, with the following enjoying the meal: Rachel Carter, Alice Mizer, Agnes Wahlmeier, Carol Carter, John Ketting, Bob Tacha, Neoma Tacha, Stan Shaw, Ramona Shaw, Ann Sweistis and Louise Cressler. Three children joined them for desserts. A business meeting was then held with plans being made for the coming months. Bingo will be played

at the October meeting. The group will start collecting non-perishable food items to be taken to the Oberlin Food Pantry in December. A large crowd of Decatur County people attended the "Decatur Tomorrow" conversational meeting and potluck supper held last Monday at the Sunflower Senior Center. Many ideas were shared by the people from each town, Dresden, Norcatur, Oberlin and Jennings.

FROM THE CREATORS OF FIREPROOF

HONOR BEGINS AT HOME

COURAGEOUS

September 30th - October 2nd - Opening Weekend Call Cinema 3 at 308-345-1140 and ask for Dan Stull for show times and rates. Brought to you in part by **New Life Christian Book Store**