

# Norcatur News

By the Norcatur News Committee

Thanksgiving guests of Bob and Anita Montgomery were Bobbie and Lee Frakes, Trenton, Neb.; Blake, Amanda, Keegan and Karsten Shuler, Bartley, Neb.; Blaine Shuler, Cambridge, Neb.; Ron, Gina and Alyssa Montgomery, Jennings; Shane and Krystal Montgomery, Norton; Renee Harman, Oberlin; and Scott Harman and Rusty Montgomery, Norcatur.

Marjorie Prince visited Virgil and Joyce Price on Dec. 9. The Prices said they will enjoy the amaryllis plant she brought all winter long.

Bob and Anita Montgomery and Renee Harman attended the wedding and reception of Kayla Cook and Jesse Moller on Nov. 26 at the Norton American Legion.

Virgil and Joyce Price went to McCook on Dec. 10 to attend the 60th wedding anniversary celebration of her brother and his wife, Melvin and Carlotta Thielbar. Many other friends and relatives attended.

Marjorie Prince, Liberty, Mo., returned to her home on Dec. 10 after spending several weeks with her mother, Arlene Hix, and visiting her brother, Gail Bailey, and his family. Ms. Prince also visited her uncle and aunt, Veryl and Vi VanDerWege in Norton.

Scott, Tiffany and Austin Spencer, Kearney, Mo., recently visited his grandmother, Arlene Hix and

his uncle, Gail Bailey and family. The Spencers did some deer hunting with cousins, Lucas and Mark Bailey and were successful hunters. Scott is the son of Marjorie Prince who was already in Norcatur visiting her mother.

Terry and Barb Lyon, Wichita, were recent weekend guests of Jodi Lyon and Carl Lyon. They also visited Terry's mother, Evelyn Lyon, at the Norton Andbe Home.

Dorothy Ward and Bee Nelson joined Wava Reames at her home for a carry-in dinner. Ms. Reames is in the middle of a bathroom remodel and appreciated the meal.

Bob Schoendratt sends holiday greetings to all his Norcatur friends.

Bee Nelson, Dorothy Ward and Wava Reames hit the road again. After church last week, they drove to McCook for lunch. After eating they did some shopping. On their return trip they kept watchful eyes open for deer. They were not disappointed as they spotted several on the road but avoided any collisions.

Wava Reames reported that her grandson was happy to see the snow in Norcatur. He wanted to make a snowman and throw a few snowballs.

Several in Norcatur were brave enough to step out at dawn last Saturday morning in time to see a rare

lunar eclipse.

Happy birthday to: Dryndon Wentz and Dean Thornton, Dec. 16; Paul Welch and Justine Tuttle, Dec. 17. Happy anniversary to: John and Carol New, Dec. 17; Tom and Betsy Jakowski, Dec. 19.

Word has been received that Norman Roger Beachel, Norcatur Rural High School Class of 1961, had a stroke and had two stents put in. He would appreciate hearing from friends. Get well wishes will reach him at 2644 Elm Ave., San Deigo, Calif., 92154.

Senior Citizens pinochle players met Dec. 8 at the Educational Building with Joyce Price and Gary Anthony taking high. There will be no pinochle on Thursday. Games will start again Jan. 12 and Jan. 26. Everyone welcome.

LIVE Big youth group met Sunday at 3:30 p.m. The adult Bible Study group meets Monday evenings at 7 p.m. They are studying the book of Romans.

Christmas Eve services will be held at 4:40 p.m. at the Norcatur United Methodist Church. Everyone is welcome.

Donations for Loretta (Lawn) Fowler may be made out to her and mailed to the Norcatur City Office, 301 E. Ossipee St., Norcatur, Kan. 67653.

The city is accepting bids from contractors to replace some ceiling and floor tiles in the City Building. For more information call the office at 693-4461.

The library received some new books, thanks to an anonymous donor.

A Carhartt winter jacket was left in the multi-purpose room after the Stan Miller supper. Call the city office to claim it.

The Norcatur Christmas Drawing was held on Saturday.

# Lower the risk of stroke

Have you heard that eating more fruits and vegetables can help prevent stroke?

You probably heard something about a Swedish study published on the website of Stroke: Journal of the American Heart Association. That study, of nearly 37,000 Swedish women ages 49 to 83, found that women with high intakes of antioxidants had lower risk of stroke.

For most of the participants — those with no history of cardiovascular disease — the ones with the highest consumption of antioxidants had a 17 percent lower risk of stroke compared with women with the lowest intake. Those with the highest intake got about 50 percent of their antioxidants from fruits and vegetables, averaging seven to eight servings a day. Other significant sources of antioxidants were whole grains, tea and chocolate.

Results were a bit different for the 5,700 participants who had a history of cardiovascular disease. For them, a higher antioxidant intake was associated with a lower risk of just one type of stroke. Those with



## Home Time

By Tranda Watts  
Regional Extension Agent

higher levels of antioxidant intake had a 46 to 57 percent lower risk of hemorrhagic stroke than those with the lowest intake.

Antioxidants, including vitamins C and E, carotenoids (which become vitamin A in the body), and flavonoids have long been associated with health benefits. Just how exactly they work is not completely known, but we do know they battle free radicals — unstable molecules that can damage cells.

No matter how antioxidants work, eating plenty of fruits and vegetables is always a good idea. Some tips:

• Pack an apple, plum or a serving of prunes in your lunch or to snack on at the end of your work day.

• Add frozen berries to a serving of plain or vanilla yogurt.  
• Sprinkle fresh blueberries, blackberries, raspberries or strawberries onto salad or cereal.  
• Add red beans, pinto beans or black beans to soups, stews and casseroles.  
• Add spinach, red cabbage or chopped broccoli to soups and salads.

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 office of Twin Creeks Extension, 475-8121.

## Lyle News

By Veda Wood

Now is the time for all good men to — oh, no, that's not it. Friends, Romans, countrymen — that's not it, either — uh — Bah! Humbug!! — no, that's not quite right. H-m-m, Ho Ho Ho — Oh Yeah, that's it — Merry Christmas everybody!

The weekend weather was nice, but now we are expecting snow and wind. Oh, well, it isn't even winter yet, according to the calendar.

We had a good time at the town drawing and visit from Santa who was escorted and assisted by the lo-

cal firemen. It was good of them; of course we wouldn't want all the toys to catch fire, so children, be sure to tell them "Thank you." Even older kids like me got a sack of candy and I really enjoyed those peanuts.

Thanks to Jerry and Bonnie Wescott for the turkey, Miller Farms, and (I'll have to find out who) for the ham and Brandy Cohart for the ride. June Jolly made it to the drawing, and Toots Magers got the prize for being the oldest. Arlene Hix was runner-up, and several of

us were close.

Some hunters saw a mountain lion chasing a deer about one and a half miles north of Lloyd Frandsen's place. Too close for comfort!

June Jolly went to Lincoln, Neb., on Sunday to the funeral of Carroll Jolly's father-in-law, Doren Heir, and came home Monday. After the drawing on Saturday, she went with Dean and Rhonda Jolly to the wine tasting in McCook and then they, along with Dennis and Linda McFarland, ate at the Loop.

## Midway News

By Mary Lou Olson

Congratulations to Mildred Holmdahl, who was honored on her 90th birthday with an open house on Saturday afternoon at Golden Age Center in Oberlin by her daughters, Janeil Jensen, Jeani Hengst and Janet Vermillion, and families.

Those in the congregation of the Herndon Covenant Church who would like to go Christmas caroling are asked to meet at 3:30 p.m. Thursday at the Decatur County Good Samaritan Center in Oberlin. They will also go to the Atwood Good Samaritan Center, then go the bowling alley in Atwood to eat.

Christmas Eve services will begin at 11 p.m. on Saturday at the Herndon Covenant Church. Morning worship services begin at 10 a.m. with no Sunday School.

The Sunday School children of the Herndon Covenant Church presented the Christmas program, "Someone Has a Birthday" on Sunday evening. Participants included: Aliah Jones and Mollie Tate, narrators; Kylie Dirks, Mary; Eli Holle, Joseph; Aliah Jones, Shy Walker and Maggie Holle, party girls; Gracie Tate, Kodi Dirks and Kaci Dirks, angels; Obadiah Jones, Cowen Anderson and Ryan Jones, shepherds; Mollie Tate, Aliah Jones, decorating shepherds; Kaci Dirks, star; and Joshua Popp, Asa Popp and Henry Holle, wisemen. David Noren and Michael Noren also played piano solos. Director was Kristi Dirks, who was assisted by the other mothers.

Congratulations to Dustin and Kendra (Anderson) Pelton of Burdett on the arrival of a son, Brody Eugene, who was born on Dec. 6, 2011, at Hays Medical Center in Hays. He weighed 7 pounds, 12 ounces and was 21 1/2 inches long. He has a sister, Addyson, 2.

Ann Marie Flavin and her son and family, Eric and Susan (Bell) Flavin, Belle, Una Fae, Evangeline and Nathan of Tranore-Waterford, Ireland, came Friday and will be visiting Roger and Melinda Carlson and other relatives until Jan. 11.

Cowen Anderson was honored with a party on Saturday afternoon at the home of his parents, Clay and Jennie Anderson and Grant, in observance of his second birthday. Others present were Merlin and Bonnie Anderson, Norma Anderson, Vince and Gayle Carlson, Kevin and Pam Swart, Brittney Swart, Jason Anderson, Dustin, Kendra, Addy and Brody Pelton, Beth, Henry, Eli, Maggie and Will Holle, Kristi, Kaci, Kylie, and Kodi Dirks, and Lacy and Shy Walker.

Howard and Suzanne Wehrman of Sylvan Grove spent Sunday with their daughter and family, Beth and Orrin Holle, and attended the Sunday School Christmas program.

Keith and Mary Lou Olson, and Mark Olson were guests of Dale Olson for Christmas dinner on Saturday at Fairview Estates in Colby. They also visited Wilbur Leebrick, who recently moved there, and his son, Lance and Brenda Leebrick.

## Bible Stories continued

### Doug Mason, sponsor, Teens for Christ

This week we continue the story of the Old Testament. From last week, we left with Abraham's son, Jacob, and his marriage to Rachel and move to Haran. So let's see what happens next.

Part III  
Rachel and Jacob went on to raise 12 boys, the youngest was named Joseph. Joseph was a bit of a problem for his brothers and often talked about dreams where he bossed his older brothers around. Boys being boys, his brothers didn't care for that and mistreated Joseph fairly often. When they finally had enough of him they sold him off into slavery and told their father that a wild animal had eaten Joseph.

God was with Joseph, though, and used a number of unfair circumstances to train Joseph for an important future. Joseph ended up in Egypt, working under Pharaoh when another famine hit. Joseph knew this famine was coming and prepared Pharaoh's kingdom for the famine. Joseph's brothers came to Egypt during that time looking for food and Joseph reunited with his brothers and saved his family, the Israelites and the Egyptians from the famine.

The Israelites flourished in Egypt under the Pharaoh's protection for many years, well beyond Joseph's lifetime. A new Pharaoh didn't know the history and disliked the Israelites so he put them into slave labor. Upon order from the Pharaoh, Israelite babies were to be killed, but one mother put her baby in a basket that floated down the Nile and was found by one of Pharaoh's daughters. She raised this child as her own. You know whom we are talking about so we'll call him "Mo." Mo found out he was actually an Israelite and didn't like the way the people were being

treated. While defending someone being beaten, he ended up killing one of Pharaoh's men so took off into the wilderness. God talked to Mo in the wilderness and told him to go back and free those slaves.

So after a number of signs and wonders from God that caused hardship on the Egyptians, Mo was allowed to take the Israelites out of Egypt to a Utopia of their own. Pharaoh decided to try to get them back, but God led the people to safety by passing through a sea that later swallowed up Pharaoh's army.

Over many years of wandering the people finally arrive at the Promised Land. Mo had set up rules to live by, as instructed by God, and it took a while for the people to catch on to the idea.

Well, Mo died before entering the new land so Joshua took over and led them into the promised residence. While there they conquered many different tribes of people living there and these people that wandered the desert for 40 years finally started living free in their own land.

God had people called "Judges" kinda controlling things during that time, letting the people know how God wanted them to handle situations, but the people decided they wanted to have a king. Their first king was named Saul. For a while Saul was a good king, but then got power hungry. So God anointed a boy named Dave as the next king. Saul didn't like Dave, so King Saul tried to get rid of him, unsuccessfully. Saul's dealings eventually did him in and Dave took over.

Yah, that's King David. He certainly plays an important role in the nation of Israel. Find out more next week.



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 10:30 a.m., Sunday

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

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 5:30 p.m., Saturday

**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.

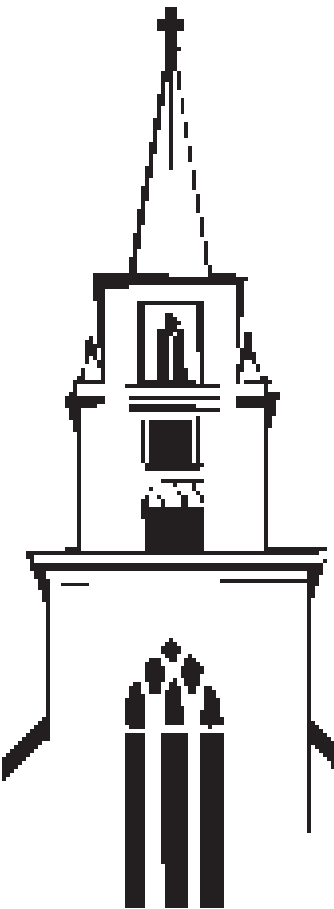
**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
Pastors: Chris and Sharon Nelson  
810 West Cedar, Oberlin  
Office Phone 785-475-2769  
SUNDAY: Worship Service, 9:30 a.m.;  
Fellowship Time, 10:30 a.m.; Sunday  
School, 11 a.m. WEDNESDAY: Bible  
Study, 7 p.m.

**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, 9:45 a.m.; Divine Worship Service,  
8:30 a.m.; Holy Communion: 1st and 3rd  
Sundays..

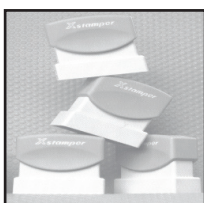
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404 North York Avenue  
Oberlin, Kansas  
The Rev. Charlotte Strecker-Baseler  
Church Office Phone: 785-475-2053  
SUNDAY: Worship, 10:00 a.m.; Fellowship  
and Educational Hour, 11:15 a.m. Holy  
Communion first and third Sundays.  
THURSDAY: Women's Bible Study second  
Thursday at 9:30 a.m.



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