

Norcatour News

By the Norcatour News Committee

Super fit super bowl snacks

Christmas Eve supper guests of Marian Dempewolf, Oberlin, were Dave and Patty Stapp, Sam Stapp, Jerrod, Kortney Poire and Kynleigh, Dan and Jolene Dempewolf, Andrew Dempewolf, Doug Dempewolf, Sharee Dempewolf, Greg Dempewolf, Jayda Zuck and Dave and Linda Schliep, Spencer and Addison.

Christmas Day lunch guests of Dave and Patty Stapp were: Jerrod and Kortney Poire and Kynleigh, Kaitlyn Stapp, Michael Schamberger and Gabby, Samuel Stapp, Dewaine Stapp, Marian Dempewolf, Dave and Linda Schliep, Spencer and Addison.

Larry and Sheryl Mulberry, Conway, Ark., arrived Dec. 21 to spend 10 days visiting her grandmother, Arlene Hix. Lloyd and Sharon Stanton of Salina came Dec. 23 to visit his mother, Arlene Hix. Sheryl is the daughter of the Stantons.

Christmas dinner guests at the Arlene Hix home were Larry and Sheryl Mulberry, Lloyd and Sharon Stanton, Gail and Denise Bailey, Mark and Shayla Bailey, Raelyn and Rustin, Lucas and Ashley Bailey, Ed and Phyllis Yeater and Nadine Ilg, Lebanon, Kan. Nadine and Sharon Stanton are sisters.

LIVE BIG youth group will meet at 3:30 p.m. Sunday at the Educational Building.

The United Methodist Bible Study group will meet at 7 p.m. Monday at the Educational Building to study the book of Romans.

Norcatour Senior citizens met Dec. 30 at the Educational Building for

a pot luck dinner and cards. There were 14 for dinner and 11 stayed for cards. Winners were: Jodi Lyon, Bob Strevey and Al Sedlmayer. Five hands were played and players went "set" four of the five hands. The next meeting will be at 1 p.m. Friday.

Senior Citizens pinocle will start again on Thursday, Jan. 12 and again on Thursday, Jan. 26. Everyone is welcome.

Dewaine Stapp and Charlotte Meints traveled to Wichita on Dec. 9 to see the tour of the Broadway musical by Mel Brooks, "Young Frankenstein". On Dec. 15 they went to Kansas City to attend the Practical Nursing Program pinning ceremony for Charlotte's granddaughter, Tara Stecklein.

Carl Lyon and Jodi Lyon were Christmas Eve guests of Scott and Tracy Hartzog. The Hartzogs provided a supper for several other guests.

Virgil and Joyce Price had a busy and fun time over the holidays. Richard Jurey, Edmond, Okla., visited from Dec. 21 to Dec. 26. Jason, Kathy, Connor and MacKinzey Jurey, Kennard, Neb., were at the Prices from Dec. 21 to Dec. 24.

New Year's Eve Wayne and Norma MacCallister and Sherri Regal were guests of Virgil and Joyce Price to play dominoes. Sunday, the Prices attended the carry-in dinner at Lyle and saw many old friends.

Gary and Cathy Anthony are missing a trash can during the recent wind storm. If you see a black can with wheels, it may be theirs. Call them at 693-4431.

Wava Reames reports it being quiet around her house these days. Her grandchildren, Shawnda and James were visitors for a week. Johnny and Shawna arrived Dec. 23 and everyone returned to Dover, Okla., Dec. 25. She said she and the grandchildren had a good time watching movies and programs. They played Crazy 8s, Go Fish and Texas Hold 'em. The group went to Leslie and Lynn Ward's home in Norton for a soup supper on Christmas Eve.

They exchanged gifts and Ms. Reames reports that her favorite was a handmade gift from Johnny. He and Shawna had taken two kitchen doors from Grandma Bertha's and Grandpa Hiram Fullerton's old abandoned farm house and he made a cabinet using the two doors.

Christmas weekend guests at the Stan Miller farm were Mr. and Mrs. Curt DeDonder and Sophia, Topeka; Rocky and Bev Delano, Wichita; Justine and Casey Tuttle and Jade, Norcatour; Lila Rule, Norton; Gary and Annette Miller, Oberlin; and Casey Morris, Lubbock, Texas. Christmas Eve supper was held at the Gary and Annette Miller home with additional guests of Mr. and Mrs. Chad Applebury, Eli and Karyssa, Colby, Mike Miller, Prairie Village, joined the festivities for Christmas Day at the Miller farm.

Christmas guests of Jodi Lyon and Carl Lyon were their daughter and sister, Sharlynn Mermis and her family of Wichita. Coming were Gene Mermis, Riann, Brier, Morgan and the two dogs, Molly and Bella. It was a short visit with them arriving Christmas morning and leaving Monday afternoon. Renee Harman, Oberlin, was a Christmas afternoon guest.

James and Charlotte Plotts hosted an early Christmas dinner Dec. 22 for his parents, Jim and Carolyn Plotts.

Want to host a Super Bowl or other gathering this year that's super healthy, yet not super costly? If so, this column will help you. The following tips can help you score big with the basics of casual entertaining, as you share winter season events with family or friends.

The Main Event. Consider making soup, such as chili, when cooking for a crowd.

Why? Most soups are low-cost to make. And they can be made ahead and kept warm in a slow cooker, so that you can enjoy your guests (and the game) without needing to be in the kitchen cooking!

For chili, you might chose extra-lean beef or turkey for some added protein. Or, you could forget about adding any meat and add extra beans instead. (Rinsing canned beans reduces the sodium content by at least one-fourth.)

Provide homemade croutons and reduced-fat shredded cheese or fat-free sour cream for a garnish to top it off.

For recipes for soups, chili, stew and croutons from day-old/stale bread, visit www.ksre.ksu.edu/



Home Time

By Tranda Watts
Regional Extension Agent

humannutrition/.

Healthy Side-Lines. Add to your menu with side dishes that you've made healthier:

- Cornbread. Earn points by serving some whole grains. How? Use whole wheat flour for half of the white flour in your cornbread recipe. For less fat per serving, use fat-free plain yogurt instead of the oil called for in your recipe.

- Dips. You can use fat-free plain yogurt or fat-free sour cream instead of regular sour cream whenever you make a dip. Make a healthy move by using fresh veggie dippers or baked chips instead of regular chips.

- Leafy greens. Instead of a dressing to go with your fresh salad, serve a platter arranged with mounds of veggies, such as cooked lentils,

boiled potato pieces, whole kernel sweet corn, fresh radishes, avocado slices and bell pepper strips.

- A brownie can be an inexpensive half-time treat. Reduce the sugar in your recipe by one-third without fearing that anyone will blow a whistle! Also, use whole wheat flour for half of the white, and replace the oil with an equal amount of unsweetened applesauce.

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.

Selden News

By Jacque Boultinghouse

On Dec. 22 during Senior Citizens at the Community Center, Lola Cook won high, Ralph Weis took second and Pat Wessel got low. Other members present included Jeanie Spresser, Betty James, Matt Finnesy, Royce Cook, Bob Wessel, Carl Mumm, Shirley Emigh, Lillian Sulzman, Paulie Neff, Helen Karls, Don Quackenbush and Cecelia Otley.

On Thursday at the Senior Citizens meeting, Carl Mumm won high, Bob Wessel took second, Edna Schiltz got low and Gail Mumm

had the most jacks. Other members present included: Ralph Weis, Lillian Sulzman, Lola Cook, Royce Cook, Betty James, Jeanie Spresser, Paulie Neff, Matt Finnesy, Bernita Aumiller, Shirley Baker, Donald Quackenbush and Janice Kruse.

Birthdays and anniversaries: Dec. 30 - Sumner and Chery - Judy Brantley Hankins. Dec. 31 - Gayle and Ruth Bainter, Kandi Vahling, Diego Castellano. Jan. 2 - Mike and Tami Porsch, Mike and Kandi Vahling, Boyd and Marge Wilson. Jan. 3 - Elizabeth Schreiner, Leanne

Juenemann. Jan. 4 - Bill Bainter, Mike Kruse, Gerid Spresser, Jenna Bruggeman. Jan. 7 - Ron Kaus, John Kruse.

School Calendar - Thursday, - Junior High Basketball in Brewster. Friday, High School Basketball in Logan.

The next pinocle night will be Saturday, Jan. 21. Cost is \$10 per person, so bring a partner and some snacks. We start playing at 7 p.m. at the Community Center.

Midway News

By Mary Lou Olson

The Covenant Women will meet for a missionary work day at 9 a.m. on Saturday at the Herndon Covenant Church.

Pastor Keith and Sandy Reuther and family enjoyed skiing in the Colorado mountains last week.

Ward and Jan Olson and girls of Colorado Springs were Sunday afternoon guests of John and Ardythe Cederberg.

Christmas supper guests of Keith and Mary Lou Olson on Thursday were Mark and Barbara Olson, Kurt and Mary, and Spencer Rose, Hoxie; Brandon and Sarah White, Gardner; Rex Olson, Seth, Sam and Abbie, Boulder, Colo.; Sue Wells, McCook; James and Kimberly Witt, Ashley and Whitney, and Tyler and Tiffany Witt and Trevor, Oberlin, and Chris and Keely Wilson, Julie, Harmony, Derek and Noah, Kearney, Neb.

New Year's weekend guests of Esther Noren were Larry and Judy Thelander, Salina; Jeremy and Carissa Thelander, Connor, Braden and Riley, Lincoln, Neb.; Ken and

Alice Robson, and Kirk and Janelle Robson, Brielle and Allie, Ellsworth; Andy and Dayna Robson, Bennington; and Steve and Connie Noren, Britta, David and Michael, Oberlin.

Christmas Eve guests of Kevin and Mary Holle were Orrin and Beth Holle, Henry, Eli, Maggie and Will. The Orrin Holles and Kevin Holles were Christmas Day guests of Mary Holle's mother, Georgia Bauer, at Pawnee Rock. The Orrin Holle family spent New Year's weekend with her parents, Howard and Suzanne Wehrman at Sylvan Grove.

Saturday dinner guests of Eulaine Benda at her home were Losson and Leanne Pike, Ashland; Gerald and Patti Benda, Ludell; Daryl and Shirley Maresch, Nathan, Jenna and Tim, Nekoma; Bev Messerly, Paul and Anna, Sublette, and Mark and Barbara Olson, Kurt and Mary, and Spencer Rose, Hoxie, and Brandon and Sarah White, Gardner. They were all New Year's Day dinner guests of Gerald and Patti Benda.

Prophets never appreciated

The Rev. Barbara Patterson,
United Methodist Church, Jennings and Dresden

"Do you recall the children's story about the Little Chicken who was walking along and something huge fell on her head and she thought the sky was falling? She wanted to warn all of her friends in the barnyard, but they wouldn't listen. They were just too busy doing their 'own thing.' Poor Chicken Little, she was having a difficult day.

There was a prophet in the Old Testament who knew a lot about those kinds of days. His name is Jeremiah. He too had red eyes and tears coursing down his cheeks. He would moan and wail until his throat was raw. He was often referred to as the "Weeping Prophet." But Jeremiah had a strong relationship with the Lord. The Lord had given him an assignment to encourage the people of Israel who had been taken into captivity by Babylon.

Jeremiah had also tried to warn his people, telling them to return to God's ways or face horrible judgment. He predicted both the destruction of Jerusalem and the Jews' 70 years of captivity. How was he treated? His own countrymen threw him in prison. They beat him. Once they even threw him down a well. More than once, he wanted to quit being a prophet, but he found he couldn't; he wanted to please God, even if it was hard. Jeremiah was faithful to his call and persevered. One day, he heard a word of encouragement from the Lord:

"Do not let the prophets and mediums who are there in Babylon trick you. Do not listen to their dreams because they prophesy lies in my name... But I will bring you home again. V. 11. For I know the plans I have for you... They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. V.13 If you look for me in earnest, you will find me when you seek me." (Jeremiah 29:8-13.)

Sometimes like Jeremiah, we too have those kinds of days. We make our plans and they seem reasonable at the time but then Bam! Life happens! All of our plans go up in smoke. Too often we lose hope in the midst of despair when the dark clouds seem to hover over us.

Yes, those times do come, but as we begin a new year of 2012, I want to remind you of the words that the Lord spoke to Jeremiah. V. 11, "For I know the plans I have for you... They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me in earnest, you will find me when you seek me."

May the future plans that God has for you, go with you and bless you throughout the coming year of 2012. Please know that God's love and grace will be sufficient to meet your every need.



Good Samaritan Center

By Lisa Paulson

Happy New Year! The New Year came in without the toots of noisemakers, champagne or confetti but was celebrated to the lively music of Loren Schrock and his daughter Cheryl.

It is always a time of reflection, looking back over the past year and looking forward to the new. Resolutions are still made, although they are not the same as they used to be; you don't hear the usual ones like, "I want lose weight" or "I need to get my finances in order" (those can still be heard by the staff, however). You are much more likely to hear, "I want my children to know they are loved" or "I want to deepen my relationship with the Lord". Another good lesson for us of the younger generation!

What about you? Are you looking back or looking forward? Take a moment to flip through the pages of last year's calendar, notice the record of places and people on them. We would expect to find appointments to the doctor, the dentist, a funeral or two, committee meetings, church and school functions. You will probably find birthday reminders, lunch dates with friends, weddings and new babies. It is an interesting exercise to see exactly how you have spent your time and to reflect on God's hand in it all. Some of the appointments may bring sadness or even sorrow, others joy and celebrations. I'd like to challenge you to count how many squares you found that have the Good Sam penciled in. If you would like to increase your joy in this New Year, including us on your calendar is one sure way to do it.

year. A sampling of some of the activities to watch for this year: "Be Prepared" Community Forum, garden parties in the Lora Marietta Memorial Courtyard, prayer meetings and more mission projects. The Bible study group will be offering five scholarships for staff members to attend the "Art of Marriage" video conference this month. These ideas come directly from your loved ones. Their creativity is endless and so is their love!

Wishing you a New Year filled with boundless blessings given from the One we love and serve... and don't forget your daily appointment with Him!

These who came to visit this week were a blessing to us! Cheryl Miller for Loren Schrock. Jerry Hill for Cheryl Hill. Reva Marshall, Penny Fringer and Iris Osborne (Wichita) for Dorothy Hunt. Murray and Audrey Pavlicek for Mary Lemman. Frank and Mert McEvoy for Lucy Schissler. Gerald and Connie Olson, Kelly Olson (Manhattan) and Janice Baer (Topeka) for Evelyn Olson. Edie Tate for Lois Carlson. Eunice Martin for Glenn Martin. Marilyn Horn for Myrtle Ross. Loyd Waldo for Mary Waldo. Donovan and Lora Randolph for Amy Rehm. Gerald Benda for Eulaine Benda. Rhonda May for Walt and Betty May. Doyle and Kay Brown (Jennings) for Emma Sanford. Von Johnson and Carolyn Strevey for Crystal Moore. Bud and Vicky Mumm (Gem) for Doris Marintzer. Shawna, Kendal and Levi Naranje (North Platte), Michelle, Jake and Regan Gutschensvittler and Jeani Rhodes for Alice Bobbitt.

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, LEVILLIE
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.

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: Brad Rick
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays..

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

