

Norcatour News

By the Norcatour News Committee

Our sympathy goes to the Archie Temple family after his death on Jan. 10. Condolences will reach Doris Temple and family at 1607 Beauchamp, San Antonio, Texas, 78231.

Clinic Days will be held from 9:30 a.m. to noon on Tuesday, Jan. 31, Feb. 14, and Feb. 28 with medical staff from Oberlin coming to Norcatour.

Don't forget that we have access to the Decatur County Bus coming to Norcatour on Wednesday afternoons. Call the decatur County Clerk at 475-8101 to schedule a ride.

Items for the Norcatour News can be emailed to bbn25@yahoo.com or dotw25@uralte.net or by call-

ing Bee Nelson at 693-4569 or to Dorothy Ward at 693-4511.

Birthdays include: Stan Applegate, Jason Gallentine, Jan. 20; Rebecca Cox, Jan. 21; Barbara McCool, Jan. 22. David and Retta Hare celebrated an anniversary on Jan. 23.

Senior citizens pinocle will begin at 1 p.m. on Thursday in the Educational Building.

Dave and Patty Staff spent a few days in Allen, Texas, with Elaine and Aaron Kingsley. They attended the Cotton Bowl game at the Dallas Cowboys stadium in Arlington, then returned to Erie to visit Kortney and Jerrod Poire and Kynleigh. Wava Reames enjoyed an enchi-

lada supper at the home of Leslie and Lynn Ward. Other guests were Steve McMurry, Eva Cribbs and Ruby Pflieger. On Thursday, she and Bee Nelson went to Oberlin to the foot clinic, then were joined by Dorothy Ward for lunch at the Frontier. After buying groceries, they had a nice visit with Max Ward at Cedar Living Center and also Norma Ward, who was visiting him.

Those who shared about their book at the Book Potpourri last Saturday were Bee Nelson, Dorothy Ward, Bob Strevey, Carolyn Strevey, Astelle Auker and Deb Marshall. Their next get-together will be at 7 p.m. on Wednesday, Feb. 15.

Hospital spokesman answers some questions

Decatur Health Systems
By Becky Wilson

The Decatur Health Systems staff would like to thank everyone who attended the board meeting on Jan. 16. It's encouraging to see so many people interested enough in the state of health care here that they'd take time to come down to express their concerns in person.

We'd like to take this time to answer a few questions raised at the meeting, and then talk about where we can go from here. One of the more important issues that was raised was the question of emergency room coverage. The Decatur County Hospital is a critical access hospital, which means that there is a staff, fully certified in advanced cardiac life support, ready 24 hours of the day.

Even though there may not be a doctor on hand, the midlevel providers (physician assistants and nurse practitioners) work with a clear list of guidelines of when to consult a physician, who is always available by phone or in person within 30 minutes. Everyone, and anyone who comes through the emergency room doors will have help available.

But the concerns expressed at the board meeting were not only about emergency coverage. Who it is who treats you in an emergency is not generally the most important thing at the time as long as someone is there. What people want is a familiar face when it isn't an emergency.

We understand why people would be concerned by frequent changes in their providers. People can feel vulnerable when it comes to their health. The nature of the business requires trust and respect, and those are things that are built over time.

The challenge facing us is that

there's no easy fix. There's no one thing that people could point to and ask for it to be changed, and everything would be better. When I listened to everyone speak at the board meeting, I heard a lot of confusion: This is a good facility, with good nurses and staff, in a good town. Why then is it so hard to find doctors who will stay?

It's cold comfort, but at least Oberlin can say it is not alone. All of rural America is facing this problem. It's difficult to compete against larger towns that can offer more entertainment options, quicker travel or a bigger job market for spouses.

There are, however, steps we are taking. Decatur Health Systems can build relationships with medical students, supporting them early in hopes that they'll choose to return here to set up their practices. We are maintaining our facilities with new technology such as the digital mammogram and new 16-slice CT scanner so that providers see that we've kept up with ever-changing standards of care and are investing in the future, ready to make use of their skills.

Physician recruitment is an ongoing commitment for us, but community involvement is vital to success. I have a confession to make. When I was first told of the job opportunity here, I had some initial resistance. Although I had family here and was familiar with

the area, I still hesitated, thinking of the friends, activities and amenities I would be moving away from.

Keep in mind that I had been in the newspaper field, and jobs there are hard to find - unlike health care, which comes with a near-universal demand. I could not justify staying away in those circumstances and yet there was that moment of questioning.

Thankfully, I chose to move back to Oberlin. The adjustments in lifestyle came quickly, and now I'm perfectly at home. Not a week has gone by since I moved in August that someone here has not asked how I like living here once more and adding that they're glad I'm back.

At last Monday's meeting, our newest practitioner, Lynnetta Ward, said that when she first came to visit, people downtown were welcoming and enthusiastic. Oberlin can be very supportive, both on individually and on the business level.

As just one example, Kurt Vollertson at Ward Drug Store stays open after business hours to provide help if it is needed.

There will be doctors who will see what there is to offer here and value it over that which can be found elsewhere. Meanwhile we are given the job of maintaining a positive attitude until that fit of personality and circumstance is made. We must value what we have, and be ready to welcome additions. I have complete confidence that we all can do that.

Nothing wrong with simple

Food. When planning a get-together such as a Super Bowl Watch, focus on providing just a few menu items.

Or share the work by asking everyone to contribute a dish and their own beverages.

Although a soup such as chili makes a great main dish, you might prefer to serve a taco bar or sandwiches for other frugal festive fare.

Other inexpensive side dishes that will keep a game-day atmosphere are popcorn, potato skins, a whole wheat pasta salad and coleslaw.

No matter exactly how you execute your party "play book," do plan on keeping to a budget.

Dishes and decorations. Instead of disposables, stack up on savings and help the environment by using regular dishes, utensils and glassware.

Make your place look festive without spending extra! Since green is the color of the gridiron, you could decorate your table with a green cloth or felt cover and use chalk to draw in "yard lines".

If you have any green decorations from Christmas, or toy footballs, use those too. Ask your kids to make



Home Time

By Tranda Watts
Regional Extension Agent

wall pennants from construction paper in the colors or your team. Print out team emblems and mascots from the internet, if available.

Entertainment. Make your event less focused on food and more on fun! Here are a few ideas for group activities to do when there's a lull in the game:

-Go outside and throw a football around. Bad weather? Throw a soft toy ball, or a balloon, in the house to each other

-Have your guests pass a football from one person to the next, but without using any hands

-Search for football bloopers on YouTube to watch videos

-Hold a juggling contest using gloves/mittens, hats or scarves

-Play a game asking football trivia. Do you know the original name of the National Football League?

How many teams are in the league? Find more inspiration for questions, and answers, at www.en.wikipedia.org/wiki/NFL.

Here's to a super successful kickoff to a new year.

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 trawatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

Good Samaritan

By Lisa Paulson

Routines sustain us...celebrations refresh us!

That is a mantra that we like to use around here. We appreciate our daily structure, and it seems that the older we get the more comfortable that becomes.

That is why the calendar has a skeletal element that repeats month to month. Things like Devotions, Social Hour, Folding Fellowship, Exercise, Current Events and Bingo. But then...we add some refreshment; things that keep us thinking, growing and learning. Things like Literary, History Buffs, Storytelling and Bible Study, the 180 Boys and Bingo.

Then we mix in things just for fun and pleasure; Laugh-it-Up, Art Class, Songs of Worship, First Hand Friends, a party or two and did I mention Bingo. Wednesday, we had a party...A Penguin Party! Why? Why not? The pond boasted a family of five wooden Penguins all dressed in winter finery. I was the Master of Ceremonies wearing a plaid fur-lined, ear flapped (very warm...yet fashionable) hat. Earl Brown was our Master of Ceremonies at our first Penguin Gala; he was clad with a black hat and penguin tie (much more dignified!)

For both parties, everyone else was encouraged to wear black and white. The staff joined us for a penguin relay. Each team held an egg (a balloon) between their ankles and waddled across Town Square and back where they transferred the egg to their team mate without using their flippers. I read some penguin trivia all the while The March of the Penguins was playing in the background.

Another game, "Go on the Floe" was played by staff as they crossed

the chilly waters on paper icebergs. Everyone enjoyed cupcakes baked and decorated by Anita Hirsch and a flock of fancy penguin appetizers were served on a tray, standing tall, surrounded by a sea of colorful fish. Why you ask? Why not! We're always trying something fun to chase away any wintertime blues and have some good ol' family fun!

I did say party or two...the second one was Big! Myrtle Waldo had a delightful Open House on Sunday to commemorate her 100th Birthday! Town Square was filled with family and friends who came to help her celebrate. Myrtle looked beautiful as she welcomed each guest and enjoyed visiting with them all! Happy Birthday Myrtle!

Those who signed our guest book this week were: David and Leбина Davignon (Damar) for Loren Schrock and Shirley Hayward. Cheryl Miller for Loren Schrock. Dee and Rea Magers (Norcatour) Loyd Waldo, Marian Fraker, Dwaine Stapp, Charlotte Meints and Duane and Marilyn Waldo (Tucson, Ariz.) for Mary Waldo. Mert McEvoy and Ralph and Norma Unger for Lucy Schissler. Jerry Hill for Cheryl Hill. Jerry Erding (Stillwell) for Walt and Betty May. Penny Fringer and Reva Marshall for Dorothy Hunt. Ella Betts and Ralph and Norma Unger for Earl Brown. Kenny and Marilyn Wilkenson for Vera Kacirek. Marvin and Sharon Slaybaugh for Opal Bryan. Bud and Vicky Mumm (Gem) for Doris Marintzer. Murry and Audrey Pavlicek for Mary Lemman. This list does not include all who attended Myrtle's Open House.

Why we pray

By Pastor Barbara Patterson,
Jennings and Dresden United Methodist churches

During this month of January 2012, we begin a new year with many possibilities and perhaps many changes that we may see unfold as we move into the new year. After all it is an election year when we have the opportunity to vote on our political leaders of this great nation of America. On a personal note, I have been so blessed to live in this great nation of America and I would like to encourage everyone to keep our nation in their prayers. So I ask: Why we pray?

This year of 2012, we are invited to remember this great nation and it's spiritual heritage; to lift up America in prayer and seek God's blessing for this nation. The following is a quote from the Prayer Guide; America Unite in Prayer.

"Great Nations rise and fall. The people go from bondage to spiritual truth, to great courage, from courage to liberty, from liberty to abundance, from abundance to selfishness, from selfishness to complacency, from complacency to apathy, from apathy to dependence back again to bondage."

Why we pray: Only we as Christians can stop this cycle of decline. With our prayers of intercession and living our lives in the example of our Lord Jesus Christ can we break this cycle of decline.

When we pray God's people are renewed, they're refreshed, they're restored, their needs are met, God moves in their midst, and those outside of Christ are drawn to Him. Prayer is the Key: Revival is not worked up; it's prayed down. That's what we learn from the Bible.

"And this is the confidence which we have before Him, that if we ask anything according to His will, He hears us. And we know that He hears us in whatever

we ask, we know that we have the requests which we have asked from Him" (1 John 5:14-15).

Whatever your need, prayer is the answer. If you need healing, prayer is the answer. If you need to be uplifted, prayer is the answer. If you have a loved one who's going through difficult times, prayer is the answer. If you lost a loved one and you're walking in a time of loss and grief and sorrow, prayer is the answer. If you need refreshment in your spiritual life, if you need a new touch from God, if you need a new zip in your walk, then prayer is the answer. According to the Apostle Paul "I can do all things through Christ who strengthens me," (Phil. 4:13). God will not only hear our prayers but He has promised to answer our prayers. We have to get the ear of God before we can have the thing done for us for which we ask. R. A. Torrey said this about prayer: "Prayer is the key that unlocks all the storehouses of God's infinite grace and power. All that God is and all that God has is at the disposal of prayer. Prayer can do anything God can do; and since God can do anything, prayer is omnipotent." Never a truer statement was uttered.

A prayer of faith: "Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective" (James 5:13-16).



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, LEVILLE
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.

NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

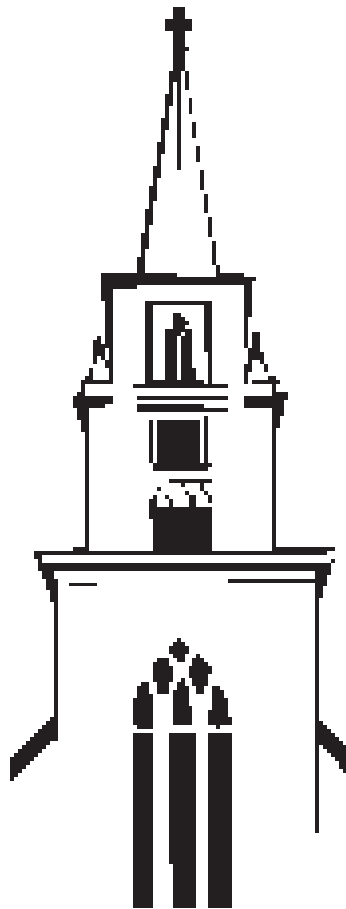
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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



Chamber News

By Carolyn Hackney

It has been a quiet week. Not too much happening at the Chamber other than getting sponsors together for the Farmer-Rancher Appreciation Banquet coming up Saturday, Feb. 18.

All the 2010 sponsors should have received a letter by now, and also some that were not 2010 sponsors. (The Chamber didn't have a Farmer-Rancher event in 2011). Anyone may help sponsor this event, even if you didn't get a letter. I am using a list that I prepared from 2010, so I apologize if I missed someone.

If you would like to help, please call the Chamber office at 475-3441

and I will send you a letter. There are a lot of activities and fund-raising events coming up in the next couple of weeks. I have seen several flyers with listings of good food that will be prepared at these events. Please come out and help with these projects in whatever way you can.

The Oberlin Arts and Humanities Commission is sponsoring Ronnie Kole in concert at The Gateway this Saturday. I had the privilege to hear him a year ago, and he is a very talented and entertaining man.

This is one you don't want to miss. No matter what kind of music you like, this will entertain you.

Have a great week.