

Norcatur News

By the Norcatur News Committee

Bob and Anita Montgomery and Renee Harman, Oberlin, Ron, Gina and Alyssa Montgomery, Jennings, attended the Little Kids Wrestling tournament in Oberlin Jan. 15 to watch their great-grandsons and great-nephew wrestle. Kregan Shuler took first and Karson Shuler took third in their divisions.

Bob and Anita Montgomery, Oberlin, spent Jan. 4-5 in Grand Island, Neb., to be with their daughter Bobbie Frakes who had back surgery. She is doing well now! Alyssa Montgomery had surgery Jan. 26 to repair a shoulder injury that occurred at work. Bob and Anita had a surprise visit from Chance Harman and Lindsey Miller of Canada from Jan. 16-18. It was a great big surprise.

Did someone take the wrong Pyrex pie plate from Norcatur United Methodist Church potluck dinner Jan. 29? This one had raisin cream pie in it and belonged to Toots Magers. Please bring it back to the church and Toots can pick it up at Senior Citizens. Yours is probably at the Educational Building.

There was a nice group of people attending the Norcatur United Methodist Church potluck dinner

Jan. 29 in the Educational Building. There was lots of great food and a plentiful amount of desserts. There were 45 people in attendance.

On Saturday, Jeff Magers, Cedar Bluffs, had brunch with his folks, Rea and Dee Magers. They had a nice visit and also played a couple tough games of Scrabble. On Sunday, Rea and Dee enjoyed the potluck dinner at the Educational Building.

Commodities were distributed Saturday at the home of Al and Mary Sedlmayer.

Birthdays: Larry Dick, Jan. 31; Tracey Hartzog, Beth Johnson, Feb. 2; Patty Stapp, Karen Bailey, Feb. 6; Brad Long, Feb. 7. Anniversary: Glen and Carolyn Strevey, Feb. 3.

LIVE Big youth group met Sunday at the Educational Building. The adult Bible study group met Monday. They are studying the book of Romans.

Nine people showed up to play pinochle Jan. 26. The next pinochle day is 1 p.m. Thursday at the Educational Building. Everyone is invited.

Senior Citizens met Friday at the Educational Building.

Dorothy Ward hosted a pizza par-

ty at her house on Jan. 29. Sharing pizza made by Norcatur's volunteer firemen were Bee Nelson and Wava Reames. Following their meal, they played "Center, Left and Right" and "Crazy Eights".

On Jan. 22, Matt Lynch, son-in-law of Norcatur's postmaster, Deborah Scott, was severely injured in a drilling rig accident. The accident happened close to Alliance, Neb., and Mr. Lynch was flown to Denver Health Hospital. Doctors were able to save his leg and oral surgeons repaired his palate, even though he lost several teeth. He remains in surgical intensive care. His wife, Rikki, and their 4-month old son, Rowdie, are with him in Denver. Ms. Scott went to Denver to be with them.

Gary and Cathy Anthony and Kristi Stevens recently donated several books to the library. The library would appreciate any monetary donations, as well, in order to build more bookshelves.

Next Tuesday, Norcatur's satellite medical clinic will be open from 9:30 a.m. to noon. Call 475-2221 to schedule an appointment.

Help celebrate heart month



Home Time

By Tranda Watts
Regional Extension Agent

In 2002, research revealed a serious misconception among American women "that heart disease was a man's disease".

Awareness of heart disease as the No. 1 killer of women has nearly doubled recently. Recent research shows that more women are seeking information about their personal risk for heart disease and taking actions to reduce it, such as by increasing physical activity.

Here are ways to celebrate heart health throughout American Heart Month this February.

1. Wear red on National Wear Red Day (or any other day). Put on a favorite red dress, shirt, tie or Red Dress pin, and spread the critical message that "Heart Disease Doesn't Care What You Wear." It's the No. 1 Killer of Women.

2. Talk to your doctor about your heart health. Your doctor can be an important partner in helping you set and reach goals for heart health. Don't wait for your doctor to mention heart disease or its risk factors. Speak up, ask questions, and if you don't understand something your doctor says, ask for an explanation in simple language. Review a list of questions to ask your doctor at: nhlbi.nih.gov/educational/hearttruth/lower-risk/ask-doctor.htm

3. Share these statistics with your family and friends:
• One in 4 women in the U.S. dies of heart disease, while 1 in 30 dies of breast cancer.
• Coronary Heart Disease is the

No. 1 killer of both men and women in the U.S.

• In 2009, 50 percent of women aged 25 to 34 years were aware of heart disease as their No. 1 killer, up from just 16 percent in 1997.

• By leading a healthy lifestyle, you can reduce your risk of heart disease by up to 82 percent.

4. Learn about heart attack warning signs in a new video, and listen to Maria as she shares her personal heart attack experience. To watch, visit nhlbi.nih.gov/educational/hearttruth/index.

5. Learn about coronary heart disease risk factors. Certain traits, conditions, or habits, known as risk factors, may raise your risk. The more risk factors you have, the higher your risk is to develop disease. Eighty percent of women aged 40 to 60 have one or more risk factors for heart disease. Having just one risk factor doubles your chance of developing heart disease!

6. Learn how your heart works. Your heart is vital to your health and nearly everything that goes on in your body. It's located under your ribcage in the center of your chest between your right and left

lungs. A normal, healthy, adult heart usually is the size of an average clenched adult fist. Find out what's behind the "lub-dub" sound. View an animation to see how your heart pumps blood, at: nhlbi.nih.gov/health/health-topics/topics/hwh/contraction.

7. Share stories from the heart. Heart disease affects women in every community in the U.S. and may affect you. It can alter or damage your life, or even take it away. If you have heart disease, you are not alone. Explore stories that women have shared about how heart disease has changed their lives and outlooks by visiting nhlbi.nih.gov/educational/hearttruth/about/stories-heart.

8. Spread the word: Teach others about heart disease.

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

Jennings News

By Louise Cressler

Several inches of beautiful, wet snow fell Friday night and Saturday morning. Much needed moisture in it.

Last Wednesday the United Methodist Women met at the church. Lila Jennings gave the program, "Bread of Life, Take a Walk With Christ." Louise Cressler had devotions and Helen Rhodes served snacks. Those attending were: the Rev. Barbara Patterson, Kay Brown, Glenda Johnson, Rachel Carter, Lila Jennings, Helen Rhodes and Louise Cressler. At our next meeting on March 7, Cheryl Soderlund of Oberlin will speak of her Met tour.

Card players at the Sunflower Senior Center Wednesday were: Alice Wagoner, Diane Carter, Eleanor Morel, Carol Carter, Agnes Wahlmeier, Ramona Shaw, Stan Shaw, Carla Latimer and Louise Cressler. Linda Spresler, Selden, came with her mother, Agnes, and enjoyed watching the games. Cards are played at 1:30 p.m. every Wednesday afternoon at the Center. Anyone who would like may come join us.

The Sunflower Senior Citizens carry-in potluck dinner will be at noon, Tuesday, Feb. 14. Bring a signed Valentine card for an exchange. Everyone is welcome. Congratulations to Dave and Shirley Haury, former Jennings

residents, on the birth of their first grandchild, Piper Zipora Khan, Friday, Jan. 28 in Wichita. Proud parents are Fayez and Brenda Khan.

The Historic Building Preservation Committee will provide a meal of soup (chicken noodle and chili), homemade bread and desserts from noon to 1:30 p.m., Sunday, Feb. 19 at the Community Hall. Donations from the meal will be used for building improvements at the former Masonic Hall. Please come and enjoy the meal and visit with friends and neighbors.

At 2 p.m., Feb. 19, Mayor Marge Hartzog and the Jennings City Council will have a question and answer period and also a discussion of city affairs. In addition to any questions/comments/concerns you may have about the City of Jennings, please consider the following questions and feel free to provide your responses at the meeting.

(1) If you could name one thing that would make our community a better place to live, what would it be?

(2) What is the greatest need of our residents and how do we address it?

(3) What non-government provided services would you like to see Jennings offer?

Remember the blood drive is

Friday at the church. If you have questions, call Marge Hartzog at (785) 678-3010.

The February meeting of the Czech Museum board was held Thursday with Neoma Tacha presiding. Present were directors Mary Wahlmeier, Doyle Brown, Lila Jennings, Bob Tacha, Dean Gawith and Mike Tacha. Directors elected for a three-year term were Doyle Brown, Dean Gawith, Alice Mizer and Mike Tacha.

Officers elected for 2012 were President: Neoma Tacha, Vice-President: Mary Wahlmeier, Secretary: Lila Jennings, and Treasurer: Dean Gawith.

The Kansas Day Program was well attended. Everyone enjoyed hearing the "Living History" reports of Joy Russell and Arian Arnold about the Last Indian Raid in Kansas.

The museum's next meeting will be at 2 p.m., Thursday, March 1.

Chamber of Commerce News

By Carolyn Hackney

I am glad we didn't get the 12 to 15 inches of snow that the weatherman first predicted. What we received was just right for the gardens and the fields.

I was trying not to get over-anxious about starting my garden, but I'm having a hard time.

The Oberlin Business Alliance met last week at the LandMark Inn for lunch. Plans were finished for a Western Movie Night at 6 p.m. next Wednesday at the Sunflower Cinema with spaghetti and wine. Other drinks will be available.

The meal in the bowling alley will be followed by Clint Eastwood "spaghetti westerns" (made in Italy)

at the theater. Tickets are \$12.50 per person and the deadline to order is Tuesday. Call 475-2901. Flannels and jeans are welcome. This is a fund raiser for downtown banners.

Plans are also finishing up for the Chamber's Farmer-Rancher Appreciation Banquet at 6:30 p.m. on Saturday, Feb. 18, at The Gateway. Many sponsors have sent or pledged their participation for the event. If you need me or a board member to pick up your gift or check, please call the Chamber office at 475-3441 and leave a message if I am not there. This is a good time to thank our farmers, ranchers and agribusiness people for their help in keeping our

county thriving.

If you are attending the banquet, please call the Chamber to make a reservation, and remember, there is no charge to farmers, ranchers, producers, land owners, business sponsors and their families. I do need to know a count for ordering the meals, so please call the office by Friday.

There are many other events coming up in Oberlin this month. Some of the windows downtown are pretty full, so please check out what is going on. I know your participation will be greatly appreciated. These events are what helps keep our town on the map.

Herndon News

By Julie Hafner

The Herndon community received word of the death of Maurice Eugene Kaiser of Denver on Jan. 24, 2012. Maurice was born at home on the family farm north of Herndon on June 2, 1929, to William and Elizabeth Kaiser. He graduated from Herndon High in 1947 and attended McCook Junior College before being accepted into Officer's Candidate School. He served 20 years in the Air Force.

He married Mary Marquez of Portland, Ore., in 1952 and managed a number of hobby shops after his retirement. A funeral Mass was held Thursday at Holy Trinity Catholic Church in Westminster. Burial with military honors were held Friday at Fort Logan National Cemetery, Denver.

Mark your calendar for Sunday, Feb. 26, to attend the United Church of Christ pancake breakfast. Serving will be from 9 a.m. to 1 p.m. at the Herndon Senior Center. Pancakes, sausage, scrambled eggs and pie will be served. Donations will be accepted for this annual church fundraiser.

Bob and Julie Hafner ate dinner with their aunt, Joan Noble, on Sunday at Cedar Living Center in Oberlin.

Sunday, Lewis and Sue Stoney, along with Roseanna Stoney, traveled to Colby to visit Terry and Theresa Gotchall and family. Saturday, Jan. 28, was a big day

for Michelle Hartner. She celebrated her 26th birthday at Roger's Bar and Grill with a pizza party. Helping her celebrate was Mom, Char; her boyfriend, Rob Percival; sister, Misty Hartner; along with a host of other family members and friends. A great time was had by all. Misty stayed with her mother and headed back home to Colorado Sunday after having lunch at Roger's.

Mark Beims came for a short visit, hunting and dog training recently. He spent Saturday evening with Justin and Jennifer Davis, Herndon, and Tyler Lane from Kearney, Neb., celebrating Iowa State Cyclones win over Kansas University. Sunday brunch included Mark, Jennifer and Justin, Jeff, Leslie, Payton and Reagan Beims with Ron and Peach Beims. They all enjoyed a relaxing afternoon.

Family and friends traveled from Canon City, Colorado Springs, Pueblo, all in Colorado; from Nebraska, Trenton, Red Cloud, Omaha and Kenesaw; Bushnell, Fla.; the Twin Cities, Minn., and our local area for the funeral Mass of Marge Berger Koetter last week in McCook. Many joined Pam, Stu, Diana and family after the burial service in the Immanuel Cemetery out at the farmstead north of Herndon.

Paul, Michelle, Melissa, Ryan and Helen Rose Prewo of Logan, visited Grandma Roseanna Stoney, Saturday afternoon.

Remember St. Valentine Pastor Brad Rick, St. John's Lutheran Church

We celebrate Valentine's Day on Tuesday, Feb. 14. Did you know that St. Valentine was a Christian martyr?

St. Valentine was a physician and priest, living during the rule of Emperor Claudius in AD 270. Church tradition has it that on the day of his execution, for the Christian faith, St. Valentine left a note of encouragement for the child of his jailer. It was written on red paper torn in the form of a heart. It was an expression of encouragement and compassion.

There is a movie production available through the Lutheran Laymen's League, entitled, "St. Valentine". In that movie, the jailer's child is his daughter. In that movie, the jailer's daughter is blind, and has grown close to St. Valentine because of his kindness. The young girl questions why St. Valentine would

be placed in the Coliseum the next day, and put to death. So, she asked St. Valentine, "why?" St. Valentine replies, "My Lord and Savior Jesus Christ did the same thing for me, how can I do any less?" This is why we celebrate Valentines Day.

When any Christian dies, a proclamation is made to the world and the universe that Jesus Christ is the Son of God and the Resurrection and the Life. This is what a Christian funeral is all about.

In our fallen and broken world, when the concept of "love" is considered, we think of it in earthly terms. We think of "love" in terms of bartering. If you do this for me, then I will do this for you. God's love however is not like this. God's love and His gifts of love are totally and entirely free, without cost. One cannot buy

God's love, or earn God's love, or merit God's love. Love and the gifts of love are free, or it is not love or by love. So, God loves you without any pre-existing condition, and there are no strings attached. You do not have to worry about being good enough for God to love you. God knows everything there is to know about you, and loves you just the way you are, without any changes, or modifications. God is love. Out of His love, God the Father created you. In same love God the Father sustains you daily. In that same love, Jesus died and rose again for you, so that you are forgiven and saved. In that same love God the Holy Spirit has called and chosen you to be one of His. All of this for you, and all completely and totally free, by God's love. Do you want it any other way?

Have a great Valentine's Day.

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.

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

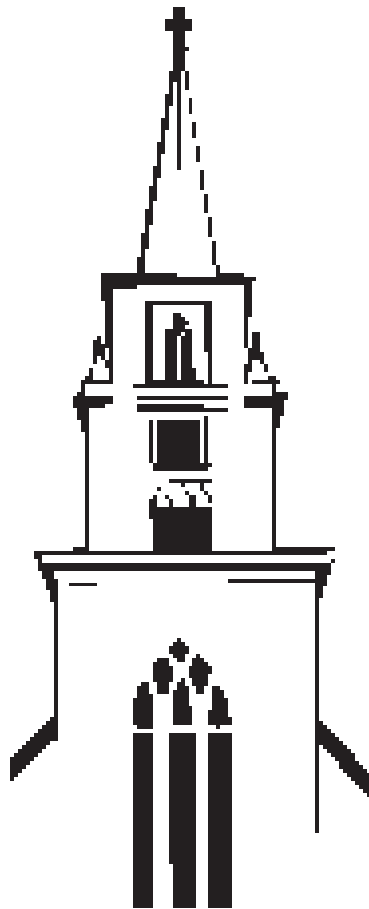
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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: 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..

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785-475-3127 — Oberlin
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WIT & WISDOM TOUR
RED GREEN
SATURDAY, MAY 19, 2012 - 7 PM
WICHITA ORPHEUM THEATRE
Tickets available through Select-A-Seat.
Call (316) 755-7328 or www.selectaseat.com
Or at any Dillons Superstore, and all Plant Employee Clubs.
A hilarious one-man show www.redgreen.com