

Norcatour News

By the Norcatour News Committee

Word was received of the death of the Rev. Jack Callaway on Jan. 22, 2012. He was a former pastor at United Methodist Churches at Clayton, Norcatour and Lyle. Funeral services were held on Jan. 26 at the Little River United Methodist Church.

Saturday, March 17, is National Quilting Day and the Heritage Quilt Club members will observe the day with a quilt tour in various Norton businesses with jelly roll races and informational and technique demonstrations at Stick Up A Storm in Norton. A quilt tour will be held the week of March 12 to 17 at Garden Gate Floral, Town and Country Kitchen, Norton Library, Twice Sold Treasures, Destination Kitchen and Stick Up A Storm. For details, call Connie Miller of Norton at (785)-877-5649.

The Jennings Library has invited Norcatour children ages 3 to 12 to attend their Story Hour on the second Saturday of the month, which will be this Saturday from 10 a.m. to 11 a.m. at the library in Jennings. There will be a story, treats and art work.

Arlene Hix attended a birthday celebration for Rustin Bailey on Sunday, Feb. 19, at the Mark Bailey

home.

Lloyd and Sharon Stanton of Salina came on Feb. 20 to visit a few days with his mother, Arlene Hix. Other visitors on Monday to help her celebrate her 93rd birthday were Gail, Lucas and Ashley Bailey. Lloyd and Sharon also visited his uncle, Veryl and Vi Van Der Wege in Norton.

Mr. and Mrs. Stan Miller flew to Montego Bay, Jamaica on Feb. 13 to spend some time at a resort, seeing some sights and in Ocho Rios, Jamaica in celebration of their 35th wedding anniversary, which they observed last August. They returned home Feb. 23.

Visitors of Arlene Hix on Feb. 24 were Joyce Price and Sherry Regal. Postmaster Deb Scott reports that her son-in-law, Matt Lynch, appears to have turned a corner for the good. He was injured in an accident five weeks ago and has been moved out of intensive care. He has been alert and able to communicate with his wife and see his five-month-old son, Rowdie.

Happy Birthday to Lucas Bailey and Shelby Thornton, March 2; Gene Gallentine, March 5, and Joye

Hill, March 6.

Senior Citizens pinochle will be at 1 p.m. Thursday at the Educational Building. They will meet for a potluck dinner at noon followed by pitch on Friday, March 16.

Dorothy Ward and Bee Nelson went to Oberlin on Sunday and they and Beth Sebaugh enjoyed lunch at the Frontier Cafe.

Book Potpourri is held at the library at 1 p.m. on the third Wednesday of the month and everyone is welcome to attend. An open house was held at the library on Thursday and several new changes have been made. Everyone in the area is welcome to use the library. Hours are from 8 a.m. to noon Tuesdays, Wednesdays and Thursdays. Betsy Jakowski is librarian and the phone number is (785) 470-7844.

Last weekend guests of Dave and Patty Stapp were Kortney, Jerrod and Kynleigh Poire, Kaitlyn Stapp, Gabby and Michael Schamberger and Sam Stapp. The women visited Tillie Shirley at Cedar Living Center in Oberlin on Saturday. Marian Dempewolf, and Dave and Linda Schliep, Spencer and Addison were afternoon and supper guests.

Register for Walk Kansas



Home Time

By Tranda Watts
Multi-county Extension Agent

Unseasonably warm weather invites outdoor activity, and that's a good reason to sign up for Walk Kansas which begins March 18.

It's easy, inexpensive, and lives up to its name.

The concept, covering the 423-mile distance across Kansas, encourages teams of six to log miles equivalent to the distance during the eight-week program.

The team concept is motivating and the camaraderie - knowing that others are counting on you - can make it seem less like a chore.

Participants typically report improvements to health. Examples include better able to manage stress, improved energy level, more restful sleep, lower blood pressure, and weight loss early in the program.

Most also report increasing consumption of health-promoting fruits and vegetables, learning to be more aware of portions, being more likely to plan and manage meals and snacks, and to try new low-calorie and fat recipes.

There's no need to join a gym or drive to a special place; most past participants report walking in their neighborhood or near their worksite. The K-State program also is being selected to serve as many worksite wellness programs.

Registration for Walk Kansas is usually \$7, and includes program packets and weekly newsletters with health and fitness tips, recipes and motivational messages. An optional T-shirt also is available.

Most who enroll in Walk Kansas are successful. More than 90 percent of the teams reporting mileage cover the distance. Others go back and forth, and that's why a second challenge (walking 1,200 miles around the perimeter of the state) has been added as an option to the program.

Not currently active? Start slow,

and build on it. Try walking around the block or up the street. Note the time to complete the walk or reach the landmark, and compare it to the previous week or weeks to note improvement in time and distance.

Walking at a heart-healthy rate allows some, but not much conversation. Exercising in 10-minute segments (or breaks) several times a day can build endurance and meet the recommended goal for adults of 30 minutes of physical activity five or more days a week or a total of 2-1/2 hours or 150 minutes.

Not a walker? Not a problem. Though introduced as a low-cost walk-your-way-to-fitness program, Walk Kansas has been expanded

to include other forms of heart-healthy aerobic activities. Biking, swimming, and water aerobics are examples.

Don't know others wanting to improve fitness to fill out a team? Ask the local K-State Research and Extension office to match you to a team looking to add members.

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.

Rexford News

By Gwen Griffiths

It looks like spring is making a showing here in northwest Kansas! I'm sure winter will be reluctant to leave, and I would personally be thrilled with another snow shower or two, but it's getting to the time of year where the first sightings of green will be welcome.

Shepherd's Staff had a busy weekend. We spent Friday setting up for the Christian Workers Conference: taking supplies to Heartland School, setting up booths and workshop rooms and welcoming vendors. We enjoyed a nice dinner with vendors from Texas, Kansas,

Illinois, Nebraska, Wyoming and even farther.

On Saturday there were over 150 people in attendance of the Christian Workers Conference. These attendees came from Kansas, Colorado, Texas, and Nebraska. We are so grateful for everyone who helped to make this event a success.

The Gideons held their monthly meeting at Shepherd's Staff on Saturday night.

School pictures are in, so be sure to check your student's backpacks to see them! I'm looking forward to having updated photos of my

children up again!

That seems to be the news from Rexford for this week. Don't forget: I'd love to publish news about your happenings and celebrations, or just reasons you like living in a small town. You can leave these in the jar by the door at the Red Barn, call me at 687-2076, or email griffithsgang@gmail.com. See you next week!

Rawlins Clinic in Atwood

Rodney Dill, MD
Charles Zerr, MD
Dana Jewell, PA-C
Michael Dorsch, PA



Monday-Friday
9:00 a.m. - 5:00 p.m.
Saturday 9:00 a.m. - Noon

707 Grand Street
Atwood, KS 67730
(785) 626-3241

The Last Week in the Life of Jesus

By Charlotte Strecker-Baseler, Faith Lutheran Church

This month we will focus on Holy Week. Today we begin with Jesus' triumphal entry into Jerusalem, also known as Palm Sunday (Mark 11:1-11). If we look at the verbs from this story according to the New Revised Standard Version, we find over 40 verbs used by the Evangelist Mark. What strikes me about these verbs, the pattern I see is that Mark is focused on Jesus doing something totally new.

Jesus enters as a king, unlike any other king, into the capital city of Jerusalem. Several times the verb "to untie" or "free" is used by Mark. Apparently, Mark wants us to know that the last week of Jesus' life, will be unlike any other week in history. Jesus will free the people, but not in the way that they might think. The people, who were lined along the parade route, shouted "Hosanna!" to Jesus. In Hebrew the word "Hosanna!" means "Save now!"

The people had an expectation of Jesus that required something out of this world. They saw in Jesus the Messiah whom the prophets of old spoke of, who would come and save the people. In Jesus' day, there was a common belief that the Messiah would usher in a political kingdom much like the one of King David. King David was remembered as the king of Israel when Israel was in its glory days. When David was king he expanded the kingdom and made Jerusalem its capital. David was remembered as the best king of Israel. King David was a warrior king, and the people of Jesus' day thought that Jesus would be the same.

Many thought that Jesus would lead the revolution and overthrow the Roman oppressors who occupied Israel.

As the events unfold throughout the week, we will discover that Jesus ushers in a very different kind of kingdom than the kingdom David produced. On a much deeper level in an eternal, spiritual way Jesus frees the people. Jesus, the Son of God, King of Kings, is about the work of the Kingdom of God. After Jesus is arrested, when he is on trial appearing before Pilate the Roman governor, Jesus says that his kingdom is not of this world.

So, from what does Jesus free the people? Scholars have come to realize that Jesus as Savior, frees humanity from the power of sin, death and the devil. When Jesus enters Jerusalem, he is on a mission. His purpose in life is coming to its high point. John 3:16-17 shows us Jesus' purpose: "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him." Hosanna indeed! Save us, now!

During this Lenten journey to the cross let us deepen our appreciation of what Jesus Christ has done for us on the cross at Calvary. On Palm Sunday remember that Jesus has come to free you from the negative powers of this life, in order to live your life for Jesus Christ our Lord.

Schedule of Oberlin and area church services:

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

IMMACULATE CONCEPTION CATHOLIC, LEONVILLE
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.

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.,

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.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:30 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; 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.

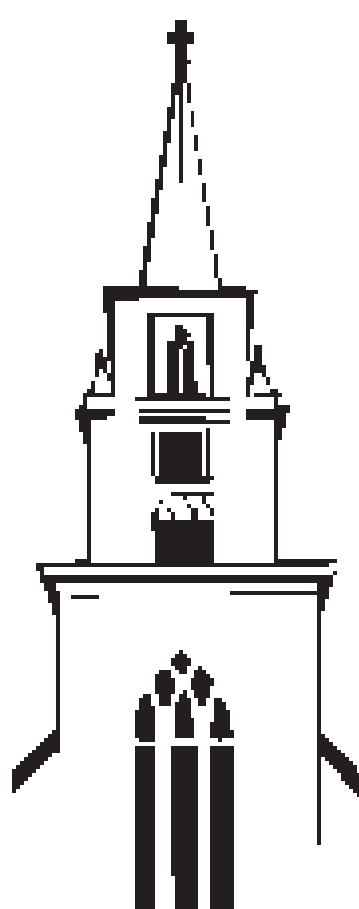
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m. EVANGELICAL COVENANT

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
Pastor: Doug Mason
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Morning 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.



Decatur Health System

By Becky Wilson

The ability to deliver babies and give prenatal care, assisted living care in town, community education and a dental office that accepts Medicaid payments were some of the things highlighted at a Community Health Care Needs "town meeting" Monday morning.

Several town leaders and involved citizens came for the early morning meeting at the Golden Age Center, where a consultant led the group in discussing Decatur County's demographics, business and economic trends and health-care statistics.

What did we learn? Some of the data was not surprising. Our overall population is aging and shrinking. Cardiovascular disease is a problem, as are cancer and diabetes. However, some of the numbers were strong. Decatur County's percentage of infants fully immunized at 24 months is 90.9, a full nine points higher than the area average, thanks to the county Health Department.

The population of Decatur County has a good voting record, too: 78.1 percent of voters go to the polls, indicating an involved rather than apathetic base. This community has some real strengths when it comes to health care: experienced staff at the various facilities, two long-term care facilities, a good variety of specialists who cover the area regularly and a responsive pharmacist.

The hospital and health department will take what we learned at the meeting and use the information to shape future goals. In other words, you should be ready for more information and encouragement about maintaining healthy hearts.

A report that will be written using the information from the meeting and other state and local data should be ready in mid-May. It will be posted on both the hospital and the health department's websites. Be on the lookout for it; we have to know where we're at now to best position ourselves for the future.

Cedar Living Center

By Teresa Shaughnessy

Residents have been enjoying having a coffee time most every morning. Earla Connell has a fresh pot ready at about 10 a.m. It's a great time for everyone to catch up on the news. Visitors are welcome.

The dice players met on Monday afternoon for a game. Players included Darlene Fisher, Irene Fringer, Donna Kent, Dottie Lotker, Wilma May, Joan Noble, Lee Plousard and Alice Shirley.

The sing-along group met before supper on Monday afternoon. Mary Ann Amack assisted.

Nearly all of the residents were in attendance when our Reading Buddies from Mrs. Tacha's second grade class visited on Tuesday morning. We are so excited to have the children share their reading skills with us.

Alice Shirley was the big winner at bingo on Tuesday afternoon. She won both the first bingo and the blackout game. Marian Dempewolf and Ila Ray assisted.

Residents were offered a variety of choices for what they would like to do with the extra day added to February this year and the most popular choice was bingo. Several residents joined in on the fun of Leap Day bingo and even more residents came for the party following the game. The dietary department assisted by making a delicious Jell-o salad for the occasion. Fr. Mark Berland had Mass for

the Catholic residents on Thursday morning.

Joan Noble celebrated her birthday on Thursday. Julie Hafner brought a brightly decorated birthday cake for Joan to share with everyone at noon on Thursday. Several family members came for a party with Joan on the Cedar Living Center patio Sunday afternoon.

The craft group met on Thursday afternoon to make floral centerpieces for all of the dining room tables to help us prepare for the arrival of spring. The group also started putting up shamrocks for St. Patrick's Day.

The baking group made butter-scotch oatmeal cookies on Friday afternoon. They were served warm from the oven.

Brad Marcuson of the Lund Covenant Church gave the Sunday Worship Service.

Recent visitors: Susan Rich, Joyce Rich, Asheville, N.C.; Stephani Hawkins, Eules, Texas; Chris Hosaka, Alpharetta, Ga.; Charlie and Sharon Wurm, Staplehurst, Neb.; Kelly Olson, Manhattan; Anna and Jeremy Sis, Delpha Sis, Susie Youngblood and Linda Files, Atwood; Bob and Julie Hafner, Ann and Alan Solko, Herndon.

Carol Kompus, Mirium Fisher, Dolores Koerperich, Connie Olson, Robert Fringer, Gail and Kay Marcuson, Jim and Laurie Wasson, Sherri Shuler, Oberlin.