

Norcatatur News

By the Norcatatur News Committee

Janice O'Hare got to see her grandson, Cody O'Hare, compete in a forensic tournament in Ellis. He participates in duet acting and gave an informative speech for the Norton Blue Jay forensic team. He placed third in duet acting and sixth in informative. In duet acting, his partner is Leif Carlson.

Genevieve Brunk will celebrate her birthday on Friday. Her family invites everyone to send her greetings at: Sealye House, 619 N. 4th St., No. 7, Hill City, Kan., 67642.

Rodney and Janice O'Hare had their son, Chris O'Hare and his two children, Nickala and Cody, visiting on Saturday night, March 10. Chris recently moved to Salina where he is the plant manager for Crop Service, Inc. of Assaria.

Birthdays this week include: Sharee Dempewolf, March 14; Jasson Breiner, Jim Plotts, March 15; Marilou Long, March 16; Vanessa Wentz and Bob Sawdon, March 17; Michael Sedlmayer, March 18; Norma McCallister, March 19;

Dorothy Ward, March 20.

"Little Children" Sunday School group will meet at 3:30 p.m., Sunday at the Norcatatur Methodist Educational Building. The Monday night Bible study group continues to study the book of Romans. The study begins at 7 p.m. in the Educational Building.

Senior Citizens pinocle will meet at 1 p.m., Thursday at the Methodist Educational Building.

Troy Wentz is the new owner of D & M Service. The name will change to Wentz Service. His parents, Dwight and Mary Wentz, will maintain the D & M Service name to operate their bulk fuel business and used car dealership.

Oran Milner of the Andbe Home accompanied Bee Nelson to Hays for his check-up at the Veterans clinic on March 7. On the way home they made a detour for ice cream at the Dairy Queen in Plainville.

Dewaine Stapp and Charlotte Meints returned from a 16-day bus tour to the Florida coastline. They

saw such interesting places as the Daytona Speedway, Kennedy Space Center, Epcot Center, Everglades National Park, the Ringling Brothers museum and even took an airport tour of the Everglades.

Norma Ward accompanied Dorothy Ward to Phillipsburg on March 9 to visit former Norcatatur resident, Pansy Price. Mrs. Price now lives in Smith Center. These women have been doing this since they were freshmen at Norcatatur Rural High School in 1939. The late Velda Ward was also a member of this group. They have only missed this reunion two years.

March 9 was also a busy day for Bee Nelson and Wava Reames as the two women drove to Kearney, Neb., for Wava's doctor's appointment.

The Norcatatur Clinic will be open from 9:30 a.m. to noon on Tuesday, March 27. Call 475-2015 to make an appointment. Then, don't forget, the county bus comes to Norcatatur Wednesday afternoons. Call 475-8101 to schedule a ride.

We eat way too much salt



Home Time

By Tranda Watts
Regional Extension Agent

Avoid adding salt to foods at the table and use these five tips to reduce your salt intake:

1. Take stock of the sources of salt in your diet, such as restaurant meals, salt-based condiments, and convenience foods. Some of these are really loaded with salt.
2. Read the labels when shopping. Look for lower sodium in cereals, crackers, pasta sauces, canned vegetables, or any foods with low-salt options.
3. If you think your meals are high in sodium, balance them by adding high-potassium foods, such as fresh fruits and vegetables.
4. Ask about salt added to food,

especially at restaurants. Most restaurant chefs will omit salt when requested.

5. If you need to salt while cooking, add the salt at the end; you will need to add much less. The longer the food cooks, the more the salty flavor is muted and at the end, the final taste is on the top layer.

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.

Good Samaritan Center

By Lisa Paulson

Psalm 139 tells us that God knew us before we were born.

When we take our first breath outside our mother's womb, others know us by the individual name our parents give us setting us apart, identifying us as part of their family.

With that comes other identity markers like brother, sister, cousin, niece, nephew etc.

Then throughout our lifetime we add: husband, wife, aunt, uncle, etc. We are also known by our association with our church, employment, friends, children, and even our special interests.

When visiting with those who have added the "Good Sam Family" to their long list of identity markers, they almost all talk about the importance of "going to club". Many were members of several different clubs so we thought it would be fun to give it a whirl.

So exactly one year ago we added the "Club" concept to our calendar and it has proven to be very successful.

The following is an account of last week's Club Minutes; Literary Club was held on Monday. Roll call included: Olive Arnold, Amy Rehm, Walt and Betty May, Leone Porsch and Marylu Brown. Anita led the club in "Rhyme Time" using this exercise as a precursor to "Song Writing" that will be introduced next month. They had fun discussing the stories/history of 10 familiar nursery rhymes. They sang, recited and compared the words that they each had learned (or remembered), finding that they were quite varied.

Everyone agreed that Marylu was the best at remembering the original ones!

Drum Sticks met this week; Roll call was: Walt and Betty May, Leone Porsch, Earl Brown, Alice Bobbitt, Evelyn Olson, Amy Rehm and Elden Haas. It was no accident that Rhyme Time and Drumming were close on the calendar. Rhyme and Rhythm go hand in hand. Again a history lesson was included highlighting the benefit of drums being used for communication and celebration in many ancient and current cultures worldwide. Drumming is also been used as a therapeutic tool for children and adults with developmental challenges.

Happy Hobblers met with Pastor

Keith and Frank McEvoy for some guy time. Walt May, Elden Haas, Dennis Wurm, Loren Schrock and Earl Brown had coffee and conversation.

Bible Study Roll Call: Amy Rehm, Marylu Brown, Walt and Betty May, Alice Bobbitt, Dorothy Pryor, Leona Helkamp, Edla Olson, Eva Bryan, Myrtle Ross and Leone Porsch. They continued their One Another Study. "Stop Fighting" was the title of the lesson teaching to be at peace with one another.

In House Club Roll Call: Dorothy Pryor, Leone Porsch, Olive Arnold, Vera Kacirek and Dorothy Hunt met with Coleen on Friday afternoon for a time of Finishing Phrases. Vera was very quick with the answers!

Lions Club came on Saturday to honor the March Birthdays: Mary Waldo, Betty May, Mary Lemman, Ethel Nemeth and Evelyn Olson. It was quite the party! Ice cream and cookies were served, along with green carnations in keeping with the Irish theme. Over 20 residents came to hear Irish poetry and sing Irish tunes!

Our beloved Don Gilbert went to be with the Lord this week. He was a joy and a blessing in our lives and we thank God for his life and impression he and his family have left on each one of our hearts.

Although, this is only a glimpse of all that goes on here, hopefully you can see that this is a wonderful place to live and serve and be a part of an extended family who loves one another. All the staff participates in the lives of your loved ones helping them to reach their highest level of participation and enjoyment of life. We are so grateful that you have entrusted them to us.

This week's guests were: Kenny and Phyllis Wilkinson for Vera Kacirek. Jeanette Diederich, Robert Stapp (Danbury) and Pat Wurm for Dennis Wurm. Stan and Becky Faimon (Stratton, Neb.) for Doris Marintzer. Cheryl Miller for Loren Schrock. Nadine Tacha, Bob and Neoma Tacha (Jennings) and Allen Tacha (Norton) for Galen Tacha. Max Carman for Myrtle Waldo. Mert McEvoy for Lucy Schissler. Jerry Hill and Brett, Erin and Jordan (Thornton, Colo.) for Cheryl Hill. Reva Marshall, Penny Fringer, Mildred Black and Leanna Bryan

for Dorothy Hunt. Jeanne and Keri Britton (Thornton, Colo.) and Sharon Slabaugh for Opal Bryan. Murray and Audrey Pavlicek for Mary Lemman. Ariann Arnold for Edla Olson. Gerald Benda for Eulaine Benda. Pat Fringer and Reta Barrett for Margaret Vacura. Connie Simonsson, Cassidy Gillespie and Lily Marine for Amy Rehm and Marylu Brown. Marilyn Horn for Myrtle Ross. Betty Hafer (Atwood) and Frank McEvoy for Arlie Hafer. Carol Ginther (Gem) for Donnia Lindgren. Donna Kelley and Detta Anderson for Eva Bryan.

"The Last Week in the Life of Jesus" By Charlotte Strecker-Baseler, Faith Lutheran Church

This month we continue to explore the last week in the life of Jesus. Today we look at Jesus in the Garden of Gethsemane immediately following The Last Supper (Mark 14:32-42). The verbs that jump out at me involve the action of going to a holy place to struggle in prayer regarding what Jesus is about to face. While Jesus is deeply grieved and struggling in prayer over bearing the cross or not, the disciples are sleeping. The disciples do not seem to appreciate the drama of this moment in the final hours of Jesus' life. They still do not realize that Jesus is facing his final hours alive. Even though Jesus has been teaching them that he must suffer and die and be raised on the third day, the disciples do not seem to understand it. The disciples are still thinking of an earthly kingdom rather than a heavenly one.

What is translated into English "deeply grieved", in the original Koine Greek of the New Testament, the sense is of a violent gut wrenching, highly emotional struggle. In the prayers that Jesus lifts up to his Father in heaven, Jesus asks if at all possible, that this suffering and dying on the cross might be reconsidered. And yet, in the final conclusion of his hours of prayer in this holy place of the Garden of Gethsemane, Jesus prays, "Not my will, but your will be done." Jesus goes on to be betrayed by one his disciples, arrested, tried, tortured, and crucified. We know that Jesus' purpose in life was to do exactly this: to die for the sins of

humanity. The verbs of "going, praying, sleeping, wanting (Jesus' will / God's will), going" are all the actions of one of the final scenes in his life.

In the arrest of Jesus in the Garden of Gethsemane (Mark 14:43-52), Judas betrays Jesus with a kiss and the guards come and lay hands on Jesus to arrest him. It is significant that one of those disciples who stood near, drew his sword and struck the slave of the high priest, cutting off his ear. In Luke's gospel, Jesus goes so far as to heal the slaves' ear and renounces the violence. Again we see that the followers of Jesus are hoping that Jesus will start the political revolution here and now and throw out the Roman occupiers and establish his earthly kingdom. But no, Jesus and his kingdom is not of this world. Jesus is the Messiah unlike how they thought he would be in that the final victory would be delayed until the end time.

As to the meaning and purpose of Jesus' life, John 3:16-17 makes very clear that Jesus came to die for us so that we might have life eternal. "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 His Son into the world to condemn the world, but in order that the world might be saved through him."

Next week we will look at the crucifixion of our Lord and Savior Jesus the Christ.

we've started to look to April already. Decatur Health Systems will be having a 5K Sappa Trail Run/Walk on Saturday, April 28. Registration information will be available soon. With the beautiful weather we've been having lately, it might not be a bad idea to get out and start practicing for it now.

Last week, Dr. R. John Stukeey was here to interview for a physician position. Everything went very well, and Dr. Stukeey said he is enthusiastic about possibly accepting the job here in Oberlin.

And while everything has not been finalized with Dr. Charles Schultz to visit here as a part-time surgeon - I jumped the gun last week - negotiations are proceeding smoothly.

Decatur Health Systems

By Becky Wilson

The leading cause of death from cancer is probably easy to guess - with all of the anti-smoking campaigns, people are generally well aware of the dangers of lung cancer. The second-leading cause of death from cancer, however, isn't as obvious.

Colorectal cancer, also known as bowel cancer, is one of the most commonly diagnosed cancers in the United States. It affects both men and women, and it's recommended that everyone over age 50 get regular screenings. If there's a family history with this cancer, then screenings should begin earlier, depending on the risk.

This is Colorectal Cancer Awareness Month, and screenings are \$2 this week at the Decatur Health Family Practice Clinic.

Screenings look for evidence of precancerous polyps. If abnormalities are found early, they can be removed before developing into cancer. Early detection leads to better chances of successful treatment.

On Friday, we're asking people to wear blue as a sign of support for colorectal cancer awareness. It can be a difficult topic to raise - dealing with colorectal cancer often leads to squeamishness and jokes. But it's a good cause, with good outcomes if it's dealt with instead of ignored.

If you're over 50 and have never been screened, even if you don't make it to the clinic this week, ask your medical provider the next time you have a checkup about whether you should be screened.

As the end of March draws closer,

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. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.

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.
NORCATATUR 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.

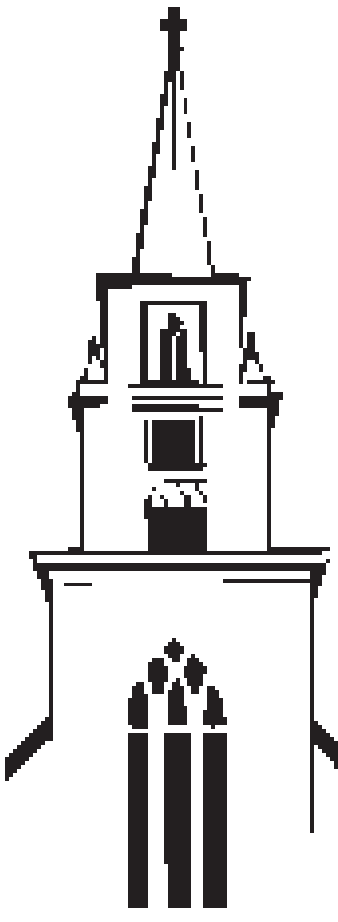
LUND COVENANT CHURCH
Chairman Brad Marcuson
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

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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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.



Chamber News

By Carolyn Hackney

It appears that many people have gotten into the swing of yard work this past week. With the temperatures so nice, it is hard to believe it is still March.

I still have some cleaning around the yard to do, but I am a little ahead of usual in the back yard. I even replanted two rows of potatoes on Saturday. I have to finish the rest this week. I wanted some early spuds to eat, so we'll see if this "St. Patrick's Day" planting works.

I plan to do another planting late in May for the "keeper" potatoes for use during the winter.

I have received information from the Foods and Farmers Market Project Coordinator at the Kansas Rural Center about their specialty crops for 2012. They pick several each year to highlight. This year's crops are spring spinach, snow peas, arugula and rhubarb; summer basil, bell peppers and garlic; and autumn spaghetti squash, turnips and pumpkins.

I am planning on raising spinach, snow peas, arugula (if I can find the seed), basil, bell peppers and turnips. If any of you are planning to bring items to our Farmers Market this year, I would be happy to list you in the fliers I will be putting up. The market will be held on Wednesday mornings; start date and times have not been decided yet.

An event to remember is the Burger and Fish Fry, sponsored by the Oberlin Business Alliance, on Good Friday, April 6, in the alley south of the BEE Building. Proceeds will go for the purchase of street banners for summer, fall and holidays.

Table tents will be coming out soon for April and May, sponsored by the Oberlin Convention and Visitors Bureau. The bureau will be doing another tent by the first of May to help cover all events, plus other information highlighting different things in our town.

Have a great week!