

# Norcatour News

By the Norcatour News Committee

Funds are still needed to complete the roof project at the Norcatour School building. The estimate on the remaining portion of the roof is \$45,000. Donations may be sent to the City of Norcatour, 301 E. Ossipee St., Norcatour, Kan., 67653.

Work is underway to repair the ceilings and floors which were damaged when the roof was blown off. Todd Nelson and Brian MacLean are doing the work.

Wava Reames, Bee Nelson and Dorothy Ward attended funeral services for Max Ward in Clayton.

Norcatour children are invited to attend the Story Hour from 9 a.m. to 11 a.m. on Saturday, April 14, at

the Jennings Library.

Word was received by Rea and Dee Magers last week that her nephew, Kevin Hahn, 53, of Craig, Colo., died from a sudden heart attack. Jeff Magers took Rea and Dee to Wichita twice where Rea underwent eye surgery. He will have a follow-up in Salina.

Recent weekend guests of Virgil and Joyce Price were Jason and Kathy Jurey, Conner and MacKinziey of Kennard, Neb. Keith and Linda Jurey, Albuquerque, N.M., also spent a week with them. They visited Wavea Reames. Sherri Regal also visited at the Price home.

Happy Birthday to Kelsey Peters,

Pastor Ed Woods, March 21; Genevieve Brunk, March 23; Quintin Wentz, March 24; Rex Knapp, Teresa Reves Wood, March 27. Happy Anniversary to Stan and Carolyn Applegate on March 27.

Seventeen Senior Citizens met on March 16 at the Methodist Educational Building. Winners were Margaret Magers, Jackie Porter and Bob Schoenratt. They will meet on Friday for a potluck dinner followed by cards.

Senior Citizens pinocle will meet at 1 p.m. on Thursday, April 12, at the Methodist Educational Building.

# Calcium needed by everyone

Have you ever had questions about what time of day you should take your calcium, how much calcium you should take at one time or if you should space calcium pills throughout the day instead of taking them all at once?

The answer probably lies in the fact that it depends on how much calcium your doctor told you to take.

It's not easy for the body to absorb calcium. On the average, the body absorbs only about 30 percent of the calcium we consume from foods or supplements. If you consume more than 500 or 600 milligrams at a time, then it's true, the absorption rate drops to an estimated 20 percent.

You'll still get some benefit. If you take 500 milligrams of calcium and absorb 30 percent, that's 150 milligrams absorbed. If you take 1,000 milligrams and absorb only 20 percent, that's 200 milligrams. But you'll get more bang for your buck if you wait a few hours between two 500 milligram doses.

Several things can help absorption. Make sure you take calcium with vitamin D. (That's why milk and many calcium supplements are fortified with vitamin D.) When taking supplements, liquid or chewable



## Home Time

By Tranda Watts  
Regional Extension Agent

ones tend to be better absorbed. Also, calcium citrate can be absorbed well without food, while another form, calcium carbonate, should be taken with food for better absorption.

No matter what, getting enough calcium is essential. Muscles, nerves, blood vessels—actually, every cell of the body - all rely on calcium to perform basic functions. If the body doesn't have enough calcium in its blood and other tissues, it takes calcium from your bones and teeth. That's why it's important to get enough calcium throughout your lifetime, even after teen years which is the critical time for bone formation.

The recommended daily amount of calcium depends primarily on age. Teens need 1,300 milligrams a day. Adults 19 - 50 and men up

to 70 need 1,000 milligrams a day. Women 51 and older and men 71 and older need 1,200 milligrams a day. When setting these amounts, experts have already taken into account the absorption rate of calcium, so you don't have to worry about that.

Good food sources of calcium include dairy products such as milk, yogurt and cheese; dark green vegetables including broccoli and kale; and calcium-fortified cereal, soy milk, juice and other foods.

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

## Decatur Health Systems

By Becky Wilson

April is quickly approaching, and the lovely weather of late reminds me of the need for us all to get out and get active, both for the fun of it and to help prevent problems down the road by keeping our fitness levels high.

Registration will start next week for the Sappa Trail Run/Walk in June. Another event to put on your calendars is the Community Walk on May 7 at the Sappa Park Shelter House.

The Fitness Center at the hospital is still available and frequently in use. With the weather turning nice, the call of the outdoors is strong, but it's good to have options for weight training, as well as a place to go when the spring showers head our way.

For the convenience of those who

use the Fitness Center after work or on weekends when the business office is closed, a lockbox has been put up for people to leave payments.

While maintaining a regular level of activity is important, sometimes injuries can occur and it's important to get persistent aches or strains looked at to avoid exacerbating a problem. We are lucky to have a sports medicine specialist available here in town with Sean Conroy at the Family Practice Clinic, as well as having kinesio taping offered by physical therapist Jessica Townsend. Between the two of them, any injury should soon be set right.

In other news, we are still collecting input from the Community Health Care town meeting earlier this month. Everyone is invited

to take a survey on our website at [www.decaturhealthsystems.org/survey.html](http://www.decaturhealthsystems.org/survey.html) to answer questions about the health care options available in this county. Even if you were not able to attend the meeting, which was early for many people, your opinions are more than welcome. Your responses will be anonymous, and much appreciated.

## Jennings News

By Louise Cressler

Stan and Ramona Shaw enjoyed visiting last week at the home of Cindy and Danny Black, Logan and Bowen in Carlsbad, N.M.

Laura Esquirel's book, "Like Water for Chocolate" was discussed by the Jennings Book Club on the evening of March 22. Hostesses Lynn Tacha and Joan Metz held the meeting at the Pennsylvania Avenue house which Bob Jones has been renovating and furnishing. Lynn

provided some history on how chocolate is grown and processed. Dark, white, bitter, sweet, and a range of other chocolate varieties were tasted. Each member completed a survey on their favorite flavors.

Members who enjoyed seeing the house and the chocolate tasting party were: Mary Arnold, Kay Brown, Julie Carter, Ruth Chance, Patty Foster, Terri Hanke, Lila Jennings, Carla Latimer, Sue Long, Ra-

chel Mappes, Joan McKenna, Joan Metz, Kathy Nauer, Helen Rhodes and Lynn Tacha. Lila Jennings will host the April meeting. "Dancing at the Rascal Fair" by Ivan Doig is the next book club members will read.

Those enjoying pinocle playing Wednesday afternoon at the Sunflower Senior Center were: Agnes Wahlmeier, Carol Carter, Diane Carter, Eleanor Morel, Alice Mizer,

Alice Wagoner, Carla Latimer, Bob Jones, Wayne Cressler and Louise Cressler. We would welcome anyone who would like to come play cards on Wednesday afternoons at 1:30 p.m. at the senior center.

The Norton Correctional men were working in Jennings Thursday and Friday, cleaning curbs and cutting trees. We really appreciate these young men doing work for the city.

## Rexford News

By Gwen Griffiths

Spring has come to Rexford! I love seeing all of the trees with little buds and new leaves, and so many plants beginning to grow again!

Morgan Wark made a donation to Locks of Love earlier this month. She had been growing her hair for a few months with this goal in mind, and she was able to donate 10 inches. The hair donated to Locks of Love is made into wigs for financially disadvantaged children.

The Griffiths family was a part of the Feed My Starving Children mobile pack event at McCook Christian Church on Friday afternoon. We packed meals for an hour and a half and during that time our group of about 160 people packed 36,504 meals, which is enough to feed 100 children for a year. These meals will be sent to Haiti to help children there.

Golden Plains School held its annual Penny Carnival on Friday night in Rexford. Kids and their parents got to participate in all kinds of games. On Sunday, Shepherd's Staff held a paint ball party for eight area youth and two parents. They had a great time (and great weather) out

on the paint ball field!

As for upcoming events, Shepherd's Staff will have a busy weekend. We'll start off with the Crop 'n' Clip scrapbooking retreat on Friday evening. This event runs through Sunday afternoon and is a great chance for people to catch up on photo albums.

Then on Saturday, Shepherd's Staff invites all area men to join us for Men's Day at 9 a.m. Bill Twinem will be the speaker for Men's Day. He is a former SWAT officer for the Thornton Police Department in Colorado; he now serves as a K-9 officer. Any man is welcome at this event. There is no cost for the day, which includes lunch. There will be a free-will offering, and the day will end at 2 p.m. Call (785) 687-2565 with any questions about either event.

That's the news from Rexford. If you have something you'd like to share in this column, please leave a note in the jar at the Red Barn, call me at (785) 687-2076 or e-mail [griffithsgang@gmail.com](mailto:griffithsgang@gmail.com). Have a great week!

## Midway News

By Mary Lou Olson

Sympathy is extended to Carol and J.R. Ginther following the death of her sister, LaDonnia Kay Lindgren, 71, on March 17, 2012. She was a resident of the Decatur County Good Samaritan Center in Oberlin.

Congratulations to Ron and Cindy Sattler on the arrival of a new grandson, Parker John Juenemann, who was born March 5, 2012, to Chase and Dana Juenemann of Hays. He weighed 7 pounds, 12 ounces and was 21 inches long. He has two sisters, Payton Ann, 4, and Paycie Nichole, almost 2, to welcome him.

Beth Harmon, Chloe and Toby of Osborne were luncheon guests last Saturday of Steve and Arian Arnold.

A group from the Herndon Covenant Church and surrounding areas spent last week doing maintenance work at Covenant Heights Camp near Estes Park, Colo. Greg Jones has accepted a position at Covenant Heights and he and his wife, Gwen, and family will be moving there in April.

Tyler and Tiffany Witt and Trevor

visited last Saturday with Keith and Mary Lou Olson.

Congratulations to Daisy Schmidt, who will observe her 85th birthday on Saturday. Mail will reach her at 21406 Achilles Rd, Oberlin, Kan., 67749

Several from the Herndon Covenant Church were among those who helped pack food at the Christian Church in McCook on Friday and Saturday for the Feed My Children project.

Sunday dinner guests of Norma Anderson were Steve and Arian Arnold, Mildred Holmdahl, and Jason and Sean Anderson.

Suzanne Wehrman of Sylvan Grove is babysitting this week with her grandchildren, Henry, Eli, Maggie and Will Holle, while their parents, Orrin and Beth Holle, are attending a Farm Bureau meeting in California.

Detta Anderson and Mary Lou Olson joined Shirley Shields, Eloise Smith, Marjorie Olson and Enid Anderson in Oberlin on Saturday to attend funeral services for their classmate, Lee Ploussard, at the Sacred Heart Catholic Church.

## The Crucifixion of Jesus

By the Rev. Charlotte Strecker-Baseler,  
Faith Lutheran Church, Oberlin

This month we have been exploring the last week in the life of Jesus. Today we look at the crucifixion of Jesus; that is, when Jesus died on the cross for us on Good Friday (Mark 15:22-41). When we put all four gospels together, we discover seven last words or sentences from Jesus on the cross.

Most biblical scholars believe that Mark was the first of the four gospels written. It is significant that Mark has only one last word from the cross, "My God, my God, why have you forsaken me?"

It was the Jewish tradition that when someone quoted the beginning of a psalm, those who heard it were to remember the entire psalm. As Jesus is dying on the cross, he quotes the beginning of Psalm 22: "My God, my God, why have you forsaken me?"

If you were to read the entire psalm, which I recommend that you do as a private devotion on Good Friday, you would discover many predictions of what Jesus would experience on the cross as he hung there dying. "My tongue sticks to my jaws; all my bones are out of joint; trouble is near and there is no one to help; I can count all my bones; dogs are all around me; they stare and gloat over me; they divide my clothes among themselves and for my clothing they cast lots."

Even more powerful than these predictions, is the way in which the psalm begins with an angry question at God, and yet by the end of the psalm, the Psalmist is giving thanks and praise to God.

Many in our society are angry at God and blame God for their suffering. It is powerful to note that

Jesus models for us the Jewish tradition which gives permission to ask God any question. It is okay to be angry at God as Jesus was because God is big enough for the most difficult questions. Oftentimes when one blames God for suffering, one overlooks one's own poor choices in life or the poor choices of others, which directly result in the suffering. The one thing that Jesus does in his honest question of anger, is to stay in relationship with his heavenly Father through the questions. By the end of the psalm, praise and thanksgiving is what Jesus communicates to us. "The poor shall eat and be satisfied; those who seek him shall praise the Lord. May your hearts live forever! All the ends of the earth shall remember and turn to the Lord; and all the families of the nations shall worship before him. For dominion belongs to the Lord, and he rules over the nations." (Psalm 22:26-28)

In the very last words of Psalm 22, we have a hint of the resurrection: "I shall live for him." (Psalm 22:29) Jesus wants those who are gathered at the foot of the cross, to have hope, even in his dying moments.

This year as we journey to the cross and the resurrection, let us also be filled with hope. My hope is that you will continue to journey through the scriptures, taking special note of Jesus' actions and his teachings, because Jesus reveals God's will for us in ways that are understandable to our human experience. May you have a blessed and meaningful Holy Week as you journey through the last week of Jesus' life, the Passion of Our Lord and the Resurrection of Our Lord.



## Schedule of Oberlin and area church services:

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| <p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b><br/>785-475-3103<br/>Fr. Mark Berland,<br/>MASS: 10:30 a.m., Sunday</p> <p><b>IMMACULATE CONCEPTION CATHOLIC, LEVILLE</b><br/>Fr. Mark Berland,<br/>MASS: 8 a.m., Sunday.</p> <p><b>SACRED HEART CATHOLIC, SELDEN</b><br/>Fr. Mark Berland,<br/>MASS: 5:30 p.m., Saturday</p> <p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b><br/>Pastor: Barbara Patterson<br/>SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.</p> <p><b>DRESDEN</b><br/>SUNDAY: Morning Worship, 9:30 a.m.</p> <p><b>PRAIRIE CHAPEL UNITED METHODIST</b><br/>The Rev. Linda Willey<br/>SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b><br/>Pastor: Dennis Brown<br/>SUNDAY: Morning Worship, 9 a.m.</p> | <p><b>UNITED CHURCH OF OBERLIN</b><br/>Pastor: Judi Stricker<br/>109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA<br/>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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p> <p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b><br/>Pastor: Gene Gee<br/>SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,</p> <p><b>CLAYTON UNITED METHODIST</b><br/>Pastor: Ed Woods<br/>SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p><b>OBERLIN CHURCH OF CHRIST</b><br/>South Beaver Street - Oberlin<br/>Bill Duncan — Phone 785-475-3259<br/>SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons &amp; open bible studies combined. Private Bible studies on request.</p> <p><b>ST. MARY'S CATHOLIC, HERNDON</b><br/>Fr. Nick Parker<br/>Phone 785-322-5560<br/>MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p><b>HERNDON COVENANT CHURCH</b><br/>Pastor: Keith Reuther<br/>Phone 785-322-5316<br/>SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p> | <p><b>NORCATOUR UNITED METHODIST</b><br/>Pastor: Ed Woods<br/>SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> <p><b>LYLE UNITED METHODIST</b><br/>Guest Speakers every Sunday<br/>SUNDAY: Morning Worship 9 a.m.</p> <p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b><br/>Pastors: Chris and Sharon Nelson<br/>810 West Cedar, Oberlin<br/>Office Phone 785-475-2769<br/>SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.</p> <p><b>LUND COVENANT CHURCH</b><br/>Chairman Brad Marcuson<br/>10 miles south, 4 miles west of Oberlin<br/>SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.</p> <p><b>ST. JOHN'S LUTHERAN CHURCH</b><br/>510 North Wilson<br/>Interim Pastor: Brad Rick<br/>SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays..</p> | <p><b>FAITH LUTHERAN CHURCH</b><br/>404 North York Avenue<br/>Oberlin, Kansas<br/>The Rev. Charlotte Strecker-Baseler<br/>Church Office Phone: 785-475-2053<br/>SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays.<br/>THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.</p> |
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## Museum Matters

By Sharleen Wurm

March Madness in Kansas and at events at the Museum are still in full swing. We are getting displays rearranged for the 2012 season.

Tuesday is opening day, and the museum will hold the Chamber of Commerce Coffee Hour from 10 a.m. to 2 p.m. We invite all of you to come take a short tour.

The Annual Rummage Sale will be Saturday and Sunday, April 14

and 15, and you can bring your clean, gently used items on opening day through Friday, April 13, from 10 a.m. to 3 p.m. Tuesday through Saturday.

We are looking forward to a great 2012 and hope that if you are not already a member of the museum, you will want to come and join. Family membership is \$20 and a single membership is \$10.

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