

Norcatour News

By the Norcatour News Committee

Lots of residents of the City of Norcatour were appreciative of all the hard work put in by City Council members and other volunteers during last week's citywide cleanup. Several loads of debris were hauled to the Decatur County Landfill during the cleanup operation.

Happy birthday to: Ron Montgomery, May 10, and Evelyn Lyon, May 11. Celebrating their anniversary on May 15 were Ed and Phyllis Yeater.

The Monday night Bible study group plans to finish the book of Romans by the end of the month and will break for summer. The group meets at 7 p.m. in the Norcatour Methodist Church Educational Building.

Senior Citizens met May 4 with 16 players. Winners were Jackie Porter, Virgil Price and Bee Nelson. The next get-together will be at 1 p.m., Friday at the Norcatour Methodist Church Educational Building.

Recently Norcatour has been infested with moths. Thousands and thousands of moths. These pests are often called millers and are usually born in Kansas wheat and alfalfa fields in the fall. The larvae eat the crops before pupating and becoming an adult moth in early spring. The larvae causes damage to the crops, but the adult moths are just a nuisance. The moths will soon leave for the Rocky Mountains and while there they will be eaten by bears. Bears can eat up to 40,000 moths a day. So the more moths the bears eat the fewer that will return to Kansas to lay their eggs.

Norcatour folks eating at The Hidden Dragon Chinese Restaurant on May 6 were: Dorothy Ward, Jodi Lyon, Bee Nelson, Ed and Phyllis Yeater, Sherri Regal, Dickie Beachel, Gust and Kay Foth, Paul Foth, Noah and Morgan and Kimber Robinson. It has been suggested that a car pool should be started on

Sundays.

Evelyn Lyon celebrated her 95th birthday on May 11. She would still enjoy receiving belated birthday wishes. Cards and letters may be sent to her at the Andbe Home, 201 W. Crane, Norton, Kan. 67654.

Matt Lynch, son-in-law of Norcatour's Postmaster Deb Scott, is now home after spending three months in Denver Health Hospital following a work accident. Mr. Lynch's right leg was crushed by falling pipe and he lost several teeth plus had broken bones in his mouth. His wife, Riki, and son, Rowdie, brought him back to their home in Callaway, Neb., to finish his recuperation. Mail will reach him at P.O. Box 278, Callaway, Neb. 68825.

Golf carts are still needed to help transport veterans who want to take part in Norcatour's Memorial Day parade. For more information call Deb Marshall at the city office at 693-4461.

Memorial Day lunch will be served from 11:30 a.m. to 1 p.m., Sunday, May 27. The parade to the cemetery will start at The Bank corner at 1:30 p.m. led by the Norton American Legion Riders. Ceremonies at the cemetery begin at 2 p.m.

After the services, everyone is invited to have tea and cookies at the Norcatour Methodist Church Educational Building.

Volunteers finished putting flowers in all the flower containers on Main Street. Jerry Hill has volunteered to keep them watered during the summer.

Norcatour's City Clerk Deb Marshall had a lumpectomy on May 11 but came home the same night. Radiation treatments will begin in a month.

Scott Hartzog, local Red Cross Blood Drive coordinator, reported another successful blood drive. He said the Norcatour Methodist Church sponsored and hosted the event.

Troy and Deb Marshall attended the State Speech contest in Wichita. The Oberlin team took fourth place in the 2A Division.

Norcatour seniors at Decatur Community High School, Amanda Marshall and Nolan Henningson will be among the four students presenting their senior recitals at 2 p.m., Sunday, May 20., at The Gateway. There is no admission fee.

Recent company at the home of Rea and Dee Magers were Bonnie Yule and her two daughters, Karen mason and Sharon Webb, all from Amarillo, Texas. The two families have known each other for over 50 years and were neighbors in Denver. Other guests were Jeff Magers and Joy Luoto, Cedar Bluffs.

Mr. and Mrs. Magers attended the potluck dinner celebration of the 25th anniversary of the ordination of Father Vincent of St. Francis of Assisi Parish in Norton.

Many people continue to donate DVDs to the Norcatour Public Library. The selection is quite varied and extensive. Book Potpourri will be held at 1 p.m. today at the library. Everyone is welcome. Remember every Wednesday at 10 a.m. is Story Time in the children's library. All children, even if they don't live in Norcatour, are welcome.

Focus on health, not weight

Have you tried dieting, but gained back all the weight lost and more? If so, you are not alone. Most people who lose weight tend to put it back on. Studies suggest that we just tend to return to old habits that started the problem in the first place.

That's why for years, experts have recommended adopting a lifestyle change rather than a "diet," which people tend to think of as a short-term meandering off of their normal routine. But adopting such a change can be difficult and is influenced by many things often out of your control.

That doesn't mean giving up is your only option. Here are some things to consider as you find a new path:

- Focus on health, not weight. Size and shape don't necessarily reflect health. Eat plenty of vegetables (about 2.5 cups a day) and fruit (about 2 cups a day). Choose whole grains over refined, and lean proteins. When you use fat, reach for oil instead of margarine or other solid fats. Get regular physical checkups and monitor your blood sugar, blood cholesterol, triglycerides and blood pressure. If they're in normal ranges, you're doing a lot



Home Time

By Tranda Watts
Regional Extension Agent

of the right things.

- Move more. We live in a sedentary society. Most of us spend too much time in front of a television or computer monitor, never approaching the 30 to 60 minutes of physical activity we should get five days a week. Take a good look at your typical day and see if there's a way to add a 20 minute brisk walk to your regular routine. Whether or not you're already physically active, taking these extra steps (literally) will help.

- Eat less. That piece of advice is so simple it might sound, well, laughable. But portions have grown so much over the last few decades that it can be hard to tell what a real serving size should be. You might try a simple step: Fill your plate as normal – then remove one-third of the main dish and the

starch (whether it's grain-based or a starchy vegetable). See if you're satisfied with the smaller amount; if not, have another serving of non-starchy vegetables to see if that does the trick.

At some point, you might try measuring a few foods you commonly eat to see if they're within proper portion sizes.

If you have questions about proper portion sizes, please feel free to contact your local K-State Research and Extension Office.

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.

Christmas in May Pastor Judi Stricker, United Church of Oberlin

I am continuing the little stories about some of the residents of Bethlehem who were present as a matter of circumstance at the birth of our Lord. I have to thank both Peg Smith, for donating the book to our church library, and Jan Matheny for bringing it to my attention. It is a delightful little book, and when I say little, I mean both short in length as well as about half the size of most books. Just a bit bigger than one's hand. It, however, is full of thought provoking ideas, so I will begin the story for this week.

This is the story of Mark, a sandal maker, and his wife Rachael, and their two children Lezra and Naomi. They were just average residents of Bethlehem, Jewish, under the control of Rome, but very much seeking, with great expectation, the arrival of the Messiah. They, like many others, believed all of their troubles would be over when the long-expected Messiah came.

Mark did not believe, as others in the Temple did, that the Messiah would be a warrior, a great Jewish leader like King David or Solomon. He somehow knew in his heart that the expected Messiah would be kind, and loving, and very much different than what the high priests believed him to be. He often openly told others in the crowded market place his perceptions and that brought him to a very sad end.

The Pharisees heard of the words that Mark was sharing, and came one day to take away the two children, saying that the two of them, Mark and Rachael were not fit to raise their children, and then, they were pulled into the street and given the choice of recanting what they believed, or be stoned. They refused, and Mark was killed. Rachael, severely wounded, was able to pull herself home on her knees. She fell inside her home, and took a week to heal enough to go out, only to find that she was forever stigmatized as the wife of a heretic.

She had to sell the house, and move into the streets, begging for enough food to keep her alive. The years marched on and the moment came for her to part with the very last of what was a treasure to her; the last pair of sandals her husband had made. She knew they would bring enough money to give her some time to rest. Tomorrow, she would unwrap them from the fabric that she kept bound close to her body, and get them ready to sell.

It was not a good day. The wind was blowing sand and dust everywhere. As she readjusted her shawl, she saw the donkey and the young woman upon the

donkey's back. She seemed so tired, and very great with child. As they passed, she could see that the man's feet were caked with dirt, but there were no sandals. The small woman on the donkey did not have any either. Their faces were lined with the weariness of having walked so far in the sun and the wind. And then it happened. She felt the almost overwhelming sense that she should give the man the last pair of sandals. She knew that she would always be a beggar, until she died, but perhaps, just perhaps the little one to be born, would be better off than she. She knew she needed to be a part of something bigger than herself, and this was her opportunity. She called out to him to come and take the sandals. He stopped the donkey, looked back over his shoulder, then brought the donkey, with the small woman on its back slowly to where she was sitting.

The most wonderful thing happened. He stooped, took the sandals out of Rachael's hands, and laid them on the ground. Then he pulled off her own worn sandals, and took down the waterskin under the blanket on the donkey, and gently poured the water on her feet and dried them on the hem of his own garment, and pulled a small vial of oil from a small bag he carried over his shoulder, and poured it on her feet. Never had she smelled anything like the oil, a mixture of olive oil and sage. She could not help but wonder if this was all a dream. Yet, the best was yet to come. He took the sandals that she had been saving so long, and put them on her feet. Mark had always teased her that she had feet as big as a man's, and today she was thankful. Yet, she could not bring herself to accept the gift until the man and young woman smiled as he said to her, "Your kindness to us is what tells us that we need to share with you. And, these old sandals that you have cast off will do just fine for me."

A simple act of kindness. How often do we take part in one? How often is one initiated by us? We have 2,000 years between us and the birth of the Messiah, yet I still wonder if we truly understand what it means to worship someone so revolutionary, so different than we are.

It is not the Christmas season, yet how many times have we said that we wish it were all year long? We can make it so you know, through our kindness and willingness to let go of treasures that really bring little comfort. Won't you try it today?



Traer News

By Maralyn Courange

Maralyn Courange attended the graduation exercises at the Hitchcock County High School on Saturday. Her grandson, Gabe Ware, was a member of the graduating class.

Other family attending were his father, Kirk Ware, Lakin Brown and Lukus, and Kaitlin Brown, Oberlin;

Kane Ware, Culbertson; and Sara Ware and Madalynn, McCook. Also attending were Gabe's mother, Valerie Holthus, and Marlene Holthus of Albertson; Annie Walton and Catalina Holthus of Lincoln, Neb.; and Mr. and Mrs. Shawn Holthus, Jewel and Harlen, Palisade, Neb.

Good Samaritan Center

By Lisa Paulson

When you think of the Good Sam, does the term "Old Folks' Home" or "Rest Home" ever cross your mind? If it does, I would challenge you to think again!

Next to December, May is by far one of the busiest months here. We have May Day, Prom, Mothers Day, graduation, Memorial Day, alumni weekend and birthdays to celebrate. Then to top it off, we have National Nursing Home Week to recognize our staff, volunteers, family, community and residents who together create the home environment that we have come to expect.

So in honor of National Nursing Home Week, we would once again like to say thank you to everyone who helps to make the Good Sam such a special place!

On Monday, Literary Club met to hear the first three chapters of "Gisela Fisher's book, "It Is Well." This is not only an interesting book; it holds the attention of the Residents because many know and love Gisela personally. Anita Hirsch read to Loren Schrock, Betty May, Amy Rehm, Violet Schissler, Leona Helmkamp, Opal Bryan, Alice Bobbitt, Connie Cramer and Leone Porsch.

Tuesday we had the 1st Hand Friends finale. Both first grade classes came with their favorite Teddy bears. The kids began with held hands, making a big circle with a Teddy bear between each child. Moms and residents watched as a large parachute was unfolded. The kids recited the poems, "Teddy Bear, Teddy Bear" and "Fuzzy Wuzzy was a Bear," using their bears as props. The children laughed and giggled as their bears were tossed into the parachute and bounced high in the air, balls were added and the colorful popcorn-like balls took flight! They collected bags filled with Teddy Grahams, and tied with bottles of bubbles donated by Othelia Vacura before finding their reading buddies to give a big "Bear Hug" before saying goodbye!

Thursday, we bid farewell to another member of our Good Sam Family, Dorothy Pryor. Dorothy came to us several years ago with her many grandchildren in tow. They have all been junior volunteers here and have added much joy to our

home. We will miss Dorothy and her family very much, but knowing she is now in her heavenly home keeps our sadness at bay.

In House Club members, Connie Cramer, Vera Kacirek, Margaret Vacura and Evelyn Olson, baked cupcakes for the Mother's Day Hat Parade. While they were busy in the kitchen another member, Leone Porsch sat wishfully at the window, watching for the badly needed rain to begin, but it did not come. Leone's husband is a farmer, so she is quite in touch with his/her life work and the crops in need of moisture.

Prom Revue on Saturday included our High School graduates and their dates. David Noren, Megan Wentz, Kiah Blau, Darian Bose and Miranda Shelton. The girls looked beautiful in their fancy dresses. One resident commented how they looked like the Hollyhock dolls she used to make as a child. In addition to high school, we also have Joy Luoto graduating from college with her RN degree. We are so proud of them all!

Again we invite you to our Walkway of Flags display here at the center on Memorial Day. A special section of the Walkway will be devoted to soldiers who have served in Iraq or Afghanistan. If you would like to honor a loved one, flags will be flown for a donation of any amount. Contact Lisa Paulson (785) 475-2245 for more information.

This week's guests: Pat Fringer for Margaret Vacura. Cheryl Miller for Loren Schrock. Max Carman for Myrtle Waldo. Jerry Hill for Cheryl Hill. Reva Marshall and Dixie Snyder (Colby) for Dorothy Hunt. Marvin and Sharon Slabaugh for Opal Bryan. Murry and Audrey Pavlicek for Mary Lemman. Gerald Benda for Eulaine Benda. Connie Simonson, Becky Hunziker (Breckenridge, Colo.) for Amy Rehm. Marilyn Horn for Myrtle Ross. Wendy, Gage and Wyatt Scott for Evelyn Olson. Ralph and Norma Unger and Mert McEvoy for Lucy Schissler and Earl Brown. Marian Fraker and Rea and Dee Magers (Norcatour) for Mary Waldo. Galen Olson came to visit Amy Rehm, Lucy Schissler, Violet Schissler and Eva Bryan. Eunice Martin for Glenn Martin.

Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 5:30 p.m. Saturday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE Fr. Mark Berland, MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 10:00 Sunday</p> <p>JENNINGS-DRESDEN UNITED METHODIST CHURCH Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.</p> <p>DRESDEN SUNDAY: Morning Worship, 9:30 a.m.</p> <p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Linda Willey SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p> <p>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.</p> <p>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.</p>	<p>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</p> <p>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.,</p> <p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>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.</p> <p>ST. MARY'S CATHOLIC, HERNDON Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p>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.</p> <p>NORCATOUR UNITED METHODIST</p>	<p>Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> <p>LYLE UNITED METHODIST Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>FAITH LUTHERAN CHURCH</p>	<p>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.</p>
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