

Norcatour News

By the Norcatour News Committee

Like many other towns in north-west Kansas, the Norcatour City Council has banned fireworks. The county had already evoked a burn ban until further notice.

Memorial services were held last Wednesday for former Norcatour resident, Carl A. Rohnke. He graduated with the class of 1950.

Steve and Debbie Obrecht, Pueblo, Colo., helped Denny Leichter with wheat harvest, arriving June 12. Kyle and Kathleen Obrecht and their five children arrived June 17 to surprise Steve for Father's Day. After several rides on the combine and the tractor that pulls the grain cart, they left after lunch on June 18 to return to Colorado.

Kami Obrecht came for a visit recently. Bill LaSalle drove the trucks until another cousin, Bobby, could come from California.

Birthdays: Laci Leichter, Larry James, June 29; Betty Reid, Ron Temple, July 1; Bee Nelson, July 4; Dickie Beachel, Gwynn Ward, July 9.

Anniversaries: Gerald and Judy Jackson, July 5; Russell and Karyn James, July 7; Rea and Dee Magers, July 9.

Norcatour Senior Citizens will be at 1 p.m., Thursday, July 12, at the Norcatour Methodist Church Educational Building. The group met on Friday for a noon potluck meal before playing pitch in the afternoon.

On June 16 Dewaine Stapp went to Wamego to attend the wedding of Denton Bailey and Stephanie Donna. He also attended the reception at the Flint Hills Discovery Center.

John R. (Bob) Sawdon suffered

injuries when he fell out of bed on June 17. He was taken to the Norton County Hospital first, then on to Kearney to the Good Samaritan Hospital where he underwent surgery June 19. He returned to the Norton Andbe Home where he continues to recuperate.

Donnee Selvege, daughter of Goldie Brewer, lives in Colorado Springs and said they could see smoke but had not seen any fire. Mrs. Brewer's other daughter, Donna, lives in Monument, and she said they have been on standby for evacuation.

Recent guests of Rea and Dee Magers were their niece, Reneta Kawcheck, Craig, Colo., and her two daughters, Sarah and Danny. Joining them were Jeff Magers and Joy Luoto, Cedar Bluffs.

There's help for appetite loss



Home Time

By Tranda Watts
Regional Extension Agent

Many times we see older adults who have "lost their appetites." These people may lose quite a bit of weight, causing concern to family members and even health-care providers.

First, it is important that the person's doctor be involved. Malnutrition caused by a poor diet can lead to other health problems, including a weakened immune system, problems with wounds healing and muscle weakness (which can lead to falls and fractures). In addition, unexplained weight loss often is due to underlying health issues caused by the use of certain medications. So, keeping health care professionals in the loop is essential.

Loss of appetite in seniors could have other causes, too. The individual might be lonely or depressed. They might be experiencing a reduced sense of taste or smell, which can affect appetite, or of sight, which could make it more difficult to prepare food. They might have dental problems that cause discomfort when eating. If an underlying problem can be identified, try to address it and you might find that appetite will return.

In the meantime, there are other things that can help. First, focus on protein, which is especially important to prevent malnutrition in the elderly. Canned salmon and tuna are versatile sources of protein that can be used in or added to a number of dishes. Add extra milk to mashed potatoes to increase protein. Or, ask the person's doctor if adding a high-protein supplement to soups, stews or other foods might be worthwhile.

Both the Academy of Nutrition and Dietetics and the Mayo Clinic offer other ideas, including:

- Encourage the individual to eat

five or six small meals a day. This is especially helpful if the person fills up quickly during a meal.

- Keep nutritious, easy snack foods readily available, including nuts, peanut butter, cheese, crackers, milk, yogurt, fruit, raw vegetables and ice cream. Keep nonperishable items on the counter or otherwise out in the open as a visual reminder for the person to have a snack.
- Add 2 percent milk, beans, vegetables, rice and pasta to stews, soups and other dishes.
- Try using new herbs and spices, especially if on a low salt diet.
- Drink milk, juice or even hot chocolate more often than coffee

and tea, which provide few calories.

- When possible, make mealtime a social event. Eating with others often sparks the appetite.

If you have questions, please feel free to contact your doctor or your K-State Research and Extension county 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 trwatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

Midway News

By MaryLou Olson

The Herndon Covenant Church congregation will meet for morning worship services at 10 a.m. Sunday at the Decatur County Good Samaritan Center in Oberlin.

Thursday breakfast guests of Richard and Maureen Anderson, Samantha, Chris and Gabe to honor Chris on his birthday were Elden and Delta Anderson, Gary Anderson, Lara Zodrow and Donna Kelley. Gabe Anderson was honored with a birthday breakfast on Saturday at their home. Other guests were Elden and Delta Anderson and Dick and Donna Kelley.

Barbara Olson and her sisters, Leanne Pike of Ashland; Shirley Maresch of Nekoma; and Bev Mes-

serly of Sublette spent last week visiting their sister, Connie Smith and her husband Bob, in Chippewa Falls, Wis., and their son, Kary Smith and family at Menomonee, Wis.

En route to Wisconsin they visited Brandon and Sarah White of Gardner and en route home they visited Janet Garretson, who operates a pie shop in Stockholm, Wis. She is the wife of the late Tom Garretson, a former pastor of the Herndon Covenant Church.

Lightning struck the farmstead of Richard Fanning last week, destroying several outbuildings, but the house and barn were saved. He lives in the former home of Mil-

dred Holmdahl and the late Gene Holmdahl.

David and Michael Noren and Bob Reuther spoke during morning worship services on Sunday at the Herndon Covenant Church about their mission trips with Teens For Christ. Rachel Grafel also told about her mission trip to Nepal, which she took with other students from Sterling College.

Noah Jones, son of Greg and Gwen Jones, is taking National Guard training. Mail will reach him at: PV2 Noah Jones, A Co., 3rd Bn., 13 Inf. Regt., 1st Plt, 193 Inf. Brigade, 5422 Jackson Blvd., Fort Jackson, S.C. 292907.

Decatur Health Systems

By Becky Wilson

I've been fortunate to be in the emergency room here at the Decatur County Hospital a couple times while it was in use.

Both those times, the room became a hub of activity, with people working smoothly together to calm everyone and get the situation back in order quickly and professionally.

In a way, the entire town of Oberlin became an emergency room on Tuesday when fires began spreading in the relentless afternoon heat. Downtown at Dollar General, store manager Mandi Fick took charge of a donation drive, seeing that people who wanted to help and needed a central location to concentrate their efforts.

Keeping the firefighters hydrated and fed was a primary concern, and people were bringing food, water, drinks and cash to provide whatever they would need. The Gateway opened its doors to provide ice. A space to assemble sandwiches was needed.

Margee Wilson, director of nursing at the Cedar Living Center, volunteered the center, as it has a counter space off the kitchen that's been used in the past when dozens of meals were needed for hungry golfers at the annual golf benefit. Volunteers got in their cars and came down to help.

Sharleen and Phil Wurm brought two full hams they'd had sliced at Raye's Grocery. Hospital Chief Executive Officer Lynn Doeden brought watermelons to be sliced for the firefighters. Donations from downtown provided bread, condiments and granola bars—everything that could be needed.

Others donned latex gloves, lined some coolers with ice topped with trash bags to keep the sandwiches cool but not soggy and an assembly line sprang to life.

It was supertime for the residents, and visitors who were there to spend time with their family members pitched in. Jacob Helm, grandson of resident Helen Helm, and Sherri Shuler, daughter of resident Floyd Lotker, joined the Wurms and Charlie and Betsy Haag in filling coolers with sandwiches.

We had so many bags of sandwiches ready in a such short time that I was dispatched to nurse Julie Weigel's house to pick up more coolers to keep the transport lines going, from the hospital to Dollar General and from there to the firefighters. As Mrs. Wurm said, "I can't help fighting fires, but this is something I can do."

Meanwhile, on the other side of the facility, the trauma room got some use as firefighters were brought in who had been affected by the intense heat. Nurse Practitioner Lynetta Ward kept everything moving smoothly.

Dr. Charles Zerr from Atwood called, offering to help if patients suffering from smoke inhalation started to come in. Thankfully, that never became an issue, but the offer was much appreciated.

Oberlin should be proud of how things came together on Tuesday. So many people – and I know I only encountered a tiny fraction of those who pitched in and deserve our thanks – saw a crisis, asked themselves what they could do to help and then turned those thoughts into action.

As we assess the damage, and with nervous eyes watch the devastation in Colorado, we can take heart that we faced this trial and came through it well. You can hope you never need to use an emergency room, but when the worst happens, it's good to know you're in one that's been tested and passed with flying colors.

Turn your beliefs into actions

Pastor Roy Matthewson, Lund Covenant Church

Many of the actions and attitudes Christians engage in set up barriers to sharing the Good News with non-Christians in a meaningful and life-changing way. The actions we take, which we believe are positive, or at worst are harmless, convey negative messages we do not intend to communicate. Christians are supposed to believe we have something of incredible value to the world Christ has placed us within. We're supposed to believe that, anyway.

Pre-Christians seem to think our actions demonstrate that we do not believe we have life-changing news to share with them. For many of them it's hard to tell that there is much difference between Christians and the rest of the world. Since the guiding principle of our society is that people are free to believe whatever they want, they don't have a problem with us being Christian per se. But if our beliefs produce actions that are perceived to be negative and therefore impact other people negatively, then we have a problem.

What is unfair in all of this is that I do not believe Christians intend to do anything negative. At least, I assume that my Christian sisters and brothers feel the same way I do. The problem is that our attitudes and unconscious thought processes come through even when we do not want them to. People are perceptive and can read those messages even when we do not know we are sending them. And as political advisor Lee Atwater is credited with saying, "perception is reality."

The perception is that Christians are not loving and caring, but are judgmental. Indeed, we are seen as very hypocritical. The Barna Group, a Christian Poling organization reports that young adult evangelicals deeply love Jesus but they can take or leave the Church. The results of their survey were published

in the book; You Lost Me. Quitting Church by Julia Duin and other similar books come to essentially the same conclusions.

In this and the next few articles in this space I want to explore some of the actions we engage in, or the attitudes we hold that communicate negatively. Through these articles my goal is to call Christians to a new way of living our faith. I do not expect non-Christians will read these columns, so my words are directed toward Christians. If you are coming from a non-Christian, or disillusioned perspective and read what I write here I hope that you see that the Church in Northwest Kansas wants to share something powerfully life-giving with you.

For you see, Christ left his followers a commission with an attached promise. "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age" (Matthew 28:19 - 20 NIV).

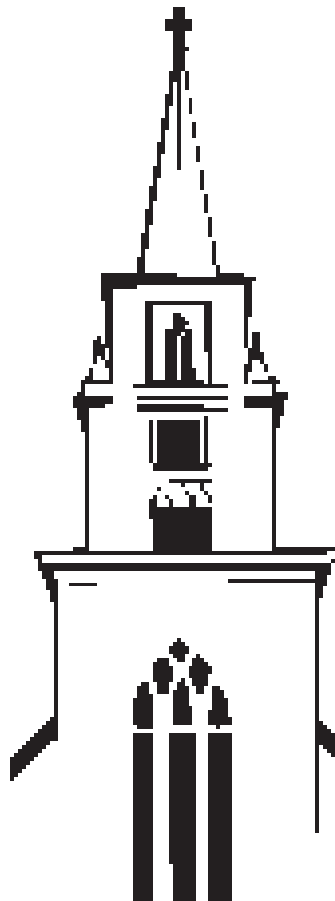
I think generally the evangelical wing of the church, of which I am a part, does a great job of the "going" and "baptizing." Or at least we make a loud proclamation about going and baptizing. But we don't seem to do much disciple making. We move straight to the obedience portion and seem to insist that people follow Christian rules whether someone is part of the Church or not. We do that because we know those rules help define boundaries that enable people to live a healthy, joyful life. We know that going beyond those boundaries is dangerous and too often leads to significant problems and hurts. We want to protect others from those things. Our desire is to love people.

(Continued next week)



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. 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. Nancy Proffitt 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. UNITED CHURCH OF OBERLIN</p>	<p>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. NORCATUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church</p>	<p>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 Pastor Roy Matthewson 10 miles south, 4 miles west of Oberlin. Men's Breakfast Saturdays June 2, 16, and 30 8 a.m. Lawn Vespers Sundays June 10, and 24 7 p.m. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</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.;</p>	<p>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.</p>
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Rexford News

By Gwen Griffiths

It's been another hot, dry week in Rexford. We are so thankful to our volunteer fire fighters, many of whom have been out almost every night in the past week to fight fires.

The department could always use more volunteers to answer the needs of the community. If you are interested, contact Dave Williams or Chris Bailey.

I hope each of you has a fun Independence Day with family and those close to you. Don't forget about the July Fourth picnic at the

park on Wednesday. The main dish and drink will be provided. Please bring a side dish and dessert to share, along with your table service.

Rexford is still under a burn ban, so please remember that fireworks are not allowed.

That seems to be the news this week in Rexford! I'd love to publish your special events. Just send your news to griffithsgang@gmail.com or call 687-2076.

Have a great week!

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