

Norcatutur News

By the Norcatutur News Committee

Happy birthday greetings to: Keith Anthony, Nov. 8; Dewayne Jackson, Nov. 9; Amy Wentz, Nov. 12; Mary Lesle, Nov. 13.

Happy anniversary wishes to: Ronald and Jerry Temple, Nov. 12. Norcatutur Senior Citizens met Nov. 2 at the Norcatutur Methodist Educational Building to play pitch with 15 players present. Winners were Jackie Porter, Bob Strevey and Bee Nelson. They will meet again at 1 p.m. Friday.

Genevieve Brunk had a great Halloween at the home of her daughter and son-in-law, Barbara and Wilbur Stites, Hill City. Other daughters celebrating at the bonfire and wiener roast were: Malea Copeland, Arvada, Colo.; Jerrilyn Manbeck, Gold Canyon, Ariz.; granddaughter, Shauna Rumbaugh, Spearville; and great-granddaughters, Izzy and Jemma.

Those from out-of-town attending the funeral for David Hare were: Coleen Powell, Firestone, Colo.;

Barbara Wilson, Bennett, Colo.; Larry and Mary Hare, Derby; Jeremy Brown, Justin Brown, Thornton, Colo.; Gary and Terri Ritter, Manhattan; Darlene Sexton, Kent and Steph Clark, Abilene; Todd and Stephanie Brown and Ashton, Russell; Darren and Julie Barnett and family, Haysville; Wendy Tien, Benton; Hollie Ricke, Wichita; Trudi McCollum, Liberty, Mo.; Steven Elliott, Kay Smiley, Gatesville, Texas; John and Judy Bateman, Ruby Phifer, Richard and Kim Bateman, Goodland; Dan and Patty Phifer, Aurora, Colo.; and Carl and Betty Bateman, Kimball, Neb.

Book Potpourri will meet at 1 p.m., next Wednesday at the library. Come and discuss the latest books you have read.

Wava Reames accompanied Deb Marshall to Hays on Oct. 24. They met two of Wava's college roommates, Geneva Deatrich and Evelyn Hewett Zellmer, for lunch.

Jerry Hill arrived in Denver just

a couple of hours before the birth of a granddaughter, Rae Ann Grace Fredrickson on Oct. 28. She is the daughter of Brett and Erin Fredrickson, Denver, and weighed 6 pounds 6 1/4 ounces.

Visitors at the home of Wava Reames were her daughter, Shawna Crum and her grandson, James Reames. James was on fall break from school and Shawna took a couple of vacation days.

Anyone with some used cowboy boots is asked to contact the Good Samaritan Home in Oberlin. They are needed for the center's fund raiser.

The Norcatutur Christmas Drawing will be Saturday, Dec. 15. If you would like to donate a roast, ham or turkey to the drawing, please send \$15 to the Norcatutur City office. Jerry's Bar and Grill and Wentz Service both have gift certificates. All donations need to be turned in by Nov. 30.

Improve kitchen efficiency

It is estimated that about 20 percent of the energy used in the United States is used for food production, transport, processing, packaging, distribution, storage, sales and household food handling.

While much is out of an individual's control, most people could be able to reduce household utility costs in the kitchen.

Here are some tips for cost-saving changes that are fairly easy to incorporate into everyday living:

- 1. If hand-washing dishes, allow them to soak first; after washing, rinse in batches, and turn off the water between batches. Use hot water for washing, cool water for rinsing.
2. If using a dishwasher, wait until a dishwasher is full before running it; choose the shortest cycle to accomplish the job, and allow the dishes to air dry.
3. Defrost food in the refrigerator, rather than under running water.
4. Check refrigerator and freezer seals, which should be airtight. Clean the seals regularly, and replace as needed.
5. Open the refrigerator or freezer door as needed, but close it as soon as possible to retain internal temperature.
6. Turn off an ice maker when additional ice is not needed.
7. Follow the manufacturer's directions for cleaning coils and the interior and exterior of the appliance.
8. Use all appliances as directed by the manufacturer. Take the time to read the manual when the appliance is purchased, and review it periodically. For example, a refrigerator or freezer should be about 2/3 full (but not crowded) so air can circulate and cool the foods stored within. Overcrowding generally reduces efficiency.
9. Minimize pre-heating time when using an appliance, and use a microwave oven instead of heating a stove, when possible.
10. If replacing an appliance, check energy efficiency before buying.
These tips come from a new fact



Home Time

By Tranda Watts Regional Extension Agent

"Making Everyday Choices for a Healthy, Sustainable Diet," MF 3060, written by Mary M. Higgins, State Extension Specialist, and is available at 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.

Good Samaritan Center

By Whitney True Francis

To everything there is a season, a time for every purpose under heaven. Ecclesiastes 3:1

I've always had a love for music that was before my time. Growing up, my grandfather shared his immense knowledge of great music. He taught me to play, sing and, best of all, he taught me to see the world through music.

In preparation for writing this article I made a cup of coffee, put on my favorite playlist of oldies music and took a stroll around the building searching for my inspiration. For those of you that have never walked the halls at Good Sam, there is scripture inscribed throughout the hallways. This morning as I was walking, stopping frequently to chat with residents and staff and finding plenty of wonderful things and people to write about I kept noticing Ecclesiastes 3:1 engraved on the walls.

Every time I read that, I smiled and thought about how true that is of life. Funny as life is sometimes, one of my favorite songs, and a song I am sure many of you will recall, "Turn, Turn, Turn," by the Byrds came on the radio shortly after my walk around the building. This was a sort of "A-ha" moment. The song lyrics are actually adapted from the Bible and reads "there is a season and a time to every purpose, under heaven." It goes on to say that there is a season for peace, love, healing, planting, being born and building each other up. Thanks to Ecclesiastes and The Byrds, I finally found words to what I had already experienced here at Good Sam and at the same time it gave me the words to express what I hope to continue here.

I have to agree that there is a definite season for certain events in life. However, those of peace,

love, healing, planting and building up, are elements of life and of being human that we can all choose to give one another all of the time. In my short time here at the Good Sam I have been welcomed with a warmth and friendship that has inspired me. You have all given me encouragement out of the kindness of your hearts and it's this brotherly love that I have experienced here and it's what makes me so proud and ecstatic to move forward as the activities director at the Good Samaritan. (This will be official in just one short week!)

Activities are a perfect opportunity to create outlets for our residents to continue doing what they love and to explore new ways to find enjoyment, meaning and purpose. More than that, activities provide opportunities for creative, spiritual and social expression and growth, which are all so vital in living our best and happiest life. Most of all, to me activities create community between residents, the staff, our volunteers and all of you! Our philosophy at Good Sam is that "In Christ's Love, Everyone is someone."

I believe that everyone has something good to give of themselves and that something no matter how small or big has a purpose. At our recent Rock-A-Thon, we talked to the residents about how they are a light in the community, with wisdom and life experience to share with everyone. On the same note I believe that God has given all of us a light to offer one another.

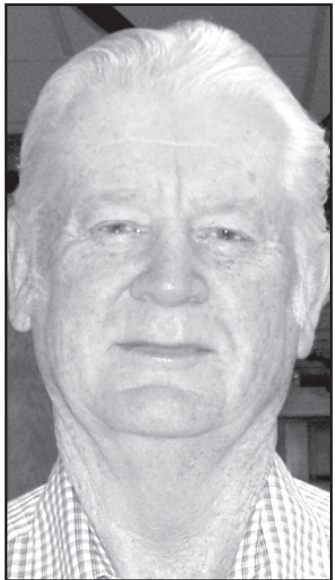
As we move forward together please feel welcome to stop in and introduce yourself and any of your ideas! I look forward to meeting many new faces, sharing new ideas and working together to give as much as we can for the happiness of our residents and our community

as a whole. See you all soon and God Bless! Our welcomed visitors this week included: Max Carman for Myrtle Waldo. Marilyn Horn for Myrtle Ross. Cheryl Miller for Loren Schrock. Gerald Benda for Elaine Benda. Eunice Martin for Glenn Martin. Reva Marshall and Penny Fringer for Dorothy Hunt. Susie Sabatka (Atwood) for Vera Kaciere. Gene Leitner for Marcella Leitner. Pat Fringer and Reta Barratt for Margaret Vacura. Nadine Tacha (Jennings) for Galen Tacha. Gerald Olson for Evelyn Olson. Connie Simonsson for Amy Rehm. Frank and Mert McEvoy for Lucy Schissler. Jeanie May for Elwood May. Bernice Martin and Pat Wurm for Louise Pollnow. Tonya Tally for Dwayne and Betty Jones. Connie Bryan for Leone Porsch and Marty Olson for Jim and Grace Schroer.

Unless God Blesses Gene Gee, Oberlin Community Fellowship

Psalms 127:1 A song of degrees for Solomon. Except the Lord build the house, they labor in vain that build it, except the Lord keep the city, the watchman waketh but in vain. These words written many hundred of years ago are still true today. They speak of God's blessing or the lack of God's blessing and the results. They not only refer to the days of Solomon, but they ring down through the ages to our day. These words speak of the importance of God's blessings on the work of men's hands, and without His blessing all the work is in vain. These words apply to individuals as well as leaders and governments. There was a time in the history of Israel under King Jeroboam, when the king did not regain the wealth and prosperity they had lost. Jeroboam did much to help Israel gain wealth and prosperity, and strengthen their military powers, but renewed prosperity was used by the upper class to enlarge their landholdings and build great houses for themselves. They also violated the rights of the poor; the landed peasants (these are those who God had given land) were thrown off their land. Under God's provision through the Mosaics covenant those

people were the foundation of Israel's society. Under Jeroboam that class of people virtually disappeared. As the rich became richer and the poor became poorer many were sold into slavery and Israel's social structure became thoroughly unstable. At that time God sent the prophet Amos with a message. The immediate purpose of Amos's message was to call the leaders to repent and reform. Perhaps our current administration is right in every one having a fair share. The question is "What is a fair share?" Some are poor because of choices, some are poor because of circumstances, but whatever the case, our President's policies haven't worked. The primary issues of the election were the economy and our influence on the world around us, mainly foreign policy. These are both good and a must for our country to succeed. But what we need even more than these, and in order for these to happen, we need a spiritual repentance and reform. "If my people who are called by My name will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." II Chronicles 7:14



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, LEVILLIE Fr. Mark Berland, MASS: 8 a.m., Sunday.
SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 5:30 p.m. Sunday
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. Nancy Proffitt 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. Nancy Proffitt 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.
NORCATUTUR 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 Roy Matthewson 10 miles south, 4 miles west of Oberlin. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch
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..

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.

Herndon News

By Julie Hafner

Winners of the Pride drawing at the Herndon Heritage Craft Show were Sandi Mulligan, Atwood, turkey; Leon Portschy, Herndon, ham; and Judy Solko, Larned, a fall basket arrangement.

Tom and Margaret Brown of Atwood were Sunday afternoon visitors of Roseanna Stonely.

Steve Bryan, Denver, with his crew of hunters spent the weekend in Herndon. A little bartering went on when Steve visited Jerry and Kim Niemeth and asked for permission to hunt on their land. Jerry informed them the exchange would include five jars of canned hot pickles per day.

St. Mary's Fall Veterans Festival was a huge success Sunday. The opening of pheasant season drew many hunters to the area and all showed support for this annual dinner of roast turkey and ham with all the trimmings. The Catholic youth group sponsored fun games for the children and adults alike with bingo and ticket drawings held after dinner. The hall was decorated with the rich colors of fall, combined with a sea of hunter orange hats and vests, all clapping in memory, honor and appreciation of all veterans during

the festival. John and Damian Marintzer, Denver, were weekend visitors in Herndon with guests, Mitch and Danny Escher of Topeka. Jerry Niemeth and Mitch traveled to Oak Canyon, recalling some memories.

Plan now to attend Herndon Pride's 19th annual Main Street Christmas and Brunch with Santa on Sunday, Dec. 2, at St. Mary's Hall in Herndon. The brunch, consisting of breakfast casseroles, rolls, hot chocolate, coffee and juice will be served for a donation from 9:30 to 11 a.m. The Belles of St. Mary's will provide entertainment. There will be door prizes for all ages.

The family of Grace Lynn Wahrman, daughter of Jeremy and Crystal Wahrman of Herndon, report that she is doing well. Grace Lynn was born Nov. 1 at Kearney, Neb., weighing 4 pounds, 2 ounces and measured 16 1/2 inches long. Grandparents are Robert and Connie Jones of Dayden, Texas, and Francis and Darlene Wahrman of Herndon. Great-grandparents are Jerry and Mary Trussell of Splendor, Texas; Lawrence and Martha Jones of Dayden, Texas and the late Stan and Laura Kummer.

Give Kansas Kids a Home



Hundreds of Kansas kids need a home. Become a foster or adoptive parent! Learn how you can Get Involved. Call 800.593.1950 ext 8118 for details. Online webinars | info meetings Youthville www.youthville.org

Paul's FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 - Oberlin 785-386-4311 - Selden Derek Riner Rick and Dori Pauls