

# Norcatour News

By the Norcatour News Committee

A good crowd turned out for the first free movie shown in the Norcatour City Building All-Purpose room last Sunday. The next movie will be "The Polar Express" on Dec. 16, followed by "The Nativity Story" on Dec. 23. All movies start at 6 p.m. Donations are accepted for the bottled water and popcorn. A movie is planned for Dec. 30, but the title has not yet been named.

The Norcatour Christmas drawing will be held at 2 p.m. Saturday in the All-Purpose room. Everyone is encouraged to register early and enjoy a bake and candle sale sponsored by the Prairie Dog 4-H Club.

Casey and Justine Tuttle and Jade had a busy Thanksgiving holiday. They spent Wednesday at the Miller farm with some awesome ribs from Big Belly Barbecue. Melissa DeDonder and her family were there plus Gary and Annette Miller. Thanksgiving day it was back to the farm for a day of cooking and eating. Joining the group for dinner was Bev DeLano, Aimee Applebury and kids, Lila Rule, Gary and Annette Miller. On Saturday, Justine cooked her first turkey and it was ruled perfect. Drew and Janae Tuttle, Quinter, and Carol Miller shared the meal with them. Several played X-box Kinect all afternoon in an attempt to burn off some calories. Sunday morning Justine played piano for church and later that day she and Casey bowled on their league team with Caleb and Kelsey Peters in Oberlin.

Guests of Gale and Sharon Schulze, Norton, were their children; Karensa and Anthony Francka, Norton; Amber and Duke Huffman, Annaliese, Daisy and Bella, Brule, Neb.; and Makalyla and Danny Albrecht and Genesis, Danny and Noah, Kearney, Neb. Joining them later were Norman and Paula Strayer. Sharon's sister, Carole, and brother, Terry, were unable to be there for the first time in years. Happy birthday wishes to Peg Roe, Dec. 8; Jade Tuttle, Dec. 10;

Sheree Milnes, Dec. 11.

Senior Citizens met Nov. 30 with a covered dish dinner. Fourteen members came for the meal and 16 showed up to play cards afterward. Winners were: Gust and Kay Foth tying for first place; Al Sedlmayer and Joyce Price.

Bob and Anita Montgomery have been spending their Saturdays in McCook attending flag football games of their great-grandson, Keegan Shuler. Renee Harman has attended some of the games with her parents.

The Montgomerys attended a wedding reception in Grand Island, Neb., Nov. 3. Their grandson, Chance Harman and his wife, Lynsey, Canada, came so Chance could be the best man. Renee Harman and Scott Harman also attended.

Thanksgiving Day guests of Joyce Price for a potluck dinner were Wayne and Norma McCallister, Sherri Regal and Don Daniels. The group spent the afternoon visiting and playing dominoes.

Bob and Anita Montgomery have down-sized. With a lot of help they have moved to a much smaller house in Oberlin.

Rodney and Janice O'Hare and Monty and Linda Hunt enjoyed their Thanksgiving dinner at Fuller's Restaurant in McCook.

On Nov. 28, Rodney and Janice O'Hare took their grandchildren, Cody and Nickala O'Hare to Hays to meet their dad, Chris O'Hare, to spend some time with him in Manhattan. The senior O'Hares drove back to Hays on Sunday to pick up Cody and Nickala.

Guests of Renee Harman in Oberlin for Thanksgiving were Bob and Anita Montgomery, Oberlin; Bobbie and Lee Frakes, Amanda, Keegan, and Karsen Shuler, Trenton, Neb.; Blaine Shuler, Cambridge, Neb.; Ron, Gina and Alyssa Montgomery, Jennings; Shane and Crystal Montgomery, Norton; and Scott Harman and Rusty Montgomery, Norcatour.

There was a nice group gathering at the United Methodist church Dec. 1 for the "Hanging of the Greens." Afterwards the decorators shared beef-vegetable soup and chicken and noodles.

Rea and Dee Magers had a wonderful Thanksgiving with their children, Bob and Cheri Pomeroy, Lakewood, Colo., and Jeff Magers and Joy Luoto, Cedar Bluffs. Grandchildren that came were Zach and Brenda Pomeroy and their daughter, Ryan, Wheat Ridge, Colo.; Matt Pomeroy and Angie Plank, Colorado Springs. They all went to Lyle for a family dinner at the Community Building hosted by Toots Magers. There were a total of 27 people sharing the day. Rea and Dee had another dinner on Friday when Bob Pomeroy and his sons deep-fried a turkey. The day was so mild they ate outside on the patio.

There will be no outreach clinic in Norcatour during December. It will resume in January.

Visiting Dorothy Ward over Thanksgiving were Mark and Debby Ward and Brandon, from Hugo, Colo., and K.J. and Bre Ward, Wichita.

Dorothy Ward has had her days brightened with the addition of a new canine friend, "Buckwheat" or "Buckie" for short. Dorothy had been missing "Skippy" since he had to be put to sleep, but a trip to the animal shelter in McCook helped fill the bill.

Jerry Hill spent several days in Colorado visiting kids and grandkids. Besides sharing Thanksgiving Day together, he managed to work in some goose hunting, too.

# Have a power breakfast

You have probably heard all of the studies about breakfast being the most important meal of the day for children – but did you ever think about it being as important for you?

Literally breakfast means "Break the Fast." For most of us it has been at least eight and probably more like 10 hours since we last ate, and our body needs refueling.

So what are those breakfast benefits?

- Many people think that if they skip breakfast they can help their diet, or lose weight – but the opposite is probably true. Breakfast ups your metabolism, which helps you burn more calories during the day. Studies show that those of us who eat breakfast consume less calories during the day, and are better at getting the nutrients that we need for the day.

- Numerous studies show that children who eat breakfast are less likely to be absent or late to school, and are less likely to have stomachaches or headaches. Youth are able to concentrate better, make fewer errors, and are more creative and work faster.

- Other studies show that children who eat breakfast are more cooperative, get along better with others and spend less time in the principal's office for negative behaviors.

- Breakfast eaters tend to eat less fat during the day, and those who skip breakfast tend to have higher blood cholesterol levels. A high blood cholesterol level is linked with an increased risk for heart disease and other chronic health diseases.

- At the Institute of Food Technologists conference earlier this year studies were shared that show young people who don't eat break-



## Home Time

By Tranda Watts  
Regional Extension Agent

fast consume 40 percent more sweets, 55 percent more soft drinks, 45 percent fewer vegetables and 30 percent less fruit than those who ate breakfast.

To get your family off to a good start each morning make every attempt to include three food groups – think dairy, grains, vegetables, fruits, or protein/meat. Breakfast is an easy place to get in a whole grain to improve your fiber consumption. There are many options of whole grain cereals and breads, as well as bagels, sandwich flats, English muffins, and pita style wraps from which to choose. Include a veggie or fruit, too – sliced fruits in your cereal or top of your cream cheese

or peanut butter on a slice of toast are easy.

Breakfast is important to our children and for us too – why wouldn't we want to be more cooperative, get along better with our co-workers, concentrate more and work faster – just like they do. Make it a priority by purchasing foods to make that morning race go smoother.

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.

## Midway News

By Mary Lou Olson

The Sunday School Christmas program will be presented at 7 p.m. Sunday at the Herndon Covenant Church, followed by treats.

Verol Bergling and Mark and Gail Bergling, Jill and Blake, attended commencement exercises at Kansas State University on Saturday for Brooke Lindell, daughter of Barbara (Bergling) Lindell, and the late Stu Lindell.

Among those who attended the

graduation of Paul Messerly at Kansas State University on Saturday were his mother, Bev Messerly, Sublette, and his sister, Anna, Manhattan; Losson and Leanne Pike, Ashland; Gerald and Patti Benda, Ludell; Daryl and Shirley Maresch, Nathan, Jenna and Tim, Nekoma; Mark and Barbara Olson, Hoxie; Mary Olson, Colby; and Brandon and Sarah White, Gardner.

## Decatur Health Systems

By Becky Wilson

Congratulations, Oberlin – you've won yourself four enthusiastic new fans.

Decatur Health Systems' new chief executive, Jonathan Owens, has been here for less than a week, and he can't stop talking about how friendly everyone's been to this family.

He, his wife and his two daughters just happened to move into the apartment right next to mine, but they can't get too comfortable just yet. They've purchased a house in town and will be boxing everything up and moving one more time when that's finalized.

When that's done, it should be the last need they have for moving boxes for quite some time. This family has moved around a lot in the past, sampling the variety of options this country has to offer, from the largest of cities to the smallest of towns. In the end, each of them had become hungry for small-town life in a place they can truly call home.

In Oberlin, they believe they've found just that. Jonathan said his daughters came home from their first day of school simply thrilled. Nikki, the oldest, has already joined

the Decatur Community Junior High basketball team, and younger daughter Emily, who Dad said was a bit nervous heading into her first day of fifth grade at Oberlin Elementary School, came home as happy as could be.

This is by far the friendliest town they've lived in, he said, and each day they're thankful to be here. And while Oberlin's offering an open-handed welcome to Jonathan and his family, in return we've gained a hospital administrator who's bringing immense amounts of enthusiasm to bear in working with everyone here.

The first step he's taking is preparing for the changes that will be coming with the Affordable Care Act. Hospitals across the country will all be dealing with Obamacare, and he is going to make certain that Decatur Health is ready to succeed.

The next 12 months will see more changes to health care in the United States than we've ever seen before, and Jonathan's eager to begin a conversation with the town and the entire area about what we can expect.

## Good Samaritan News

By Whitney True

An elder is a person who is still growing, still a learner, still with potential and whose life continues to have within it promise for, and connection to the future. An elder is still in pursuit of happiness, joy, pleasure, and her or his birthright to these remains intact.

I came across this definition of what it means to be an elder and I thought it was so appropriate to our mission here at Good Sam as well as relevant to this particular week, which is International Human Rights Week.

I love being a part of an organization that recognizes that all people have value and have something to give of themselves to the world. In an effort to carry this mission out we strive to always treat our residents with the dignity and respect because it's something we know and feel in our hearts to be right and to be their right.

In the celebration of and support of Human Rights Week we will be posting residents rights so residents can review them.

This past week we celebrated "Shiny Nose Day," the release of

Rudolph, the red-nosed reindeer, originally sung by Gene Autry by having a Rudolph Holiday Social Hour and we had our annual Christmas Potluck, which was a great success.

We are looking to recruit a few new volunteers to help us kick off the New Year!

Please let us know if you are interested.

Visitors this week included Max Carman for Myrtle Waldo. Marilyn Horn for Myrtle Ross. Cheryl Miller for Loren Schrock. Gerald Benda for Eulaine Benda. Eunice Martin for Glenn Martin. Reva Marshall and Penny Fringer for Dorothy Hunt. Susie Sabatka (Atwood) for Vera Kacirek. Gene Leitner for Marcella Leitner. Pat Fringer and Reta Barratt for Margaret Vacura. Nadine Tacha (Jennings) for Galen Tacha. Connie Simonsson for Amy Rehm. Jeanie May for Elwood May. Ralph Unger for Earl Brown and Margaret Vacura. Martin and Evelyn May for Elwood May, Leona Helmkamp and Marcella Leitner. Helen Brooks for Ethel Nemeth.

## Let's embrace Christmas spirit Judith Stricker, United Church of Oberlin

By now, the first full week of December, several of the movies that are labeled "Christmas Classics" have appeared on our television sets. One of my personal favorites is "How the Grinch Stole Christmas", written by Dr. Seuss. It's a story of someone who just couldn't get into the spirit of Christmas and so hated the whole Christmas season.

I truly believe that for most of us, as we mature to adults, the spirit of Christmas comes from the children in our lives, whether they be our own kin or just the neighborhood children around us. The Christmas season should be a time of joy and goodwill, but as we are living this post election, pre fiscal cliff Christmas season, many of us can equate more closely with the attitude of the Grinch, especially when everything about Christ in Christmas has been pretty much eliminated.

I have always held children close to my heart, having been a teacher since I was a child old enough to pretend to be one, and an adult officially working as a teacher for a salary since 1977. That's a long time when you stop and think about it, but I can honestly say that I never lost the love and respect for children or teaching them. In fact, along with pastoring two churches, I also teach my own preschool three days a week all winter. My assistant teacher, Wendy Craig, and I have taught together at Discovery World Preschool for 16 years.

I didn't log on today to talk about my experience as a teacher but about what I have learned about our children and our educational system.

I learned just a short time ago that our scores on reading, math and science tests compare very unfavorably with other countries in the world, some very much more disadvantaged than ours. These were scores for 15-year-olds world wide. They are a bit discouraging. In math, we rank 25th behind such oth-

ers as China, South Korea, Germany, France, Ireland, Australia, Canada and Japan, with Great Britain not reported. In reading, we score a little better, we rank 12th. In science, we're 20th. The nation that put the first men on the moon, now ranks 20th in the world. Do you find that as sad as I do?

We have some of the greatest kids in the world, but they are scoring much lower than they should. Our public schools are as strong as our families. What can we do about that? It seems to me to be obvious, that we have gotten away from what really counts in life; raising strong children. Have we been asking our public schools to assume responsibilities that should not be theirs? How much time a day do young parents spend one-on-one with their children? Out of 24 hours, can you believe 10 minutes? What is taking up the rest of the time?

Twenty-two percent of youth from birth to 17 years of age live in poverty. This from the richest nation in the world? Twenty-two percent of children live in households with not enough food to eat. That statistic alone could affect scores in school.

Our children compete with the world's children for jobs these days. Is an employer going to hire the one that is first or even 10th in the world on scholastic subjects rather than the one who is 20th or 24th? With all the talk about jobs, who is getting them? If our kids can't qualify, why is that?

Jesus called the children to his knee. I am sure he would be concerned about how unsafe and unsavory the world around children is today.

As we enter this Christmas season, let's be in prayer about our relationship with our nation's children. How can they grow up strong and morally healthy if all we think about is our own way, our own needs? What a gift it would be to have children who find a world full of responsible and loving adults?

## 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.

**NORCATOUR 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..

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