

# Norcatour News

By the Norcatour News Committee

Norcatour's Rural Fire Department is sponsoring its annual pizza sale fund raiser. Pizzas must be ordered by Friday, Jan. 18, and will be delivered Sunday, Jan. 27, by donation only. Last year funds raised were used to purchase safety equipment and supplies. Contact any fireman to place your order.

Stan and Carol Miller went to Prairie Village Dec. 21 to visit Mike Miller. The Millers also went to Topeka where they visited the DeDonder family. They returned Christmas Eve.

Word has been received of the death of Jack Ritt who died Sept. 11 in Cheyenne, Wyo. He was the husband of the late Carol (Rist) Ritt who graduated by Norcatour Rural High School in 1950.

Stan and Carol Miller attended a Christmas Eve dinner and gift exchange in Oberlin at the home of Gary and Annette Miller. On Christmas Day, they were guests of Lila Rule, Norton.

Happy birthday to Clent Hatfield, Jan. 10.

Happy anniversary to Bill and Dorothy Woods, Jan. 16.

Thirteen senior citizens met Dec. 21 to play pitch in the Norcatour Methodist Church Educational Building. Winners were Rea Magers, Jodi Lyon and Ed Yeater. The group met again Jan. 4 with 17 members present. Winners were: June Jolly; a tie between Dee Magers and Retta Hare and Bee Nelson. The group plans to meet Friday.

Christmas dinner guests of Bob and Anita Montgomery, Oberlin, were Ron and Gina Montgomery and Alyssa, Jennings; Shane and Krystal Montgomery, Norton; Renee Harman, Oberlin; Rusty Montgomery, Scott Harman and Carl Lyon, Norcatour; Blake, Amanda, Keegan and Karsen Shuler, Culbertson, Neb.; and Blaine Shuler, Cambridge, Neb.

Bob and Anita Montgomery, Rusty Montgomery and Bobbie and Lee Frakes attended the reception for Vicki (Shirley) and Steve Ruggiero at The Gateway in Oberlin, Dec. 28.

Rea and Dee Magers celebrated a late New Year's dinner Jan. 5 at Ce-

dar Bluffs with their son Jeff Magers and Joy Louto. They had a prime rib dinner then played Scrabble.

Al and Mary Sedlmayer are in charge of distributing government commodities on Saturday, Jan. 19, from 9:30 to 10 a.m. at 101 Kansas Ave. For income guidelines, call 785-693-8840.

Christmas Eve supper guests of Retta Hare were Janice and Keith Baker, Lori and D.J. Ebner and Lori's friend, Candi, all of Norton; Eric, Kathy, Kristen and Erika Wilkins, Holdrege, Neb.; Joe, Trudy, Jordyn and Megan Hare from Russell. Christmas day guests were Kent and Deb Brown, Jeremy Brown and Lonnie Phifer, Oberlin; and Ruby Phifer, Goodland.

Kristen and Erika Wilkins, Jordyn and Megan Hare spent Christmas week with their grandmother, Retta Hare. They spent their time, shopping, playing cards, watching movies and eating. Heather Ebner and Luke of Topeka spent a couple of days visiting, too.

Dec. 23 guests of Ron and Jerry Temple for a lasagna dinner were Jerry and Lisa Rhodes, Norcatour; Larry and Suzanne Cahoj and Marcus Cahoj, Atwood; Simone Cahoj and Levi Elder, Leoti. Tracey Hartzog also stopped by. After dinner they all played Catch Phrase.

Christmas Day guests of Ron and Jerry Temple were: Ric and Marcy Wyrens, Ceresco, Neb.; Seth Pearsall and friend, Jessica, New Jersey; Suzanne Cahoj, Marcus Cahoj, Atwood; Jerry and Lisa Rhodes, Scott and Tracey Hartzog, Norcatour. After dinner dishes were done they played Robber Bingo.

On Dec. 28 Ron and Jerry Temple attended a Christmas get-together at the Norcatour home of Tracey and Scott Hartzog. They enjoyed a variety of pizzas for supper. Others attending were: Jerry and Lisa Rhodes, Norcatour; Corey Grace and her children, Noah, Ava, Hannah Ella and Henry of Culver; Jessica and Tyler Williams and children, Caden and Tadem, Concordia; Megan and Justin and their children, Jack and Kyah, Enterprise; Larry and Suzanne Cahoj, Marcus Cahoj, Atwood; Helen and Bud Rhodes, Jen-

nings; and Karen Stueve, Amanda and Katie Stueve, Garden City.

Cathy Claussen and Beth Johnson attended funeral services for Helen Molzahn at Phillipsburg on Dec. 20.

Mr. and Mrs. Cale Claussen and Lainey of Lawrence, Fred Molzahn and Beth Johnson were guests of Cathy Claussen on Dec. 23.

David Johnson and Zoie were guests of Beth Johnson from Dec. 25 to Dec. 29. David and Zoie and Beth made a business trip to Hastings, Neb., on Dec. 26.

Ron Steelsmith spent Jan. 3 with Beth Johnson and Fred Molzahn.

Jerry Hill, proprietor of Norcatour's new convenience store, The Grain Bin, invites anyone with arts, crafts, baked goods to sell to display them at the store. He will sell them for a percentage. Call him at 693-4438.

On Christmas Day, Rea and Dee Magers picked up Joyce Price and went to Jerry's Bar and Grill where they joined Jodi Lyon and Bee Nelson. They all enjoyed a dinner of turkey and all the trimmings.

Dorothy Ward went to Mark and Deb Ward's in Hugo, Colo., for Christmas. Several in the family got sick with the flu but Dorothy was able to avoid it.

Word was received of the death of former Norcatour resident, Dale Wycoff, 96, on Nov. 23.

Halley Roberson, Dallas, was a Christmas week houseguest of her parents, Jim and Carolyn Plotts. While here she also visited her uncle and aunt, Dick and Donna Kelley, and Kris McHugh, Oberlin. She also visited Tara Nelson, who was also visiting family in Norcatour. The Plotts held a Christmas dinner for Ms. Roberson and James and Charlotte Plotts, Norcatour. Ms. Roberson returned to Dallas on Dec. 28.

# Maintain weight; don't gain



## Home Time

By Tranda Watts  
Regional Extension Agent

Most of the holiday season is over, but it is still not too late to try and maintain your weight without gaining. Trying to maintain and not gain weight is a challenge with all the temptations around.

Why not make your goal for the week to be to revise some of your recipes to be healthier and still taste great! Whether you are preparing the food or not, be sure to use portion control at your meals. Check the tips below first for revising recipes and continue on through the new year.

Many typical holiday meals have about 3,000 calories, which is much more than most people should eat in a day. How can the calories be cut? Some good choices are:

- White turkey breast meat without skin is low in fat and calories. Skim the fat off pan drippings before making gravy. Instead of pre-packaged gravy mixes, use skim milk and low-sodium broth.
  - Keep portion sizes of mashed potatoes or sweet potatoes to 1/2 cup and if possible, just choose one of the two. Use fat-free evaporated milk to make mashed potatoes creamier.
  - Sauté vegetables by spraying with olive oil and leave out the butter.
  - Make your own cranberry sauce with fresh cranberries and add only a little sugar or sweetener.
  - Use MyPlate as a guide, with fruits and vegetables filling half the plate, and not overloading.
  - Choose a small piece of pumpkin pie made with fat-free evaporated milk. Using 2 tablespoons of light whipped cream adds only 15 calories.
  - Have a vegetable tray with low-fat dip for an appetizer.
- Using these tips to revise recipes for any day can help you reach your goal:
- Use cooking methods such as

- bake, boil, broil, grill, poach, roast, stir-fry or microwave.
- Use skim milk, reduced fat or fat-free sour cream, cream cheese and evaporated milk.
- Use 1/4 the amount of hard cheese; try using a sharper variety which can give a similar taste.
- Try cutting the liquid oil or solid fat in a recipe by 1/4. Try using applesauce or prune puree for half the fat in baking items and reduce the baking time by 25 percent.
- Use two egg whites or egg substitute instead of a whole egg.
- Use the low-fat or reduced-fat mayonnaise or salad dressing.

- Reduce the sugar by 1/4 to 1/3 in baked goods and desserts. Cinnamon, vanilla and almond extract can be added to give the impression of sweetness.
  - Use an artificial sweetener if you like the taste.
- 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.

# INCOME TAX SERVICES

Reasonable Prices  
Electronic Filing and Direct Deposit of Refund Available.

Hirsch & Mahoney, LLP

Steven W. Hirsch/Margaret P. Mahoney  
Attorneys-at-Law  
124 South Penn, Oberlin, Kansas

785-475-2296

## Jennings News

By Louise Cressler

Reminder to the Jennings post office patrons - be sure to fill out your post office survey and return it before Jan. 20. If you did not get a form, you can pick one up at the Jennings post office. There is to be a discussion meeting at the Jennings Masonic Hall at noon on Tuesday, Feb. 5. Please plan to attend to have some input as to the future of our post office. A meal of soup and dessert will be served by the Historic Building Preservation Committee from 11 a.m. to noon prior to the meeting. Donations will be appreciated.

Paul and Kathy Nauer returned Friday from a family ski trip to Breckenridge, Colo. They were joined by Marc and Roxanne Groff, Jaden, Jake, Jordan and Jaysen of Garland, Neb. En route they visited with Roy and Julie Kidder of Mead, Colo. They toured a Greeley toy train museum before enjoying supper at Terry Thiele's of Greeley, Colo.

Keith and Helen Muirhead were proud to attend the graduation ceremonies of their grandson, Kolten Keith Schulze at Kansas State University on Dec. 8. He received a degree in Industrial Engineering and Business and will be working for Rehrig Pacific in Kansas City.

Keith and Helen Muirhead spent the Christmas holidays with their

daughter, Mignon and Todd Barry at Wellfleet, Mass., on Cape Cod. Their daughters, Michelle Zadow, Grapevine, Texas, and Tefani Zadeh, Natalia and Dylan, Chicago, Ill., also joined them. They ate lots of good fish and enjoyed walking their dogs on the beach.

Keith and Helen Muirhead enjoyed a visit from their daughter, Tamala Schultze, Manhattan, and their grandson, Kolten after returning home from Cape Cod.

Sunflower Senior dinner held Tuesday, Jan. 8, was enjoyed by Stan and Ramona Shaw, Agnes Wahlmeier, Carol Carter, Linda Spresser, and Wayne and Louise Cressler. The icy streets and cold weather kept some people from coming. The next dinner will be Feb. 12. We will be playing bingo.

Playing cards at the Center on Wednesday were: Carla Latimer, Agnes Wahlmeier, Stan and Ramona Shaw, Linda Spresser, Scott Taylor, Diane Carter, Eleanor Morel, and Wayne and Louise Cressler. We welcome anyone who would like to play cards Wednesdays at 1:30 p.m.

Robert Papp and crew have begun remodeling the Jennings City Library, taking out partitions, cutting space for a door into the main hall, putting up new lights, etc. This will be very nice when finished.

# Prayer is always the answer

"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 I will forgive their sin and will heal their land." II Chronicles 7:14 (NIV)

As we turn the page of a New Year, we are invited to remember this great nation and its spiritual heritage; to lift up America in prayer and seek God's blessing for this nation.

*Why We Pray:* Only we as Christians can stop this cycle of decline. With our prayers of intercession and living our lives in the example of our Lord Jesus Christ can we break this cycle of decline.

*When We Pray:* God's people are renewed, they're refreshed, they're restored, their needs are met. God moves in their midst, and those outside of Christ are drawn to Him.

*Prayer Is the Key:* Revival is not worked up; it's prayed down. That's what we learn from the Bible: "And this is the confidence which we have before Him, that if we ask anything according to His will, He hears us. And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him." I John 5:14-15

I believe that whatever your need might be, prayer is the answer. If you need healing, prayer is the answer. If you need to be uplifted, prayer is the answer. If you have a loved one who's going through difficult times, prayer is the answer. If you lost a loved one and you're walking in a time of loss and grief and sorrow, prayer is the answer. If you need refreshment in your spiritual life, if you need a new touch from God, if you need a

new zip in your walk, then prayer is the answer. God can do anything, and prayer can do anything that God can do when it's the kind of prayer that God hears.

We have to get the ear of God before we can have the thing done for us for which we ask. R. A. Torrey said this about prayer. "Prayer is the key that unlocks all the storehouses of God's infinite grace and power. All that God is and all that God has is at the disposal of prayer. Prayer can do anything God can do; and since God can do anything, prayer is omnipotent."

*A Prayer of Faith:* "Is any one of you in trouble? He should pray... Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective" James 5:13-16

So the writer of James says there's a kind of prayer that you can pray that you know God will hear. When God hears you, then we know we will have the request that we ask of Him. So for prayer to be answered, God has to hear that kind of prayer. So then, the power of prevailing prayer is confessing our faults (sins).

*Why We Pray?* Because prayer is the lifeline to God, and with God all things are possible. "Any burden too small to lift up to God in Prayer is too small to be a burden."



Pastor Barbara Patterson

Jennings-Dresden United Methodist Churches

## Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 Fr. Mark Berland, MASS: 10:30 a.m. Sunday <b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b> Fr. Mark Berland, MASS: 8 a.m., Sunday.</p>	<p><b>UNITED CHURCH OF OBERLIN</b> 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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p>	<p><b>LYLE UNITED METHODIST</b> Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 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>
<p><b>SACRED HEART CATHOLIC, SELDEN</b> Fr. Mark Berland, MASS: 5:30 p.m. Sunday</p>	<p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> Pastor: Gene Gee SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> 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><b>LUND COVENANT CHURCH</b> 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</p>
<p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b> Pastor: Barbara Patterson SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. <b>DRESDEN</b> SUNDAY: Morning Worship, 9:30 a.m.</p>	<p><b>CLAYTON UNITED METHODIST</b> Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 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><b>ST. MARY'S CATHOLIC, HERNDON</b> Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p>
<p><b>PRAIRIE CHAPEL UNITED METHODIST</b> The Rev. Nancy Proffitt SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p><b>OBERLIN CHURCH OF CHRIST</b> United Methodist - 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 &amp; open bible studies combined. Private Bible studies on request.</p>	<p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>
<p><b>OBERLIN UNITED METHODIST</b> 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><b>HERNDON COVENANT CHURCH</b> Pastor: Keith Reuther Phone 785-322-5316 SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p>	<p><b>PAULS FUNERAL HOMES</b> A Trusted Name Since 1925. Phone: 785-475-3127 - Oberlin 785-386-4311 - Selden Derek Riner Rick and Dori Pauls</p>	

**Penn Avenue Boutique**  
Big January sale at Penn Avenue Boutique, 101 S. Penn Ave., Oberlin, Ks, this Friday and Saturday, Jan. 18-19. 50% off all items excluding Mische handbag shells. We are now Tuesday-Friday, 10-5:30, and Saturday 9-3. (785) 475-5861.

**FIRST BIG SALE**  
Of The Year

**BANKRUPTCY LAWYER**  
800.347.1353  
Appointments by phone:

**PAUL POST**  
Attorney at Law  
Est 1978  
5897 SW 29th St. - Topeka, KS 66614  
www.paulpost.com