

# Norcatour News

By the Norcatour News Committee

The senior citizens will play pinocle at 1 p.m. Friday in the Methodist Educational Building. Come join us!

The Norcatour Citizens Alliance Board of Directors held its annual meeting on Feb. 21. Members present were Bob Strevey, president; Rodney O'Hare, vice president; Dennis Leichter, secretary-treasurer; Darren Wentz, Luke Bailey and Troy Wentz. It was reported that the alliance received \$5,198 in 2012, and paid out \$4,660 to local funds since its inception, the alliance has received \$126,566 for the community of Norcatour. Donations may be sent to: Dennis

Leichter, 1001 Road O, Clayton, Kan., 67629.

Jim and Carolyn Plotts attended the send-off party last Saturday afternoon for Lori Shields, Mrs. Northwest Kansas. She was to compete for the title of Mrs. Kansas on March 1 and 2 at the dual Kansas and Missouri pageant at the Welk Theater in Branson, Mo.

Happy Birthday to Lucas Bailey and Shelby Thornton, March 2; Gene Gallentine, March 5.

Anyone who would like to burn most first contact Fire Chief Carl Lyon for approval.

There is a campaign to save the old City Hall. For details, call Deb at

the City Office, (785) 693-4461.

Story time is held every Wednesday at 10 a.m. at the Norcatour Library. All area children are welcome.

Book Potpourri to discuss books and movies is held every third Wednesday at the Norcatour Public Library. The next meeting will be on March 20.

Movie Nights are held in the all-purpose room in the grade school building on Sunday, with cartoons starting at 6 p.m., followed by the movie at 6:30 p.m. They are free but donations are accepted for popcorn and water.

# Older people should eat right

Have you ever had the thought that the food you are eating just doesn't taste the same anymore, or do you feel like you're just not that hungry?

If so, you are one of many. These are common reasons some older people don't eat healthy meals. Eating healthy foods and meals is a smart thing to do — no matter how old you are! Here are some tips to help you get started eating a better diet:

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half of your grains are whole grains.
- Eat only small amounts of solid fats and foods with added sugars. Limit saturated fat (found mostly in foods that come from animals) and trans fats (found in foods like store-bought baked goods and some margarine).
- Increase seafood consumption (twice a week suggested).

Here's a tip: Stay away from "empty calories". These are foods and drinks with a lot of calories but not many nutrients — for example, chips, cookies, soda, and alcohol.

If you are having problems with food, as you grow older, your sense of taste and smell may change, and foods may seem to lose flavor. Also, medicines may change how food tastes as well as make you feel less hungry. Talk to your doctor about whether there is a different medicine you could use. Try extra spices or herbs on your foods to add flavor.

Maybe some of the foods you used to eat no longer agree with you. For example, some people become lactose intolerant. They have stomach pain, gas or diarrhea.

Try yogurt, buttermilk, or hard cheese. Lactose-free foods are available also. Your doctor can test to see if you are lactose intolerant.

Is it harder to chew your food? Maybe your dentures need to fit better, or your gums are sore. If so, a



## Home Time

By Tranda Watts  
Regional Extension Agent

dentist can help you. Until then, you might want to eat softer foods.

With age, you may lose some of your sense of thirst. Drink plenty of liquids like water, juice, milk, and soup. Don't wait until you feel thirsty. Try to add liquids throughout the day. You could try soup for a snack or drink a glass of water before exercising or working in the yard. Don't forget to take sips of water, milk, or juice during a meal.

Fiber is found in foods from plants — fruits, vegetables, beans, nuts, seeds, and whole grains. Eating more fiber might prevent stomach or intestine problems, like constipation. It might also help lower cholesterol, as well as blood sugar.

It's better to get fiber from food

than dietary supplements. Start adding fiber slowly. That will help avoid unwanted gas. Here are some tips for adding fiber:

- Eat cooked dry beans, peas, and lentils often.
- Leave skins on fruits and vegetables if possible.
- Choose whole fruit over fruit juice.
- Eat whole-grain breads and cereals.

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

I read an article this week that was about a young man without one arm and his love for hockey. His attitude was that God had given him the ability to play hockey and so why not. It was uplifting because what others perceived as a handicap and a reason he wouldn't be great at hockey was in his eyes the reason that he practiced hard, believed in his ability and now plays weekly in this local league.

It got me thinking about the limitations that we place on ourselves and others. What if we looked at everything we try and want to do as something that we have already been prepared or equipped to do? This line of thinking also makes sense here at Good Sam.

Sure, some of our residents have physical limitations or even cogni-

tive limitations but it shouldn't stop those of us that are a part of their lives from encouraging them to try new activities.

Of course there is a reasonable way to do this but my point is that by not limiting someone's potential right away and when we don't look at situations with hope and exercise all the possibility we might keep ourselves from accomplishing our best in the end. Maybe what I am saying is that we ought to have more faith in ourselves and in one another.

This week we celebrated our March birthdays with a celebration sponsored by the Aquarius Club. We have seven birthdays this month which include: Woody May, Betty May, Marilou Long, Elden Haas, Galen Tacha, Evelyn Olson and

Marcella Leitner.

Residents Council met and decided to raise funds for our local Food Bank here in town. They also decided to start a monthly "prayer meeting," and to place a prayer box in our common area to invite staff, residents, volunteers and even community members to write their prayer requests down.

Many of our residents are watching a mini-series called "The Bible," which airs on Sunday evenings. This week we are excited to kick off our horticulture club and Saturday Night at the Movies Special.

Visitors included: Max Carman for Myrtle Waldo; Cheryl Miller for Loren Schrock; Reva Marshall for Dorothy Hunt; Nadine Tacha, Bob Tacha and Lois Heilman for Galen Tacha; Ralph and Norma Unger for Earl Brown and Walt and Betty May; Donna and Dick Kelley for Eva Bryan and Marylu Brown; Jan Hackney for Marylu Brown.

## Midway News

By Mary Lou Olson

Daisy Schmidt, Chris and Sherri Schmidt, Joe and Vicki Schmidt and Tanner Schmidt were among relatives who attended the wedding of Tom Wasson and Danielle Freeman in Colby on Saturday.

Gerald and Patti Benda attended the sub-state tournament at Belleville on Saturday to see her nephews, Jess and Jerry Hadachek play with the Republic Valley basketball team. They won over Bennington so will be eligible to go to state. They were houseguests of her brother and

his wife, Merle and Deb Hadachek, at Cuba.

Covenant Women will meet at 9 a.m. on Saturday, March 16, for a missionary work day at the Herndon Covenant Church.

Barbara Olson, Hoxie; Sarah White, Gardner; Kurt Olson, Glendale, Calif., and Mary Rachel Olson, Colby, visited in Oberlin on Friday with Eulaine Benda, Mary Lou Olson and others. Kurt was home on spring break from dental school.

## "The Cross and the World"

We are in the season of Lent. Lent is a season for looking intently toward Jesus who is the author of our faith, and a season in which we long to know Jesus better. Lent is a time in which we focus on our life of faith.

The cross in relation to the world takes us to the outskirts of Jerusalem in Palestine during the time of Christ. When Jesus walked this earth, he lived as one who grew up in a faithful Jewish family in Palestine. It was a time in which the Roman Empire was strong and their empire included Palestine. The Romans occupied the land. They kept order by fear and intimidation. Their use of capital punishment, putting people to death, was used as a deterrent in case the Jews wanted to try to overthrow the Romans. The cross was used many times over. Roman history records that during the time of Jesus there were thousands who were put to death by this slow, torturous, brutal, painful, public-shaming way: death on the cross.

The Cross as seen by the world is a matter of losing. The powers that put one to death on a cross, are the powers that completely have a person under their thumb; not only for those who suffer and die, but for the many who grew to fear it. The cross during the time of Jesus was used as a sign on the outskirts of villages to remind the people what could happen to them if they tried to cause a rebellion against the empire. The cross was looked at with fear and trembling by the average person. The Romans used the cross as a weapon in order to show that they had the power completely.

The world views the cross as an instrument of defeat for all who die on it. It shows a sign of weakness and a

lack of power. The apostle Paul writes about the Christ who is put to death on the cross in 1 Corinthians 1:23, "we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles." To the Jews, the cross is a stumbling block because they believed that it was a curse to die on a tree. Their understanding of the Messiah to come was not some weakling who would be taken without a fight. The Messiah to come would not be one who would suffer and die and be defeated by their enemies. Jesus did not fit the profile for the Messiah, that they had come to believe would be coming.

For the non-Jews, the Gentiles, the logic of the cross makes no sense. Paul shares that it is "foolishness to the Gentiles." What kind of leader would willingly be captured, suffer and die? The world views the cross as an instrument of defeat, and the one who dies on it, is a loser. The Romans used the cross successfully for many years in order to keep the rebels from causing trouble. The cross brought fear to the oppressed.

The apostle Paul goes on to say that for those of us who are called to believe in Christ we are called to see this lack of power as most powerful. It is the wisdom of God. It is not the ways of the world but the ways of God. God takes the cross and turns the world upside down. We believe the world is not wise. We believe that God's wisdom takes what appears foolish in the eyes of the world and makes it the opposite. (1 Corinthians 1:24-25)

Jesus Christ, Savior of the world through your scars you heal, through your weakness God's wisdom shines through. We thank you for the life you give us through your death, death on the cross. Amen



Charlotte Strecker-Baseler  
Faith Lutheran of Oberlin

## 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.

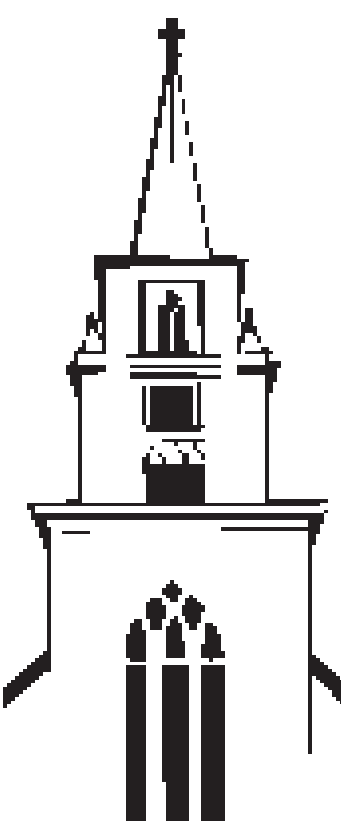
**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

**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.

**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.



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Phone:  
785-475-3127 — Oberlin  
785-386-4311 — Selden  
Derek Riner  
Rick and Dori Pauls

## Oberlin Outreach Clinic Schedule

Decatur County Hospital  
810 W. Columbia - Oberlin

Mobile Ultrasound,  
Echo & Vascular  
Weekly  
(785) 475-2208

Cardiology  
Quarterly

NE CALL  
1-855-HAYSMED

In partnership with Decatur County Hospital  
haysmed.com