

Norcatour Senior citizens met May 3 at the Norcatour Methodist Educational Building with 20 players present. Winners were: Retta Hare; Rea Magers and Terry Gade. They will meet again at 1 p.m., Friday. Everyone is invited.

Former Norcatour resident and newsletter volunteer, Betty Reid died May 3 at her home in Norton. Her funeral and burial were May 9 in Norcatour. A memorial has been established to the Norcatour Cemetery Association. She is survived by one daughter and her husband, Wanda and Minh Nguyen, Lone Tree, Colo. Memorials may be sent to Citizens Alliance, in care of Dennis Leichliter, 1001 Rd. O, Clayton, Kan. 67629.

Troy and Deb Marshall accompanied the Oberlin high school students to Wichita who qualified for state speech contest. Troy drove the bus and Deb was a judge. Their son, Anthony, an Oberlin graduate, was also a judge. Ganon Henningson and Matthew Helm, both from Norcatour, competed in Improvised Duet Acting placing second in the semi-finals and third in the finals. Ganon also took sixth place in Humorous Reading.

Happy Birthday to: Scott Hart-

zog, May 8; Ron Montgomery, May 10; Evelyn Lyon, May 11.

The Norcatour Outreach Clinic will be open from 9:30 to 11:30 a.m. Thursday and again May 30. You may schedule your appointment by calling 785-475-2015, but walk-ins are welcome.

Golf carts are needed to transport veterans in the parade to the cemetery for Memorial Day services. If you can, please be at Elden Auker Park by 1 p.m., Sunday, May 26.

Book Potpourri will be at 1 p.m. today at the Norcatour Public Library.

Free Tuesday movies have been temporarily postponed.

Rea and Dee Magers rode to Colorado late last month with Sherrie Regal. Their daughter and her husband, Cheri and Bob Pomeroy, met them near I-70 and took the couple to their home in Lakewood. During their stay, they attended church services, had several meals with other family members and attended a beer fest in Colorado City. They also got in on the nine-inch snow, but didn't let it keep Dee and Cheri from going thrift store shopping.

The fun didn't stop when they got home to Norcatour, either. They

returned in time to play pitch, attend Veda Wood's birthday party and go to the Hoedown at the American Legion in Oberlin, sponsored by the Good Samaritan Center.

This will be the 124th year for the annual observance of Memorial Day and the 41st consecutive year that the Avenue of Flags will be displayed.

Volunteers are needed to put the flags up at the cemetery. If you can, please be there at 7 a.m., Sunday May 26.

Lunch will be served from 11 a.m. to 1 p.m. in the multipurpose room of the former Norcatour Grade School, followed by the parade from The Bank corner to the cemetery at 1:30 p.m. The parade will be led by the American Legion Riders from Norton.

At 2 p.m., the parade will enter the cemetery where services will be held. Major Dallas McMuller will deliver the keynote speech and Pastor Chris Nelson will play Taps.

Following the service, everyone is invited to the Methodist Educational Building for refreshments. In case of inclement weather, the services will be held in the former Norcatour High School gymnasium.

Diet has good health benefits

The Mediterranean diet is well known as a healthy eating plan. It emphasizes eating whole grains, vegetables, fruits, cooked dry beans and peas, nuts, fish, low-fat dairy products and olive oil, with low to moderate amounts of other foods. A recent study found that those who ate a Mediterranean diet had 30% fewer heart attacks and strokes than those who ate a diet that was reduced in fat.

Here are some healthful dietary habits you can easily adopt, even on a tight budget:

Eat a diet high in plant foods. Adults are encouraged to eat at least 4 ounces of whole grains, and at least 4 cups of vegetables at every meal and snack. Also strive to eat 2 to 3 cups of cooked dry beans each week.

Go nuts. Eat 4 to 6 ounces of unsalted nuts and seeds each week. People in the study who ate this amount of nuts lowered their risk of heart disease significantly. You could eat nuts as a snack, or chop and sprinkle them on oatmeal, salads or yogurt. Also look for peanut butter that has peanuts as the only ingredient.

Eat more oil instead of solid fats.



Home Time

By Tranda Watts
Regional Extension Agent

Olive oil is used daily by people following a Mediterranean diet. It is high in mono-unsaturated fats, which help lower blood cholesterol and reduce the risk of heart disease. Canola oil is used daily by people following a Mediterranean diet. It is high in mono-unsaturated fats, which help low blood cholesterol and reduce the risk of heart disease. Canola oil is also high in mono-unsaturated fats. Instead of just adding oils to your daily diet, use them instead of foods high in saturated and trans fats. You can use oil instead of solid fats when cooking. You can also mix oil with vinegar or lemon juice for use as a salad dressing. Let refrigerated oil come to room temperature before use.

Limit beverages and foods high in added sugars. Drink few sweetened beverages and eat only a couple of

desserts each week. Eat at a table. Each day, eat at least two meals that last 20 or more minutes at a dining table. Slow down for higher enjoyment of your meals...and your health.

If you have questions, please feel free to contact your local K-State Research

Extension Office or you may contact Tranda Watts at twatts@ksu.edu.

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

It's National Nursing Home Week and we have been celebrating in style! Well crazy, silly, bad style.

We decided to host our very own spirit week complete with themed days and silly games each day. To kick-off the week, we danced our own version of the Harlem-Shake.

For those of you who aren't familiar it's a group dance where everyone has their own silly costume and signature move and dances to upbeat groovy music. Our environmental services director Chris came up with the idea. The residents were a little taken by surprise but jumped right in and had fun with it.

To continue our celebration we have an "80s Day," "Twin Day," "P.J. Day" and "Grease (like the movie) Day." Residents and staff played games together after lunch.

We had an iced-tea contest where we soaked T-shirts in water and placed them in the freezer and then raced to see who could put the T-shirt on the quickest! On "80s Day" we also had a contest to see which resident could tease their hair the biggest in 60 seconds! We have plans for balloon battle, wheelchair relay and

karaoke later this week.

In other news, we have kept busy with tie-dying socks, a sponge water relay, mini golf and word fun. In honor of Armed Services Day, we are baking foods this week and will send off a care package to some troops overseas.

Last week our Family Potluck was a blast. It was 1950s themed and our watermelon eating contest was a hoot. Kelly May, Linda Hollowell, Kim Williams and Jamie competed for the title of watermelon eating champ and Jamie won! We also had a pie-throwing fundraiser for the local food bank. Families and residents raised an additional \$38 for the fund, making our total just under \$70 bucks. Violet Schissler's grandson donated and won the opportunity to throw a whipped-cream pie in our administrator, Janice Shobe's face! What a good sport she was.

Don't forget about our Walkway of Flags. We are asking for a \$10 donation in exchange for the opportunity to have a flag in our Walkway of Flags on Memorial Day. Flags will feature your loved ones' name

and donations will benefit the activities department.

As always, we thank our volunteers for their big hearts and all of their time.

Visitors included: Reta Barrett for Margaret Vacura; Cheryl Miller for Loren Schrock; Gerald Olson, Kelly Olson for Evelyn Olson; for Evelyn Olson; Brian and Pam Simonsson for Opal Bryan; Reva Marshall and Dixie Snyder, Tami Cook and Eric Kuhlman for Dorothy Hunt; Nadine Tacha for Galen Tacha; Linda Wade for Marilou Long; Ralph and Norma Unger for Earl Brown and Woody May; Max and Veanna Carman for Myrtle Waldo.

ALERT TIME CHANGE!

Classified's to be placed in the newspaper must be in our office by **10 a.m. Monday**. This is a change from noon deadline. This will take effect immediately, May 15. This is due to mailing issues we have encountered.

THE OBERLIN HERALD

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The Bible - A self-help guide to life

Have you ever seen the infomercial for CarMD? It's a gadget that plugs into your car to analyze problems that your car is having. You simply plug it into your car and then plug it into your computer and it tells you what is wrong with your vehicle. To my surprise, it actually works pretty good and I have saved money. The idea behind it is that you can know before going to a repair shop so that you don't get told lies. You know not only what is wrong, but what it should cost to repair the problem. The repair shop can't give you a snow job, so-to-speak.

If you think of the Bible as life's CarMD there are some interesting comparisons. When your life is not working right it's easy to get bad advice. A friend may have good intentions, but not good advice. A psychiatrist may tell you you're fine, and that you're a good person, giving a bunch of warm fuzzies because they make more money by not telling you that there is anything wrong with the way you live your life.

The Bible is God's instructions for life. So if you are doing something wrong, it points out what's wrong. It

doesn't steer you wrong. It doesn't go with warm fuzzies. The Bible does not give you bad information.

I'm not saying all psychiatrists are bad, but telling someone that your lifestyle is not healthy is going against the grain in society. Everything is focused on saying you are OK and to just do what you want to do. Self-indulgence and justification for everything is so popular. It's called being "tolerant." If you are honest with yourself you know something is wrong. Why not turn to life's physician — the one who created you?

"Intolerance" is made out to be a bad thing, but sometimes intolerance is very important. I'm not going to be tolerant of sin in my life and if I care about you I'm going to be intolerant of your sin, because I want you to be spiritually healthy. It's not condemnation — it's help. "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (Romans 8:28)

If your life needs a "check up", be honest with yourself. Check out what the Bible has to say.



Doug Mason
Teens for Christ

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, LEVILLE
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
208 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.

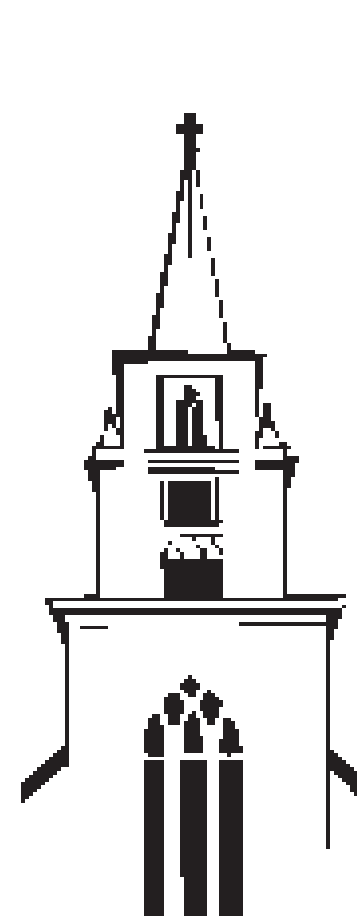
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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.

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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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