

# Norcatour News

By the Norcatour News Committee

Norcatour Senior Citizens will be playing pinochle at 1 p.m., Thursday at the Norcatour Methodist Educational Building.

Karen Bristol and her daughter, Hope, came from Aurora, Colo., on May 5 to visit Kay Foth in the Norton County Hospital and Gust Foth in Norcatour. Noah and Morgan Bristol returned home with their mother and sister. Mrs. Foth was released from the hospital on May 8. Mr. Foth has been receiving shots, twice a day, for a blood clot in his leg.

Easter guests of Lee and Bobbie Fraker, Trenton, Neb., were Mike, Billie and Jay Fraker, Morland; Ron and Gina and Alyssa Montgomery, Jennings; Renee Harman and Bob and Anita Montgomery, Oberlin; (Scott Harman, Norcatour; and Blake, Keegan and Karson Shuler, Culbertson, Neb. Most went to the Shulers to see the house they had moved in several months ago.

Kay Foth went to Lenora on May 12 for the eighth grade graduation ceremony of Jessie Bebb.

A call is going out for anyone who can, to bring cookies to the Methodist Church Educational Building for the social time after Memorial Day services on Sunday.

Wava Reames attended a Kentucky Derby party on May 4 at the home of Ruby Pfiieger in Norton. The party was complete with big hats, mint juleps, strawberries and cream and a buffet.

Happy birthday to: Carolyn St-

revey, Gust Foth, May 16; Arlene Eloise Thornton, May 17; Shannon Erb, Jeanie Pelkey, Janice O'Hare, M.J. Dempewolf, May 18; Shelbi McKenna, May 20.

Anniversary congratulations to: Ed and Phyllis Yeater, May 15.

Bob Montgomery was very appreciative of all the cards and phone calls he received for his 80th birthday on April 28.

Bob and Anita Montgomery attended the PeeWee wrestling barbecue on May 3 in Trenton, Neb.

Wava Reames' granddaughter, Shawnda, took her out for pizza in honor of Mother's Day.

Bob and Anita Montgomery and Renee Harman, Oberlin, attended several Little Kids Wrestling matches in March and April to watch their great-grandsons and great-nephews, Keegan and Karson Shuler. Their dad, Blake has started a wrestling club in the Culbertson area. His wife, Amanda, is the treasurer.

Troy and Deb Marshall hosted a Mother's Day cook-out at their home. Guests were Inez Jackson, Neil Marshall, Pastors Chris and Sharon Nelson and Carter, Adam and Andrea Spanier, Evy and Tucker, Amanda Marshall and Lucas Coryell.

The Norcatour Outreach Clinic will be held from 9:30 to 11:30 a.m. on May 30 at the City Office building. Call 475-2015 to schedule an appointment.

Janice O'Hare and Linda Hunt

planted flowers in the pots on Main Street. Now, the city needs to find a volunteer to water them. Call Deb at the City Office if you are interested.

The community sends congratulations to all area seniors who graduated this year.

Wava Reames' grandson, James, has graduated from eighth grade in Oklahoma and plans to spend his summer in Norcatour.

The summer reading program starts at 10 a.m. next Wednesday at the Norcatour Public Library.

Memorial Day Services will be held Sunday, beginning at 7 a.m. when volunteers will put up the flags in the cemetery. All help will be appreciated. The museum and Library will be open from 9 a.m. to 1 p.m. Lunch will be served in the all purpose room of the City Building from 11 a.m. to 1:30 p.m. Anyone wishing to be in the parade to the cemetery should meet outside The Bank. Golf carts will be available to those who want to ride. At 2 p.m. the Norton American Legion Riders and Color Guard will lead the procession into the cemetery. Major Dallas McMullen will deliver the address, followed by decorating the Tomb of the Unknown Soldier, Taps and the volley being fired to honor all veterans who have died in the last year. Refreshments will be served in the Methodist Church Educational Building. At 3 p.m., volunteers will gather at the cemetery to take down and fold the flags.

caps and the women had an assortment of hats to select from and model for the day.

Everyone was ready for a little time to relax after a busy week.

Recent visitors: Jacob Helm and Lou Posey, U.S. Air Force Academy, Colorado Springs; Mary Purdy, Elm Creek, Neb.; Kathy Shaffer, McCook; Bailey Wolf, Colby; Delpha Sis, Atwood; Mike, Deb, Tim and Matt Helm, Norcatour.

Oberlin visitors: Marilyn Gambelin, Penny Fringer, Sherri Shuler, Ray Kennedy, Bill and Carol Duncan, Connie Olson, Violet Shaw.

# Protect groceries from germs

Are you filling your shopping cart with germs as well as groceries? Probably you are, but you don't have to! Here are some ways that you can protect yourself and your family from the germs that may lurk in your grocery store.

The shopping cart. The handle of your shopping cart can contain more bacteria, and even fecal matter, than an average public restroom. Plus, touching the handle after someone who might be carrying an infection is an easy way to transfer germs. What to do? Most grocery stores offer sanitary wipes so that you can wipe down the shopping cart handle. If your store doesn't, bring your own. Or, at least, be sure to wash your hands after touching a cart.

The conveyor belt. The rotating checkout line conveyor belt can be a source of both dirt and germs. What to do? To protect your foods against soiled and bacteria laden grocery store conveyor belts, never place fresh fruits or veggies directly on the conveyer belt. Instead, give them a ride only after you have wrapped them in a clean bag.

Reusable shopping bags. Researchers from Arizona and California tested 84 reusable bags and found high levels of bacteria in all of them. What to do? If you're being



## Home Time

By Tranda Watts  
Regional Extension Agent

eco-friendly by avoiding disposable bags and using cloth ones, be sure to wash them (by hand or in a washing machine) between uses. This will prevent your reusable bags from becoming a breeding ground for food-borne bacteria. By laundering your reusable bags, you will kill 99.9 percent of the bacteria on them. Be both green and clean!

Produce misters. Many grocery stores use misters to spray their fresh produce on display so that it doesn't dry out. However, the water in the misters, and the moist environment they create, can become a breeding ground for germs. This is one more reason to protect your family from illness by keeping your produce as safe as possible. What to do? Rinse fresh fruits and vegetables under cool running water before eating them. Rub those with a firm skin or a produce brush to remove dirt and surface microorganisms. Be-

fore serving fresh leafy vegetables that have not been pre-washed and bagged, separate and individually rinse the leaves. Discard the outermost ones, such as on a head of lettuce or cabbage. Leaves can be difficult to clean, so put them in a clean bowl and soak them in cool water for a few minutes to loosen sand and dirt. (A clean bowl is better than the sink, which can be full of bacteria.) After rinsing, blot the leaves dry with paper towels or use a salad spinner to remove excess moisture.

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.

## Cedar Living Center

By Teresa Shaughnessy

We are so often reminded of how great it is to live among friends in a small community. A few weeks ago we mentioned in this column that we needed an ironing board for the residents. Within a few days we had a call from Marian Fraker and thanks to her generosity we can cross this item off of our wish list.

The residents and staff had a great time celebrating National Nursing Home Week. We had a theme of "Bon Appetit" to recognize changes taking place in our dining room. Monday afternoon we split open a couple of watermelon to get us off to a fun start.

Tuesday morning several residents gathered to help make homemade pizzas. The pizzas were served fresh from the oven at noon.

Wednesday was apron day. We had lots of aprons for residents and staff to select from and everyone was encouraged to wear an apron to lunch.

The second grade students, under the direction of Jenny Tally, gave us a wonderful concert on Wednesday afternoon.

Residents and staff were treated to an ice cream sundae party as part of our Nursing Home Week celebration on Wednesday afternoon. Everyone had the opportunity to build their own sundae with hot fudge sauce, caramel topping, strawberry

or chocolate syrup, cherries, nuts, rainbow sprinkles, bananas and whipped cream.

The dietary department hosted a formal lunch at noon on Thursday featuring roast beef, twice baked potatoes, and strawberry rhubarb pie. Myrna Jones provided some easy listening tunes during the meal.

We had a wonderful display of old kitchen gadgets on Thursday afternoon. Marlin Bowen of Cabin Antiques provided us with a butter churn, meat grinder, cherry pitter, and many other items that all made for a wonderful show and tell. The most cussed and discussed item was the wash board and everyone agreed that washing machines made life much better for women. We especially enjoyed discussing the price tags on the items and the prices that residents remembered paying for these things new.

We switched to new kitchen gadgets on Friday afternoon when Mary Purdy of Elm Creek, Neb., gave a Pampered Chef party. She brought an assortment of wonderful items to display and to demonstrate. She also prepared a few samples including a pineapple salsa and a peach pie dessert.

Lunch time on Friday had a baseball theme and hot dogs with all the trimmings were on the menu. Men were encouraged to wear baseball

from Friends University with a Bachelor of Psychology Degree. She was one of 900 graduates in the class.

Laverne and Sharon Frick celebrated Mother's Day and Tyler Payton's 13th birthday at the home of Justin, Kristal, Jaxson and Tyler Payton in Indianola, Neb. Other guests were Gwen Gilbert, Vesta Gilbert, Ken Solko, Lance Jording, Robin Ortez and Judy and Jamie Payton, all of McCook. All enjoyed the cook out, birthday cake and being soaked with water balloons for a great day of fun.

Saturday afternoon guests of Dean and Deb Pertschy were Troy and Connie LeSage of Salina. They were here to attend the graveside services of Larry Howland Saturday morning at St. Mary's Cemetery. Deb and Connie were Tri Sigma Sorority sisters at Fort Hays State University.

Summer months can be busy so if for some reason "Scoop-Dog" in Herndon cannot be reached to contribute news, please contact the local papers. Oberlin Herald is: (785)475-2206 or Oberlin.editor@nwkansas.com. Rawlins County Square Deal is: (785) 626-3600 or squaredeal114@sbeglobal.net.

## Herndon News

By Julie Hafner

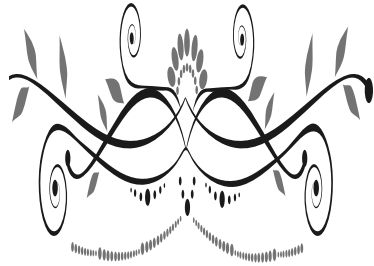
Guests of Carol Kompus, Oberlin, were Donna LeSage and Troy and Connie LeSage of Salina; Todd, Kim and Lucas LeSage of Raytown, Mo., and Adrian Hawkins of Oberlin, from Friday through Sunday. All attended graveside services on Saturday for Larry Howland, Thornton, Colo., in Herndon at St. Mary's. Saturday afternoon visitors of Carol were Larry and Bernice Kompus of Thornton and Sunday visitors were Stephani, Brian and Adrian of Oberlin.

Congratulations to Herndon graduating seniors, John Solko and Tyler Sattler from Rawlins County High School on Sunday. John is the son of Alan and Ann Solko. Tyler is the son of Troy and Leann Sattler. Celebrating continuations are Michelle Herzog, daughter of Melissa Brown; Donovan Schroeder, son of Jim and Destiny Schroeder.

Senior citizens met for their potluck dinner last Wednesday. Sixteen guests enjoyed the meal with Beth Chartier winning black-out and Janet Hackney, the lucky door prize winner. Plan to attend the next potluck which will be held at noon June 19. Everyone is welcome.

Herndon Alumni Potluck Banquet will be held at 6 p.m., Saturday at St. Mary's Hall. The 1963 graduating class, celebrating 50 years, will be at the Herndon Senior Center in the afternoon and all friends of the class are invited to stop by for some visiting, snacks and tea.

Don and Joan Grafel, Herndon, and Steve and Susan Nelson, Oberlin, were in Wichita on Saturday for the graduation of Makenzie Nelson



## Selden News

By Jacque Boulinghouse

On May 16 during Senior Citizens at the Community Center, Lola Cook won high with a score of 560. Ann Hazlitt took second with a score of 553; Lillian Sulzman got low with a score of 401; and Ralph Weis had the most aces. Other members present included: Pat Wessel, Jeanie Spesser, Royce Cook, Betty James, Marilyn Meyer, Bob Wessel and Bernita Aumiller.

The 20th annual Antique Tractor and Classic Car Show is planned for Sunday, June 2, in downtown Selden. Registration is from 9 to 11 a.m. at the north end of downtown. Events during the day include: 10 a.m., horseshoe contest; 1 p.m., Kiddie Tractor Pull (ages 5-6, 7-8

and 9-10); 2 p.m., Barrel Roll and Washer Drop competitions; antique baler demonstrations throughout the day by Jim Plotts; the children's corn tank will be set up behind Karls Store; live entertainment during lunch from 11 a.m. to 1:30 p.m. If someone will volunteer to run the barrel train, there will be rides for the kids. The Kettle Corn trailer and the trailer with all the unique items will be joining us again this year.

We expect lots of people come and plan to enjoy the day. Bring your lawn chairs and come join the fun on June 2.

Birthdays and anniversaries: May 17, Ryan Stevenson, Dan Mumm; May 18, Dan Wachendorefer; May

19th - Frank Bouts, Leslie Wessel, Harold Murphy. May 20th - John Kaus, May 21, Dennis and Marla Rogers; May 22, Wade Zodrow, Karen Shaw; May 23, Steve and Sara Juenemann, Dylan Spesser; May 24, Ashley Stevenson Armberger, Jeffery Benoit; May 25, Koen Schaben; May 26, Linda Schroer, Sonya Stanton; May 27, Drew Stevenson, Gary and Jerrie Robinson; May 28, Scott Bruggeman, Andrea Mitchell, Steve and Helen Carman, Kendra Spesser; May 29, Joe Geisinger, Bob Wessel, Jan Juenemann; May 30, Dick Stevenson, Devin Spesser, Amy Rogers Hurdle.

## Let's remember to take care of our bodies, God's gift to us

Scripture tells us that our bodies are temples of the Holy Spirit (1 Corinthians 6:19). The Apostle Paul means that Christians are to honor the Lord with our bodies, not just in what we do with them, but I believe he also means in our level of fitness.

My father-in-law once described me as "fairly fit for a fat fellow." His funny phrase made me realize I am not honoring the Lord with my body because he noticed that my "temple" is expanding. It makes me want to be more diligent and faithful.

I am eating more healthily and exercising regularly these days and one of my favorite exercises is running. I ran on the cross country and track teams when I was in school and enjoyed almost every moment of it. The best aspect was being part of a team and I miss the camaraderie. Being with other people made the whole thing much more fun.

Because I love to have fun, I am starting a running club. It is open to anyone from junior high school age on up, but I especially want students to join me every

Monday and Friday morning at 7 a.m. in the pavilion in the City Park. I think it will be loads of fun if a group of people meets regularly to run together. I know some people will think that does not sound like much fun at all, but then, I am the crazy pastor who wants to play with grade school kids on Wednesday mornings!

Here is the plan. Monday and Friday mornings, starting this Monday, May 27, we will meet in the pavilion at the City Park at 7 a.m. For the first meeting we will chat briefly to discuss our individual goals and then do a 2-mile run. On subsequent days we can run farther, or shorter distances, faster or slower, with varying degrees of intensity based upon the goals we have. Students may want to stay in shape and get stronger for cross-country, football, or volleyball this fall. Adults like me may just want to get more fit.

Whatever your reason is for running, I invite you to grab your running shoes and join the Summer Runners. Besides, it's going to be too hot to sleep anyway.



Roy Matthewson  
Lund Covenant Church

## 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.

**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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