

# Norcatcur News

By the Norcatcur News Committee

Norcatcur Senior Citizens met May 17 at the Methodist Church Educational Building with 14 players present. Winners were Jackie Porter, Sherrie Regal and Phyllis Yeater. They will meet to play cards on Friday with a covered-dish dinner at noon, followed by cards at 1 p.m.

Peter Howard of Cornerstone Theatre was a house guest of Bee Nelson May 13 - 15. He was on his way from Boston to Los Angeles visiting communities that had hosted the theatrical group. He also visited with Ron and Jerry Temple.

Happy birthday wishes to: Inez Jackson, May 24; James D. Plotts, May 26;

Jodi Lyon, Chance Harmon, May 27.

Happy anniversary to: Dewayne and Aurelia Jackson, May 23; Casey and Justine Tuttle, May 26.

Stan and Carol Miller attended two graduations in Hays on May 12. Great-nephew Kelton Rule graduated from Fort Hays State University and great-nephew Chandler Rule graduated from Hays High School. On May 18 the Millers went to Garden City for the graduation of a cousin, Kori Thornton, from Garden City High School. They visited with Dean and Eloise Thornton and other relatives. After spending the night in Dodge City, the couple went on to Sedgwick for the graduation of

great-nephew Nathan Siple from Classic High School in Wichita.

On May 15 Wava Reames and her granddaughter, Shawnda Hall drove to Dover, Okla., for the eighth grade graduation of grandson and brother, James Hall. There were nine in his class. James has returned to Norcatcur to spend the summer with his grandmother.

Many from the Norcatcur and Lyle communities attended funeral services last Tuesday for Rea Magers in New Almelo.

The summer reading program starts today at the Norcatcur Public Library. There will be a free movie with popcorn and water shown afterward.

# You can cut your food costs

While some express concern about rising food prices, others are unaware of how much they spend on food. Either way, there is room to save. Here are cost-cutting ideas to help families eat well for less:

- Keep receipts for grocery purchases and restaurant meals for one month to assess actual food costs.
- Carry a notepad or card in a purse or wallet to jot down the cost of foods purchased from occasional sources. A vending machine at work, coffee shop and event concession stand are examples. Spending as little as \$5 a week on such purchases can add up to more than \$250 a year. People often are surprised to learn how much they are spending.
- Making a decision to spend less on food can yield a savings and lead to better health, more time with family and friends and pleasurable meals.
- Eat more meals at home, because eating at home is typically less expensive than eating out, where others are paid to prepare your food.
- Eating at home will save time as well as money. Doing so also can be healthier. Restaurant meals can be higher in calories, saturated fat, and sodium that can contribute to heart disease, stroke, diabetes, some cancers, osteoarthritis and other diseases.
- At home, you'll know what you are eating, how food has been prepared, and you'll be more in control of portion sizes that will contribute to good health.
- To begin the transition to eating



## Home Time

By Tranda Watts  
Regional Extension Agent

healthier at home, reserve restaurant meals for special occasions, and transfer the expense to an entertainment, rather than food budget.

Brush up on cooking skills with family and friends. A simple meal can be satisfying and take less time (to prepare) than it takes to drive to a restaurant.

If not in the habit of cooking, focus on gradual change and skill-building recipes. In the process, fine-tune shopping skills, and use the following time – and money-saving ideas:

- Plan weekly or monthly menus, and rotate them.
- Plan snacks (not necessarily pre-packaged snack foods) to provide the energy needed between meals. Health-promoting foods, including fruits, vegetables, unsalted nuts, whole grain crackers and popcorn can work well as snacks.
- Plan to cook when time is available; double or triple a recipe to wrap and freeze for future meals when less time is available. In doing so, cool and refrigerate (if to be used in a day or two) or label, date and freeze the extras for future meals.
- Cook once and eat two or three times with planned overs. For ex-

ample: Choose a beef pot roast on Sunday that also will provide enough cooked beef to freeze for a hearty vegetable soup or stew later, and use what is left for quick sandwiches for a meal after a busy work day.

Roasting a whole chicken or turkey can be a favorite with families, yet also provide planned overs for subsequent meals that might include chicken salad, a hot turkey sandwich, or chicken or turkey casserole. Just be sure to refrigerate it promptly and use it within three days or less, or to freeze it for use in future meals.

Tight on time, with an hour or less between work and a scheduled family activity? Take advantage of leftovers, planned overs, or choose a meal featuring cold sandwiches or an easy breakfast menu, such as a glass of low-fat milk with scrambled eggs, carrot sticks, whole grain toast and fruit salad.

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

## Cedar Living Center News

By Teresa Shaughnessy

Our dining room tables have some fun summer-themed decorations, thanks to staff member Danyel Krizek.

Jennifer Wolters trimmed up our rose garden at the west entrance to the building this past week. We are ready for the roses to bloom now.

We had a wonderful lunch time concert on Monday. The music students from Oberlin high school came for one last performance before the school year came to an end. We are always grateful to Susan Nelson, Jennifer Tally and their talented students for spending time with us during the year.

The Reading Buddies from the second grade classes came Tuesday for one last visit before summer. We have really enjoyed spending time with the children. The children are welcome to stop in this summer to read or just to say, "Hi." We are appreciative of Kathy Tacha and Kimberly Witt for sharing the students with us.

The Bingo players were out in full force on Tuesday afternoon and again on Thursday evening. There were lots of winners at both games.

Pastor Charlotte Strecker-Baseler

of the Faith Lutheran Church gave the monthly Communion service before supper Tuesday afternoon on the Cedar Living Center patio.

Connie Miller and Teresa Shaughnessy hosted the May birthday party in the dining room on Wednesday. They served cake and ice cream to an appreciative group of residents, staff and guests. Mirla Coleman provided the musical entertainment. Nellie Gerdes was the only resident celebrating a birthday in May.

Father Mark Berland brought communion for the Catholic residents on Thursday morning.

Several residents met on Thursday to learn more about turtles on International World Turtle Day. We continue to have several turtles who reside in our enclosed courtyard.

The baking group made homemade bread on Friday afternoon. The bread was served warm with lots of butter and plenty of jelly.

Everett Gerdes assisted Friday afternoon with planting our garden boxes. We have tomatoes, cucumbers, peppers and one watermelon plant.

We had lots of guests in over the holiday weekend. Several residents went out with family members to the

area cemeteries.

The dietary department served up an indoor picnic lunch of hamburgers and hot dogs at noon on Memorial Day. The activity department hosted an ice cream social and a sing-along time on Monday afternoon.

Recent visitors: Steve Helm, John F. Helm II, Redmond, Wash.; Adam Helm, Lake Stevens, Wash.; Jan Rice, Stell, Mo.; Jarrett, Anne, Carolyn and Ethan Cook, Bayfield, Colo.; Rita Carey, Westminster, Colo.; Gale Widner, Brad and Susie Gregory, John and Linda Hunt, Barry and Donna Gregory, Delores Longwith, Hastings, Neb.; Kathy Brashears, Curtis, Neb.; Rhonda Mertz, Arlington, Neb.; Larry and Betty Sargent, Benkelman, Neb.; Ceanne and Marty Rinehart, Ogalala, Neb.; Kathy Shaffer, Davin Brunswick, McCook; Martin, Ellen, Iris and Violet Osborne, Wichita; Tara Sue Larson, John Rinehart, Colby; Caroline Jacobs and Hayley Jacobs, Dresden; Mike, Deb, Tim and Matt Helm, Norcatcur.

Oberlin visitors: Carol Kompus, Varlan and Catherine Neal, Dolores Koeperich, Robert Fringer, Sherri Shuler, Dana Marintzer.

## Jennings News

By Louise Cressler

Many people attended the Jennings Alumni Banquet on Saturday evening and the Community potluck dinner on Sunday at the Sunflower Senior Center.

Memorial weekend guests at the home of Stan and Ramona Shaw included Matt Armstrong, Joplin, Mo.; Brandon Wagoner and Noah, Granby, Mo.; and Kevin and Colleen Wagoner, Sharon Springs. Jeff and Mary Wahlmeier, rural Clayton were Sunday visitors. The

guy enjoyed golfing in a tournament in Oberlin on Sunday and enjoyed some fishing at the Norton Lake. Kevin and Colleen visited Kevin's parents, Wilfred and Alice Wagoner in Hoxie en route home on Monday.

Gwen Anderson, Council Grove, and Megan Faris, Manhattan, visited Memorial weekend with Wayne and Louise Cressler. They enjoyed attending church in Jennings, going to the community dinner and

the Memorial Day services at the Jennings cemetery.

Wayne and Louise Cressler are rejoicing over the arrival of great-granddaughter, Piper Breanna Jones, born Thursday May 23, at Des Moines, Iowa. Parents are Melissa and Brian Jones, Boone, Iowa. Other grandparents are Sharon and Mike Gaston, Ames, Iowa. Piper has two brothers, Cody and Gunnar, and one sister Ella, to welcome her home.

## Herndon News

By Julie Hafner

A graveside memorial service was held for Larry Howland at St. Mary's Cemetery on Saturday, May 11, with Father Nick Parker presiding. Family members and friends in attendance were: Larry's nieces and nephews, Wally and Judy Antczak of Lincoln, Neb.; and Nicky and Judy Necklace of Kenesaw, Neb.; Dick Kompus, Carol Kompus and Adrian Hawkins, Donna LeSage, Todd and Connie LeSage, Todd, Kim and Lukas LeSage, Larry and Bernice Kompus, Walter, Cyndi and Claire Bradley, Judy Meyka, Jim Leitner, Sandy Baxter, Robb Leitner, Randy and Jacque Leitner, Julie Hafner, Frances Kompus and Shirley Williams. A family gathering celebrating Larry's life followed the service at Roger's Bar and Grill.

Herndon community garage sales will be Saturday, June 1 beginning at 8 a.m. and running through 1 p.m.

Bob and Julie Hafner attended the Regis Jesuit High School Girls Division Commencement Exercises Monday, May 20, with the Dave Foxhoven family of Parker, Colo. Caitlyn Ann Foxhoven graduated cum laude with her class of 165 women at Boettcher Concert Hall in Denver. Marlene Cook, Littleton, Colo., and Dan Foxhoven, Denver, joined the group on Sunday for Mass at Ave Marie Catholic Church with a reception following at The Black Eyed Pea in Castle Rock, Colo. Caitlyn will attend college at Regis University, Denver, in the fall.

Classes of 1972; 1973; 1974; 1975; 1976; 1977 and 1983 Herndon Alumni gathered at the Herndon Pool Hall on Saturday. The Class of 1973 was honored for their 40th and the Class of 1983 for their 30th year

since graduation.

Mary Ellen Purdy, Jolie and Brie of Elm Creek, Neb., were last Friday visitors of Roseanna Stoney and Margaret Niermeier. Mary Ellen provided Cedar Living residents of Oberlin a look at the Pampered Chef line of cookware.

The 1963 Herndon High School graduating class celebrated their 50th reunion at the Herndon Senior Center Saturday. Those classmates, family and friends attending were C.J. and Charlene Sharpe, Scott City; Linda and James Erdmier, Dixon, Ill.; Carol Kompus, Oberlin; Lawrence and Lynda Wendelin, Gothenburg, Neb.; Gary Sallans, Aurora, Neb.; Ed and Paula Barenberg, Littleton, Colo.; Harvey and Cheryl Steier, Atwood; Dean and Sandra Lafferty, Salina; Lewis Stoney and Bob and Julie Hafner, Herndon.

The Herndon community extends sympathy to the family of Kathryn Jo Larkin of Aurora, Colo. Kathryn was born Nov. 26, 1950, to Patsy and the late John J. Pettera, Herndon. She was a 1968 Herndon graduate. Kathryn died May 15. A Vigil Service for Kathryn will be held at 7 p.m. on Sunday, June 2, followed by a Funeral Mass Monday, June 3, at 10 a.m., both at St. Mary's Catholic Church, 519 Palermo Avenue, Herndon. Burial will take place following the Mass at St. Mary's Cemetery.

Mitchell Tuma and girlfriend, Jenna Patmon, were among the many graduating from Kansas State University in Manhattan on Saturday, May 18. Those attending were their parents, grandparents, brothers, sisters, aunts, uncles, cousins and friends.

## Jesus wants us to believe and have faith

Mark 9:14-29 tells us that Jesus was annoyed. In frustration he says, "You unbelieving generation. How long shall I stay with you? How long shall I put up with you?"

This is Jesus' response when a father tells him, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech.... I asked your disciples to drive out the spirit, but they could not."

The father then says, "If you can do anything, take pity on us and help us." Jesus' response to this is still more incredulous frustration: "If you can? Everything is possible for one who believes."

The boy's father then said, "I do believe; help me overcome my unbelief!"

The disciples and the man's father ran into a wall. They knew that Jesus had the power to heal and the disciples knew that he had given that power to them. Yet in this case, the knowledge of that power fails them.

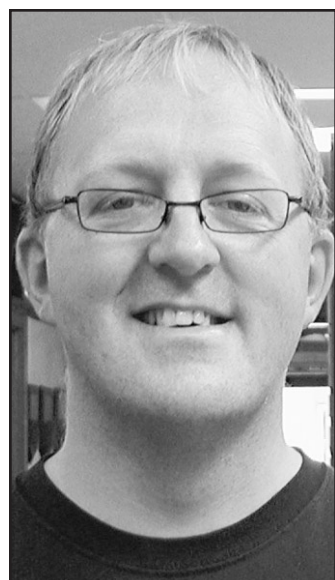
After Jesus has healed the boy and he is alone with the disciples, they ask, "Why couldn't we drive it out?" Jesus responds, "This kind can come out only by prayer."

Now what does this mean? Is Jesus saying that we have to marshal the power of heaven by calling on God through prayer over and over again to defeat a tormenter from hell? This is unlikely. The Bible tells us that God raised Jesus from the dead in the power of the Holy Spirit. It also tells us that the Holy Spirit is always close at hand.

Scripture is also clear that God's power is not limited by human belief, but in this passage it tells us that what we believe is not unimportant. Here Jesus is telling the 12 what prayer does for them. In this case, prayer helps them overcome their unbelief. It helps them affirm and build up their trust in a gracious God.

The same is true for us. Our prayers might not produce miraculous healing as often as we would like. What our prayers do, however, is bring healing into our lives as we express our trust in a gracious God.

I confess that I get frustrated when my prayers for healing are not answered. But I know that it is not about me, or the person I wanted healed. The issue is what God can do and wants to do in me through prayer, which is to help me believe.

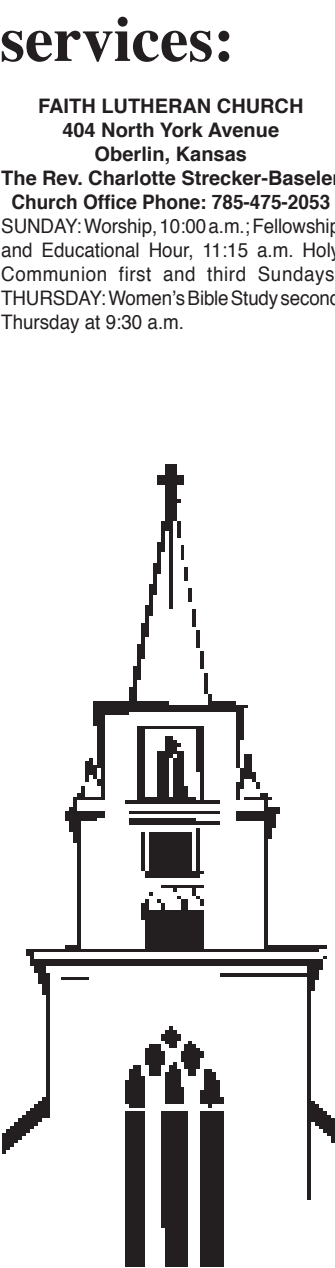


Roy Matthewson  
Lund Covenant  
Church

## Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 <b>Fr. Mark Berland,</b> MASS: 5:30 Saturday <b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b> <b>Fr. Mark Berland,</b> MASS: 8 a.m., Sunday.</p> <p><b>SACRED HEART CATHOLIC, SELDEN</b> <b>Fr. Mark Berland,</b> MASS: 10:30 a.m. Sunday</p> <p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b> <b>Pastor: Barbara Patterson</b> SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. <b>DRESDEN</b> SUNDAY: Morning Worship, 9:30 a.m.</p> <p><b>PRAIRIE CHAPEL UNITED METHODIST</b> <b>The Rev. Nancy Proffitt</b> SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> <b>Pastor: Dennis Brown</b> SUNDAY: Morning Worship, 9 a.m.</p> <p><b>OBERLIN UNITED METHODIST</b> 102 North Cass — 785-475-3067 <b>The Rev. Nancy Proffitt</b> 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>OBERLIN ASSEMBLY OF GOD</b> <b>The Rev. Royce Leitner</b> SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.</p>	<p><b>UNITED CHURCH OF OBERLIN</b> <b>Pastor: Judi Stricker</b> 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>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> <b>Pastor: Gene Gee</b> SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,</p> <p><b>CLAYTON UNITED METHODIST</b> <b>Pastor: Ed Woods</b> SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p><b>OBERLIN CHURCH OF CHRIST</b> South Beaver Street - Oberlin <b>Bill Duncan — Phone 785-475-3259</b> 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>ST. MARY'S CATHOLIC, HERNDON</b> <b>Fr. Nick Parker</b> Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p><b>HERNDON COVENANT CHURCH</b> <b>Pastor: Keith Reuther</b> Phone 785-322-5316 SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p> <p><b>NORCATCUR UNITED METHODIST</b> <b>Pastor: Ed Woods</b> SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p><b>LYLE UNITED METHODIST</b> <b>Guest Speakers every Sunday</b> SUNDAY: Morning Worship 9 a.m.</p> <p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> <b>Pastors: Chris and Sharon Nelson</b> 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> <b>Pastor Roy Matthewson</b> 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>ST. JOHN'S LUTHERAN CHURCH</b> 510 North Wilson <b>Interim Pastor: Brad Rick</b> 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>FAITH LUTHERAN CHURCH</b> 404 North York Avenue Oberlin, Kansas <b>The Rev. Charlotte Strecker-Baseler</b> 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>
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