

Norcatur News

By the Norcatur News Committee

Marie Pool Patterson writes that they couldn't get along without the *Norcatur News* from home. Bob and Bonnie Rapp, son Mark, and Marie plan to come to Norcatur soon.

Chris and Angie Lawn of Kearney, Neb., are the parents of twins born Sept. 18, 2006. Delanie Grace weighed 5 pounds, 1 ounce and Camden Wrigley weighed 6 pounds, 7 ounces. They have a brother Keegan, 3 1/2 years old, to welcome them home.

Jim and Lea Lawn of Kearney are paternal grandparents and Dorothy Lawn of Norton is the paternal great-grandmother.

Norcatur Senior Citizens met Oct. 20 at the Educational Building with 20 card players present. Winners were June Jolly and Marguerite Clark, and Kenneth Price and Bee Nelson tied for low. The next

meeting will be at 2 p.m. on Friday at the Educational Building. Please note the change of time for the winter months.

A blue electronic gadget, possibly a garage door opener, was found at the Norcatur Cemetery after Esther Miller's funeral Saturday, Oct. 21. It can be picked up at Pauls Funeral Home in Oberlin.

Oran and LaVerne Milner drove to Denver on Oct. 13 to visit Bruce Bishop. They accompanied him to Longmont, Colo., on Saturday, where they attended funeral services for Minnie Ruth Bailey at the St. Stephen's Episcopal Church.

Birthdays and anniversary: K.J. Ward - Oct. 28; Dee Magers - Oct. 29; Greg and Yvonne Sumner - Oct. 31.

A delicious turkey dinner with all the trimmings was served on Oct. 18, at the Oberlin Covenant Church

and Dorothy Ward, Marguerite Clark, Bee Nelson and LaVerne Milner attended.

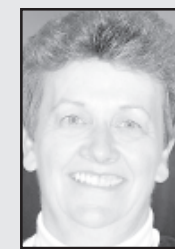
Mr. and Mrs. Dennis Molzahn of Independence, Mo., visited Beth Johnson and Fred Molzahn on Oct. 21.

Bee Nelson, Marguerite Clark and Dorothy Ward ate at the Pizza Hut Monday evening and then attended the Famous Chinese Acrobats program, sponsored by the Norton Arts Council.

Sympathy is extended to Richard Wicker on the death of his mother, Bethel C. (Ritter) Wicker, who died Oct. 17 at Norton.

The funeral was at Enfield Funeral Home in Norton on Oct. 20. Burial was in the Norton Cemetery. Memorials may be made to the Andbe Home Activity Fund or First United Methodist Church Youth Program.

How to introduce new foods



Home Time

By Tranda Watts
Multi-county Extension Agent

Every parent has heard stories of children and food issues, and many parents can attest to family food struggles. It's likely that the "terrible twos" reputation of toddler time has at least a little to do with parent-versus-child feeding struggles.

When introducing new foods, parents will benefit from the "RE" actions that are so important to successful child feeding: RELax, REoffer a new food several times to overcome a young child's fear of all things new, and REMember the division of responsibility in feeding a child.

Some experts say it is the parents' job to decide when and where a meal or snack is offered and what foods are offered. It is the child's responsibility to decide how much he wants to eat, or if she wants to eat at all.

What's the best way to help young children learn to like new foods? Enjoy a variety of foods yourself, and follow the steps above. The importance of positive experiences is underlined by the fact that children learn from eating what to expect from the world. It teaches them about themselves and about other people.

Here are some more tips for coping with children as they learn to eat right:

- Recognize the importance of family meals. Eating together makes for good nutrition, improved communication and stronger family bonds.
- Prepare foods in different ways.

For instance, if your child picks at her salad every night, try serving a hot vegetable such as petite peas or green beans with blanched almonds.

• Encourage your child to drink water when thirsty. When kids fill up on soda or other sweetened drinks, they can lose their appetite for more nutritious choices.

• For many kids, a daily children's multivitamin/mineral supplement is a good idea. Supplements are especially appropriate for kids who refuse to eat entire categories of foods, such as vegetables or diary

products.

• Catch kids when they are hungry. After school and before bed are times when kids often have the biggest appetite. Make healthy snack choices available.

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@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Rexford News

By Vicki Allison

Our very own Red Barn Gang was part of the entertainment at Orscheln Farm and Home Supply open house on Friday and Saturday in Colby. This awesome band is very entertaining and enjoyed by both young and older audiences. What a joy to watch musicians make music by tearing paper sacks. The terrific folks in the band are Marjorie Leh, Eunice Sanford, Betty Nickols, Jolene Hansen, Edna Colson, Deb Stepper, Clea Moeder, Gail Williams, Jay Dahl, Darlene Robben, Ruth Luna, Grace Cheney, Jean Hawkins, and Jeanie Spresser.

There were well over 100 boxes wrapped and made ready for shipment for the Operation Christmas Child Project by members of the Rexford Community Church. This was the eighth year for this worthwhile project.

Condolences are extended to the family of Joan Todd, whose mother passed away Saturday. The funeral service will be on Saturday at the Methodist Church in Burlington, Colo.

The Rexford Royal Neighbors held a bingo and dessert fundraiser Saturday evening for the Rexford Museum and they thank you for your support. The Royal Neighbors of America matched the funds.

Dennis and Vicki Allison visited Maxine Jones and friend, Richard Elkridge, Sunday afternoon at her home in Colby when they delivered her Rexford cookbooks.

Wes and Jeannette Bencken celebrated an anniversary on Oct. 29, which was also his birthday.

Happy birthday to Fran Leach, a former resident, who celebrated Oct. 30.

On Saturday, the Rexford Lions

Club and Royal Neighbors will have the annual Pheasant Hunters Turkey and Ham dinner beginning at 11 a.m. at the Community Hall.

Red Barn events: Barnswallows meet at 2 p.m. each Monday and the Come On Down get-together is at 2 p.m. every Thursday.

On Wednesdays at 10 a.m. is the Ladies Bible Study and on Fridays at 9 a.m. is Koffee Klatch.

Until next time, make your week a memorable one.

Mount Pleasant News

By Dianne Bremer

John Bremer returned home Tuesday evening from Topeka where he attended a two-day State of Kansas Judicial continuing education conference. On Monday evening he visited Lyn and Linda Tomasch in Olathe.

Ben Jorns, Preston, arrived Tuesday and returned home Monday after spending a few days visiting at the Roland May home.

While here, he enjoyed watching this grandson, Zach May, act in the sixth grade play, "The Hanking Hillbillies." Other actors in the play were Cassidy Shields, Ryan May and Elizabeth Nedland.

Hannah May, Elizabeth Nedland and Zach May were among the students of Cheryl Metcalf who played Saturday in the North Central Kansas Music Teachers League piano clinic in Norton.

Elizabeth and Zach were among those chosen by the judges to play in the piano recital at the conclusion of the clinic.

Myron and Alberta Scott, Hill

City, and Justin and Wendy Scott and Gage, Evelyn Olson, and Jerry and Connie Olson helped Garrett Scott celebrate his 10th birthday at his home Saturday evening with cake and ice cream.

Joanne Wendelin, Connie Olson and Dianne Bremer attended a workshop Saturday at Our Redeemer Lutheran Church in North Platte, Neb., where they became familiar with the hymns and liturgy in the new Lutheran Service Book being introduced in the Missouri Synod Lutheran churches.

Jessica Bremer, Decatur Community High School girls volleyball team statistician, accompanied the team to State volleyball competition in Salina on Friday.

They spent Friday night in Salina after the games, returning home on Saturday.

'Good Reasons to Values Vote'

By Bill Duncan, Oberlin Church of Christ

Governments: "We can't live with them, and we can't live without them," as the proverb goes.

Good government operates for the good of all the people in the nation. Good government can only be based on the values that come from God, which result in right character, right motives, right intentions, and right results. That's God's way, as lived and taught by the Son of God, Jesus Christ.

It is important to vote, both for our current best interests and also for those we care about most: our children, grandchildren, their friends, relatives, and for those not yet born.

Godly Values Voters are whom I am describing. Since we have the U.S. Constitution and Bill of Rights that are based on godly values, we have an obligation to do our best to keep them the rules of the land.

Those values originated with the Ten Commandments, and continue on through the New Testament.

Unfortunately we get hoodwinked sometimes in voting, by people who lie, or are weak enough to be bought out, or listen to pressure groups instead of their voters.

The media doesn't do a very good job of communicating the true picture of what is happening in Washington, D.C. They emphasize the scandals or the war, mostly, which results in voter discouragement. But look what has been happening for the Values Voters causes in the culture war:

- The Internet Gambling Prohibition Act has shut

down a large amount of this.

- The Broadcast Indecency Act now has a stiff penalty of \$250,000 per incident and has resulted in more curtailment of indecent incidents and speech.

- A religious liberty measure is now law that reverses Pentagon policy, and allows chaplains to pray freely and now use the names of Jesus and Christ while praying.

- A Fetal Farming Ban prevents the creating of fetuses for the sole purpose of laboratory research.

- Stem Cell Therapeutic and Research Act allows the extensive use of umbilical cord stem cells effectively without destroying human embryos.

- Defunding of a \$300 million grant to build a gay-lesbian center in Los Angeles.

- The Freedom To Display The American Flag Act allows the flag to be flown anywhere, regardless of some who object.

- The Child Pornography Prevention Act strengthens prosecution of violators anywhere in the U.S., in several ways.

There were also some "near misses," on some almost passed issues: Child Custody Protection Act, which prevents a minor girl being taken across state lines for an abortion without the knowledge of the parents; in both houses voting fell only 1 short of passing a constitutional amendment to prevent the desecration of the American flag; and in both houses voting fell only 1 short of passing the repeal of the Death Tax.

These are all good reasons to get out and Values Vote, for God, Jesus Christ and country.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Jim Martin
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS
Carrie Buhler, pastor
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. Doug Hasty
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.

UNITED CHURCH OF OBERLIN
Pastor: Judy Strucker
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 Wed. at 6:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Fred Dycus
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Doug Hasty
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group,

2nd & 4th Thursdays, 2 p.m.
OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
The Rev. Damian Richards
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.

HERNDON COVENANT CHURCH
Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

NORCATUR UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
The Rev. Heidi Wiebe
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: Doug Mason
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Pastor: Rev. Rick Langness
Secretary: Norma Unger
785-475-2333

SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 p.m.

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



November is National Diabetes Month

Regular vision and eye health examinations are important especially in early detection of life-threatening diseases such as diabetes. Most often people do not experience vision problems in the early stages of diabetes; but if left untreated the damage is irrecoverable — often leading to vision loss and possible blindness. Together we can prevent blindness.

If you are diabetic or have a family history of diabetes, call Lifetime Eyecare to schedule a comprehensive vision and eye health exam. Early detection and treatment of diabetes can save your vision. Lifetime Eyecare offers:

- ☐ State-of-the-Art Vision and Eye Health Testing
- ☐ Detailed tests and Accurate Treatment of Ocular Diseases
- ☐ Two Year Frame and Lens Warranty



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