

Sympathy is extended to the relatives of Merle Applegate, 89, who died Oct. 22, at the Norton County Hospital. Funeral services were held Oct. 26 at Enfield funeral Home in Norton with burial at the Norton Cemetery.

Wava Reames returned on Oct. 24 from Kingfisher, Okla., where she visited her daughter, Shawna and Johnny Crum, Shawnda and James. James had his tonsils out on Oct. 18. Wava attended a farewell steak dinner at Kingfisher Plant for a co-worker she had worked with for 23 years.

Lee and Lora Arnold and Mary Arnold of Clayton attended the soup supper for Tony LaRue in Jennings, which was to help help Tony with his medical expenses.

Dee Magers had a great birthday weekend. On Saturday night, Oct. 28, Rea and Dee attended the Methodist Bazaar in Norcatour and Rea bought Dee a birthday cake. They attended Mass at New Almelo on Sunday, then later Jeff Magers joined them at their home for a birthday breakfast. Several tele-

phone calls and birthday cards were also received from friends and family.

Birthdays: John Arnold - Nov. 3; Scott Harman - Nov. 4.

Guests for lunch on Oct. 21 of Marian Thornton in Oberlin were Patty and Sam Stapp, Norcatour; Dave and Linda Schliep and Spencer, McCook; Greg Dempewolf and Darcie Zuck and Jade, Culbertson, Neb.; Bob Dempewolf; Andrew Dempewolf; and Dan Dempewolf and fiancée, Jolene and friends, and Amber Dempewolf, Topeka.

Bee Nelson took Bob Sawdon to the doctor in Norton on Tuesday, Oct. 23.

MUSEUM TIDBITS

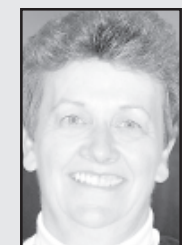
A.W. and Evie Lyon have given a mirror to the museum that was given out by Betts Super Service. It has a Sinclair Gasoline emblem on it, and we believe it was to put on your car visor.

Did you know the Norcatour Rural High School Class of 1905 had their commencement in the Opera

House?

The Norcatour Museum has had another successful year. More than 100 items were added. Remember to continue donating Norcatour memorabilia, and stop by to see the museum next year.

Lynn Streit was guest speaker at the Kansas Shrine Fall Convention in Salina on Saturday. She showed slides and talked about her family's accident in 1970, and her recovery. She was pleasantly surprised to see family members Lisa and Laci Lechlitter, Chris, Sharee and M.J. Dempewolf and Ray Thornton Jr., as well as Bob and Anita Montgomery and Jerry and Marcia Lohofener, Oberlin. Her family presented her with a flower arrangement. Lynn recognized Bob and Anita, giving them a dozen yellow roses. While Lynn and her family were at the hospital in Oberlin, Anita had signed transfer papers for Lynn to go to Denver, as her parents were unable to because of their burns. After Lynn's presentation, she was invited to share her story several other places in Kansas.



Home Time

By Tranda Watts
Multi-county Extension Agent

Recent remarks from radio commentator Rush Limbaugh regarding Michael J. Fox and Parkinson's disease have created a controversy that is being debated all over the country.

This publicity has placed Parkinson's on the national stage. Perhaps this has made you a little curious to know more about it, so here is some basic information:

Parkinson's disease is named for James Parkinson, who wrote about it in 1817. It affects the central nervous system.

Cells in the brain that help coordinate movement deteriorate.

Symptoms continue and grow worse over time, so Parkinson's is both chronic and progressive.

There are four main symptoms.

Some people may develop a tremor, particularly in the hand.

- Muscles may become stiff and rigid.

- Movements become slower and there may be some difficulty with initiating actions, such as taking the first step to walk.

- Balance is affected.

- Symptoms gradually worsen over time.

Estimates vary, but about 50,000 people are newly diagnosed each year.

More men than women are diagnosed with Parkinson's, and it becomes more common with age.

What causes it? No one knows for sure, although there are many theories.

Is there a cure?

No. While Parkinson's is different for each person, it does get worse over time, resulting in a decrease in the person's ability to remain independent.

Symptoms can make all aspects of life challenging, including

simple tasks such as holding a fork. The person who loves and cares for a person with Parkinson's will have more work as symptoms worsen.

There are some resources in Kansas. Also, the National Parkinson Foundation keeps a list of resources worldwide, and is a good place to look for organizations and support groups. Visit www.parkinson.org.

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

Deb Spresser did not buy a deer hunting permit for the season but she landed one Monday evening 9 miles east of Colby. The 3x4 buck totaled her car and we are thankful Deb was not hurt.

The chilly but calm weather Halloween evening did not keep the trick-or-treaters from calling or pumpkin glows from illuminating the night. There were spooks, insects, and critters ringing my doorbell for a treat of candy and it was enjoyable seeing the children in their costumes. My granddaughter, Morgan Wark, who is 2, was dressed as a tiger, but her face was painted like a kitty cat she told me.

The Rexford Lions and Royal Neighbors annual Pheasant Hunters' Dinner was well attended on Saturday. An extended appreciation and thank you to all who helped prepare for this event and for your public support.

Guest of Darrel and Marjorie Leh for four days this past week was his daughter, Sandy Olsson, of Amarillo, Texas.

The Oberlin Herald had a correspondent luncheon on Friday at the LandMark Inn in Oberlin, which I was able to attend this year. It was very nice to match a face to the familiar voices on the telephone. In addition to the delicious meal served, those attending received a gift from the publisher, Cynthia Haynes.

Rex and Betty Carswell accompanied their daughter and son-in-law, Steve and Terry Salter, to Waterloo, Iowa, last weekend to visit their granddaughter and family, Jason and Jaimee Barta and Campbell.

Rex and Betty also attended the Carswell cousin reunion in Alton on Oct. 22.

Recent visitors of Jean Hawkins were her son, Steve Hawkins, Orlando, and her daughter, Linda Stewart, of Plantation, Fla.

Cleda Moeder and Buck Harper drove to Salina on Sunday, Oct. 29, to meet Robert and Sharon Seider. Bob taught at Rexford High School in 1959, 1960, and 1961. He then was accepted to go overseas and teach in the American Independent Schools. They were overseas for 44 years teaching in Okinawa, Spain, Turkey and Germany. Bob retired in August and he and Sharon are retiring to St. Augustine, Fla. Before coming home, Cleda and Buck visited Irma Hibbs.

Bob Rogers will be leaving for Florida this week to be with his parents. We want to remember Bob in prayer as he continues to deal with cancer.

Roger Wark was back visiting his mother, Hulda Wark, at Hoxie Long Term Care, and sister, Sondra Barnett, Rexford.

Those celebrating a birthday this week are Amanda Rall, Nov. 4; Kade Spresser, Nov. 8; and Darla Dible, Nov. 10. A "happy anniversary" is extended to Dennis and Shawn Spresser, Nov. 6.

A belated birthday wish goes out to Jacy Moss who had a birthday Nov. 1 and also to her mother, Jennifer Moss, who celebrated the next day.

Red Barn events: Barnswallows meet each Monday at 2 p.m. and the Come On Down get-together is every Thursday at 2 p.m. If you like pinocle or want to learn, you are invited to join in anytime.

Those at Barnswallows were Darlene Robben, Deb Stepper, Grace Cheney, Jean Hawkins, Dick Sanford, and Rex Carswell.

Attending Koffee Klatch on Fri-

day were Sondra Barnett, Berneda Zoberst, Delores Dible, Pat Williams, Evelyn Proffitt, Jean Hawkins, Grace Cheney, Eunice Sanford, Cleda Moeder, and Vesta Roth.

Also at the Red Barn you can purchase the new cookbook for \$14.95. If you would like a copy mailed to you, add \$5 for postage and handling. A copy of the new edition of the Rexford phone book can also be purchased for \$2.50.

Until next time, make your week a memorable one!

Sister Helene Gutchewsky of St. Louis, Mo., has been visiting her brother and wife, Jack and Mary Gutchewsky. Additional Saturday dinner guests were Kendal and Tammy Neal and Katrina, Oberlin; Brian and Krista Gutchewsky and Gavin, Kearney, Neb.; and Joel and Sarah Uerling and Addyson, McCook.

Elma Lee Erickson, Effie Fields and Don and Em Threlkel attended funeral services for their oldest cousin, Etta Mullen, 98, in Pueblo,

Colo., on Oct. 30. She died Oct. 26.

Weekend pheasant hunting guests of Dave Bergling were Dana Wiltfong, Doug Jackson and Jim Jackson, Goodland; Roy Delsaver, Brighton, Colo.; Richard Bergling, Ness City; and Larry Gilbert, Manhattan.

Dinner guests last Sunday of Nora Bearley in Oberlin to honor Elma Lee Erickson on her birthday were Don and Em Threlkel, Jerry and Montine Alstrom and Mrs. Erickson.

J.R. Ginther was honored with a surprise 50th birthday party Friday evening in Menlo, given by his sister, Connie and Joe Adams of Atwood and his sons, Blaine and Brent Ginther, and their families.

Hunting at the Keith and Mary Lou Olson farm over the weekend were Terry Fisher, Louisville, Colo., and Bob Emerson and Michael, and Justin Marshall, Carbondale, Colo., friends of Rex Olson of Boulder.

'Take a Lesson from the Geese'

By Pastor Judi Stricker, United Church of Oberlin

Recently, a piece of what would ordinarily rank with me as "junk mail" crossed my desk. I had it in my hand when I noticed that there was a picture of geese flying in formation on the rather wadded and torn flyer. It was an ad for stewardship material that a church could order for the fall campaign. Then, as I began to read, I knew it was something I would use.

I love the plaintive and haunting call of geese and cranes as they fly in migration each autumn. They will often fly over our home, at what seems to be treetop level, calling out to each other as they continue their trip to the south.

Geese fly together in V formation as do ducks and cranes because by flying in a V, the whole flock adds at least 71 percent greater flying range than a single bird flying alone. Did you realize it is much the same with our church attendance? When we attend regularly, we are adding thrust to our congregation's ability to serve the community in which we live.

Geese rotate in and out of the lead position. That way no one goose exhausts its energy supply, keep-

ing the pace brisk for the others to follow. When the lead goose tires, it drops out to the rear where it will ride the slipstream until rested and ready to move up again. All along the journey, the geese take turns. It should be the same with us in our congregations. Leaders should lead until they are ready to rest, then another should step up and take over the job. Do you say "yes" when you are asked to take part?

When a goose is injured or sick, two geese will fly to the ground with it until it either recovers or dies. This is true for each goose, no exceptions. Would we put ourselves in harm's way to help someone we don't even know?

Many Christian young men and women do it each day in our military. We should keep them constantly in our prayers.

We can take a lesson from the geese. We can share the responsibility of leadership, get where we want to go quicker through community and help each other when trouble comes.

Think and pray about this as you go through your week and listen for the calling of the cranes and geese. It is food for the soul.



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 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 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.

NORCATOUR 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.

Jennings News

By Louise Cressler

Tuesday Study Club held its October meeting at the LandMark Inn in Oberlin. After lunch a brief business meeting was held with members Rachel Carter, Wilma Mader, Helen Muirhead, Lynn Tacha, Neoma Tacha, Joan McKenna, Helen Rhodes and Vendla Tacha answering roll call. The group then toured the LandMark Inn, which is furnished with antique decor and furniture. The group traveled to Cedar Living Center to visit club members Naomi Carter and Mildred Tacha, who are residents there.

Mary Votapka has been in the Oberlin hospital this past week with a cracked vertebra. The doctor will determine if she is a candidate for the cementing procedure. She has had this done on other vertebrae.

The Pheasant Hunters Supper on Saturday evening was attended by approximately 131 people. We thank all who helped get it ready and clean up later.

United Methodist Women meeting was held on Wednesday. Members present were: Kay Brown, Rachel Carter, Claudine Bennett, Kathy Nauer, Patty Foster, Ruth Chance, Violet Foster and Louise Cressler. In the absence of Helen Muirhead, president, and Lila Jennings, treasurer, Kay Brown presided at the business meeting. Kathy gave the lesson on seeking peace, "Grant Me a Godward Vision." Claudine read from "Footprints of Women" and a Helen Steiner Rice poem for Quiet Moments. Patty and Ruth served re-

freshments.

City Council met Thursday evening with all council members present. Mike McKenna was asked to attend the meeting since the city is considering a back up well close to the present drinking water well. This is on property now owned by Mike and Joan McKenna. Mike has told the council they may do this and he would like to have free water to his pasture. The council has approved.

Bob Muirhead, Midwest Energy, explained the new franchise agreement with the city, which was approved by council. The roof of the community hall is still leaking. Roofmasters will be contacted. The city will be purchasing some millings from the State for Third Street. Dec. 2 is the date for Santa's visit to Jennings. The council voted to help with expenses.

Inspection at the landfill was a good report. The new generator for well No. 3 has not arrived yet. Generator at the community hall is waiting to be hooked up after the pad is run. The tractor purchased by Unified School District 295 and later given to the city has been taken to Colby Ag to have a different air conditioner installed. The weather lab for the city needs more work done on it. The city will purchase new garage doors for the city shop and a walk-in door.

These sponsors urge you to attend church regularly:

Herndon Insurance Agency
Ron Beims, Agent
785-322-5331
9 a.m.-5 p.m. Mon.-Fri.

Paul's FUNERAL HOMES
A Trusted Name Since 1925.
Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls

