

Norcatour recently lost a major contributor to our community and post office. Dorothy Breiner began working in the post office as Velda Ward's postmaster relief in 1981. Between 1981 and 1986, she served both as a postmaster relief in Norcatour and clerk carrier in Oberlin for Postmaster Gary Miller. On Aug. 13, 1986, she was appointed postmaster at Norcatour, where she served until her death on Feb. 8, 2007.

Jeslyn Gilcrest, daughter of Tom and Telia Gilcrest, is attending college in Ronda, Spain, a satellite of Kansas University, in the Total Spanish Immersion program. Jeslyn stays with a couple who speak no English; however, she has learned Spanish pretty quickly. School began in January, and continues until May. Her grandparents are Beth Sebaugh of Oberlin, and the late Elton Sebaugh.

Bee Nelson, Marguerite Clark, LaVerne Milner and Norma McCallister enjoyed the Christian music at Phillipsburg at the Huck Boyd Community Center on Feb. 18. This was the 23rd annual music festival, with Betty Jo Banks directing. There were 125 members from 60 churches.

Whispering Pines of Norton held its third annual Valentine's party on Feb. 14. Kenneth and Pansy Price were chosen king and queen and were adorned with crown and tiara, and given the royal treatment. They were presented with a musical balloon valentine, and he received a box of chocolates and she got a long-stemmed rose.

Randy Allen and Sherri Regal were Saturday afternoon, Feb. 17, visitors of Virgil and Joyce Price. The men cut some of the trees damaged by the storms.

Birthdays and anniversaries: Denise Bailey, Monty and Linda Hunt - Feb. 22; Gail and Denise Bailey - Feb. 23; Juanita Eckhart - Feb. 24; Christy Baker, Mike Helm - Feb. 25; David Hare, Robert Schoenrad - Feb. 26.

Mr. and Mrs. Stan Miller drove to Emporia on Feb. 15. They helped their son Joel Miller pack and move to Hays on Friday and Saturday and

got home in time for the music at the Cardinal Bar and Grill on Saturday.

CITIZENS ALLIANCE
The annual meeting of the Norcatour Citizens Alliance was held Feb. 15 at the Cardinal Café. Norcatour board members present were Bob Strevey, president; Rodney O'Hare, vice president; Dennis Leichliter, secretary-treasurer; Kristi Gallentine, Troy Wentz and Larry Sumner.

The treasurer's report and annual report were given. The Alliance received \$3,117 in donations and disbursed \$2,529 to various community groups. In 2006, \$512 went to the *Norcatour Newsheet*; \$577 to the Norcatour Cemetery Memorial Fund; \$500 to the Norcatour Museum; \$500 to the Norcatour Fire Department; \$160 to the Norcatour Cemetery Fund; \$100 to Cedar Living Center; \$80 to the Norcatour Highway Fund; \$75 to Auker Park; and \$25 to the Norcatour United Methodist Church. Since its start-up, the Alliance has received \$93,629.

Wava Reames visited Frank and Velda Ward on Friday, Feb. 16. Frank and Velda Ward were cruising Main Street in Norcatour Sunday afternoon on Feb. 18, taking advantage of the beautiful weather.

Evelyn Zellmer and Wava Reames met at the Pizza Hut Saturday, Feb. 17, for lunch. They were roommates in college at Fort Hays State. Evelyn lives in Hays, but originally was from Almena.

Wava Reames helped her sister-in-law, Lynn Ward, and Lynn's mother, Ruby Pflieger, at the Garden Gate Florals Etc. on Monday and Wednesday the week of Valentine's Day.

Jeff Magers of Cedar Bluffs visited his parents, Rea and Dee Magers, on Sunday, Feb. 18. They have been concerned about their patio roof, which was in danger of collapsing. Jeff brought some supplies over and they did a repair job on it, so it is ready for another snow job.

Sharee Dempewolf attended a certified nurse aide conference in Topeka on Feb. 20, at the state capi-

tal. The Good Samaritan Center sends two people to this conference each year.

M.J. Dempewolf went to Vail, Colo., for a few days of snow boarding with friends. One was on leave from Iraq.

Senior Citizens braved the weather conditions Friday afternoon, Feb. 16, for pitch competition. With 14 present, winners were Eleanor Jensen and Joyce Sumner of Norton. Runners-up were Joyce Price, Wava Reames and Beth Johnson. The next meeting will be at 2 p.m. Friday at the Methodist Educational Building.

MUSEUM TIDBIT
Sharon Jackson Schulze brought in pictures from the 2005 Alumni and Memorial Day. These will be added to the scrapbook.

Weekend guests of Dorothy Ward on Feb. 17 and 18 were Mark and Debby Ward of Hugo, Colo. They came Friday after Brandon's basketball game at Flagler, Colo. The grandsons had other commitments, so didn't come.

Dorothy Ward had a phone call from her nephew, Rodney Dick, saying that her brother, Donald Dick, fell in his home. There are no broken bones, but someone is staying with him. Diane Watts is one of his helpers. She is a former city clerk in Norcatour. Don's 89th birthday was Feb. 20. Mail will reach him at 4780 Fig Court, Golden, Colo., 80403.

Walk Kansas ready to step out

Moderate exercise — just 30 minutes most days — can improve general health, personal appearance, reduce stress and the risk of heart disease, diabetes and some cancers, and aid weight management or loss.

Improving health and fitness need not be costly or even particularly time consuming. One opportunity will be launched by the 2007 Walk Kansas Fitness Challenge on March 11.

The eight-week fitness program attracted more than 20,000 participants last year.

The program costs just \$5. The team concept, with six team members logging miles to equal the distance across Kansas (423 miles, east to west), allows each member to accomplish something most could not accomplish alone.

A comfortable pair of walking shoes is recommended. Participants can typically improve health and fitness without ever leaving their own neighborhood.

Knowing that others are counting on you can be a motivator. Exercising with others adds a social aspect while also improving health.

The program has been popular with family, friends and co-workers who make up a team.

Walk Kansas was introduced as a walking program and has since grown to include 15 minutes of comparable aerobic exercise — Bicycling, weight training, swimming, running or team sports such



Home Time

By Tranda Watts
Multi-county Extension Agent

as basketball, volleyball, racquetball or soccer — to count as a mile.

Some counties will also log fruit and vegetable consumption and offer incentives for trying new fruits and vegetables, reducing sodium or adding whole grains to meals.

About 90 percent of Walk Kansas teams cover the distance across the state. Participants report benefits from physical activity such as an increase in energy, happier outlook, stress reduction, more restful sleep, lower blood pressure, and/or

a weight loss or easier time maintaining their weight.

Most of Kansas' 105 counties are expected to participate in some way this year.

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.

Herndon News

By Carol Ginther

Congratulations to Thomas and Marjorie Mowry of Colby, who will celebrate their 50th wedding anniversary on Friday. Mrs. Mowry is the former Marjorie Hutfles, formerly of Herndon. They live at 920 East 8th Street, Colby, Kan., 67701.

A large crowd enjoyed the Immanuel United Church of Christ

pancake feed last Sunday in Herndon.

Ron, Rodney and Tom Solko were last Sunday visitors of Tim and Monica Solko.

John Kleidosty of North Platte, Neb., spent a few days last week with his mother, Mildred Kleidosty

Jennings News

By Louise Cressler

We got the strong winds Saturday but very little snow. We are seeing the robins now so maybe spring is around the corner.

Wayne and Louise Cressler enjoyed their grandson, Jason Collins, and wife, Tiffani, of Port Orchard, Wash., who visited them Friday and Saturday. They were driving from Washington to North Carolina where they will live. Jason has been in the Navy the past five years and will be getting out in March.

Bring your water sample to the meeting being held March 12 at the Sunflower Senior Center at 11:30 a.m.; also, voice your concerns about Water Restoration and Protection Strategies going on in the

Prairie Dog Creek and Keith Sebelius Lake Watershed. Meal provided at no charge. RSVPs appreciated by March 5. Call (785) 877-2623, extension 37.

On Tuesday, March 13, Sunflower Senior supper will be held at 6 p.m. Charlotte Hinger, Hoxie author of "Come Spring," will give a book review at approximately 7 p.m. Everyone is welcome to join us.

United Methodist Women will meet at 2 p.m. on Wednesday, March 7. Roll Call will be "An Answered Prayer." Kathy Nauer will have the program and Rachel Carter will give devotions. Hostess will be Lila Jennings.

Good Samaritan Center

As each week passes, we are closer and closer to our 50th anniversary celebration. Again, the date is March 15, so be sure to set aside some time that day to spend with us.

Town Square has a beautiful new floor. The mural is continually delighting our eyes as Jeanette Diederich paints her way around the room.

This remodeling has not hindered our lifestyle in any way, thanks to the flexibility and great attitudes of staff and residents alike.

Barbara Dehlinger began our week Monday by bringing the morning devotions. Her devotions always speak to the hearts of the residents.

Monday evening five young men from the 180 House met with six residents for another session of Life Stories. This partnership with the 180 House has proven to be a valuable addition to the events of the week. One young man has completed the program and returned home. Pray that God will strengthen him in the days to come.

On Tuesday during Art Class, the ladies visited while enjoying the therapeutic art of watercolor painting. This particular medium is a relaxing art form because one doesn't have to be a great "artist" in order to create a beautiful picture.

The Forget-Me-Not Ministry brought wonderful sausage and veggie plates for Social Hour. Everyone enjoys the non-sweet treat coupled with the "sweet" company of Dennis Brown.

Pi Alpha Club hosted our monthly birthday party on Wednesday.

They brought homemade pies to honor Elaine Thomas, Bonnie Weskamp, Elsie Macy, Roberta Urban and Jeanette Conway. Thank you, ladies, for a great party!

Bingo was played in Angel Lane, with Colleen Geihlsler and Marilyn Horn assisting.

Saturday was our Pizza and Poker Night. Larry Mack was the dealer.

The residents have enjoyed watching the snow disappear while continuing to give thanks for the moisture. The birds are returning, singing their sweet melodies and the hope of spring is in the air.

As we continue to prepare our hearts in anticipation of Easter, let us dwell in the knowledge of God's resurrection power, His mercy, and His marvelous grace! Share the Good News of Christ with someone this week and remember, "In Christ's Love, Everyone Is Someone!"

Recent guests: **Roberta Urban**- Sylvia Wachendorfer of Selden, Adelaide Unger of Stratton, Neb., Donna Mae Frandson; **Hazel Flaska** - Arden and LaJean Flaska of Lakeside, Calif.; **Lucy Schissler** - Sally Olson of Atwood, Eunice Richards; **Opal Bryan** - Brian and Pam Simonson and Eunice Richards; **Doris Marintzer** - Bud and Vicky Mumm of Gem; **Harlan Geihlsler** - Eunice Richards; **Dorothy Hunt** - Reva Marshall; **Irel Lohofener** - Merlou Robinson; **Jeanette Conway** - Daisy Rhein.

'Bold Women'

By Pastor Charlotte Strecker-Baseler
of Faith Lutheran Church, Oberlin

Throughout the Bible there are stories of bold women: Eve, mother of us all; Miriam, sister of Moses, who danced beside the Red Sea; Mary, mother of Jesus; Mary Magdalene, the first to hear the Risen Christ; Ruth, who would not leave her widowed mother-in-law, Naomi; the Syro-Phoenician woman, who was bold enough to challenge Jesus for the sake of her sick child; Mary and Martha, who served the Lord in their different ways; the persistent widow, who demanded justice; the woman, who had been hemorrhaging for 12 years yet touched the hem of Jesus' garment and was healed; all of these and many other women in the Bible are examples of bold women for whom we thank God for their witness.

Women who act boldly on their faith in Jesus Christ are everywhere and come from all walks of life. Some are homemakers and caregivers; others are professionals with careers. Most volunteer many hours for both their church and community.

The way in which they are bold varies. Some are bold in conspicuous and visible ways, while others are bold in quiet yet strong ways. Who are some of the bold women of faith you know who have influenced your life? Might you share that same boldness in the faith with others?

Down through the centuries we have been blessed with the witness of faithful women acting boldly on their faith in Jesus Christ. Since the 19th century, bold Christian women in the United States and Canada have initiated cooperative activities in many areas including concern for women and children, the role of prayer in mission work and women

linking world peace with their involvement in mission work worldwide.

The first organized day of prayer held nationally was in Canada on Jan. 9, 1920. In the United States, the first organized day of prayer held nationally was on Feb. 20, 1920.

On Friday, March 2, women of many faith traditions will come together to observe a common day of prayer. These bold women of faith will gather for a global ecumenical movement of informed prayer and prayerful action in an annual event known as World Day of Prayer, which is observed every year on the first Friday in March. Throughout the entire day we collectively pray all over the world, beginning with the first sunrise and ending at the last sunset. Our prayers follow the sun's path around the globe.

The motto for World Day of Prayer is "Informed prayer leads to prayerful action." Through this event, women affirm that prayer and action are inseparable and that both have immeasurable influence in the world.

The Oberlin Covenant Church is hosting this year's World Day of Prayer with a 12-hour prayer vigil at the church beginning at 6 a.m. This type of experience will be quite different for many; but you are invited to be bold, and to come and join in prayer at a time of your choosing.

Lord God, thank you for the witness of bold women. From the earliest of times until today and on into the future, bold women show all of us how to live as beloved children of God in God's wondrous and beloved creation, carrying out our baptismal call to work for justice and peace for all God's creatures. Amen.

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: 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 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.

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.

SELDEN COMMUNITY CENTER
110 North Kansas Street
Selden, Kansas
Brother John L. Paulson
SUNDAY: Worship, 3 p.m.; Fellowship 2:30-2:55 and immediately following message.

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.

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