

# Norcatour News

By the Norcatour News Committee

Senior Citizens met Friday, Jan. 15, at the Educational Building with 17 members present. Winners were Bob Schoenrad, Margaret (Toots) Magers and Mary Sedlmayer. The next meeting will be Jan. 29 with a pot luck dinner and cards following.

Joy Chapman, Liberty, Mo., and her son Kyle Smith and his friend Sharon Tabor, Topeka, and Bee Nelson had prime rib at the Norcatour Cardinal Bar and Grill Saturday, Jan. 16, and then stayed awhile for Karaoke. Kyle even sang for them! Bee and Joy are cousins. The group also enjoyed the buffet on Sunday at the Cardinal Bar and Grill, and then went to Hoxie to visit Joy's brother, Jay Griffith, formerly of Clayton, and Bee's cousin in the nursing home.

Sympathy is extended to the family of Virginia L. LaRue, 75, who died Jan. 16.

Sympathy is also extended to the family of David S. Stuewe, 78, of Norton, who passed away Jan. 13, after a lengthy battle with melanoma, at his winter home in Oro Valley, Ariz.

Also, sympathy is extended to the family of Joy Jolene Jurey, 42, who died Jan. 7.

Arlene Hix and Barbara McCool attended the Northwest Kansas Federal Credit Union's 61st Anniversary dinner at Norton on Monday, Jan. 18.

Weekend guests at the Stan Miller farm Jan. 16 and 17 were Mr. and Mrs. Rocky DeLano, Wichita, and Mr. and Mrs. Chad Applebury, Eli and Karyssa, Colby. All had dinner with Mr. and Mrs. Gary Miller, Oberlin, on Jan. 16.

On Sunday Dec. 27, Bob and Anita Montgomery, Oberlin, went to Lee and Bobbie Frakes' home to enjoy Christmas with the Frakes family.

Scott and Chance Harman and some of their friends spent New Year's Eve in Loveland, Colo., riding in the rodeo. Both did OK, but didn't place.

Scott Harman will be in Lincoln, Neb., for a rodeo the weekend of Jan. 29 and Jan. 30.

Happy birthday to Stan Applegate, Jason Gallentine, Jan. 20; Rebecca Helm, Jeanne Gilstrap, Jan. 21; Barbara McCool, Jan. 22; and Gerry New, Jan. 26.

Happy anniversary to David and Retta Hare, Jan. 23.

Results of the pool tournament at the Cardinal Bar and Grill on Jan.

13, were Von Johnson, first; Bill Ellis, second; Glen Morgan, third; and Larry Lively, fourth.

Results of the darts tournament at the Cardinal Bar and Grill on Jan. 13, were: Game 1 - Alice Barnett, first; Patty Stapp, second; Kristi Gallentine, third. Game 2 - Alice Barnett, first; Kristi Gallentine, second; and Patty Stapp, third.

Bob and Anita Montgomery, Oberlin; Rusty Montgomery, Norcatour; and Ron and Gina Montgomery, Jennings, enjoyed Mexican food Jan. 14 at the Cardinal Bar and Grill, celebrating the end of corn picking!

Doug Dempewolf visited Marian Dempewolf on Wednesday then stopped in to see R.D. Thornton at the Good Samaritan in Oberlin.

On Saturday, a third birthday party was held for Hayden Mann in Colby. Doug, Chris and M.J. Dempewolf and Scott Lyon attended. After the party, they all went out to eat supper then went bowling. On Sunday they were all in Norcatour, including Sharee Dempewolf, and Aaron and Hayden Mann, and enjoyed playing Wii in the afternoon.

Christmas day guest of Bob and Anita Montgomery, Oberlin, were Lee and Bobbie Frakes, Trenton, Neb.; Bradley Shuler and Jason Gillespie, Lincoln, Neb.; Blake, Amanda, Keegan and Karson Shuler, Bartley, Neb.; Blaine Shuler, Kearney, Neb.; Ron, Gina and Alyssa Montgomery, Jennings; Shane and Crystal Montgomery, Norton; Renee Harman and Rusty Montgomery, Norcatour; Scott Harman and friend Tiff of Valentine, Neb.; and Chance Harman, Hyannis, Neb.

# Vegetables help mental state



## Home Time

By Tranda Watts  
Multi-county Extension Agent

When many of us were growing up, whenever we ate fish for a meal, someone was likely to say that it was "brain food." There is some truth to that. But in more recent years, researchers have turned their attention to the positive effects of fruit, vegetables and whole grains.

For example, a study published in 2006 in the journal of Neurology looked at the diets and mental function of participants over time, from 1993-2002. The 3,700 participants, who were 65 or older, were given mental-skill tests. They were also asked to report on the types of foods they ate, including specific lists of 28 types of vegetables and 14 types of fruit. Participants were tested again after three and six years.

Researchers determined that those who showed the least mental decline in the follow-up tests after three and six years tended to eat the most vegetables. In fact, mental decline was 40 percent slower for people who reported eating three to four servings of vegetables every day (not including potatoes) compared with those who ate less than one serving a day.

Surprisingly, the researchers didn't see the same pattern with fruit consumption.

However, French researchers reported in 2007 in the American Journal of Epidemiology that over a 10 year period, older adults who consumed the flavonoids, found mainly in fruits and vegetables, tended to have higher cognitive functioning. And yet another study, this one in 2006 in the American Journal of Medicine, linked higher consumption of fruit and vegetable juice with delaying the onset of Alzheimer's disease; researchers believed the polyphenols in the juices played

a protective role, although there's evidence that antioxidants such as vitamins A, C and E, as well as the mineral selenium, also may play a role in protecting against dementia and enhancing mental ability.

Niacin and other B vitamins, found in whole grains and some other foods, are also known to contribute to the proteins that are needed for good memory.

In addition, scientists believe that omega-3 fatty acids, found in fatty types of fish such as salmon, and in nuts and seeds, not only help supply oxygen to the brain, but work to protect the membranes of brain cells, thus preventing damage.

And finally, drinking plenty of water and other fluids can prevent dehydration, which can affect clarity of the mind. A good guideline to keep hydrated is to drink enough fluids to need to urinate every two to four hours.

Tranda Watts is a 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 ore-mail trwatts@ksu.edu. For more information, contact the county extension office, 475-8121.

## Decatur Health Systems

By Othelia Vacura

The Diabetic Support Group will meet in the Specialty Clinic lobby at 4 p.m. Thursday, Feb. 4. Deb Klina will present a program on heart health, a timely presentation during February, which is Heart Awareness Month.

The public is invited.

Employees at Decatur Health Systems have volunteered to take on the sponsorship of a Foosball table for the new recreation center in downtown Oberlin. Employee donations made through the holiday season reached the halfway mark for the goal of \$600. In the next few weeks, employees will "Pay to Play" on Fridays. Those who choose to contribute a dollar will be allowed to ease off on the dress code by wearing blue jeans.

More than 150 employees and guests gathered at the Oberlin American Legion on Jan. 9 to honor several employees for their years of service. Board members Ron Jansoni and Gary Walter prepared prime rib for the dinner. Other board members and the management team prepared the side dishes and desserts.

Honored for three years of service were Kara Allen, Roberta Blake, Shelby Brown, Anna Cressler, Danyel Jeffery, Joni Marshall, Mark Nelson, Judy Scott and Amber Scott.

Five-year honorees were Melanie Anderson and Pamela Anderson.

Honored for 10 years were Amanda Fortin, Erica Fortin and Marsha Morford.

Rose Riffle was honored for 15 years, Helen Karnopp and Teresa Shaughnessy for 20 years, and Karen Bailey for 30.

Linda Stanley had the longest service at 35. She was given an opportunity to share some of her thoughts at reaching this milestone.

Twenty-six teams have paired up to see if they can be the biggest losers in the Decatur Health Systems "Care for Your Heart Program." Teams will be judged on the percentage of weight lost rather than on the actual number of pounds lost.

If a team gains weight instead of losing, a fine must be paid. At the end of the 12-week program, the biggest losers will be the biggest winners, because they will receive the fines and entry fees.

Participants are eating healthier, exercising more and taking off unwanted pounds. Working with a partner raises the bar on accountability, resulting in a total of 160 pounds lost is the first week of the program. The website www.sparkpeople.com, dedicated to fitness, healthy eating and weight loss, provides some valuable motivational tools.

## Selden News

By Jacque Boultinhouse

New books shelved at the Selden Public Library include: Large Print "Bed of Roses," by Nora Roberts; "Not My Daughter," by Barbara Delinsky; "Days of Gold," by Jude Deveraux. Regular Print - "A Blue and Gray Christmas," by Joan Medlicott; "Home in Time for Christmas," by Heather Graham; "Pontoon," by Garson Keillor

On Thursday at Senior Citizens, Ralph Weis won high, Betty James took second, Ann Hazlitt got low and Shirley Emigh had the most Kings. Other members present included Bob Wessel, Bernita Aumiller, Gail Mumm, Helen Karls, Pat Wessel, Edna Schiltz, Paulie Neff, Jeanie Spesser, Lola Cook, Royce Cook and Janice Kruse.

Birthdays and anniversaries: Jan.

29 - State of Kansas (149), Helen Karls. Jan. 31 - Wayne Manis, Jim Erwin, Micah Wenger. Feb. 1 - Lisa Emigh, Marsha Rogers, Jerry Rall, Aaron Emigh. Feb. 3 - Rachael Ritter. Feb. 4 - John and Julie Geisinger, Mary Galden.

School Calendar: Jan. 29 - High School Basketball in Rexford with Dighton. Feb. 3 - School dismissed at 12:30. 1 p.m., Teacher inservice. Feb. 4 - High School Regional Scholars Bowl. Junior High Basketball in Rexford with Cheylin.

Weather Spotter Training set for Decatur County at 6:30 p.m. on March 8 at the Gateway in Oberlin. The general public is invited to this training as well as all First Responding entities.

"detectives" are St. Francis Junior High Students.

Cheyenne County has celebrated Kansas Day since 1930, when the Mother's Circle of the Bird City Methodist Church organized the first celebration, a "Kansas Day Picnic," which turned out to be an all-day affair. Through the years, Kansas Day has been celebrated in Bird City with skits, dances, poems and songs.

## Trusting in the Lord

Pastor Barbara Patterson

United Methodist Churches, Dresden and Jennings

Do you recall the children's story about the little chicken who was walking along and something huge fell on her head and she thought the sky was falling. She wanted to warn all of her friends in the barnyard, but they wouldn't listen. They were just too busy doing their "own thing." Poor Chicken Little, she was having a difficult day.

In the Old Testament, there was a prophet who knew a lot about those kinds of day. His name is Jeremiah. He too had red eyes and tears coursing down his cheeks. He would moan and wail until his throat was raw. He was often referred to as the "Weeping Prophet." But Jeremiah had a strong relationship with the Lord. The Lord had given him an assignment to encourage the people of Israel who had been taken into captivity by Babylon. Jeremiah had also tried to warn his people, telling them to return to God's ways or face horrible judgment. He predicted both the destruction of Jerusalem and the Jews' 70 years of captivity. How was he treated? His own countrymen threw him into prison. They beat him, and even threw him down into a well to die. More than once, he

wanted to quit, but he found he couldn't; he wanted to please God, even if it was hard. Jeremiah was faithful to his call and persevered. One day, he heard a word of encouragement from the Lord:

"Do not let the prophets and mediums of Babylon trick you. Do not listen to their dreams because they prophesy lies in my name... but I will bring you home again. For I know the plans I have for you... they are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me in earnest, you will find me when you seek me." *Jeremiah 29:8-13*

Sometimes like Jeremiah, we too have those kinds of days. We make our plans but then BAM! LIFE HAPPENS! All of our plans go up in smoke. Well, for all those days we need a word of encouragement from the LORD.

"Trust in the Lord with all your heart and lean not to your own understanding." *Proverbs 3:5*

The key words are "trusting in the Lord." God does have a plan for each of us.



## 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, LEVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 5:30 p.m., Saturday

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

**JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS**  
Barbara Patterson, 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 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.,

**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: Larry Danforth  
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.

**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 Fr. Stephen Folorunso  
Phone 785-322-5560  
MASS: SUNDAY and THURSDAY 8:30 a.m.

**HERNDON COVENANT CHURCH**  
Keith Reuther, Pastor  
Phone 785-322-5316  
SUNDAY: Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Youth Group, 4 p.m.

**NORCATOUR UNITED METHODIST**  
Pastor: Larry Danforth  
Almena  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

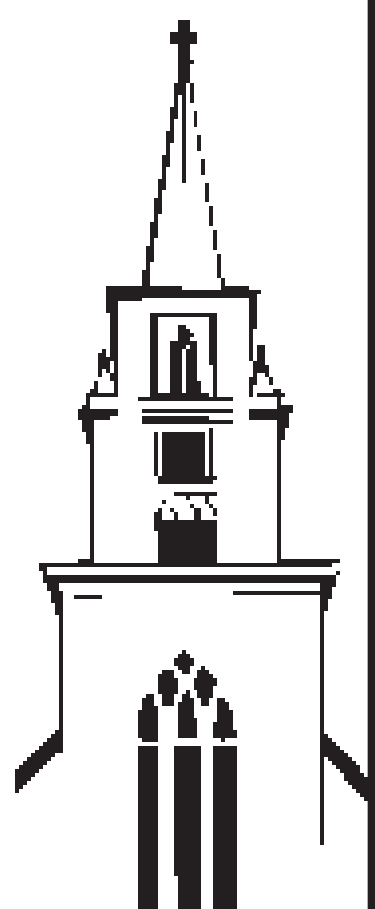
**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
Pastors: Chris and Sharon Nelson  
810 West Cedar, Oberlin  
Office Phone 785-475-2769  
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

**LUND COVENANT CHURCH**  
Pastor: 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  
Interim Pastor: Kevin Schnakenberg  
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..

**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.



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