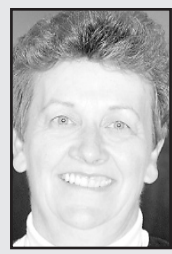


Choosing whole wheat foods



Home Time

By Tranda Watts
Multi-county Extension Agent

Research also has shown that eating whole grains helps create a feeling of fullness, beneficial in managing appetite, body weight and reducing obesity.

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 or e-mail twatts@ksu.edu. For more information, contact the county extension office. 475-8121.

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Fifteen players gathered for cards on March 6, at the Methodist Educational Building. Winners were Al Sedlmayer, June Jolly and Beth Johnson. Next meeting of Senior Citizens will be at 1:30 p.m. Friday.

House guests of Bee Nelson on March 5 were Chris and Kathy Hamilton and Kyle Smith, all of Topeka. They were here for their Uncle Jay Griffith's funeral at Clayton on March 6.

There was a nice crowd attending the Norcatu Methodist Church pancake, sausage and egg supper on Sunday evening March 7. Once again the men and youth did a fantastic job of cooking and serving.

Happy birthday and anniversary to Jerry Wescott, March 11; Jason Breiner, Jim Plotts, Max Ward, March 15; Marilou Long, and Max and Norma Ward, March 16.

Results of the pool tournament at the Cardinal Bar and Grill on Wednesday, March 3, were Bill Ellis, first place; Loyal Springer, second; Dave Stapp, third; and Matt Wilson, fourth.

Scott Harman and some buddies rode in three rodeos in Florida in February. They all did well, but no wins! They are all taking some time off now. Scott and Chance are planning to ride in a lot of rodeos this summer.

Renee Harman has moved to Oberlin to be closer to her work. Susan Hillebrand, Carl Lyon, Bake Shuler and Bob Montgomery helped

her move.

Bob and Anita Montgomery went to the Rocket Inn in Indianola, Neb., Wednesday, March 3, to help their great-grandson Keegan Shuler celebrate his fifth birthday with a pizza party.

On Saturday, Jeff and Joy of Cedar Bluffs, visited Jeff's parents, Rea and Dee Magers, and also played a couple good games of Scrabble. On Sunday, Rea and Dee went to Lyle and enjoyed the pot luck dinner held once a month. Later, they attended the pancake supper held at the Education Building in Norcatu.

Lloyd and Sharon Stanton of Salina stayed from Feb. 25 to 27 with his mother Arlene Hix. They were en route home from Colorado where they had been on business. They also visited Gail and Denise Bailey and family and his Uncle Veryl Van Der Wege and Vi in Norton.

Marjorie Prince returned to her home in Liberty, Mo., on March 6, after being here three weeks visiting her mother Arlene Hix and her brother, Gail Bailey and family. Visitors during her stay besides the Baileys were Joyce Price and Barbara McCool. Arlene and Marjorie visited Lula Hix at Whispering Pines and with James and Lena Skrdlant at the Andbe Home in Norton. Marjorie also visited her Uncle Veryl and Vi Van Der Wege in Norton.

Trace and Julie DeNormandie of Yuba City, Calif., announce the birth

of their daughter Taya Elizabeth De-Normandie, who was born Sunday, Feb. 28, and weighed 8 pounds, 10 ounces. Trace is the son of Susan and Frank Bolek and the grandson of Lora Arnold.

While Rea Magers was at therapy last Thursday, Dee visited at Whispering Pines with Oran and Laverne Milner, Pansy Price, Lula Hicks and Frank Ward. She also visited Merle Cozad, originally from Lyle, who has recently moved to the Pines.

Wava Reames' grandchildren, Shawnda and James, will be coming up Saturday to spend their spring break with her. Shawna and friend, Johnny, will also be visiting.

A card shower has been requested by the family of Goldie Stapp in honor of her 90th birthday. Her family includes three sons, Rodney and Delores, Norton; Larry and Marcia, Holcomb; and Garry and Barbara of Ord, Neb. She also has 10 grandchildren and 17 great-grandchildren. Cards may be sent to her at 416 Martin Ave., Oberlin, Kan., 67749.

Bee Nelson and Dorothy Ward were McCook visitors on March 2, after the Norcatu News was in the mail, as Dorothy had an ear appointment.

Congratulations to Jacob Helm, Norcatu, who was one of three students chosen as a winner of the Co-operative Youth Leadership Camp in Colorado where they will join other students from Kansas, Colorado, Oklahoma and Wyoming. This trip will teach them more about cooperatives, rural electrification, leadership, energy and safety.

Jennings News

By Louise Cressler

Eugene Mrstik recently had knee replacement surgery and still has another knee replacement to go. He is doing real well. The Mrstiks appreciate all the visitors and the many phone calls and cards from family members and friends; also offers of help and gifts of food were greatly appreciated.

Recent visitors at the Mrstik home were Lawrence and Lila Jennings, Bob and Neoma Tacha and Ruth Chance. Out-of-town visitors were Gary and Judy Vaughn, Henderson, Colo., and Max and Charlotte Cox, Doyline, La. Charlotte is Dona's sister and they plan to stay a couple weeks to help out.

Keith and Helen Muirhead enjoyed a few days visit from their daughter, Mignon Barry, Wellfleet, Mass.

Sunflower Senior potluck dinner was enjoyed by Stan and Ramona Shaw, Bob and Neoma Tacha, William and Tommie Kump, Wayne and Louise Cressler, Eleanor Morel, and Ruth Chance. A business meeting followed. The flag salute was recited in unison. Louise Cressler, president, called the meeting to order. Minutes of the previous meeting and treasurer's report were given. After some discussion the group decided to raise the rent of the Center from \$25 to \$ 50 beginning Sept. 1. With rising costs and budget cuts the group felt it necessary to do this. April 13 will be the next Senior potluck. It will be held in the evening at 6 p.m.

Bible Study at the United Methodist Church was held Sunday evening at 7 p.m. continuing with the "Secrets of the Vine" book and video. Next Sunday, March 21, there will be potluck dinner following church. Administrative Council meeting will then be held and Bible Study following that.

Jennings City Council will meet on Monday evening, April 5, instead of Thursday evening, April 1. Water meters will be read on March 22. Please post your reading if your meter is inside. There will be a city-wide clean up on May 1. If you have some suggestions of places to clean up, let any council member know. If you would like to help, we would appreciate that too.

The Heritage Associates of Jennings and the Czech Museum held its regular meeting on March 4 with President Neoma Tacha conducting the meeting. Directors present were Lawrence and Lila Jennings, Mary Wahlmeier, Bob Tacha, Dean Gawith, Larry Mizer, and Mike Tacha. Thank you notes have been printed and Bob and Dean are working on shelving for the work room.

Twenty-four old newspapers have been laminated and put into books. The class of 1950 has requested having their 60th class reunion at the museum at Alumni and Memorial time. Further remodeling and upkeep at the Shimmick building was discussed.

Our next meeting will be April 1. The public is invited to attend.

God's Wild Kingdom (Part 3)

By the Rev. Doug Hasty

United Methodist Churches, Oberlin, Prairie Chapel

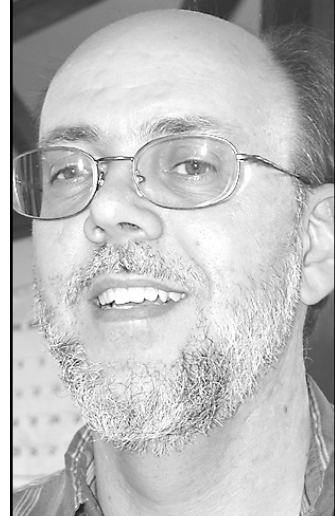
Adam Hamilton is a pastor who has spoken at our Annual Conference several times, and I would like to share some thoughts from his Safari adventures in Africa.

I hope you caught part 2 last week where I answered the first question of three questions: where is your watering hole? Now I will answer the remaining two questions: What are you feeding your soul? And Who is in your herd?

Second to our need for water every day, is the need to eat. Wild animals can spend up to 17 hours a day gathering and eating food. It is obvious that we need to eat every day. Jesus answered, "It is written: 'Man does not live on bread alone.'" (Luke 4:4). In the Bible bread becomes a metaphor for both the things we need to eat every day, but also the need to feed our soul. What kind of food are you feeding your soul? What are you reading to nurture your Christian life to help you grow and improve your character? Are you reading anything that stimulates your mind, stirs up your passion—something that stimulates your soul? In the Scriptures we understand that the Word of God is the best thing to feed our soul—Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." (John 6:35). Your soul needs good nourishment every day. Are you reading God's word?

Who is in your herd? On the safari you notice that almost all the animals travel in a herd, or pack or a pride, to help them hunt, or raise their children or simply to protect themselves. The lone animal becomes easy prey. On Adam Hamilton's trip they caught on film some lions hiding near a watering hole when some buffalo came up to drink. A young buffalo broke from the herd and went straight for the water. At least three lions attacked it and knocked it into the water. Startled the herd scattered and ran. In a brief moment the lions were trying to drag the young buffalo out of the water they were pawing it but not hurting it significantly. Suddenly the whole herd of buffalo came back and several of the leaders stepped out of the herd and used their horns to lift a lion up in the air and chase it off. One by one the lions were chased off and the young buffalo was saved. So even the lion, the king of the jungle cannot stand up to a herd of water buffalos. Who do you count among your friends as people who would stand with you to keep you strong, keep you connected, and help you grow. It could be that your local church is a good place to find leaders who would stand with you, when you need some one to chase off the lions that prowl in your life.

Enjoy the safari!
Grace and Peace to you.



Schedule of Oberlin and area church services:

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| <p>OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday</p> | <p>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.,</p> | <p>NORCATU UNITED METHODIST
Pastor: Larry Danforth
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> | <p>FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
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> |
| <p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.</p> | <p>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.</p> | <p>LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.</p> | <p>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.</p> |
| <p>SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday</p> | <p>CLAYTON UNITED METHODIST
Pastor: Larry Danforth
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> | <p>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.</p> | <p>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.</p> |
| <p>OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Jerry Nowack
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p> | <p>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.</p> | <p>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..</p> | <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.</p> |
| <p>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</p> | <p>HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Youth Group, 4 p.m.</p> | <p>PAUL'S FUNERAL HOMES
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Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls</p> | |

Lyle News

By Veda Wood

We have had such a mixture of wind, fog, a light snow that melted before the day was done, and even a thunder storm with a half inch of rain. We can't depend on winter being over as we have had very deep snow in March and April.

After the meeting on Friday of Senior Citizens, June Jolly went to McCook to her KT Club.

After Margaret "Toots" Magers got home from Norcatu on Friday, Eldon and Charissa Huff with their son Richard and his daughter, Keely, took her to McCook where the Knights of Columbus had a fish supper. They visited Earnest and Donna Huff while there.

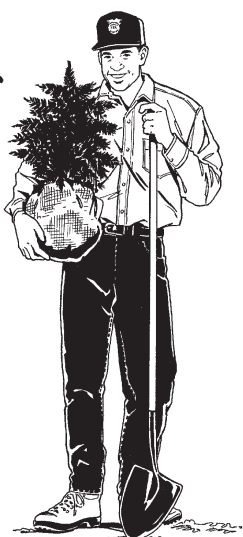
Gary and Cathy Anthony attended a birthday party at Oberlin

on Sunday for daughter, Windy's four-year-old son, Tony Kuhlman. Keith Anthony is still in the hospital at Oberlin.

Sunday Dewayne Jackson brought the message to Lyle. His parents were able to spend a night or two in their home, and enjoyed it greatly. They had been in Long Term Care for a while.

It was also the day for the Sunday dinner at Lyle which was enjoyed by the group. We were glad to have Lora Arnold, Rea and Dee Magers and Charlie and Judy Easton. We couldn't visit too late as we had to be in Norcatu for the pancake supper. Toots Magers and June Jolly went on to Norton where they had soup at the American Legion.

It is not too early to plan and place your TREE ORDERS.



Please call the Decatur County Conservation District Office at 785-475-3131 Ext. 101 OR stop by our office, located on South U.S. Hwy. 83 in Oberlin, Kansas. (Order deadline is March 26)