

Norcatour News

By the Norcatour News Committee

Mr. and Mrs. Stan Miller left on Dec. 9, for Eldorado to visit Mr. and Mrs. Casey Tuttle. Melissa De-Donder and Sophia, Topeka, joined them to meet the new addition to the family. Jade Elizabeth Tuttle was born to Mr. and Mrs. Casey Tuttle on Dec. 10 weighing in at 6 pounds, 12 ounces and was 20 inches long. Besides the Stan Millers, grandparents are Mr. and Mrs. Rodney Tuttle, Quinter; Great Grandparents are Lila Rule, Norton; Mr. and Mrs. Gary Miller, Oberlin; and Mr. and Mrs. Cloyd Ikenberry, and Mr. and Mrs. Robert Tuttle, Quinter.

Norma Ward, Clayton had back surgery on Dec. 7 at Kearney, Neb., and is now receiving physical therapy at the hospital. Mail will reach her at: Good Samaritan Hospital, 31 and Central Ave., room 3296, Kearney, Neb. 68847.

Veda Wood accompanied Wava Reames to McCook on Tuesday and they visited Dwight Wood. On

Saturday, Wava, Mrs. Wood, Mary Leslie Mary Leslie, Dorothy Ward and Bee Nelson headed to the cafe on a freezing, super-windy evening to try prime rib. Before they went home, they drove around Norcatour taking photos of Christmas decorations with Bee's camera. There are some beautifully decorated homes.

On Sunday, Wava visited her dad, Frank Ward, in the hospital, who has a stubborn infection. They also did some recording for her daughter, Shawna, who says that all she wants for her birthday and Christmas this year is for Dad and I to record into a digital recorder anecdotes about our lives.

There was a misunderstanding with the Weed Department in Oberlin. He had a small list and thought he had all the residents that were wanting sprayed. Unfortunately, many of you who were hoping to get sprayed this fall, did not. He said

they will come back in the spring to get those that they missed. They use a contact herbicide that only kills what leaves it touches, so he says it will be safe. If you would like to have your name removed from the list, please call the City Office.

Happy Birthday to Bryndon Wentz, Dean Thornton, Dec 16, and Paul Welch and Justine Tuttle, Dec. 17. Happy Anniversary John and Carol New, Dec. 17 and Tom and Betsy Jakowski, Dec. 19.

Results of the pool tournament at the Cardinal Bar and Grill on Dec. 8, were: Larry Lively, first; Don Relaford, second, and Fred Molzahn, third.

Virgil and Joyce Price express their appreciation to the Prairie Dog 4-H Club members for their box of goodies and Christmas decorations which were delivered on Sunday evening, Dec 12, by Mary and Carissa Wentz.

Vitamin D recommended for bone health and nutrition



Home Time

By Tranda Watts
Multi-county Extension Agent

Vitamin D is recommended for bone health; nutrition and health researchers are, however, also crediting it with strengthening the immune system, preventing auto-immunity (an abnormal response of the immune system in which the body attacks its own cells and tissues), regulating genes in prostate, colon and breast cancers, and delaying -- or preventing -- the onset of diabetes and reducing complications from the disease.

Research on Vitamin D, a hormone, is ongoing, and that's why it's important to pay attention to recent changes in recommended adequate intake values announced by an Institute of Medicine Committee.

While the recommendation for infants to age 1 remains the same (400 International Units daily), updated recommendations include:

- * Children age 1 to 18 years: 600 IU (an increase from 400 IU)
- * Adults age 19 to 70: 600 IU (an increase from 200 IU)
- * Adults age 71+: 800 IU (an increase from 600 IU)

Historically, it has been recognized that about 90% of Vitamin D is produced within the body as a result

of skin coming into contact with direct sunlight. About 10 percent is typically derived from food sources, such as yeasts and plants; oily fish, such as mackerel, tuna, sardines, and salmon; cod-liver oil; beef liver; egg yolks; and Vitamin D-fortified foods such as milk, butter, some ready-to-eat cereals, bread, yogurt and orange juice.

The new Institute of Medicine (IOM) recommendations assumed minimal sun exposure when establishing the new recommended intakes for Vitamin D, and encouraged North Americans to get Vitamin D from food and supplement sources.

Seasonal weather (in Kansas, from Dec.-Feb.) can make meeting the minimal recommendations from sunlight difficult. Check with

a healthcare professional and determine if a lab test to check personal level of Vitamin D is appropriate.

Checking the level can be particularly important for those who take corticosteroids and/or weight loss and/or cholesterol-lowering medications that may inhibit or reduce the absorption of Vitamin D.

Too much can, however, be harmful. The IOM recommends that adults stay below 4,000 IU (from food and supplements) per day.

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.

Decatur Health Systems

By Othelia Vacura

Recently, Robin Williamson, a certified physician assistant, joined the medical staff at the Family Practice Clinic.

Just like physicians, a physician assistant is licensed by the Kansas Board of Healing Arts and is required to maintain 100 hours of continuing medical education every two years to renew the license.

They must have a four-year degree in science and attend a rigorous and intensive 26-to-36 month graduate program. The only school in Kansas to offer this program is Wichita State University.

After graduating from an accredited program, they must pass a five-hour exam, which gives them accreditation by the National Commission on Certification for Physician Assistants, and permits them to put the professional designation PA-C after their name.

This exam must be retaken and passed every six years.

They must also be licensed through the Drug Enforcement Agency to prescribe medications. They may diagnose illnesses, order lab tests imaging tests, prescribe medications and treat illnesses.

They differ from nurse practitioners only in their type of education.

They are educated according to the medical model, while nurse practitioners are educated according to the nursing model.

Physician assistants can practice autonomously, but must be supervised by a physician, meaning that their patient charts have to be signed

by a physician who must be available by phone within 30 minutes.

Ms. Williamson graduated from the Wichita State program in August 2008, finishing fifth in her class of 42 students. Prior to that, she was a registered nurse with 29 years experience in seven types of intensive care units, emergency room and hospice nursing.

She takes call for the Decatur County Hospital's emergency room, admits patients to the hospital and cares for them there.

She consults patients in the Decatur Health Systems Family Practice Clinic, sees patients of all ages with all disease types, does well-child checks and preventative medicine visits.

Prior to coming to Oberlin, she worked in a rural family practice in Satanta.

Her honors include the 2008 induction into the Pi Alpha, the only national honor society for physician assistants; nomination for Who's Who among Students in Universities and Colleges, 1980 and 2007; and membership in Golden Key International Honor Society, 2007-2008.

She is passionate about this area of medicine and is willing to provide educational presentations to clubs and organizations. Call her at (785) 475-2015. An open house to welcome her is planned for January, after the holiday season has passed.

A benefit soup supper to help pay for an updated spa room at Cedar Living Center raised about \$1,600. Thank you to all who helped in this

endeavor. Work is progressing on this room, which will provide more convenience and comfort for the residents when they bathe.

Decatur Health Systems employees are again making a difference in our community by collecting items for the Decatur County Food Bank.

This competition will end on Dec. 31, when all nonperishable items will be delivered.

The nursing department sponsored a few angels on the angel tree this Christmas, providing new clothes for some needy youngsters in our community.

Employees held a soup potluck at noon last Thursday. Also in the spirit of the holidays, they took part in a holiday cookie exchange on Tuesday.

Lyle News

By Veda Wood

Wava Reames sings the old army song that goes, "Oh, how I hate to get up in the morning." You know how it is when a tune keeps rattling around in your head, so this is what I've been thinking. Oh, how I hate to get up in the morning, I told my Sarge that I'd rather stay in bed.

But my point he just didn't see then kicked me out quite noisily. And so, I guess I'll have to get up instead. A few members of the Liberty Star Club held their meeting at the community building on Wednesday, revealing secret sisters and sending Christmas cards to past members.

Oh, what a bitterly cold day Saturday was, with that hard wind. My

son-in-law, Larry (and Sandra) went to his sister's memorial service in Pomona. Larry and his two sisters had been adopted at a very young age and had finally found each other a few years ago. She was a very sweet lady and will be greatly missed. Sandy and Larry visited her mom, Veda, Sunday afternoon and brought early Christmas gifts.

Kathy Van Meter and Lloyd Frandsen attended the First State Gold Bank supper and dance at Holbrook, Neb., on Wednesday evening.

June Jolly, Dean and Rhonda Jolly, and Dennis and Linda McFarland ate at the new Mexican Restaurant in McCook one day,

played cards on Monday and Friday, and went to a charity auction at the Eagles one evening.

Joyce Sumner took several of the Lyle quilts to Norton after church on Sunday to donate to a worthy cause.

Guests of Dave and Patty Stapp on Dec. 10-13 were Jerrod and Kortney Poire, Kynleigh of Erie; Jeff and Drake Deiker, Iola; Kaitlyn Stapp, Hoxie, and Sam Stapp. Friday and Saturday visitors were Dewaine Stapp, Marian Dempewolf, Oberlin, and Linda Schliep, Spencer and Addison, McCook; Chris Claussen, Olathe, and friend visited at the Stapp house on Dec 7.

Reason for the Season (pt. IV)

Gene Gee, Oberlin, Community Fellowship

The angels announced the birth of Jesus by telling the shepherds, *Luke 2:10*. Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. *Luke 2:11* For unto you is born this day in the city of David a Saviour, which is Christ the Lord. *Luke 2:14* Glory to God in the highest, and on earth peace, good will toward men.

The message of the angels was that of good news and great joy. Sad to say, Christmas, for many, is not a time of joy and peace, and especially in these days when unemployment is very high and many are struggling financially. The joy and peace the angels announced refers to an inner joy and peace which comes in spite of how much money or material things one may have.

The real joy and peace that Christmas has to offer is accepting into your life the Gift of life which God gave to you in the birth of Jesus. The apostle John wrote, *John 1:4* In him was life; and the life was the

light of men. Although the gifts that the world around us may offer, will help to temporarily satisfy a deep yearning inside you and me; only God's Gift of Jesus can satisfy the longing of your soul, and mine.

Not all, but millions of people around the world celebrate Christmas as being the birthday of Jesus. Some acknowledge Him as a prophet, some acknowledge Him as a good man, others acknowledge Him as Saviour. What about you? Is He your Saviour?

For unto "you" is born this day in the city of David a Saviour, which is Christ the Lord. *Luke 2:11* Jesus Himself said, The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. *St. John 10:10*



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, LEVILLIE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

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

JENNINGS-DRESDEN UNITED METHODIST CHURCH
Pastor: Barbara Patterson
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. Linda Willey
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. Linda Willey
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
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: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.

HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

NORCATUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Guest Speakers

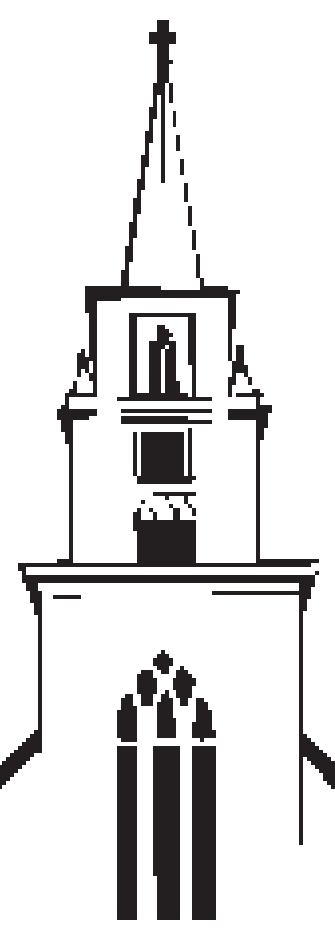
every Sunday
SUNDAY: Morning Worship 9 a.m.
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

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
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.



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Selden News

By Jacque Boultinghouse

Christmas light night was this past weekend.

Many people in Selden displayed some beautiful lights. Pauls Furniture, The Bank, The Post Office, G & T Guns, Selden Community Center, Steve and Helen Carman, Carol Hill, Dawne Stevenson, Cloyde and Barb Hopper, Nick and Elaine Koerperich, Edna Schiltz, The City Park, Michael and Danielle Schiltz, John and Helen Karls, Leroy and Renee Spresser, Dave and Teri Brantley, Renee Ochsner, Ellis and Gloria Walker, Darrel and Pam Dipman, Gwen and Leanna Schultz, and Eleanor Rogers, Nate and Jaci Schaben, Dick and Betty Pauls, Davis and Terra Rath, Jerry and Paula Schiltz, Bill and Rose Bainter, Rhonda Sabatka, Jayde and Karen Adelman, Jim Meyers and Kat Steadman, Joe and Cathy Broeckelman.

I will make apologies to anyone that I may have missed. You might not have had your lights on when I drove around to get names.

At any rate---they are all very beautiful and your efforts are appreciated.

On December 16, during Senior Citizens at the Community Center,

Gail Mumm won high, Mary Goalden took second, Shirley Baker got low and Pat Wessel had the most jacks. Other members present include - Paulie Neff, Betty James, Lola Cook, Royce Cook, Jeanie Spresser, Edna Schiltz, Carl Mumm, Anna Albers. Alfred Albers, Ann Hazlitt and Bob Wessel.

Birthdays and Anniversaries - December 17, - Todd Walker, Robyn Mendiola, Nick Koerperich, Tyson Paulson. December 18, - Kami Miller. December 19, - Renee Bruggmean Filmore, Chad Focke, Avery Spresser, Ben and Christa Wessel. December 20, - Stephanie Ritter, David Neff. December 21, - Troy Emigh. December 22, - Pat Wessel, Barb and Cloyde Hopper. December 23, - Tammie Bainter. December 24, - Curtis Carman, Mitzi Wachendorfer. December 25, - Helen Jo Ochs. December 27, - Landon Truetken. December 28, - Heath Schulte, Bill and Rosae Bainter, Robbie and Debbie Koerperich. December 29, - Mark Schieferrecke, Teena Johnston, Travis Schlenk. December 30, - Sumner and Cheryl Schlenk. December 31, - Clayton Bainter, Judy Brantley Hankins

Check your renewal dates ...
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