

Norcatour News

By the Norcatour News Committee

The men of the Norcatour United Methodist Church will serve a pancake, egg and sausage supper from 5 to 7 p.m. on Sunday, March 6, at the church for a freewill donation.

One of the highest achievements for a band student is to be selected for State Kansas Music Educators Association. Five Oberlin band students have achieved that honor: Katie Glading, trombone; Jacob Helm, clarinet; Darbi Rouse, oboe; Samantha Anderson, horn, and Lizzy Nedland, horn. Matt Glading, baritone; was also selected as a first alternate. The State KMEA will be in Wichita on Feb. 24-26.

Katie and Jacob have made State KMEA all three years of their eligibility. For a school the size of Oberlin, this is a major accomplishment. Jacob is the son of Mike and Deb Helm of Norcatour.

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

9 were: first, Rusty Montgomery, second, James Dalziel, third, Matt Wilson, and fourth, Don Relaford.

Halley Roberson, oldest daughter of Carolyn Plotts, visited Feb 7 to Feb. 11 when she returned to her home in Dallas, Texas. Yes, Halley, you made the "Norcatour News!"

Jim and Carolyn Plotts; James and Charlotte Plotts and Barbara McCool and Wayne Filley attended the Sweetheart Banquet at the United Paris Church in Lenora Sunday evening, Feb. 13.

Halley Roberson was a visitor at Bee Nelson's home, then headed to her Aunt Donna Kelley's house at Oberlin.

Darrel and Alice Barnett were accompanied by Bee Nelson to attend the benefit dinner at the Northern Valley High school in Almena Sunday, Febr. 13, for medical expenses for three families of the community. It was a delicious dinner with a

freewill donation to be split among these families of Bailey Thompson, Clint Lowry and Ricci Gutzman.

Happy Birthday to Judy Jackson, Feb. 16; Russell James, Feb. 17; Arlene Hix, and Darren Wentz, Feb. 20; Deborah Comb, Feb. 21, and Denise Bailey, Feb. 22.

A reminder for all who have personal property to sign and complete their Census at the Decatur County appraiser's office in Oberlin by March 15. A signature is required on the personal property Census. The penalty for late filing is \$5 per month up to a maximum of \$25. The penalty for failure to file is \$50.

Everyone is welcome to use the exercise equipment in the workout room t the Norcastur City Blding from 8 a.m. to 12 noon. The workout group is usually there from 10 a.m. to 11 a.m., ad anyone is welcome to join them.

February has long been known as heart month, so take a look at some information that might help keep your heart healthy.

Making healthy food choices can help you reduce your risk of heart disease - the leading cause of death of men as well as women in the United States.

In a new Food and Drug Administration (FDA) Consumer Update, experts say you can reduce the risk of developing these problems with lifestyle changes that include eating a healthy diet. But with racks full of books and magazines about food and recipes, what is the best diet for a healthy heart?

FDA experts suggest the following guidelines when preparing meals:

Balance calories to manage body weight.

Eat at least 4.5 cups of fruits and vegetables a day, including a variety of dark green, red, and orange vegetables, beans, and peas.

Eat seafood (including oily fish)



Home Time

By Tranda Watts
Multi-county Extension Agent

in place of some meat and poultry. Eat whole grains - the equivalent of at least three 1-ounce servings a day.

Use oils to replace solid fats. Use fat-free or low-fat versions of dairy products.

When eating in a restaurant, follow these guidelines:

In a restaurant, opt for steamed, grilled or broiled dishes instead of those that are fried or sauteed.

Most of the fats you order should come from polyunsaturated and monounsaturated fats such as those found in some types of fish, nuts and vegetable oils.

Choose foods and beverages low

in added sugars.

Pick foods that provide dietary fiber, like fruits, beans, vegetables and whole grains.

For further information, please feel free to contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

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.

Mount Pleasant News

By Dianne Bremer

Elwood and Jeanie May left Monday for Chase to visit with family. Tuesday, Jeanie and her sister, Dora Holliday, attended the funeral of Jeanie's nephew, Maverick Werner, at the Sacred Heart Catholic Church in Plainville.

Maverick, 20, was a student at Fort Hays State University. Maternal great-grandparents are Stella Casey, Ellinwood, and the late Sam Casey. Elwood and Jeanie returned home on Thursday.

David Eskew underwent heart bypass surgery in Kearney, Neb., on Thursday. His wife, Karen, is with him as he recuperates. Our prayers and thoughts are with David as he continues to do well and will return home soon.

Ralph and Norma Unger returned home Friday after Ralph attended a Kansas Workers Risk Cooperative for Counties (KWORCC) meeting Thursday in Topeka.

The Mark Wurm family, McPherson; Wilma May, Jerry and Connie Olson, Elwood and Jeanie May, Wendy Scott, Garrett, Gage, and Wyatt, Judy Jordan, Sean Jordan; and Pvt. Daniel Jordan, United States Marine Corps, met for dinner at a local restaurant Sunday noon to visit with Mark and his family.

Elizabeth Nedland, a student of Cheryl Metcalf, received a II rating at the State Piano Contest held at Tabor College in Hillsboro on Saturday.

Mollie Tate received seventh in

the 50-yard freestyle; fifth in the 50-yard breast stroke, and sixth in the 100-yard individual medley at a swim meet Saturday in Hastings, Neb.

The Decatur County Good Samaritan Center's second annual Hoedown fundraiser will be held March 26 at the Oberlin American Legion.

For information on ticket sales, contact Dianne at Great Northwest Insurance, 122 S. Penn, 475-3400; or Montine at the Good Samaritan Center office, 475-2245.

Midway News

By Mary Lou Olson

Word was received of the death of Rodney Anderson, 67, of Alma, Neb. He was a son of the late Clyde and Eula (Gosney) Anderson and was a cousin of Eunice Martin and Violet Holle.

Steve and Arian Arnold returned home Thursday from Mesa, Ariz., where they spent two weeks visiting relatives and friends, including Gary and Mary Ann Erickson, Delbert and Joan Erickson, Tom and Arlene Bliss and Arnold and Mary (Zander) Frank.

Larry and Judy Thelander of Salina and Alice Robson of Ellsworth were weekend guests of their

mother, Esther Noren.

Jack and Mary Gutchewsky received word of the death of Susan Zeller, 47, of Elwood, Neb., in a hospital in Lincoln, Neb., on Saturday. Her husband, Lonnie Zeller, is their nephew. Funeral services will be held today in Holdrege, Neb.

Pat Craig of Keenesburg, Colo., a nephew of Steve Arnold, has been interviewed on several television talk shows including Good Morning, America, and Geraldo. He and his son, Casey, operate a habitat for animals and recently received 25 of the 75 lions which were brought to the United States from Bolivia.

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THE OBERLIN HERALD
170 S. Penn — Oberlin, Kansas
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Rexford News

By Vicki Allison

Soup is On! The Rexford Lions Club will be serving Ham and Beans with Cornbread, Potato Soup, and desserts at the Community Building on Main Street, Saturday, Feb. 26, from 11 a.m. to 2 p.m. Donations will be for Community Youth Projects.

Everyone from the surrounding area has been invited to attend the Free Family Movie, "Chicken Little," Sunday, Feb. 27 at 3 p.m. in the Hall. This is Shepherd's Staff sponsored activity.

The Shepherd's Staff hosted a Valentine's Day Banquet for the Methodist churches of Hoxie, Jennings, Dresden, Selden and McGraw.

The Conference Center also hosted a Christian Workers Conference on Feb. 18 and 19. Vendors and workshop leaders began to arrive Friday evening from all over Kansas. Around 100 attendees plus

about 30 vendors and workshop leaders from Kansas and Nebraska enjoyed a day of workshops and resources.

Gerald Drummond, Answers in Genesis representative for Kansas, was the guest speaker at the Rexford Community Church on Sunday. Answers in Genesis is a Christianity-defending ministry, dedicated to enabling Christians to defend their faith and to proclaim the Gospel. The organization is affiliated with the Creation Museum which produced the Vacation Bible School materials used by the church the past two years.

At the monthly Bingo event, held at the Red Barn Feb. 12, there was a nice crowd of 19 guests playing the game. The next Bingo event will be at 7 p.m. on March 12.

Until next time, make your week memorable.

Peace after the storm Kevin Schnakenberg, St. Johns Lutheran

Does it seem as though your life is filled with storms? No, not the Winter storms of snow, ice, wind, and cold. Nor the Spring storms of tornadoes and heavy downpours with sharp lightning and booming thunder. But the type of storms that result from a severe illness to a loved one or yourself. The storm of finding out you are being laid off from your job. The storm of having a relationship gone bad. The storm of a child who has taken the wrong path. Or maybe even a storm from a weather system that has caused damage to your property, or even loss of life. Yes, these, and many more examples that you can add, maybe one you are going through right now, are the storms of life.

When these storms hit they create stress and heartache, it can seem as though your insides are about to cave in. Your mind goes crazy over trying to find a solution, or, at least, to make things better. And it may seem like the storm simply goes on forever with no relief in sight. The storm has taken peace from your life.

Consider the case of Ferdinand Magellan. In 1529 the famous explorer struggled for an entire year to try to find a passage around South America. Finally he arrived at the very southern tip of the continent, and that's where the real battle began. He encountered icy waters with towering ice floes. On top of that, he experienced stormy weather. The weather was among

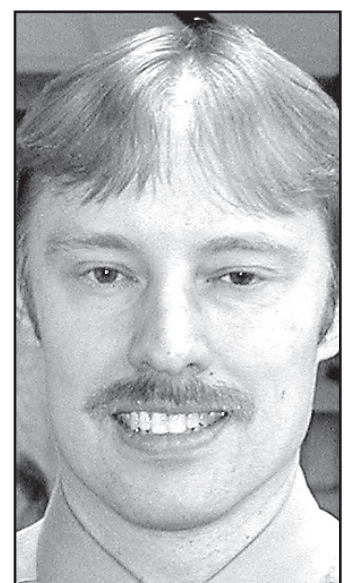
some of the worst anywhere on earth, with raging seas and huge waves. Added to this a mutinous crew plagued his efforts. These different kind of storms brought a lack of peace.

But finally Ferdinand made his way through the straits, which today bear his name - the Straits of Magellan. Then he and his men entered a vast body of water that was quiet and calm. They lifted their faces to heaven and gave thanks to God. Magellan named the new ocean "The Peaceful One - the Pacific."

After the storms of life there awaits for the believer in Jesus Christ as their Savior an endless eternity of peace in heaven. We persevere now, not giving up, knowing of the peace and serenity Jesus has earned for us in His death and resurrection.

And even as we go through the difficult storms that life has to offer, through faith in Christ we can even have peace now as we deal with these storms. To His followers Jesus says in John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." We can have this peace because Jesus, the Son of God, promises to be with those who are His children in faith, "And surely I will be with you always, to the very end of the age."

Peace after the storm. And even peace during the storm. That's what Jesus offers to you.



Chamber News

By Carolyn Hackney

My mother and I attended the dinner theater with Ronnie Kole at The Gateway Saturday evening, and it was an awesome experience. Mr. Kole had played here before, but this was the first time I had attended. If you enjoy music, you don't want to miss another chance to be entertained by Ronnie Kole.

A few events coming up are State Wrestling in Hays this Friday and Saturday, and also the state music in Wichita. I have a grandson from Russell that will be in the concert, so I plan to make a short trip with his family.

Something I have not mentioned very much before is the Country Music dances at the American Legion on the fourth Sunday evening of each month. This month's dance is this Sunday, Feb. 27, beginning at 7 p.m. Years ago they were started and called Singles Dances. They are still mainly singles that attend, but we have several couples that come to enjoy the music and dancing also, and would like to encourage anyone that enjoys country music to come join us. If you like to dance it is good exercise, or just a nice relaxing evening with friends. They also have a few mixer dances to help get acquainted with new people if you care to participate.

On Sunday, March 6, will be another entertainment group called the 4Hymns Vocal Group at The Gateway, sponsored by the Arts and Humanities. On Saturday, March 19, is the Alif Be Khe Trivia Night at the American Legion, and Saturday, March 26, is the Good

Samaritan Society Decatur County "Hoedown" at the American Legion, (tickets need to be purchased through the Good Samaritan Society), and Sunday, March 27, is another Country Dance at the American Legion.

I am putting together information for the next Table Tents, which will be for just the two months, April and May with the third side of the tent having a few highlights of June events, plus information about opening hours of our local entertainment and tourist information. If you have events that would attract tourists to our town, please let me know by March 14 as I have to get them to the printer to be able to get them back and distributed by April 1.

I want to remind all about the Farmers Market pamphlets that I have in the Chamber office that give many ideas for vendors about what you may bring and ideas on displaying your product. It also tells the rules and regulations of certain products. Before anyone brings something to our Market, please pick up these pamphlets as some of the regulations may pertain to you. I was visiting with a vendor from last year, and he is thinking about the future with vegetables also. I probably sound like a broken record, but fresh vegetables from the garden are just healthful for everyone. I am going to have a few easy vegetable recipes on display for visitors to the market also.

Have a great week!

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.

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

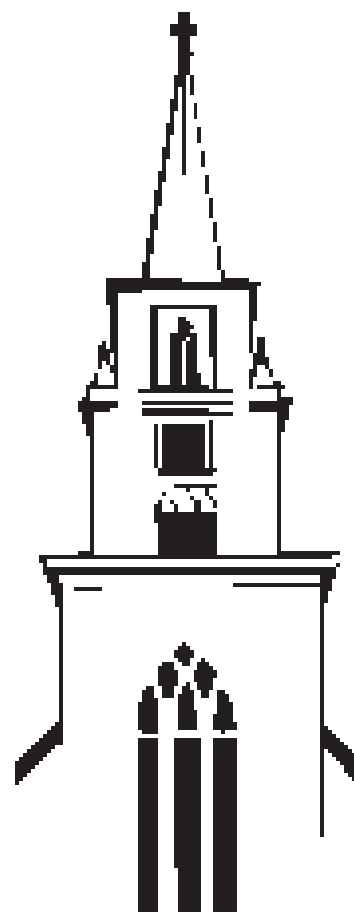
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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.



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