

Birthdays and anniversaries include: March 30: Gail Bailey, Katrina Wentz; April 1: Larry and Terri James, Maxine Brooks, Sam Stapp; April 3: P.T. Shirley, Matt James.

Kenneth and Pansy Price spent March 21 in Kensington with their daughter, Marlene Wolfe and family. It was spring break and the day was spent with the grandchildren. Grandsons Craig and Matthew returned to Norcatu with their grandparents. On Friday they went to Hays to the Sternberg Museum to see "Sue" and took the "Rattler N Relics" tour and visited friends before returning to Norcatu. They met their parents on Saturday at Phillipsburg for a pizza supper and visited friends before returning home.

Guests of Lowell Sebaugh the past week were Mark and Terry Cross of Olathe, and Mary, Kyle, Tyler and Kayla Lough of Wamego.

March 18 dinner guests of Bill and Bee Nelson were Bob Sawdon and Lee Eckhart to celebrate Bob's St. Patrick's Day birthday.

Douglas and Paula Ward were weekend guests of his parents, Dorothy and Kenneth Ward. Lora Linn Leichter was also a Friday evening dinner guest and they all attended the pancake supper Saturday evening.

### NEW ARRIVAL

Amy Brenneman and Brad Silberling became the parents of Charlotte Tucker Silberling on March 20. She weighed 7 pounds and 12 ounces. Amy, from the television show "Judging Amy", was one of the cast members of Cornerstone Theater.

The annual ground hog pancake supper was held on March 24 at the Educational Building. There were 97 registered.

The Wilsonville Royal Neighbor

Lodge invited the Norcatu Lodge to attend a dinner meeting, which was held at Cambridge at the Community Building on March 5. Dorothy Woods, Beth Johnson, Maxine Brooks and Joyce Price attended. There were 36 present from the Oberlin, McCook and Norcatu camps. Jim Heegenrader, Field Manager from Lincoln, gave a short talk on changes in the Royal Neighbors.

Tyler (Spud) Cook, Norton, placed third place in the eight-year-old 76-pound weight at the U.S.A. Kids State Wrestling Championships held in Topeka, on March 26 and 27.

Senior Citizens met last Friday for a carry-in supper.

John, Carol Ann, Cheyenn and Kylie were Sunday dinner guests of Lorretta Carter. Last week Carol Ann, Shannon and Mrs. Carter went to Kearney to get Kylie, who had been visiting Mark, Carla and Staci.

# High cholesterol can sneak up on you



## Healthy Hints

By Marilyn Gamblin  
Decatur County Health Department

High cholesterol. You can't see it, hear it, or feel it. It won't make you feel sick; in fact, you may feel fine. But when your cholesterol sneaks up above a desirable level, it puts you at increased risk for heart attack, heart disease, stroke and other heart diseases.

Cholesterol is one of the fat-like nutrients manufactured naturally in the body and transported in the blood. Cholesterol's most important job is to help carry fat through your blood vessels, since fat can't travel through by itself (fat can't mix with water, the major ingredient in blood). Usually this transport system works well, but when you eat too much fat and your body has to move it throughout your body, too much cholesterol may accumulate. Serious problems then may occur.

Your liver makes most of your body's cholesterol to help carry fat to parts of your body that need fat for energy and repairs, or to fat storage sites such as your hips or belly. The liver places cholesterol into packages of HDL (high density lipoprotein or "good cholesterol") and LDL (low density lipoprotein - "bad" cholesterol).

Pieces of LDL become stuck along blood vessel walls, narrowing them and eventually causing clogged arteries. Therefore, it is bad to have a high amount of LDL. HDL finds and rescues stuck LDL pieces and brings them back to the liver where they are recycled into new empty fat particles or broken down and excreted. This is why a high HDL blood level is important.

Cholesterol screening involves a blood test that should initially be done beginning age 25 and over. Be sure you know your HDL and LDL levels along with your cholesterol reading. Your physician, cholesterol results and family history determine how often you need to have it tested.

What about triglycerides? They are another form of fat. Most of your body fat comes in the form of triglycerides. Butter, margarine and vegetable oil are triglycerides, too.

According to the American Heart Association it is not clear yet

whether triglycerides are a risk factor for heart disease or not. This does not mean that you shouldn't be aware of your levels and treat accordingly.

How can you reduce your cholesterol/triglyceride levels? You can reduce by eating healthy foods, losing weight if you need to, and exercising. Some may need to take medicine.

Remember, every minute an American suffers a heart attack and half result in death. Have your cholesterol checked — lower your risk for stroke and heart disease.

## Cedar Living Center

An Easter Egg Hunt will be held at 7:15 at the Center on Tuesday, April 10. All children are invited to attend and are asked to bring a small basket.

Doris Sloan hosted the Coffee Club on March 24. Harold Frickey celebrated his birthday and Wendell Frickey was his guest for lunch. Harold went out for supper on Friday with Marilyn Diederich in honor of his birthday.

The Sunday worship service was given by Pastor Chad Eckels of St. John's Lutheran Church.

Carol Witt, Lois Carlson and Myrna Jones assisted with music on Monday afternoon.

The first bingo on Tuesday was won by Dean Gallatin and the black-out game ended in a tie between Hank Wolfram and Louise Nauer.

Stuart Euhus gave the Bible study lesson Wednesday afternoon. Father Jim Hoover and Sister Marilyn Wall had Catholic Mass on Thursday.

The March birthday party was held on Thursday afternoon, hosted by the Monday Evening Club. Those honored were Harold Frickey, Alvin Jording and Melba Anderson. Entertainment was provided by the Decatur Community High School Jazz Band and Pep Band, under the direc-

tion of Quentin Breese.

A potluck dinner was held in the dining room on Friday to honor the doctors on Physicians' Day. Residents, staff from Decatur County Hospital, the Center and Cottonwood Home Care, as well as employees from the clinic, helped the doctors celebrate. The dietary department provided the meat and beverages and staff members brought side dishes.

The baking group cooked an ostrich egg on Friday afternoon. The egg was donated by Caroline Jacobs.

Recent visitors: Cynthia Mines, Wichita; Lynda Bickel, Amy and Lyndsey, Englewood, Colo.; Gary and Judy Vaughn, Westminster, Colo.; Marj Law, Lakewood, Colo.; Doyle and Kay Brown, Jennings; Ed and Rosie Bertogaolli, Denver; Pansy Lambert, Stockton; Emil and Betty Mattas, Wilson; Tracy Hartzog, Lisa Rhodes, Jerry Temple, Norcatu; Ann Martin, Sharon Ecker, Carla Marintzer, Herndon; Betty Miller, Leoville; Elton and Jean Gillespie, Clayton; Harold and Jean Burke, Atwood; Tom and Glenva Furrell, Max, Neb.; Bart Ecker, Hays; Herbert Critchfield, Alden;

Elvin Beneda, Orlin Beneda, Don and Ann Mines, Karen Bennett,

Shirley Shields, Cecil Hess, Lois Carlson, Carol Witt, Grace Hoppas, Faye Miller, Ila Ray, Alice Shirley, Leonard and Dorothy Cochran, Gerry Neff, Marie Jean Vavroch, Bill Goscha, Pastor Royce Leitner, Jody Betts, Fern Jording, Marlin Marintzer, Frances Krizek, Wendell Frickey, Rachael Gallatin, Irene Fringer, Frances Nothdurft, Raymond Corcoran, Floyd and Dale Bryan, Elaine Bryan, Martha Fringer, Dee McDougal.

## Climbing out of our Ruts

By Pastor Heidi M. Wiebe, Oberlin Evangelical Covenant Church

Are you in a rut? Do you listen to the same radio station, watch the same television shows week after week, drive the same route to and from school and work or do the same things whenever you get free time?

It's very easy to get into a rut. We lack the energy or the willingness to do something different. Over time our ruts become a comfortable way of living.

There once was a little boy who fell out of bed and his mother asked how it happened. He replied, "I stayed too near where I got in".

Like the little boy, we also stay exactly "where we got in", not just in our everyday lives, but in our spiritual lives as well. It is like we have fallen into spiritual ruts. We have become comfortable, even lazy, in our relationship with God. We know that our sins are forgiven, are confident that our reservations in heaven are confirmed so we feel like we don't need to do anything else. And so, from year to year, our spiritual

lives are the same and we don't mature in our faith.

The apostle Paul could never be accused of settling for "where he got in". What really mattered to Paul was getting to know Christ better. Paul would spend his whole life learning all that he could about Jesus and what it meant to live as one of his followers.

Paul said in Philippians 3:10-11, "All I want is to know Christ and the power that raised him to life. I want to suffer and die as he did, so that somehow I also may be raised to life".

For Paul, to know Christ meant that each day was filled with new possibilities. Paul never stayed "where he got in". Each day his faith matured, strengthened and deepened. If we can come to know Christ as Paul did, there is no way we would find ourselves in a spiritual rut. If we have a vital, living faith, empowered by the reality of the resurrection and filled with the suffering love of Jesus Christ, we will find that our lives will be transformed as Paul's was.

## Jennings News

By Jeanette Krizek

Francis J. Wahlmeier, 74, a 1944 graduate of Jennings High School, died on Saturday at the Norton County Hospital. Funeral services were held Monday afternoon at St. Francis of Assisi Catholic Church in Norton. Sympathy is extended to the family from the community.

The Sunflower Senior Center will hold a potluck supper at 6 p.m. on Tuesday. Bingo will follow a short business meeting. Anyone wishing to play bingo please bring a \$3 prize.

Everyone is welcome.

Imogene (Brock) Hilmer of Aurora, Colo. spent several days with the Bob Tachas. She is a cousin of Bob and Galen Tacha. They visited Vi Tacha, Norton, Elaine Mizell, McCook, Neb., and the Roger Tachas, Oakley, and the Royal Tachas, Hoxie. They also attended bingo at the high school and helped Ashley Tacha of Hoxie celebrate her 15th birthday. The Bob Tachas took Mrs. Hilmer back to Colorado.

## Good Samaritan Center

Kathryn Post furnished organ music on Wednesday for the residents and staff during social hour. They had root beer floats in honor of Michael Phillips.

The men of the center have spent time observing the progress of the child day care and also the progress of the plant and "crops" in the quiet room. The corn that they planted is about four feet tall.

Father Hoover and Sister Marilyn conducted Mass on Thursday.

Dennis Brown read the local paper to Jessie Chandler, Velma Jeffus, Maxine Fair, Maxine Chambers, Agnes Chambers, Mabel Adams, Ruby Shuler, Ruby McKenna, Lorna Bishop and Alvena Ecker.

Spring is busting out in the courtyard as residents have discovered daffodils blooming.

Saturday morning Ruby McKenna, Joe Barber, Agnes Chambers and Erma Holt enjoyed dominoes.

In preparation for local peanut day, Maxine Chambers, Erma Holt, Dena Gillespie, Leona Glenn, Fern Pieratt and Elfie Brown made peanut clusters on Monday morning. Pat Abbey assisted.

Myrna Jones and her granddaughter, Hallie, played the piano for rhythmic band Monday afternoon. After playing music, the residents enjoyed raisin bread made in the machine that was located in Irene Corcoran's room.

Mrs. Olson's first grade class came to the center for the First Hand Friends activity of reading to the residents.

Local peanut day was observed on Tuesday afternoon. Residents played peanut games and had peanut trivia. Peanut clusters and peanuts in the shell were served after the program.

The Alif Be Khe Club sponsored a birthday party for the March birthdays. Honored residents were Vergie Nygren, Lester Chambers, Emil Flaska and Eleanor Demmer. The Decatur Community High School Chante group entertained.

Residents who enjoyed stories from "Good Ole Days" were Erma Holt, Leona Glenn, Ruby Shuler, Ruby McKenna, Pauline Zander, Agnes Chambers and Alvena Ecker.

A new addition to Dolf Jennings' room is a pair of finches.

Carolyn Sue Hayes was a visitor of Joyce Ploussard.

Henrietta VanVleet was a recent visitor at the Center.

Residents and their guests this past week: **Jessie Chandler:** Dianne, Emily and Abigail Waldo; **Ruby McKenna:** Ed and Gloria McKenna, Donna Chambers; **Kathryn Post:** Eugene and Dona Mrstik; **Pauline Zander:** Patty, Jonah and Josh Eckels; **Marian Allison:** John Wright; **Erma Holt:** John Metcalf; **Dorothy Wolters:** Elsie and Gus Wolters; **Mr. and Mrs. Emil Flaska:** Charlene Karnes, Jon Smith; **Lorna Bishop:** Ron, Lori and Jeff Leiker, Chantell, Teresa and Canaan Beneda; **Maxine Chambers:** Gary and **Carolyn Allen;** Dena Gillespie; **Rhonda Reynolds, Allen Black, John Kingery.**

## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
The Rev. James Hoover, Canonical Pastor  
Sister Marilyn Wall, Pastoral Administrator  
MASSES: SATURDAY, 6 p.m. SUNDAY: 8 a.m.

**OBERLIN SEVENTH-DAY ADVENTIST CHURCH**  
Bobby Potter, Minister  
539 E. 2nd St., St. Francis  
SATURDAY: Saturday Worship, 9:15 a.m.; Sabbath School, 11 a.m.

**JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS**  
Glenn Krebs, pastor  
SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.  
**DRESDEN**  
SUNDAY: Morning Worship, 9:30 a.m.

**UNITED CHURCH OF OBERLIN**  
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA  
Rev. Barbara and/or Nolan Pierce  
SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Bell Choir, 6:30 p.m. Choir practice every Wed. at 7:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

**OBERLIN UNITED METHODIST**  
102 North Cass — 785-475-3067  
The Rev. Gary M. Fisher  
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

**OBERLIN CHURCH OF CHRIST**  
Beaver and Mill  
Bill Duncan — Phone 785-475-3259  
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 & down; 2nd Sundays: All-church dinner. WEDNESDAY: Home Bible Studies, 7:30 p.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.

**IMMACULATE CONCEPTION CATHOLIC, LEVILLE**  
The Rev. James Hoover 785-386-4496  
MASS: Jan. Mar. May July Sept. Nov.—SUN. 10 a.m.  
Feb. Apr. Jun. Aug. Oct. Dec.—SAT. 7:30 p.m.

**SACRED HEART CATHOLIC, SELDEN**  
The Rev. James Hoover 785-386-4496  
MASS: Feb. Apr. Jun. Aug. Oct. Dec.—SUN., 10 a.m.  
Jan. Mar. May July Sept. Nov.—SAT., 7:30 p.m.

**PRAIRIE CHAPEL UNITED METHODIST**  
The Rev. Gary M. Fisher  
SUNDAY: Church Services, 9 a.m.; Sunday School, 10 a.m.

**CLAYTON UNITED METHODIST**  
Pastor: Dale Thiele  
785-693-4378  
SUNDAY: Church School, 10 a.m.; Worship Service, 11 a.m.

**HERNDON IMMANUEL UNITED CHURCH OF CHRIST**  
Jim Larson, pastor  
SUNDAY: Sunday School and Morning Worship, 9 a.m.

**ST. MARY'S CATHOLIC, HERNDON**  
The Rev. Damian Richards  
Phone 785-322-5560  
MASS: SUNDAY, 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 meeting, 4 p.m.; Bible study 7 p.m.

**NORCATU UNITED METHODIST**  
Pastor: Dale Thiele  
785-693-4378  
SUNDAY: Worship Service, 9:30 a.m.; Church School, 10:30 a.m.

**LYLE UNITED METHODIST**  
Pastor: Dale Thiele  
785-693-4378  
SUNDAY: Sunday School, 9:45 a.m.; Morning Worship 11 a.m.; Youth meeting, 4 p.m.; Bible study, 7 p.m.

**LUND COVENANT CHURCH**  
Pastor: Tom Smith  
10 miles south, 4 miles west of Oberlin  
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. SATURDAY: Men's breakfast & Bible Study, 7 a.m.

**PIONEER BAPTIST CHURCH**  
709 E. Oak, Oberlin  
Steve Smith, Pastor  
Phone 785-475-3251  
SUNDAY: Sunday School, 9:45 a.m.; Worship, 11 a.m.; Evening Worship, 6 p.m. WEDNESDAY: Services, 7 p.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 a.m.; Sunday School, 11 a.m. TUESDAY: Bible Study, 7 p.m.; WEDNESDAY: Worship Celebration, 7:30 p.m.

**ST. JOHN'S LUTHERAN CHURCH**  
The Rev. Chad M. Eckels, Pastor  
785-475-2333

Share the Faith — as for me and my household we will serve the Lord!  
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Worship, 10:30 a.m.; Adult Bible Study, 7 p.m. WEDNESDAY: Quilters 9 a.m.; Midweek School, 4-7 p.m. THURSDAY: Information Class, 7 p.m.

**FAITH LUTHERAN CHURCH**  
404 North York Avenue  
Oberlin, Kansas  
Pastor 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. Congregation Council, third Sunday, 10:45 a.m. Youth Group, first and third Sundays, 10:45 a.m. WEDNESDAY: Confirmation class, 6:30 p.m.; Women's Bible Study second Wednesday at 9:30 a.m.

## Mount Pleasant News

By Dianne Bremer

Joan Loughmiller, Sam, James and Chris, Wellington, visited last week with her mother, Karolyn Muirhead and uncle, Reinhard May, while on spring break. They arrived Tuesday and returned home on Friday.

Wednesday evening guests of Mildred and Jack Fortin and Charles were Martin and Evelyn May and LuVerne and Wilbur May. They celebrated LuVerne's birthday, which was March 20, and Jack's birthday, which was March 31.

Ryan May celebrated his sixth birthday with a children's party at the Oberlin Gateway Thursday afternoon. Guests present were Zachary and Hannah May, Cassidy Shields, Mitchell Unger, Tyler

Bruggeman, Kade Brown and Ashley Farr.

Guests at the home of Ralph and Norma Unger Saturday evening were Dr. Rachelle and Robert Gorrell and Connor, Wichita; Colleen and Butch Rittmann, Christian and Rielly, Dr. Ryan Unger and Leo Mooty. The Gorrell family arrived Friday evening and returned home Sunday afternoon.

Sunday afternoon guests at the home of Roger and Susan May and Ryan for a family birthday party honoring Ryan on his sixth birthday were Walter and Betty May, Roland and Pam May, Zachary and Hannah, and Dr. Richard and Delayne May, Brianna, Danica and Nolan. Ryan's birthday was March 30.

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