

Birthdays and anniversaries: April 18: Laurie Milnes and Claire and Mary Leslie; April 19: Anthony Marshall; April 23: Leta Strevey, Gary Anthony, Forrest Jackson, Connie Thiele; April 24: Greg Sumner.

Jim and Carolyn Plotts drove to Hinsdale, Mont., over the weekend to attend the funeral of his mother, Margie Simonsen. They returned last Wednesday.

Marguerite Clark had Easter dinner with her niece, Janet Lynch, at McCook.

Lynn Ward fixed Easter dinner and the Ward families, Leslie, Lynn, Kaley, Keith and Frank and Velda enjoyed it at the Oberlin Hospital where Velda Ward is a patient.

Stan, Justine Miller and Esther Miller spent Easter Sunday with Gary and Annette Miller at St. Francis.

Charles and June Hixon, Denver, were guests of Bill and Audrey Craig over the Easter weekend.

Visitors of Francis and Arlene Hix Tuesday evening and Wednesday, April 10 and 11, were Lloyd and Sharon Stanton, Salina. Gail Bailey came on Wednesday to visit with his brother and wife.

Easter dinner guests of Donna Warren of Oberlin were Fern Mapes, Goldie Brewer and Mike Mapes.

Velda Ward returned to her home on April 16 after a stay in the Oberlin Hospital.

Weekend guests of Lorretta Carter were Mark and Carla Ogorzolka, Kearney, and John, Carol Ann and Kylie Kennedy of Colby. Lorretta received a phone call from her son, Kevin, of Johnson City, Texas.

Marty Smith and Rex Knapp came to help their mother, Anetta Knapp, get the tin on her south garage that was taken off by the wind on April 11.

R.D. and Eunice Thornton were guests of Lucile Eller in Phillipsburg from Monday to Wednesday last week.

Eunice Thornton was admitted to the hospital in Hutchinson on Thursday to begin radiation therapy. Her address is: Hutchinson Hospital, 1701 E. 23rd St., Room 5201, Hutchinson, Kan. 67502.

Velma Rogers was in Norcatar recently to spend a few days at her home. The house is still for sale. She visited Frank and Velda Ward and attended church on Sunday. She visited briefly with Marie McChesney in Oberlin on her way back to her apartment in Colby.

Hollie Strevey will be graduating from Kansas State University on Saturday, May 21. She is the daughter of Bob and Kay Strevey of Clayton.

Hollie is a 1997 graduate of Norton Community High School. She is graduating with honors and receiving a degree in the field of Management Information Systems. Her plans after graduation are to move to Austin, Texas in July, where she will be working for National Instruments.

Kenneth and Pansy Price attended sunrise services in Lyle Easter morning. They went on to Kensington to attend church services with their daughter and husband, Marlene, Ron and family. Easter dinner was with Ruth Wolf, Ron's mother. The afternoon was spent at the Marlene and Ron Wolf farm.

Midway News

By Mary Lou Olson

Weekend guests of Dave Bergling for turkey hunting were Dave O'Neill and Ryan Delsaver of Denver.

Pastor Keith and Sandy Reuther and Beth, and Richard and Maureen Anderson, Chris and Gabe were Friday dinner guests of Elden and Detta Anderson.

Maxine Peebles of Denver left Thursday after visiting a few days with her mother, Hattie Olson, a resident of Decatur County Good Samaritan Center.

Patrick McNulty of Arvada, Colo., was a weekend guest of his sister and husband, Maureen and Richard Anderson, and family.

Thyroid trouble can cause fatigue



Healthy Hints

By Marilyn Gamblin
Decatur County Health Department

You had always been a busy person, tending the garden, chores around the house, taking walks. But a few years ago, you found yourself tired more often than not, and you sometimes felt like your mind was in a fog. Although you watched what you ate, you couldn't seem to lose weight - actually started gaining. You attributed it to the fact that you weren't as active and walking as much.

This could be a sign of an underactive thyroid or hyperthyroidism. Up to 7 million Americans, both male and female, but mostly women, have hypothyroidism (low thyroid function). It occurs most often between ages 35 and 60 and tends to run in families.

The thyroid is a butterfly-shaped gland that wraps around the windpipe at the base of the neck. The gland produces hormones that regulate growth and metabolism (the rate at which calories are burned) and affect many organs of the body. When the thyroid is underactive, not enough of these hormones are produced. The result is a sluggish metabolism.

Symptoms include tiredness, forgetfulness, feeling cold all the time, weight gain, dry skin and hair; brittle nails; puffy face, hands and feet; droopy eyelids; and a slow pulse. Depression, difficulty concentrating or remembering, and an increase in blood cholesterol level are also signs of hypothyroidism.

The condition is diagnosed based

on these symptoms and a simple blood test to measure the thyroid hormone levels. Treatment is lifelong and involves taking the missing hormone in a pill once a day. When starting treatment, the medication must be adjusted to find the proper dose. This is important because too little hormone won't be of much help, and too much can increase the risk of heart disease.

Periodic blood tests are necessary because the body's need for the hormone can vary. The reverse situation also can occur: The thyroid can produce too much hormone. This condition is called hyperthyroidism. While not as common as an underactive thyroid, it also affects more women than men, usually between ages 30 and 50.

The most common form of hyperthyroidism is called Graves' disease. Patients with hyperthyroidism are likely to experience symptoms such as weight loss, nervousness, always feeling warm, and rapid heart beat, diarrhea, and shaky hands. In some cases, eye problems - ranging from

minor irritation to vision difficulties or bulging eyes - can develop. Left untreated, this thyroid disorder can lead to bone loss, heart problems and muscle weakness. Diagnosis is based on symptoms and blood test.

Treatment could include radioactive iodine therapy, which destroys a portion of the thyroid, thus reducing the hormone levels. Alternatively, drugs can be used to block hormone production, or a part of the thyroid can be surgically removed.

Even after hyperthyroidism is treated, hormone levels must continue to be monitored. In many cases, patients eventually produce too little hormone and require hormone replacement.

Recognizing the symptoms is the first step toward preventing the serious health problems that can occur with thyroid disease. It is recommended that women over age 40 should have a thyroid test as part of their regular checkup.

Check with your doctor if you suspect you may have a problem.

Lyle News

By Helen Helm

It was a beautiful morning on Sunday for the Easter Sunrise services on the east steps of the Lyle United Methodist Church. Music was provided by Marilyn Barnett and Hollie Strevey. Pastor Dale accompanied them on the guitar and also sang with them at times. A pancake breakfast at the Community Building followed with 35 signing the guest book.

Gene Van Otterloo brought his sister-in-law, Marguerite Fullerton, to the Easter services, then she accompanied him back to Oberlin where they were dinner guests of Laurene Bryan. Her granddaughter, Marie Vacura, of Pueblo, Colo. and Derek Riner were guests also.

Easter dinner guests of Coleen and Laverne Rippe were the Rev. Gary and Millie Fisher and daughter, Cheri Hutchison, Dennis Brown and Gisela Fisher.

Kim and Sarah Jolly were both home for Easter vacation at the Dean Jolly home. After church services they, Dean and Rhonda Jolly and Darin, June Jolly, Megan and Les McFarland, Louis and Laveda McFarland, Leila Weyeneth and Alfred and Barbara Jolly were dinner guests of Linda and Dennis McFarland in McCook.

Leon and Veda Wood had Easter dinner at the John and Carol Moye home in Oberlin. Other guests were Skip and Tracy Glosser, Adrienne and Brooke, Tielia and Mike Slater, Maria and Garrett Bader and Larissa and Chance Slater.

Saturday visitors at the Wood home were John and Carol Moye, and Larry and Sandra McNames, Grinnell.

John and Patty Guy, Sidney, Neb., called at the home of Margaret Magers Sunday afternoon.

John and Helen Helm were Saturday overnight guests of Marty and Ceanne Rinehart of Colby. Joining them on Sunday for Easter dinner

were Jim and Yanis Helm and Jaime, Maria Helm, Derek Downer, Helena Helm, Brian Perks, Kathy Brashears, and Deb and Mike Helm, Aaron, Becky, Jacob, Matthew and Timothy. The afternoon was spent with an Easter egg hunt for young and old. To finish the afternoon the Mike Helm family gave their 4-H speeches and music they had used for 4-H days.

Mrs. June Jolly, Mrs. Kathy Van Meter and Mrs. Margaret Magers attended the 90th birthday celebration of Leta Strevey at Norcatar, called on Jane and Richard Engelhardt at Norton and attended the Pinochle Tournament at the American Legion on Sunday evening.

Mrs. Marguerite Fullerton accompanied Mrs. Van Meter and Mrs. Magers to Beaver City Tuesday, where they visited Van and Irene Cozad. Van accompanied them to the Senior Center for cards. Ruth Vise spent the evening with her mother.

Mrs. Fullerton and Mrs. Magers were in Oberlin Tuesday for an eye doctor appointment. Mrs. Fullerton will be having cataract surgery in July. They had lunch with Laurene Bryan and Gene Van Otterloo.

Mrs. Joyce Price gave the lesson "We are the Seeds" at the Wednesday meeting of the Lyle United Methodist Women and Mrs. Veda Wood was the hostess. Others present were Mrs. Magers, Mrs. Jolly and Mrs. Van Meter.

Mrs. Pat Schwab has been in Oberlin for the funeral and other family gatherings following the death of her aunt, Fern Gaumer. Mrs. Schwab's mother, Mrs. Lela Huff, her sister, Paula Maloney and husband Dale, and granddaughter, Crystal, all of Northglenn, Colo., and her own family, Debby Beard, Susan Boultinghouse and Joe and Angie and family, Josh, Mathew, Samantha and Austin were able to attend the services.

"Let Him Have Easter in Us"

By the Rev. Heidi M. Wiebe, Evangelical Covenant Church

Easter comes and announces the resurrection of Jesus Christ — a day where Jesus exchanges hope for hopelessness, joy for grief and good news for the bad. The resurrection allows us to walk with Christ in the newness of life — to have Easter in us.

Jesus appeared to many people after he was resurrected, helping them to experience, in a personal way, Easter for themselves. Jesus appeared to the disciples on the seashore as they were coming in from a night of fishing. The meal was simple, but the message was clear, "Take Easter with you and follow me".

This Easter, as we traveled from the cross to the empty tomb, Christ invites us once again to follow Him, whether we are stuck in the mud of bad news, or whether we are enjoying a feast of good news.

Recently a story appeared in a newspaper that told of a story of fisherman Bob Sebor of Coyle, Okla. Bob stopped under a bridge to fish in a river near his town. He enjoyed fishing for catfish in the shallow water, but

his favorite pastime got him stuck in the mud. Like any good fisherman, he wore waders and tried to escape the waders when he realized his dilemma. The sucking pressure was so great that all he could do was stay stuck in the mud and cry for help. The problem was, no help came. After 40 hours of waiting, firemen and 30 policemen finally showed up and using a suction device removed Bob from the mud. While he was being freed by the rescue workers, nurses and a cook arrived and gave Bob a feast of bottled water, meatloaf, corn, strawberries, milk and tea.

So, remember Bob as you journey away from Easter morning. Apart from Christ, our lives are mired in the muck and mud of sin with no hope of a way out. But God sent His son Jesus on a rescue mission to die for us on the cross and offer us a feast of new life. When we believe in Jesus we are set free from the bad news and filled with good news so that, like the disciples, we can follow Jesus and live with Easter in us.



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, LEOVILLE**
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.
- NORCATAR 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

Corrections: The following two items were incorrectly printed last week, due to a proofing error by *The Oberlin Herald*.

Easter Sunday dinner guests of Norman and Joanne Wendelin, Ladd, Greta, and Rory were Wayne and Lois Larson, Brad Larson, Craig Larson, Carl Larson, and Karl Wendelin, Herndon.

Easter Sunday dinner guests at the home of Dr. Richard and Delayne May and family were Roger and Susan May and Ryan, Roland and Pam May, Zachary and Hannah, Ben and Kim Jorns, and Pastor Chad Eckels.

The Rev. Wilbur and LuVerne May left Thursday, April 12, for Graham, Texas, to attend the wedding of their son, Jim May, and Mitzi O'Boyle.

They attended the wedding rehearsal followed by the dinner Friday noon. Rev. Wilbur May officiated at their son's wedding Saturday, April 14, at 3 p.m. at Graham, Texas, approximately 80 miles from Plano, Texas. Robert May of Oberlin was the best man. Also attending were Walter and Betty May, Oberlin; their daughter, Rhonda May, her husband Dan Nedland and their children, Plano, Texas. Walter and Betty stayed at the Nedland home while in Texas for the wedding. Wilbur and LuVerne returned home Sunday evening.

After spending Easter week with the Nedland family, Walter and Betty May visited friends at Cheney en route to Oberlin on Monday.

Brad and Vicki King of McCook were Wednesday evening dinner guests at the John Bremer home.

Tom Reith, El Verano, Calif.; Martin and Evelyn May, Dorothy Moore, Janice and Greg Cundiff and Quintin, and Marvin May and wife, Gayle Anderson, and Kendra, enjoyed pizza Friday at Pooch's in Herndon.

Tom Reith, who arrived Thursday evening and stayed at the home of his aunt, Dorothy Moore, is also a nephew of Evelyn May.

John and Dianne Bremer and Warren and Jan Bainter spent the weekend in Denver, leaving Saturday morning and returning Sunday evening. Saturday evening they visited and had dinner with Kent and Julie Legg in Castle Rock. Kent and Julie are former Oberlin residents. Jessica Bremer spent the weekend with her grandparents, Arthur and Alice May.

Traer News

By Maralyn Courange

Irvan and Maralyn Courange received word from his sisters in Hoisington that they did not receive any extensive damage from the tornado on Saturday night.

Mr. and Mrs. Courange spent Easter Sunday with their daughter and family, Kelly and Dan Brown, and family.

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