

THE OBERLIN HERALD — People in Our Community

Mary Lou Olson, society editor mlolson@nwkansas.com

Julia Ray and her daughters, Farra and Shay, returned home last Tuesday from Hawaii, where they visited their husband and father, Donald B. Ray, who is serving there with the U.S. Navy. He was called back to active duty on Sept. 9, 2002, and is stationed at Pearl Harbor with security.

Beth Goltl and her brother, Dick Rima, of McCook, returned home Wednesday from a week's vacation. They went by Amtrak to Reno, Nev., and Lake Tahoe.

—Men's golf starts Tues., 4/8/03, 6 p.m. sharp!! Food will be available after golf.

Jerald and Elaine Leitner returned home Saturday after spending the winter in Fulton, Texas. They visited their son, Jerry Leitner, and their granddaughter, Terri and Andrew Rice, Justin and Jameson, in Bluffton, S.C., and their daughter, Claudia Bryant and granddaughter, Christine and Kirk Darr in Fort Meyers, Fla., from March 1-20.

Gordon and Norma Anderson spent last weekend with their daughter and family, Carol and Robert Fink, Austin and Ashley, at Wamego.

Bob and Kay Gaskill returned this week from a three-week trip to Brazil, where they participated in Elderhostel's International Program "An Introduction to Brazil." The itinerary included Rio de Janeiro, Iquassu Falls, Salvador, Ouro Preto, Brasilia, Manaus, and the Amazon River. Among other things included on the agenda were city and jungle walking tours, visiting museums, government buildings and palaces, animal and bird centers, grand churches and opera houses and attending musical events, cultural dances and lectures.

Esther Ready of New York City flew to Kansas City on Friday, then drove to Oberlin to be with her parents, John and Muriel Ready, after her father underwent surgery on Friday at Decatur County Hospital.

John and Pat Wright returned home Wednesday night from Mesa, Ariz., where they spent four days visiting his cousin, Marvin Reeves and his wife, Billie. Mrs. Wright also had brunch one day with her sister, Carolyn Robinson, in Scottsdale, Ariz.

Beverly Eiler, McCook, and Dorothy Avery, Norton, were among

classmates of Lois (Hackney) McGowne, who attended her funeral services on Monday at Pauls Funeral Home in Oberlin.

—Free Farm and Home Show 10 a.m.-7 p.m. Sat.; noon-5 p.m. Sun. Oberlin Gateway. Free door prizes.

Weekend guests of Loyd and Mary Waldo were Jan and Byron Oliver, Raleigh, N.C.; Buck and Brady Loyd Vernon, and Shannon and Kaylea Martin, Longmont, Colo.; and Michael, Susan and Allison Wright, Lawrence. They helped Loyd Waldo and Brady Loyd Vernon mark their birthdays.

John and Shirley Dornberger of Salina visited Vivian Bishop on Thursday afternoon.

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John Tongish, grandson of Gene and Marcella Leitner, and Denis and Wilma Tongish of Herndon, competed on Saturday in the Kansas 5A State Power Lifting at Winfield in the 123-pound weight class. He set a state record in squat at 370 pounds. He was first overall, second in bench, and second in clean. He is the son of Dave and Pat Tongish of Newton.

Those who enjoyed pizza on Saturday evening with Eva Bryan at Wheat Ridge Terrace were Helen Jaderborg, Janice Sauvage, Cheryl and Wane Stull, Elden and Detta Anderson, Dick and Donna Kelley, and Richard and Maureen Anderson, Samantha, Chris and Gabe.

Joining the group for cake and ice cream to honor Richard and Maureen Anderson on their birthdays were Edla Olson and Bernie Fred. Sunday supper guests at the Richard Anderson home for a birthday supper to honor the couple were Elden and Detta Anderson and Gary Anderson.

—Wheat Ridge Terrace: "Let's fill her up." One-bedroom units. Have the first month RENT FREE if you sign up by April 15. 475-1000. 13-15

Vergie Nygren was honored with a party at Decatur County Good Samaritan Center on Thursday in observance of her 92nd birthday. Others present were Gordon Helberg, Florida; Mick and Diane Helberg, Nebraska; Edla Olson, Goldie Raulston, Ella Peterson, Lois Eckhart, Lola Brack, Marla West, Eloise

Smith, Pastor Heidi Wiebe, Joyce Hartzog, Dena Gillespie, Marcille Berryman and daughter, Meg; Esther Carlson and Fern Wenger.

Leanne Pike of Ashland visited her parents, Wesley and Eulaine Benda, and other relatives last week, while Mrs. Benda was hospitalized in Oberlin after a fall on Monday.

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Winning highs in pinocle at Golden Age Center the past week were Doris Miller, Henry Edgett, Vivian Bishop and Dewaine Stapp. Lows went to Floyd Edgett, Max Carman, Elsie Goodnight and Aleen Van Vleet. Pitch highs were won by Max Carman and Aleen Van Vleet with lows going to Floyd Edgett and Henrietta Van Vleet. Bridge highs were won by Charlotte Meints and Barb Solko.

Visitors over the weekend of Jerald and Elaine Leitner were Lyle and Arlene Pummer, Stockton, Mo.; Jack and Paula Hunt, Fairplay, Mo.; Dave and Jean Puntlin, Oskaloosa; John and Karla Sullivan and Jerad, Colby; Kaydee and Andy Leitner, and June Vavroch.

—Spring Fashion Show by The Dresser, Gateway meeting room, 2:30 p.m., April 6.

Doris Sloan returned home Wednesday from Flower Mound, Texas, where she had spent the past two months helping her daughter, Cindi Sauder, following back surgery.

Marjorie Paddock, Rose Hill; Debbie Veardiman, Woodland Park, Colo., and Linda Andrew, Longmont, Colo., were in Oberlin last week doing genealogy work on the Claar and Handwerk families. They were joined by Lois Carlson and Marianna Bendon for supper on Friday at the Frontier Restaurant, then visited at the Carlson home. A Claar family reunion is being planned next year.

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Larry and Edie Dahlsten of Lindsborg were featured in the 2002 class of Master Farmer and Master Farm Homemakers in the March edition of Kansas Farmer. They are the parents of Mark Dahlsten, an undersheriff of Decatur County, and Kim Dahlsten of McPherson.

Legion to update, digitize service record

The Oberlin American Legion Post hopes to update and digitize information for the "gold book," "Service Record: World War I and II, Oberlin, Decatur County," which was printed after World War II.

Many have inquired about the honor roll board which was on the courthouse lawn during World War II. Since it apparently was destroyed, it was suggested that the information be transcribed to a computer, then placed in the Decatur County Museum for anyone who would like to use it.

Walter Pennell, first vice commander of the post, has been transcribing the information in the book and anyone who has information and pictures of relatives or friends who served in World War I, World War II, the Korean, Vietnam or Gulf wars, is asked to contact him or leave



THE GOLD SERVICE RECORD BOOK, printed following World War II, is being updated by the Oberlin American Legion.

—Herald staff photo
the information at the Legion. Mr. Pennell said that entries that were not complete in the original book or did not have a picture could also be updated. For details or questions, contact him at (785) 475-1055, or by mail at 311 N. Garfield Oberlin, Kan., 67749.

\$10,000 gift passes goal for K-State fund raiser

A \$10,000 gift from a Manhattan woman with ties to the Kansas State University Foundation's Telefund has pushed the all-volunteer telephone campaign for higher education past its \$1.4 million goal.

Christine Chalender used her Telefund gift to endow a scholarship honoring her late husband, Bob, who died in December. Formerly of

Hays, she decided to make the gift through Telefund when she learned the pledge total, based on calls that ended Feb. 24, was about \$7,000 below the goal.

"As a former Telefund leader for the College of Human Ecology, I remember fondly the collective energy and enthusiasm of the volunteer student callers," she said. "This

gift helps an established and successful program reach an important goal. Bob's career was dedicated to students and education. He was so appreciate of the doors that were opened for him as a result of his Kansas State University education."

Information about Telefund is available at their Web site: www.found.ksu.edu/telefund.

Golden Plains Unified School District No. 316

Honor Roll — Third Nine Weeks

	<u>Principal (3.0-3.9)</u>	<u>Superintendent (4.0)</u>
6th Grade	Kendra Spresser Briana Taylor Ivonn Vargas Candee VonLehe	
7th Grade	Danny Rogers Jennie Staats Levi VonLehe	Andrew Broeckelman Caitlyn Moss
8th Grade	Katelyn Spresser Kyle Spresser Elizabeth Staats Drew Stevenson Ryan Stevenson Jacob Unger Jami Wark	Stephanie Juenemann Amanda Rall Brett Spresser
9th Grade	Aaron Ornelas Linda Travino	Valerie Broeckelman Scott Johnston Jessica Shaw
10th Grade	Crystal Omelas Kristin Wark	Darcie Spresser Nichole Spresser
11th Grade	Abbie Miller Brent Moss David Purcell Dusty Spresser Kelsey Spresser	Landon Truetken
12th Grade	Chris Flores Kenny Johnson Jace Lobato Casey Shaw	Angie Fortin Michele Goscha Danielle Hickert April Riedel Jami Shaw

Spring is the time for new babies

Farmers and ranchers are talking about all the baby calves that are arriving. Spring flowers are beginning to push their way out of the ground. Other animals will soon begin the nesting process.

And what about humans? Many families this year will also begin thinking about new babies in the family. Good nutrition prior to pregnancy is especially important because many key events in fetal development occur just before or as a woman is learning she is pregnant. Nutrients are needed immediately after conception. This is a good reason for seeing a doctor as soon as pregnancy is suspected. Remember the fetus is not a parasite. If there is a shortage of essential nutrients, the mother generally will get access to the nutrients before the fetus does.

Home Time

By Tranda Watts, Multi-County Extension Agent

Fetal and infant growth are characterized by "critical periods" when all essential nutrients needed for growth and development must be available or growth will not proceed normally. For this reason, nutrition must be monitored all throughout the pregnancy and even before the mother becomes pregnant.

Although nutrient needs may increase quite dramatically during pregnancy, calorie needs increase by only 300 calories per day for the second and third trimesters. Choosing nutrient dense foods (high nutrient content yet low in calories) is vital.

Women of normal weight will need to gain 25 to 35 pounds; underweight women entering pregnancy will need to gain 28 to 40 pounds and those overweight still need to gain weight, but at a lower rate of 15 to 25 pounds. Consult your family doctor on this question for the desired weight gain.

Tranda Watts is multi-county 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@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Budke Motors Toyota
3 x 4 1/2
OH/ADV
Ad sent to GDN

the bank Member F.D.I.C.
108 N. Kansas—Selden— 785-386-4389

Steve's
Body Shop
201 N. Kansas—Selden— 785-386-4536

Rural Telephone
Nex-Tech
145 N. Main—Lenora— 800-432-2773

Koerperich
Bookbinders
104 N. Kansas Ave.—Selden— 785-386-4392

Dave's Auto
Supply
120N. Williams—Rexford— 785-687-3235

Co-Ag
411 W. 2nd—Oakley— 785-672-3300

Midway Motel
& Cafe
U.S. Hwy. 83—Selden— 785-386-4545

nwkansas.com
170 S. Penn—Oberlin—785-475-2206