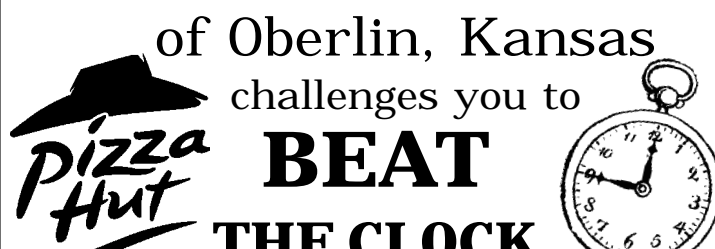


THE OBERLIN HERALD —

People in Our Community

Mary Lou Olson, society editor mlolson@nwkansan.com

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Carol Jean Barkley, Allen, Texas, came Monday to spend Thanksgiving week with her sister, Marie McKisson. Kim Kathka, Show Low, Ariz., plans to come today to spend the holiday with relatives.

Yuki Berkheimer has been in Derby helping care for their new granddaughter, Grace Kuniko, who was born Nov. 11 to Jim and Heather Berkheimer. She has a sister, Cate, 2. Bob Berkheimer plans to join them for Thanksgiving.

Aden Glaze, a member of the Fort Hays State University reproductive physiology class, recently toured Liberty Ranch in Natoma. They helped determine the pregnancy rates of the approximately 1,600-member herd.

Darlene (Sater) Lindskog, a nursing major at Garden City Community College, was awarded the Thelma Rapp Nursing Memorial Scholarship. She is a 1987 graduate of Decatur Community High School and received an associate degree from Colby Community College in 1980. She and her husband, Tim, have three children, Valerie, Jennifer and Bethany. She is the daughter of Bill and Myra Sater of Holcomb, but formerly of Oberlin.

—Sunday Brunch Buffet, Nov. 28, 11 a.m.-2 p.m. LandMark Inn. 475-2340.

Guests for a pre-Thanksgiving dinner at the home of Sam and Sandra Gotchall on Sunday, Nov. 14, were their son, Jason and Jenny Gotchall and Haley, San Ramon, Calif.; and their daughter, Kristyl and Mike Bedel, Omaha. An additional visitor on Saturday evening was Jamie Thieben of Phillipsburg, a former classmate of Jason. Mr. Thieben and his children, Sterling and Morgan, also visited on Sunday.

Jan Evans of Rose Hill visited her aunt, Cecil Hess, on Saturday, after visiting relatives in Quinter. She was en route to Phillipsburg where she visited her brother, David and

Linda Porter.

Dane Anderson, a freshman at Washburn University, placed fifth in persuasive debate and sixth in communication analysis in a tournament held recently at Longview Community College at Lee's Summit, Mo. He, along with Jessica Otta of Wichita, a sophomore teammate, competed in and advanced to the first elimination round of varsity parliamentary debate. His parents are Kary and Jackie Anderson of Oberlin.

—Karen and Mary present designer scarves and vintage brooches Friday and Saturday at The Dresser.

Charlotte Meints honored her husband with a surprise party on Saturday in observance of his 78th birthday. Guests for lunch were Don and Lois Fredrickson, Bob and Marian Fraker, Loyd Waldo and Bob Berkheimer. Mrs. Waldo is recuperating from injuries in a recent fall and now has a walking cast.

Wayne and Barbara Aten of Goodland will be closing out the Aten Department Stores in Goodland and Yuma, Colo. They owned the Aten Department Store in Oberlin, which was operated by their son and his wife, Steve and Karen Aten, for many years. They also have had stores in Grant, Neb.; Benkelman, Neb.; and Hays.

—Italian Buffet, Tuesday, Nov. 30, 6-8 p.m. LandMark Inn, 475-2340.

Funeral services were held Monday morning at Sacred Heart Catholic Church in Colby for Thomas P. Ryan, 60, of Johnson, who died Wednesday at Wesley Medical Center in Wichita. He was the son of Ethel Ryan of Gem, and the late H.L. Ryan. He was a cousin of Jan Bainter of Oberlin and the late Rozanne Braden.

—Karen and Mary present designer scarves and vintage brooches Friday and Saturday at The Dresser.

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Winning highs in pinochle at Golden Age Center the past week were Aleen Van Vleet, Dale Votapka, Henry Edgett, Doris Miller, Wilma May, Veanna Orr, Max Carman, Floyd Edgett and Lora Zwickle. Lows were won by Wilma May, Elden Haas, Floyd Edgett, Alvina Unger, Aleen Van Vleet, Dewaine Stapp and Max Carman. Pitch highs went to Aleen Van Vleet and Max Carman with lows going to Dale Votapka and Wilma May. Charlotte Meints and Beth Sebaugh were bridge winners. There will be no open bridge in November, as the Center will be closed Thursday and Friday, Nov. 25 and 26.

Ricky and Lisa Ray, Dylan and Dominick of North Richland Hills, Texas, are spending Thanksgiving week with her mother, Karla Jones, and her grandmother, Marianna Bendon.

Dane Anderson, a freshman at Washburn University, placed second in communication analysis on the first day, and fourth the second day at the Central Missouri State and the University of Missouri-Columbia Tournament in Warrensburg, Mo. He also placed second in persuasive speaking. The university's debate team placed first in overall sweepstakes (individual and debate events combined). Dane is the son of Kary and Jackie Anderson of Oberlin.

—Karen and Mary present designer scarves and vintage brooches Friday and Saturday at The Dresser.

Franklin Kolsky of Irvin, Utah, visited recently with relatives, including Vivian Bishop and Mary Ann Amack.


Phyllis McKay of Jenks, Okla., visited several days in Oberlin and was a houseguest of Barbara Young. She came to visit Berenece McKay

at Cedar Living Center and attend the family Thanksgiving dinner with her on Sunday.

Logan Glaze, a senior at Fort Hays State University, and his brother, Aden Glaze, a freshman, competed recently with the men's rodeo team at the Northwestern Oklahoma State University Rodeo in Alva, Okla. Their parents are Mick and Linda Glaze of Oberlin.

Prairie Heights Schools Honor Roll

Unified School District 295 Jennings



Jennings High School - First Nine Weeks 2004-2005


Seniors	Juniors	Sophomores	Freshmen
Tiffany Wheeler	Elise Kinser	Clint Krizek Marcus McKenna	None

Jennings Grade School - First Nine Weeks 2004-2005

8th Grade	7th Grade
Jacinta Carter	Marissa Baker

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Decatur County Title & Abstract

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Tips for parents of children with diabetes

Diabetes can be managed successfully, and here are some shared tips to help parents and families manage their child's diabetes:

- Be aware of your family's health history.
- Watch for early warning signs, such as excessive thirst, frequent urination, unusual hunger, unexplained weight loss, fatigue, weakness, irritability or blurred vision. In children, early warning signs also may mimic the flu.
- Ask to be referred to a physician who specializes in diabetes or pediatric diabetes. Once diagnosed, children usually are hospitalized to stabilize blood sugar. Educational sessions for patients and families are typically offered during the hospitalization.
- Ask about a diabetic support group and ongoing educational opportunities. Talking with others who are dealing with similar problems can be helpful. You will usually leave a support group meeting with at least one or two new ideas.
- Re-define normal. A basic dia-



Home Time

By Tranda Watts
Multi-county Extension Agent

betic diet includes a variety of foods and, balanced with physical activity, will likely benefit the entire family.

• Try not to dwell on the illness or single out a person with diabetes.

Diabetes is an increasingly common, but often misunderstood disease. The national Center for Chronic Disease Prevention and Health Promotion reports that between 1980 and 2002, the number of Americans with diabetes more than doubled. The American Diabetes Association estimates that still more — 5.2 million — may have the disease and not know it. That often is true of parents who may not recog-

nize symptoms of the disease. In Type 1 diabetes, the pancreas does not produce insulin, a hormone that regulates the metabolism of carbohydrates and fats. It typically affects children and young adults.

Type 2 diabetes, in which some insulin may be produced, may have a genetic link. It often is associated with lifestyle, including a high-calorie or high-fat diet, sedentary lifestyle and obesity. It has typically been described as "adult onset diabetes," yet is found in children.

A third type of diabetes, gestational diabetes, occurs during pregnancy and, if uncontrolled, poses a risk for the mother and child.

District Lions members gather items for needy

Fourteen Lions members from six clubs in the district gathered at the Masonic Building in Hays on Sunday to help sort items which had been donated for the needy.

The group sorted 3,530 pair of used eyeglasses, 690 pair of sun-

glasses, 64 pounds of broken frames, 138 pounds of lenses, 200 pounds of cases, 10 pounds of gold frames and 49 hearing aids.

District Gov. Bill Paul of Hays stopped to help. Jerry Schuetz of

Oberlin represented the Jennings Lions Club.

Anyone interested in donating items to the Lions should call Mr. Schuetz or any Lions Club member.

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