

THE OBERLIN HERALD

# Events of Yesteryear

By Jody Betts

**125 YEARS AGO — March 1880**  
Died: Orrin Judkins, at Oberlin on Sunday, March 1 in the 42nd year of his age.

Buffalo meat was plentiful in town this week, selling at 7 cents a pound.

Covered coaches have been put on the stage line between here and Buffalo Station, which adds much to the comfort of passengers.

On account of bad health, Dr. Joseph Moore will not practice medicine, under any circumstances whatever, in Decatur County.

The first law suit in Decatur County was tried before Squire Coard at his office in Oberlin, Bertram & Parker for plaintiff and Bowman & Johnson for defendant.

Mr. and Mrs. Rodehaver have retired as host and hostess of the Oberlin House.

G.T. Butters has one of the neatest carpenter shops in the West.

**100 YEARS AGO — March 1905**  
George Colby has sold the brick building south of the Times office to the Miners. The Doctors will take possession on or before April 1.

Guy Allen got a bad fall at the rink Tuesday while speeding against time.

Prof. H.Q. Banta bought his father's farm this week. J.D. Hayes and family have moved to the McElroy residence. The family comes well recommended from Colby, their former home.

Cloyd Mahannah and Maggie Welch were married last Sunday, we hear.

The Dresden State Bank expects to open for business on Saturday, March 11.

**75 YEARS AGO — March 1930**  
The music and kindergarten classes will be a part of the Oberlin city school curriculum next year as a result of the action taken by the Board of Education at the meeting

Tuesday night. At a meeting two weeks ago, it was voted, as a tax reducing measure, to discontinue the kindergarten department and possibly the music in the city school, but an immediate and general objection was registered.

It was the privilege of the senior editor to attend the meeting of the Twin Valleys Assoc. held at Indianola, Nebraska, in company with Dr. H.J. Morrison. Irrigation, road building, freight rates and other problems were discussed with emphasis on cooperation with the Federal government in the construction of storage reservoirs to take care of the surplus flood waters of this section.

Clayton: Bill Conner, agent for the Rock Island, is in serious condition as the result of severe burns received when he attempted to start a fire with kerosene.

What was termed "the best mother and daughter banquet in many years" was given March 1 in the City School auditorium. Chief speaker was Miss Olive Kackley, noted producer of plays, whose speech included the reading of some of the poems of the Negro poet Paul Lawrence Dunbar. Musical entertainment included a quartet composed of Alberta Keaton, Berta Frickey, Edla Nelson and Mary Benton. Ladies of the Rebekah Lodge prepared and served the banquet.

Cedar Bluffs: Funeral services were held for Clarence Miner, 51, who learned the miller trade at Oberlin Mill and worked in milling at both Concordia and Delphos before his health failed and he returned to a farm near Cedar Bluffs.

Mr. and Mrs. Lew Wenger announce the birth of a baby daughter on Sunday, March 16. Lew couldn't keep his mind on his work at all Monday.

**50 YEARS AGO — March 1955**

Alex Francis, head track coach at Fort Hays State College, will come back here to address the athletes of his own high school alma mater at the annual all-sports banquet to be held next Monday evening honoring the Decatur Community High School athletes, their dads and coaches.

Three Decatur Community High School teachers submitted resignations this past week: Robert (Bob) Lawson, basketball coach, Miss Patsy Hagenmeister, English and Spanish instructor and Mrs. Hester Moran, home economics.

Preliminary elections for Girls and Boys State took place last Friday at the high school, with the student body voting for the juniors they felt would represent Decatur Community High School best: Marjorie Daniel, Arlene Jennings, Beverly Morris, Karen Pollnow, Nila Walters, Sally West, Larry Guinn, Rusty Addleman, Jerry Macfee and James Cederberg. From this group, two boys and two girls will be selected.

New Arrivals: Mr. and Mrs. Everett Shuler, Selden, girl, March 15, 8 pounds, 3 ounces; Mr. and Mrs. Bob Province, girl, Vickie Lee, March 10, 6 pounds, 1 ounce.

Many youngsters and some adults witnessed their first blackout here last Thursday afternoon when a tremendous cloud of dust rolled in from the west and north about 3:30. Street lights were turned on as the wind drove the black cloud through the streets and over the town. It was the worst storm experienced here since 1936, but this time the dust was of a foreign nature, coming from eastern Colorado and western Nebraska. The worst was over in about 45 minutes, but a haze hung over the area until late that night.

**25 YEARS AGO — March 1980**  
Farmers, businessmen and bank-

ers alike are bemoaning the new interest rate being charged local borrowers this week by area lending institutions, which has hit the 14 percent level.

The recent overflow of patients at Decatur County Hospital, a longer than usual waiting list for persons wanting in at Good Samaritan Center and near capacity use of the Long Term Care Unit has prompted doctors and health providers to look closely at the future health care needs for county residents.

Students completing the Emergency Medical Technician training course are: Becky Alstrom, Larry Dawson, Eldon Huntley, Lois Larson, Dell Pomeroy, Roxanne Doyle, Marvin May, Mabel McLaughlin, Sandra Mott, Marian Pachner, Gary Walter, Laurie Wasson, Oberlin; Owen and Sharon King, Cedar Bluffs; John Bieker, Hoxie; Elizabeth Emig, Julie Menke, Melvia Paulson, Jeannine Rogers and Anthony Spresser, Selden; Kenneth Carter, John and Shelley McKenna, Beverly Rose and Thomas Votapka, Jennings.

Funeral services were held for a well-known retired Logan Township farmer, Ed Helmkamp, 85. He was a member of St. John's Lutheran Church and served as an officer and director of Decatur County National Bank for 43 years.

Lyman Leichliter, Norcatour banker, was elected to head the Decatur County Area Chamber of Commerce for the coming year, succeeding outgoing president Irene Corcoran.

The WaKeeney Golden Eagles downed the Oberlin Red Devils 74-56 in sub-state basketball action at Smith Center to end the season for the Decatur Community High School boys.

The Jennings Coyotes were downed 70-42 by Palco in Class 1-A action

## Good Samaritan News

Coleen Rippe led devotions on Monday and Phil Erickson led the singing, accompanied by Cheryl Miller. Lifetime Eyecare Specialists came to adjust and repair eyeglasses. The Lyle Gals brought pinocle cards and homemade cookies. Garrah Gaumer and Eva Bryan joined them in the Angel Lane dining room. A Canasta game was enjoyed by Mildred Holmdahl, Edla Olson, Jeanette Conway and Hildegard Euhus.

Jan Badsy brought devotion on Tuesday. Mamie Unger, Eryline Nichols, Eva Cuthbertson, Bernice Brown, LuVerne May, Lorna Bishop, Marilyn St. Clair, Hazel Flaska, Jeanette Conway, Garrah Gaumer, Phil Erickson, Muriel Ready, Clarice Leake and Eleanor Demmer attended. Mrs. Olson's first grade class read to Eva Bryan, Dena Gillespie, Lois Buchholz, Garrah Gaumer, Fern Anderson, Hildegard Euhus, Alan Addleman, Neva Campbell, Jeanette Conway, Everett Fisher, Marguerite Fullerton and Leo Mooty.

Resident's Council with Jeanette Conway as spokesperson. Dennis Brown was welcomed back with lots of hugs and compliments. His Forget-Me-Not ministry sponsored Social Hour. A delightful veggie plate with cheese, sausage and crackers was served to almost all of our residents and staff. Thank you, Dennis!

Fern Moore came to read and the new bird aviary was delivered, birds and all! It is a beauty, stop in to see for yourself!

Anita Hirsch and Jeanette Diederich led Songs of Worship time. Fern Anderson, Lorna Bishop, Eva Bryan, Jeanette Conway, Phil Erickson, Garrah Gaumer, Florence

Fisher, Ruth Laidig, Elsie Macy, Leo Mooty, Dena Gillespie, Marilyn St. Clair, Erma Holt, Iris Wurm and Edla Olson also raised their voices to the Lord. Mert McEvoy led Bible study and Dorothy Alstrom and Roxie Erickson pampered the ladies with manicures. Bingo was played in the evening by LuVerne and Wilbur May, Ruth Laidig, Fern Anderson, Alan Addleman, Jeanette Conway, Garrah Gaumer, Everett and Florence Fisher and Mamie Unger.

Catholic services were held for Lois Buchholz on Thursday. A new Art Appreciation class was held on abstract art. We created some beautiful pastel landscapes. The newly acclaimed artists were Garrah Gaumer, Jeanette Conway, Neva Campbell, Irene Wagoner and daughter Elda Youngs, Elsie Macy, Fern Anderson and Ruth Laidig. Social Hour was served by Ellen Horn.

On Friday, Coleen Rippe officiated the Memorial service, and in the afternoon, Jan Badsy paid tribute to Agnes Chambers.

Sandwiched in between the two services, Jeanette Diederich and Jeanette Conway baked delicious sour cream raisin bars.

Carol Duncan read *The Oberlin Herald* to Neva Campbell, Ruby Shuler, Ruth Laidig, Fern Anderson and Garrah Gaumer. Lisa Stacy introduced Putt-Putt Golf as a new spring activity. Fern Anderson, Leo Mooty, Jeanette Conway, Ruth Laidig and Dena Gillespie had fun trying out the putting green provided by Ralph and Norma Unger.

Social Hour was served after the memorial service for Agnes where the sour cream raisin bars were enjoyed by her family.

## Midway News

By Mary Lou Olson

Sympathy is extended to the family of Myrtle Schiessler, 100, who died Wednesday at the Decatur County Hospital in Oberlin. She was a native of this community. Funeral services were held Friday afternoon at Pauls Funeral Home in Oberlin and burial was at the Immanuel Cemetery in Herndon.

Survivors include two daughters, Frances Schiessler, Oberlin; and Doris and Marvin Fedro, Waco, Texas; a sister, Violet Schiessler, Oberlin; eight grandchildren; 20 great-grandchildren; and 16 great-great-grandchildren.

Adam Spanier, son of Deanne Spanier of Oberlin, and John Benda, son of Don and Sarah Benda of Atwood, were among McCook Community College students who pioneered Campus Cafe', a student webzine at the college. It is for writers, poets and artists to share their work with the cyber community. Both are sophomores and plan to enroll at the University of Kansas this fall. Adam, a graduate of Decatur Community High School, plans to major in recording arts, and John, an Atwood High School graduate, will pursue journalism.

Jeremy Bergling left Tuesday for his home in Perth, Australia after spending time here to be with his mother, Cindy Bergling, who is hospitalized in Denver following injuries received in a car accident in December.

Elden and Detta Anderson were weekend guests of Wane and

Cheryl Stull at Solomon. Blaine and Erin Ginther, Cameron, Will and Sophia were Sunday supper guests of J. R. and Carrol Ginther.

Rennie Olson and Tim Brown of Irving, Texas, spent Friday and Saturday with Bob and Sally Olson, and also visited Keith and Mary Lou Olson. Enroute they visited the Bob Frenzl family at Salina, Louis and Ava Perkins at Wichita, and the Larry Marks family at Mulvane.

Covenant Women Ministries met for a breakfast and meeting on Saturday at the Herndon Covenant Church, hosted by the officers. Plans were made for a salad luncheon in April.

An Easter sunrise service is scheduled at 6:30 a.m. at the Herndon Covenant Church followed by breakfast on Sunday, March 27. Sunday School will follow at 8:30 a.m. and worship service at 10 a.m.

# Information on key dietary guidelines

This spring, the government plans to release a new dietary guidance system. Recently some preliminary information on key dietary recommendations came our way.

Here is a sampling:

### Food Groups to Encourage

Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, more or less depending on how much you need to eat.

Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Consume three or more whole-grain products per day, with the rest from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

Consume three cups per day of fat-free or low-fat milk or milk products, or the equivalent.

**Fats**  
Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fat consumption as low as possible.

Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.

When selecting and preparing meat, poultry, dry beans and milk or milk products, make choices that are lean, low-fat or fat-free.

Limit intake of fats and oils high in saturated and/or trans fats, and choose products low in these fats and oils.

**Carbohydrates**  
Choose fiber-rich fruits, vegetables and whole grains often.

Choose and prepare foods and beverages with little added sugars



## Home Time

By **Tranda Watts**  
Multi-county Extension Agent

or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.

Reduce the incidence of tooth decay by practicing brushing your teeth and consuming less sugar and starch, especially sugary soda.

**Sodium and Potassium**  
Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

Choose and prepare foods with

little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

Tranda Watts is 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@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu).

For more information, contact the county extension office, 475-8121.

## Herndon News

By Carrol Ginther

Cindy Bergling has improved and has been moved to Craig Rehabilitation Hospital, 3425 South Clarkson Street, Room 215, Englewood, Colo., 80110.

Don and Joan Grafel attended the Cloud County basketball game in which their grandson, Egan Grafel, played. He was honored with an academic award. Others attending the awards ceremony were Roma and Keith Grafel and family, Oberlin; Brad and Cindy Brenning, Kansas City; Stan Brenning and Kate Grafel, Lincoln, Neb.; Karolyn Gafel and friend, Kearney, Neb.; Chase McKittrick, Hays; Dick, Suzanne and Mason Ahlberg, Oberlin; and his mother, Clay Center.

Recent weekend guests of Edie Pettea were Connie James and Michelle Alared and daughters, Preston and Gabby, all of Northglenn, Colo.

Dan Marintzer of Hastings, Neb., spent a few days with his mother, Helen Marintzer.

Ron and Rodney Solko of Oberlin were last Saturday dinner guests of Monica Solko. Tim and Tom Solko were Tuesday dinner guests. Judy Solko of Laned visited on Thursday and Friday.

Julie Hafner and Edie Pettera attended the funeral of Erma Beims in Atwood last Monday, then visited Hattie Toth and Shirley Williams.

## Mount Pleasant News

By Dianne Bremer

Ryan and Erin May performed in the Creative Movement Gymnastics meet on Saturday, March 5, in Atwood. Ryan earned three medals and Erin was awarded a medal for her exhibition routine.

Don and Ann Mines returned home Sunday, March 5, from McPherson, where they spent the weekend with the Joe Mines family and helped their granddaughter, Cori, celebrate her 10th birthday.

Gary Waterman and Nora Stewart, Wichita, were married on March 8 in Las Vegas, Nev. He is the son of Ed and Cathy Waterman, Wichita, and a nephew of Melvin Waterman and Karen Eskew.

Ryan May, Hannah and Zach May, Hunter and Elizabeth Nedland, and Tyler, Cassidy, and Caitlin Shields were among those from the Stick-To-It 4-H Club participating in the Decatur County 4-H Days held Friday evening in Oberlin. Ryan earned Regional blue ribbons on his project talk, piano solo, vocal ensemble, and model meeting. The vocal ensemble members earned the Regional blue ribbon were Ryan, Tyler, Cassidy, Caitlin, Zach, Hannah and Elizabeth. Ryan also earned a blue in oral reading and a red on his vocal solo. Zach and Cassidy received a Regional blue ribbon on their vocal duet, Zach and Hannah each received a blue ribbon

on their piano solos; Hunter and Zach and Hannah and Elizabeth received Regional blue ribbons on their piano duets; Hannah received a Regional blue ribbon on her demonstration, and Zach received a blue ribbon on his project talk. Those earning Regional ribbons will participate in Regional 4-H Days in Brewster.

A dinner party was held at the Roland May home Saturday evening to honor Betty May on her 80th birthday. Guess were Walter and Betty May, Richard and Delayne May, Danica and Nolan; Jonathon Richards, Nelli Zimmerman, Roger and Sue May, Ryan and Erin, Rhonda May and Dan Nedland, Cameron, Hunter, and Elizabeth, and Robert May and Cole. Nelli Zimmerman is a four-year medical student doing a rural rotation under the guidance of Dr. May at the Oberlin Clinic.

Betty May was honored with an open house for her 80th birthday at the home of Dan Nedland Rhonda May and family Sunday afternoon. Many relatives and friends attended.

Gaylord and Shirley Shields returned home from Denver on Sunday, where they picked up Mark Shields and Keric at the airport. They will be spending a week visiting his parents and family before returned home to Tucson, Ariz.

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