

Rea and Dee Magers went to Grainfield on Aug. 18, and met Frank, Reneta (the Magers' niece), and Danny Kawcak from Craig, Colo. The Kawcaks were en route home from Stillwater, Okla. Later, the Magers went to Quinter and visited Charlie and Judy Easton. Later in the week, they visited Jeff Magers and Joy Luoto near Cedar Bluffs and had an afternoon "brunch."

Birthdays and anniversaries: Mark Bailey - Aug. 24; Gerry Hill, Kortney Stapp, Gerry and Cheryl Hill - Aug. 26; Jeff Roe - Aug. 28; Carl Lyon - Aug. 29.

A surprise 80th birthday gathering was held the afternoon of Aug. 18 for Velda Ward. Guests included Pansy Price, Norma Ward, Dorothy Ward, Helen McVay, Maxine Brooks, Marguerite Clark, Bee Nelson, Oran and LaVerne Milner, Tillie Shirley, Leslie Ward, Wava Reames and Frank Ward.

Frank and Velda Ward's guests from Aug. 10 to Aug. 15, was their daughter, Wava Reames, and granddaughter and family, Johnny and Shawna Crum, Shawnda and James. They came to celebrate the August birthdays of Leslie, Velda and Wava, go to the wonderful fair, and enjoy the activities in Norcatour on Saturday, Aug. 13. They expressed thanks to everyone who worked so hard at the fair and on the Norcatour fun day. The kids had a wonderful time both places.

Birthdays dinner guests of Leslie and Lynn Ward on Aug. 12 were Frank and Velda Ward, Wava

Reames, Johnny and Shawna Crum, Shawnda and James and Ruby Pflieger. Cake and ice cream were enjoyed.

There will be no hog roast at Lyle this year.

Beth Johnson and Fred Molzahn visited Mr. and Mrs. Ronald Molzahn and Mr. and Mrs. Phillip Molzahn south of Naponee, Neb., on Aug. 18.

There were 23 players at Senior Citizens on Aug. 19. Winners were R.D. Thornton, Joyce Price and Margaret Magers. The next meeting will be at 7 p.m. on Friday at the Educational Building.

Alta Mae Van Gundy fell in her apartment and broke her hip. She is a patient in the Mary Lanning Hospital in Hastings, Neb. Mail will reach her at 715 N. St. Joseph Avenue, Hastings, Neb., 78901.

Dwight Wood underwent surgery at Lincoln on Aug. 20. He is to wear a halo for a few weeks.

Winners of the Aug. 15 pool tournament at the Cardinal Bar and Grill were: first, Brian Cook; second, Chad Keir; and third, Bob Barnett.

KINTIGH REUNION

The annual Kintigh reunion was held on Saturday, Aug. 20, at the Educational Building in Norcatour. Those attending were John and Joan Ankenman, John, Brandy, and R.J., rural Norton; Charles and Mary Hadley, Norton; Clair and Barbara Kintigh, Riverside, Calif.; Larry Hix, Pasadena, Md.; Lula Hix, Norcatour; Cletus Kintigh, Lyons; Dewaine Kintigh, Courtland; De-

waine's son, Mike Kintigh; Beth Sebaugh, Oberlin; Tamara Bunney, Garden City, and Lynn Wedow, daughter of Wilbur and Lula Hix, Scottsdale, Ariz. Larry Hix brought his father, Wilbur Hix, from the Andbe Home in Norton.

Among those who worked hard to make the Norcatour Fun Day happen were Stan, Carol and Justine Miller, Dave and Patty Stapp, D & M Service (Dwight and Mary Wentz), Troy Wentz, Mark Bailey, Ron Steelsmith, Gerald Jackson, Lois Wentz, Jamie Wentz, Jeff and Lori Roe, Cody Richards, Scooter Matchett, Chris Dempewolf and the Prairie Dog 4-H Club.

Special event winners at the Fun Day were: **horseshoes** - first, Brooks and Dallas Jackson; second, Gerald and Brian Jackson; and third, Fred Mozahn and Sam Stapp; **turtle race** - Conner McVay; **tractor pull** - ages 3-5: first place, Amy Wentz; ages 6-8: first, Zachary Hartsough; second, Rebecca Wentz; and third, Quinten Wentz; ages 9-10: first, Travis Cressler; second, Jad Cressler; and third, Scott Hartsough.

A letter arrived from Marie (Stielow) Meling, who appreciated the alumni committee for all their hard work to make the Memorial/alumni weekend enjoyable, and liked seeing the listing of those who had attended.

Norman R. Beachel Jr., San Diego, Calif., also wrote and said he enjoys the present and yesteryear articles. He had a good time while here for Memorial/alumni weekend, seeing family and old friends he had not seen in years, and enjoyed helping put out the flags to honor Norcatour's veterans. While going home he was caught in a hailstorm on Highway 36 near Joes, Colo., with hailstones "bigger than golf balls, smaller than baseballs.

Feelings and food go together



Home Time

By Tranda Watts
Multi-county Extension Agent

When you're happy, your food of choice could be steak or pizza. When you're sad, it could be ice cream or cookies, and when you're bored it could be potato chips.

Food does more than fill our stomachs — it also satisfies feelings, and when you quench those feelings with food when your stomach isn't growling, that's emotional eating.

According to recent research, emotional eating is eating for reasons other than hunger. Instead of the physical symptom of hunger initiating the eating, an emotion triggers the eating.

THE DIFFERENCE

There are several differences between emotional hunger and physical hunger.

- Emotional hunger comes on suddenly; physical hunger occurs gradually.

- When you are eating to fill a void that isn't related to an empty stomach, you crave a specific food such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you're open to options.

- Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.

- Even when you are full, if you're eating to satisfy an emotional need, you're more likely to keep eating. When eating because you're hungry, you're more likely to stop when full.

- Emotional eating can leave behind feelings of guilt; eating when you are physically hungry does not.

EMOTIONAL EATING

Recognize emotional eating and learn what triggers this behavior in you.

- Make a list of things to do when

you get the urge to eat and you're not hungry, and carry it with you. When you feel overwhelmed, you can put off that desire by doing another enjoyable activity.

- Try taking a walk, calling a friend, playing cards, cleaning your room, doing laundry, or something productive to take your mind off the craving — even taking a nap.

- When you do get the urge to eat when you're not hungry, find a comfort food that's healthy instead of junk food. Comfort foods don't need to be unhealthy.

- For some, leaving comfort foods behind when they're dieting can be emotionally difficult. The key is moderation, not elimination. Try dividing comfort foods into smaller portions. For instance, if you have a large bag of chips, divide it into smaller containers or bags and the temptation to eat more than one serving can be avoided.

- Your memory of a food peaks after about four bites, so if you only have those bites, a week later you'll recall it as just a good experience rather than what you might remember if you polished off the whole thing. So have a few bites and call it quits. You'll get the same pleasure with lower cost.

Finally, remember that emotional eating is something most people do when they're bored, happy, or sad. It might be a bag of chips or a steak, but whatever the food choice, learning how to control it and using moderation are key.

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

Industrial Maintenance Mechanic

Payless ShoeSource, Inc. is hiring experienced industrial maintenance mechanics to work in its Topeka Distribution Center. Interested parties with experience in industrial maintenance will need working knowledge of the following areas: three phase motor circuits, 277 volt lighting, AC and DC voltage control circuits, print reading, pneumatic control circuits, general mechanical knowledge of gearboxes and drive units, and metal fabrication. Knowledge of PLC troubleshooting and variable frequency motor drives is desired but not required.

If you are a high school graduate or equivalent, have a valid driver's license and are at least 18 years of age, apply in person at the Distribution Center.

Apply at the front desk between 8:00 AM and 4:00 PM Monday through Friday.

Cedar Living News

Glenna Klingingsmith from the Northwest Kansas Area Agency on Aging will be at Cedar Living Center at 1:30 p.m. today (Wednesday) to speak to residents, staff, and guests about the new Medicare prescription drug plan. Family and friends are welcome to join us in the dining room.

The birthday party schedule for the coming year was mailed out last week. A number of clubs around the community take turns hosting parties at the two nursing homes each month. There are still slots available. For more information on hosting a party at either facility, or if a club does not receive its schedule, please contact Lisa Stacey at the Good Samaritan Center or Teresa Shaughnessy at Cedar Living Center.

Residents gathered last Monday afternoon for a game of penny cards. Those who joined in on the fun included Nettie Britton, Alice Fiala, Freda and Lyle Gamblin, Tressie Samson, Don Shaw, Paul Sass, and Hank and Bea Wolfram. Myrna Jones and Mary Ann Amack led the sing-along time on Monday afternoon.

Mildred Cochran was the guest of honor at a birthday supper held on Monday on the patio. Gary, Sarah, Karli, and Kaine Fredrickson joined the party.

Hank Wolfram won the first Bingo on Tuesday afternoon and Paul Sass the blackout game.

Cedar Living Center hosted the August birthday party at the Good Samaritan Center on Wednesday afternoon. Teresa Shaughnessy was assisted by resident Nettie Britton

and volunteer Mary Ann Amack.

Opal Huntley hosted a social hour at Cedar Living Center on Wednesday afternoon. Stuart Euhus gave the Bible study lesson.

The Good Samaritan Center hosted the August birthday party at Cedar Living Center on Thursday afternoon. Lisa Stacey was in charge with assistance from residents Jeanette Conway, Lucy Schissler, and Hildegard Euhus. Anita Hirsch assisted Lisa with the program. Those being honored with August birthdays were Don Thomas, Hank Wolfram, Cindy Bergling, and Mildred Cochran.

The baking group met Friday afternoon to make zucchini cookies.

The Oberlin Covenant Church was in charge of the Sunday worship service.

Recent visitors: Christine Edwards, Rose Domsch, Atwood; Jerry Temple, Gary Anthony, Lowell Sebaugh, Norcatour; Frank Cox, Ann Martin, Herndon; Ruth and Merl Chance, Jennings; Stan Faimon family, Stratton, Neb.; Char Hartner, Joyce Rhodes, Lakewood, Colo.; Richard and Bernadine Samson, Ludell; Susan McKain, McDonald; Norma and Roger Cichony, Boulder, Colo.; Rosa Boehm, McCook; Carol Shaw, Earl Brown, Selden; Kay Leazar, Clinton, Iowa;

Rita Garver, Fern Wenger, Orlin Beneda, Elvin Beneda, Cynthia Matson, Bernie and Othelia Vacura, Dolores Koerperich, Elaine Bryan, Marie Jean Vavroch, Dana Winstead, Ella Betts, Joyce Martin, Gene and Marcella Leitner, Oberlin.

'Jesus is our sustenance'

By Pastor Kathy Aeillo of the Almena, Clayton and Norcatour United Methodist churches

Matthew 14: 19b-20a - "Taking the five loaves and the two fish, He looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled."

There are two different stories in the gospels about Jesus multiplying loaves and fishes to feed huge crowds of people. Both stories say the same thing. Jesus is the bread of life to all people. Jesus is our sustenance.

We speak of the Last Supper and the Lord's Table and Holy Communion, and what we're saying is God uses this very special means of grace to bring us into "communion" with God through Jesus Christ, to make us one. Jesus' body went to the cross for our salvation. Jesus' blood was shed for us, and every time we partake of the elements of Communion, we remember that act of sacrificial love and grow closer to God.

Before the Last Supper, before the crucifixion, Jesus took bread and blessed and broke it and gave it to thousands of people gathered on a lake shore to fill their need for food. Jesus' disciples were amazed that so many could be fed with what began as so little. There were even leftovers, for goodness sake! But the disciples still didn't understand who Jesus was and why He had come.

That isn't the case for us. We know Jesus came to bring us eternal life, to fill our need for spiritual food. Only by the grace of God and the blood of Jesus Christ are we saved. Those wonderful gifts are provided free of charge, at absolutely no cost to you and me!

The next time you sit down to eat a meal, give thanks to God for the food, ask God to bless it and the people who produced it and those who prepared it. The next time you take Communion, give thanks to God for the love provided in Jesus Christ and the hope of eternal life it provides.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103

The Rev. George Kochuvelikkakam, MASS: 5:30 p.m., Saturday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE

The Rev. George Kochuvelikkakam MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN

The Rev. George Kochuvelikkakam MASS: 7:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH

Jim Martin
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 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.

PRAIRIE CHAPEL UNITED METHODIST

The Rev. Doug Hasty
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST

Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.

UNITED CHURCH OF OBERLIN

109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA

SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 6:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)

Pastor: Bobby Cornelius
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.

OBERLIN UNITED METHODIST

102 North Cass — 785-475-3067
The Rev. Doug Hasty
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST

Pastor: Kathy Aeillo
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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.

OBERLIN CHURCH OF CHRIST

South Beaver Street - Oberlin

Bill Duncan — Phone 785-475-3259
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 & down. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON

The Rev. Damian Richards
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.

HERNDON COVENANT CHURCH

Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

NORCATOUR UNITED METHODIST

Pastor: Kathy Aeillo
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST

Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.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, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7:30 p.m.

LUND COVENANT CHURCH

Co-Pastors: Doug Mason & Tom Smith

10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.; SATURDAY: Men's breakfast & Bible Study, 7 a.m.

ST. JOHN'S LUTHERAN CHURCH

510 North Wilson
Pastor: Rev. Rick Langness
Secretary: Norma Unger
785-475-2333

SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday.

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.

EMPLOYEE PRICING PLUS

2005 Dodge Dakota SLT — Quad cab 4x4

MSRP: \$29,530

Employee Price: \$26,069

Applicable Cash Allowance: Less \$2,000

Chrysler financial rebate: Less \$1,000*

\$23,069

2005 Dodge Ram 1500 SLT — Quad cab 4x4

MSRP: \$34,260

Employee Price: \$29,329

Applicable Cash Allowance: Less \$3,500

Chrysler financial rebate: Less \$1,000*

\$24,829

2005 Jeep Grand Cherokee — Limited 4x4

MSRP: \$40,180

Employee Price: \$35,507

Applicable Cash Allowance: Less \$2,000*

\$33,507

*with approved financing



Sales & Service since 1919

210 State, Atwood

785-626-3286

These sponsors urge you to attend church regularly:

Herndon Insurance Agency

Ron Beims, Agent
785-322-5331
9 a.m.-5 p.m. Mon.-Fri.

Fair Chiropractic Clinic

"For Better Health Naturally"
504 N. Penn
Oberlin, Kansas
Phone 785-475-2219

Paul's FUNERAL HOMES

A Trusted Name Since 1925.
Phone:
785-475-3127 — Oberlin
785-386-4311 — Selden
Derek Riner
Rick and Dori Pauls