

A farewell supper will be held at 7 p.m. on Saturday for Pastor Kathy Aeillo at the Educational Building of the United Methodist Church. Hop and Peggy Lockhart will be celebrating their 60th wedding anniversary on June 30. They live at 710 N. 2nd, Norton, Kan., 67654. Virgil and Joyce Price had lunch with Rex and Joyce Remington of Danbury in McCook recently and also visited Melvin and Carlotta Thielbar.

Memorial weekend guests of Virgil and Joyce Price were Max and Doris Thielbar, Lincoln, Neb. On Sunday Max and Joyce attended the high school class reunion at Danbury. Kenneth and Pansy Price visited Virgil and Joyce on Saturday afternoon.

Senior Citizens met June 2 with 14 present. Winners were Twila Henry, June Jolly, and Al Sedlmayer. The next meeting will be at 7 p.m. on Friday, J.

Birthdays and anniversaries: Dennis Wood - June 7; Pansy Price, Kenneth and Pansy Price - June 8; Cheryl Hill - June 10; Ethel Miller, Arnold Jackson - June 12.

Bruce Bishop of Denver spent Memorial weekend with Oran and LaVerne Milner. His mother, Vera Bishop, has been hospitalized at Bear Creek Nursery and Rehabilitation Center, 150 Spring St.,

Morrison, Colo., 80465.

More than 50 signed the guest book at LaVerne Milner's 90th birthday party, held May 29.

Memorial weekend overnight guests of Francis and Arlene Hix were Mr. and Mrs. Lloyd Stanton of Salina and Marjorie Prince of Liberty, Mo. Marjorie remained here to spend a week with her mother and her husband, Francis. Other guests were Veryl VanDerWege, Norton; Lula Hix, Gail, Denise and Luke Bailey, and Mark and Shayla Bailey, Norcatour; Linda Young, Conifer, Colo.; Linda Young, Conifer, Colo.; Minh and Wanda Nguyen, Lone Tree, Colo.; and Betty Reid, Norton.

Visitors at the Stan Millers for Memorial weekend were Mr. and Mrs. Curt DeDonder, Topeka, who came for Melissa's 10th year class reunion. The DeDonders arrived on Thursday, May 25, and brought Joel Miller, Emporia, home for a visit. On Friday night Casey Tuttle, Wichita, came to spend part of the weekend before he and Justine went to Quinter on Sunday to visit his folks.

On Saturday, Mr. and Mrs. John Mast of Emporia visited as Carol's sister was here for her 40th reunion from Jennings High School. Bev Morris, Hoxie, was also a guest and attended her 30th reunion at Ob-

erlin. Melissa's classmate, Molly, and husband from Maine also visited the farm on Sunday. Everyone attended alumni festivities in Oberlin and Jennings.

Guest of Dorothy Ward the first weekend of June was daughter-in-law Paula Ward, of Denver. They ate lunch with Lora Linn Leichter at Cedar Living Center in Oberlin.

The Norcatour Public Library Summer Reading Fun Days will be June 13, 14, 20 and 21, from 10-11 a.m. They are for children from kindergarten through sixth grade. The theme this year is "Paws, Claws, Scales and Tales."

Esther Miller has donated ceramic roosters from the workshop of Betty Rubendall; a United Methodist Church plate; a Norcatour belt buckle; a vaulting pole her son, used for track at Norcatour High; and a baseball bat, also from the high school. Hop and Peggy Lockhart donated a Citizens State Bank ice scraper with the 1968-'69 Norcatour High basketball schedule. If anyone has pens, key chains, etc., from any Norcatour businesses they would like to have them.

Marguerite Clark accompanied Dorothy Ward to the Mountain Slope Lodge and Oberlin Eastern Star presentation of pins on Sunday, June 4. There was a luncheon, followed by the presentations. Dorothy Ward and Karen Metcalf received widow's pins in memory of their deceased husbands, in a very impressive ceremony.

On Saturday, June 3, Rea and Dee Magers enjoyed being with Dee's uncle and aunt, Marion and Lorraine Long of New Almelo, at a family reunion at Webster Reservoir. There were 65 present. On Sunday, they met at the New Almelo Cemetery with Marion and Marilyn Otter of New Almelo, Jeff Magers and Joy Luoto of Cedar Bluffs, and Sharleen Wurm of Oberlin. Mrs. Wurm did some grave witching and the group all experimented with the witching wands. Later, Jeff and Joy had lunch with Rea and Dee before returning home.

Snacks can be good for you

Snacks fulfill an important function in a healthy diet, but high-fat and sugary snack foods are giving the between-meal bites a bad rap.

A snack can fill the gap between meals and take the edge off hunger, but still leave room for health-promoting foods at mealtime.

A snack also can help curb the tendency to overeat at meals but timing, the choice of snack, and size of the portion are key. Here is some advice:

- Time snacks with regularity. If children – and just about everyone else, for that matter – know regular meals will be supplemented by a snack, they are less likely to overeat at meals. No snacks for an hour before meals, as snacking too close to a meal can spoil the appetite, just like mother always warned.

- What makes a healthy snack? Choose foods that supplement meals. Eat foods from at least two groups at a time, such as peanut butter on wheat toast with apple slices, veggie strips with a low-fat dip or fat-free dressing, or yogurt and



Home Time

By Tranda Watts
Multi-county Extension Agent

fruit. Variety adds to satisfaction. A child's age will have some influence on snacks.

Sitting at the table can reduce a child's risk of choking. Young children may choke on seemingly healthy snacks such as popcorn or a carrot strip. Risks increase if children are jostling each other, playing, or walking around the house while eating.

Supervising children while snacks are served is a good idea. Specify a kitchen shelf and some refrigerator space to serve as a snack station stocked with appropriate snack foods.

- What makes a healthy portion?

Children typically stop eating when they are full, but they do model parents' behaviors, including grazing. Read food labels and measure recommended servings. You can replicate the 100-calorie snack packs being marketed by food companies simply by measuring servings into re-sealable snack bags.

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@net.ksu.edu. For more information, contact the county extension office, 475-8121.

Rexford News

By Vicki Allison

Word was received by Edna Colson on May 27 of the death of her oldest grandchild, Henry Leamon Elling, who lived in San Antonio, Texas with his wife and four children. He is the oldest child of Grace Elling Kauk. The community extends their sympathy to Edna and family.

Roberta Colson, Goodland, and Cheryl Colson, Colby, surprised Edna Colson on Saturday afternoon, May 27, and gave Edna more information on Henry's death.

Arthur (Buck) and Nancy Colson and family of Hoxie visited Edna Colson on Memorial Day after stopping at the Hawkeye Cemetery. They all went back to Hawkeye to see the flags at each veteran gravesite. Leamon Colson, a veteran, was buried there in October 1971.

Ernest, Janine, and Edna Colson attended the viewing of Henry Leamon Elling, son of Grace Elling Kauk, on June 1 at Harrison Chapel in Colby and attended the funeral service and burial in Colby on June 2. The family and friends appreciated the noon meal prepared by the Colby Veterans of Foreign Wars.

Cleda Moeder and Buck Harper, along with Deb Stepper and Sondra Barnett, attended the 50th anniversary of Al and Norma Bandel in Burlington, Colo., on Sunday afternoon. Al had taught at Rexford High School for seven years and left in 1964. They all were entertained by the Bandel's children and grandchildren.

Bob Rogers is home recovering from leg surgery. He extends appreciation for thoughts and prayers. Lyle Lunsway is home recuper-

ating from Achilles tendon surgery.

Hulda Wark has been transferred from Hays Medical Center to Hoxie Medical Complex, and is recovering from hip surgery and continues therapy.

The community welcomes Mary Luna's father, John Rivera, who will be staying with her this summer.

Happy birthday to Liz Rall, June 13; Vesta Roth, June 15; and Jami Wark, June 16.

The Rexford community wide garage sale will be Saturday.

Red Barn Events: In for Barnswallows Monday afternoon were Dick Sanford, Grace Cheney, Jean Hawkins, Darlene Robben, Mary Ann Juenemann, Lawrence Juenemann, Lawrence Horinek and Deb Stepper.

Those at Wednesday's Bible study were Jolene Hansen, leader, Margaret Arasmith, Edna Colson, Pam Boller, Grace Cheney, Delores Dible and Deb Stepper.

Ruth Luna was hostess for Social Hour, June 7, at the Red Barn. There were seven members present. Margie Leh will be the hostess June 21, same location.

The Royal Neighbors America lodge met Thursday, June 8, with four members, Darlene Robben (hostess), Jean Hawkins, Grace Cheney, and Margie Leh. Grace Cheney will be the hostess at the next meeting on June 22.

There were ten ladies at Koffee Klatch on Friday: Grace Cheney, Berneda Zoberst, Eunice Sanford, Deb Stepper, Liz Rall, Delores Dible, Sondra Barnett, Velma Barnett, Jean Hawkins, and Vesta Roth.

Midway News

By Mary Lou Olson

Sympathy is extended to the family of Ryan Bergling, 18, who died at Presbyterian/St. Luke's Hospital in Denver on June 6. He was the son of Mark and Gail Bergling of this community. Funeral services were held Saturday afternoon at the United Methodist Church in Atwood with Pastor Keith Reuther officiating. Burial was at Fairview Cemetery at Atwood.

Survivors include his parents; a sister, Jill; a brother, Blake; his grandparents, Mr. and Mrs. Verol Bergling, Atwood; and Mr. and Mrs. Bob Dannebohm, Ellinwood, and other relatives.

Joe and Jan Gutchewsky of Omaha, and Brian Gutchewsky of Kearney, Neb., were last weekend guests of Jack and Mary Gutchewsky. Additional Saturday supper guests to honor Mary on her birthday were Kendal and Tammy Neal and Katrina, Oberlin; and Joel and Sarah Uerling and Addyson, McCook.

Gaynor and Helena Carlson, formerly of this community, will be honored with an open house from 2 to 4 p.m. on Sunday at the Christian Church in Atwood in observance of their 50th wedding anniversary. Hosts will be their children, Vince Carlson of Atwood, and Carla Barber of McPherson. They were married June 16, 1956.

Carol Craig of Boulder, Colo., left Sunday after visiting a week with Steve and Arian Arnold. They

joined Don and Joye Hill, and Steve Hill of Denver for supper on Saturday at the home of Jerry and Cheri Hill in Norcatour to help Cheri celebrate her birthday.

Elizabeth Horney and Christina Thompson of Colby, and their brother, Andy Hanson, attended funeral services on Monday for their aunt, Myrtle Irene Carden, 98, in Wichita. She died on Friday. She was the former Myrtle Irene Hanson, a sister of their father, the late Clarence Hanson.

Richard Bergling of Ness City, Olive Bergling of Atwood, Mac and Jeri Ann McPheeters of Colby, and David and Sherri Bergling attended funeral services in Littleton, Colo., on Thursday for Sylvia (Bergling) O'Neill, who died June 3.

Rex Olson, Seth and Sam of Boulder, Colo., were weekend guests of his parents, Keith and Mary Lou Olson. They came to attend funeral services of Ryan Bergling on Saturday.

Edla Olson and Arian Arnold were Sunday afternoon visitors of Gaynor and Helena Carlson in Atwood.

'Sin Is a Fruit of a Root'

By the Rev. Dan Rohm, chaplain
King's Achievement Center, Oberlin

Many times we identify a particular sin in our lives and we then cut off the sinful action (bad fruit). In a few days, we find ourselves right back doing that particular sin again. So, we cut off the sinful action (bad fruit) a second time, but once again find ourselves entangled by the sin. We continue this cycle for a while, then after failing over and over we just make peace with the sinful action.

Sometimes even embracing the sin as a good thing. We might even say, "Nobody is perfect," or "We all have our vices." The truth is, we just give up the battle. What we must do is to identify the root and attack the root cause, not just the fruit.

Most sin is caused by an ungodly mindset. Our thinking doesn't line up with the full counsel of

God's Word. This is the root of much sin.

We are each commanded to renew our mind (Romans 12:2), to have the mind of Christ (1 Corinthians 2:16), to let this mind be in you which was also in Christ Jesus (Philippians 2:5), to set your mind on things above (Colossians 3:2), to put God's laws in their minds (Hebrews 8:10), and to gird up the loins of your mind (1 Peter 1:13).

It is our obligation as Christians to renew our minds to think like Jesus Christ thought. If our opinions differ then we must repent and take upon ourselves the ways and opinions of our Lord. Then we can combat the root of sin and temptation in our life, like the Lord did when he was in the desert 40 days, with our spiritual sword, God's Holy Word.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
The Rev. George Kochuvellikkakam, MASS: 5:30 p.m., Saturday

IMMACULATE CONCEPTION CATHOLIC, LEVILLIE
The Rev. George Kochuvellikkakam MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
The Rev. George Kochuvellikkakam 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
Carrie Buhler, 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: Fred Dycus
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. 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
Pastor: Doug Mason
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.

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. Foundations Bible Class, Thursday, 7-9 p.m.

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
Rev. 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. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.

These sponsors urge you to attend church regularly:

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