The Senior Citizens met Aug. 17 at the Educational Building with 14 present. Winners were Clent Hatfield, Veda Wood and Mary Sedlmayer. The next meeting will include a potluck supper at 6 p.m. with cards to follow at 7 p.m. Everyone is welcome.

Congratulations to Capt. Jake and Kathryn Leichliter of Great Falls, Mont., who are the parents of twin boys born Aug. 5, 2007. Nathan Vene weighed 3 pounds, 8 ounces and was 16 inches long, and James Warren weighted 3 pounds, 12 ounces and was 16 1/2 inches long. Denny Leichliter and Ruth Gill visited them on their way back from a road trip to the Pacific Northwest. Since they were premature, the boys will be in the hospital for about a month.

The Heritage Club of Norton will sponsor a quilting presentation by Patricia Knoechel of California at 7 p.m. on Saturday, Sept. 8, at the 4-H Building in Norton. It will include a trunk show and demonstra-

Shawna Crum visited recently with her mother Wava Reames, her grandparents Frank and Velda Ward, and her uncle and aunt Leslie and Lynn Ward. They enjoyed the Decatur County Fair and the Ankenman reunion. Her children, Shawnda and James, who had been

her home on Aug. 12.

Velda Ward celebrated her birthday with cake and ice cream at the Cedar Living Center in Oberlin on evening, the Gerald Minklers and Aug. 18. Joining Velda and Frank for dinner were Wave Reames and Kaley Ward.

The second annual Norcatur block party, which is for everyone in Norcatur and the surrounding area, will be held in the 100 block of North Dexter on Saturday, Sept. first three entries. 8. Bring meat to grill, buns or chips, a beverage and chairs.

Guests of Dave and Patty Staff and Sam, last weekend, were Jerrod and Kortney Poire, Emporia, and Kaitlyn Stapp, Colby. Dave, Kortney and Jerrod played in the hospital benefit golf tournament and Kaitlyn Stapp joined them for a Patty, Kaitlyn and Sam helped at the tournament.

August birthdays include: Estella Harold and Kristi Gallentine, Aug. 23; Mark Bailey, Aug. 24; Ger. Hill and Kortney Stapp Poire, Aug. 26; Wava Reames, Aug. 27; Jeff Roe, Aug. 28; and Carl Lyon, Aug. 29.

Lora Arnold was honored with a surprise birthday party, planned by and Mrs. Rodney Tuttle, Quinter. Dennis Leichliter and Ruth Gill, on Other visitors were Mr. and Mrs. Aug. 18 at the Cardinal Bar and Grill. Others present were Lee Arnold; Estella Harold; Bill La-Salle; JuliAnna, Mark; Nathan, Marissa, Jordon and baby, Noah Baker; John and Brenda Arnold; and Gary, Susan and Dana Hille-

The Cardinal Bar and Grill will be closed on Labor Day.

visiting for 10 days, accompanied a trip to Goodland to view the sun-wolf.

flowers. On Aug. 18, Ivan Wirth and Marv Pfannenstiel of Hays visited them at Whispering Pines. That

son Adam of Phillipsburg visited. On Aug. 19, Ron and Marlene Wolf of Kensington took the Prices to Lexington, Neb., to a horse driving show. The judge and Kenneth formerly competed in horse shows, so he asked Kenneth to judge the

Randy Stapp and Chris of Indiana came to visit his father Dewaine Stapp in Oberlin. On Thursday they were joined by Dave, Patty and Sam Stapp, and Leone Purton for a pizza supper. On Friday the same group and Jerod and Kortney Poire and steak and rib cookout. On Saturday, Jerod, Kortney, Randy, Chris and David played golf in the Decatur County Hospital Benefit Tournament. They returned to Indiana on Sunday.

Guests last weekend at the Stan Miller farm were Mr. and Mrs. Rocky DeLano, Wichita, and Mr. Gary Miller of Oberlin.

#### **MUSEUM TIDBITS**

The museum has received a telegraph made by former depot agent, Verle "Moe" Francis.

The carpet has been installed and the walls repainted. Donations are still being accepted for the cost of the carpet. They may be sing to Norcatur Museum, Box 89, Norca-Kenneth and Pansy Price enjoyed tur, Kan., 67653, c/o Chris Dempe-

# Decoding different types of fat

Do you know which types of foods contain what kinds of fats? How can you limit or avoid the less healthful fats? Here are some thoughts to help you decode the mystery!

All fats are not created equal. The four main kinds of fats are polyunsaturated, monounsaturated, saturated and trans.

Polyunsaturated and monounsaturated fats help your heart. They lower bad cholesterol and raise good cholesterol. Omega 3 fats are an especially healthy type of polyunsaturated fat. Fats from plants and fish are healthful when eaten in moderation. Foods with healthy fats include nuts, nut butters, canola oil, olive oil, and seafood, especially

Saturated and trans fats are not heart-healthy. They tend to raise bad cholesterol and lower good cholesterol. Limit eating fats that are solid at room temperature. Read the Nutrition Facts food labels, and choose foods that have 3 grams or less of saturated fat per serving and 0 grams trans fat per serving. Trans fats are found in foods such as pastries, fried foods and some marga-

Everyday ways to reduce less healthy fats from your diet:

- Eat out less often, and prepare meals at home more often.
- Instead of regular dairy products, choose fat-free or low-fat milk, yogurt, cheese, sour cream and dairy desserts.
- Several times a week, substitute cooked dry beans such as red or

**Home Time** 

Wednesday, August 29, 2007 THE OBERLIN HERALD 3B



By Tranda Watts Multi-county Extension Agent

black beans, spilt peas or garbanzo olive oil. beans for meat in soups, casseroles and salads.

- Instead of eating fried foods wiches. choose fresh, baked, microwaved and boiled foods.
- choose lean cuts and trim away vis-
- ible fat. • Discard the skin from turkey and chicken.
- cheese, grill or steam vegetables 475-8121. and add herbs and spices to flavor
- Substitute egg whites for whole eggs in recipes.
- Make your own salad dressing with three parts vinegar to one part

· Choose mustard rather than mayonnaise or margarine for sand-

Tranda Watts is Kansas State University extension specialist in • When choosing red meats, 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, • Instead of adding butter or contact the county extension office,



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## **Jennings News**

By Louise Cressler

The Jennings community extends sympathy to the Leroy and Betty Brown family in the loss of their grandson Tim, son of Mr. and Mrs. Gordon Brown.

Keith and Helen Muirhead flew to Chicago to visit their daughter Teffani and Joe Zadeh, Natalia and They enjoyed a concert on Au-

gust 17, at the Millennium Park and on Saturday an air show along Lake Shore Beach. The grand finale was an amazing performance by the U.S. Air Force Thunderbirds. Firemen's Fun Day on Saturday

was a huge success and the weather was beautiful. The parade theme was "Welcome BCI". BCI employees participated in the firemen's team barrel competition.

All the kolaches were sold. The ladies baked over 100 dozen on Friday in the BCI kitchen.

and Tom Neff, Marion.

Men from the Norton Correctional Facility worked on Aug. 15, 16 and 21 in Jennings. The south fence row at the athletic field was cleared and the fence put back. Several intersections were cleared. We really appreciate all the guys who come to work for us.

Mom's Lil Market will be closed until next Tuesday. Merle will be going to Missouri to spend some time with her daughter who is taking chemo treatments.

Doug Cressler, who was injured in an accident at work, is still a patient at Wesley Medical Center in Wichita. He has had surgery on his arm, but will need more. He is doing as well as he can.

Bill Tacha, formerly of Jennings, will undergo surgery on Wednesday at the Salina Regional Medical Center. Mail will reach him at Sunday dinner guests of Stan and Smoky Hills Rehab, 1007 Johnston Ramona Shaw were Chris Gillespie Ave., Salina, Kan., 67401.

### **Mount Pleasant News**

By Dianne Bremer

Duane and Pat Dorshorst and Miki, and Marlene Moxter to North Platte, Neb., on Saturday, where they watched Tricia Dorshorst, a Florissant, Colo., were weekend student at Eastern Wyoming College of Torrington, play in a volleyball tournament.

Karen Larson returned home Sunday evening after spending the past week vacationing at the Paradise Guest Ranch in Buffalo, Wyo., with her son and family, Ryan and Stacy Duysen, Madison, Ashley and Taylor.

Norman and Joanne Wendelin Saturday afternoon.

Rory Wendelin accompanied were weekend visitors of their daughter Greta at the University of

Stan and Deanie Moore, guests of Gaylord and Shirley Shields. Stuart Euhus was an additional Saturday evening dinner

and Janice Cundiff; Craig Cooper, Hoxie; and Jennings volunteers operated the Farm Bureau-sponsored children's pedal pull at the Firemen's Fun Day in Jennings on

#### **Chamber News**

Sen. Pat Roberts visited Oberlin teers will assist until she arrives. last Tuesday.

What a nice man!

Business Entrepreneurial Enhancement Center to ask questions. I am sure that all who attended wished they had more time to visit with the

I was quite impressed by his assistant. He was Johnny-on-the-Spot when the senator would ask him for details on a subject. He must have a great memory.

Weekend events included Fireman's Fun Day in Jennings on Saturday. The Czech Museum was also open.

The Oberlin Business Alliance tailgate fund raiser will begin at 6:30 p.m. Friday, Sept. 7, north of the high school football field. I would like to say thank you to

all who helped and welcomed me while I worked at the Chamber. My last day will be Friday. I enjoyed

meeting new people and making new friends. Jo Henderson will take her position as Chamber director on Monday, Sept. 17. I wish Jo luck and happiness in her new job. Volun-

Kansas in Lawrence.

John and Dianne Bremer; Greg

By Tamara Sporn

If the Chamber can be of assistance, call (785) 475-2281, or bet-About 50 people came to the ter yet, come and say Hello and see the interesting flyers and pamphlets here at the Chamber office at 104 S.

#### The Stamps You Can't Wait to Get Your Hands On.



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# 'Seven Great Character Traits to Build'

By Father Henry Saw Lone of Oberlin Sacred Heart Catholic Church

Children growing up today are headed toward quired ability to accurately assess people, events, issome formidable challenges of this 21st century. Therefore, they must be raised to be strong. Life in today's society poses obstacles to this characterformation and we shall consider these in a moment. But first we need to consider what these seven great virtues consist of.

First, faith. This is belief in God and in all that He has revealed about Himself and mankind. It includes a deep understanding of who we are (beloved children of God), where we are ultimately headed (heaven or hell), and what we are called to carry out here on Earth (service to Him by service to others, starting with our family and friends).

Second is hope. This is the confidence that God will give us the means for our salvation, and that He watches over all our affairs with loving Providence. It is the confidence in God's all-knowing, all-loving, and all-powerful protection. The Christian symbol of hope is the anchor, the tie that holds us securely through the storms of life.

Third, charity. This is the love for God, sincerely beloved as a Father and all-forgiving Friend. Here love for God comes absolutely first. This love for God is deepened, made internal in mind and heart, temptations toward laziness. through prayer and personal sacrifice. Your chilthemselves, but rather when they can take care of others – and want to.

judgment." This means many things. It is the acmany years.

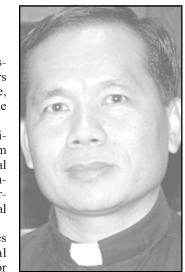
sues, ideas. It is the ability to evaluate human affairs in terms of causes and implications. In a broad sense, it is a commitment to truth, the ability to recognize propaganda and lies when we see them.

Fifth is justice. Today we would call this "responsibility." This means giving others what is due to them as a matter of right, starting with God. It is the habitual understanding that the existence of others' rights imposes obligations on us. It is what children call "fairness," one of the strongest and earliest developed moral senses in children. Sixth is fortitude. Today this character-strength goes

by other names: courage, perseverance, personal toughness, "guts." It is the ability to either endure or overcome pain, inconvenience, disappointment, setbacks, tedium for the sake of some higher good. All children must learn this, especially by example and Finally, temperance. This is what our society calls

'self-control," "self- discipline," "self-mastery.' Closely related to personal toughness, this is the ability to dominate one's passions, appetites, and "feelthe question is one of priority and intimacy. The ings" for the sake of some higher good. It is a mastery over our lower inclinations, including the ever-present

It is also the ability to enjoy the good delights of life dren will grow up not when they can take care of in moderation. Temperance is the foundation (along with charity) of courtesy, habitual good manners. These, then, are the seven great strengths that parents Fourth, prudence. Today we call this "sound need to form within the lives of their children over



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH** 785-475-3103

Fr. Henry Saw Lone. MASS: 5:30 p.m., Saturday

**IMMACULATE CONCEPTION** CATHOLIC, LEOVILLE Fr. Henry Saw Lone MASS: 8 a.m., Sunday

SACRED HEART CATHOLIC, **SELDEN** Fr. Henry Saw Lone MASS: 10 a.m., Sunday

ADVENTIST CHURCH Jim Martin 120 South East, Oberlin

**OBERLIN SEVENTH-DAY** 

SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m. JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS Carrie Buhler, pastor

**DRESDEN** SUNDAY: Morning Worship, 9:30 a.m.

SUNDAY: Church School, 10 a.m.

Morning Worship, 11 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** 

Pastor: Judi Stricker 109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 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

**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 prac tice, 7:30 p.m. **CLAYTON UNITED METHODIST** 

Pastor: Ray Gilstrap 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. WEDNES-DAY: 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: Morning Worship, 9:30 a.m.

NORCATUR UNITED METHODIST Pastor: Ray Gilstrap **Almena** 

SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST Carol Woodmaneee, 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 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 SATURDAY: Worship, 7 p.m.; SUNDAY:

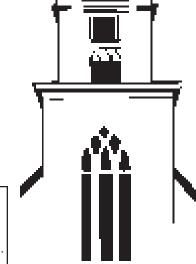
Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9



Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden

Derek Riner

Rick and Dori Pauls



**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.; Fellow-

ship and Educational Hour, 10:45 a.m.

Holy Communion first and third Sundays

THURSDAY: Women's Bible Study sec-

ond Thursday at 9:30 a.m.