

Jennings News

By Louise Cressler

Sympathy is extended to the family of Claudine Bennett who died Christmas morning at the Decatur County Hospital. Funeral services were held at Jennings on Friday.

Family guests of Mary Votapka and Tom for Christmas Eve were Jean and Rollie Hallagin and Ashley, Goodland; Angie and Jay Dee Brumbaugh, Brady and Brennan, Owassa, Okla.; Josh and Michele Ivans and Brooklan; Lori Schiefen and Katlyn, Overland Park; Ann and Rex Rowh, Cimarron; Jason Rowh, Drake and Brecken; Kerri Schippers, Kollin, Luke and Mark, Hoxie; Jodi Iguanza, Samantha, Megean, and Christopher, Kalvesta;

and Sue Long.

Tom Votapka returned to Kansas City on Dec. 27 for a doctor's appointment.

Guests throughout the Christmas weekend at the home of Stan and Ramona Shaw were Tom Neff and Chris Gillespie, Marion; Elliott Gillespie and Tamara and Alex Bratt, Belton, Mo.; Aaron and Tara Gillespie, Hays; Kevin and Colleen Wagoner, Sharon Springs; Brandon Wagoner and Rosa Ward, Joplin, Mo.; Kyle and Lisa Bollers and Tyce, Lochbuie, Colo.; Mark and Shelley Shaw, Ethan and Erin, rural Logan; Jeff and Mary Wahlmeier, rural Jennings; Nick Wahlmeier

and Kerrie Olson, Hays; Adam Wahlmeier, Norton; and Zach and Katie Golemboski, Colby. Danny and Cindy Black, Logan and Bowen from New Mexico were unable to be here due to the weather and work. Several of the same group enjoyed dinner at the Selden Community Center hosted by Carol Shaw on Monday.

Mike Tat went to Wichita this week for a checkup with his doctor.

Doug Cressler went last week for his checkup with the doctor.

The Jennings City Council will not meet Thursday, Jan. 3, but will meet on Jan. 10.

Midway News

By Mary Lou Olson

Congratulations to Al and Deanne Langness, who were married Friday afternoon at the Herndon Covenant Church. Pastor Keith Reuther officiated. The bride is the former Deanne Spanier, a former band teacher in Oberlin and Atwood.

She is band director at Goodland and they will make their home in Goodland.

Sympathy is extended to the family of Theresa Kantor, 67, who died Dec. 5, 2007, at Douglas. She was the oldest daughter of Frances Horinek of Atwood and the late Steve Horinek. Funeral services were held Dec. 10 at the Sacred Heart Catholic Church in Atwood with Father Galen Long officiating. Burial was in Mount Calvary Cemetery at Atwood.

Pre-Christmas dinner guests on Sunday of Esther Noreen were Larry and Judy Thelander, Salina; Jeremy and Carissa Thelander, Conner and Braden, Lincoln, Neb.; Ken and Alice Robson, and Kirk and Janell Robson, Ellsworth; Andy Robson, Bennington; and Steve and Connie Noren, Britta, David and Michael.

Christmas Day dinner guests of Jack and Mary Gutchewsky were Kendal and Tammy Neal and Katrina, Oberlin; Brian and Krista Gutchewsky and Gavin, Kearney, Neb.; and Joel and Sarah Uerling and Addyson, McCook.

Dinner guests on Sunday, Dec. 23, of Phil and Lana Keck, Trek and Keana of Colby were Brad and Angie Erickson, Regent, Tabor and Raine, Rexford; Eva Keck, Colby; Rita Lewallen, Holyrood; Trent and Chelsie Keck, Kaitryn and Jordan, Haysville; and Rick and Joyce

Keck, Leigh, Ben and Logan, Overland Park.

Dinner guests on Saturday, Dec. 22, of Dave and Sherry Bergling were Olive Bergling, Atwood; Jeri and Mac McPheeters, Colby; Richard, Susan, Sarah and Cassidy Bergling, Ness City; and Alicia and Kelly Bergling, Oberlin.

Guests of Jeff and Tama Unger and Jacob on December 24 were Dale and Debbie Withington, Hana, Ellie and Chloe of Chetopa, Gary and Mary Ann Erickson and Delbert and Joan Erickson. They were all Christmas Day dinner guests at the Gary Erickson home.

Xiaochun Chou, who was an exchange student at the Withington home, came on Saturday with his wife, Meggie, and son, Theo, to visit the Withingtons.

Christmas Eve dinner guests of Dick and Donna Kelley were Kirk Kelley, Davenport, Iowa; Sheldon and Brenda Kelley, Kendra and Jessica, Frederick, Colo.; and Debbie Kelley and Seth, and friend Chelsea, and Nate and Jamie Kelley, Payton and Mason, Topeka.

Christmas Eve supper guests of Elden and Detta Anderson were Richard and Maureen Anderson, Samantha, Chris and Gabe, and Gary Anderson. They were all Christmas Day dinner guests at the Richard Anderson home.

Supper guests of Keith and Mary Lou Olson on Wednesday were Rex, Seth, Sam and Abbie Olson, Boulder, Colo.; Chris and Keely Wilson, Julie and Harmony, Kearney, Neb.; Brandon White, Leawood; Sarah and Kurt Olson, Manhattan, and Mark and Barbara Olson and Mary, James and Kimberly Witt, Tyler,

Ashley and Whitney, and Tiffany Robinson, Oberlin. Abbie Olson stayed with Ashley and Whitney Witt from Wednesday to Friday.

Mike and Nione Rhodin of Loveland, Colo., and Edla Olson were Christmas Day dinner guests of Steve and Arian Arnold.

Lori Seaman of Salina spent Christmas with her sister, Connie and Steve Noren and family.

Dinner guests on Christmas of Max and Renell Bell, Morgan and Lauren in Colby were Ron and Marlene Erickson, and Brad and Angie Erickson, Regent, Tabor and Raine.

At the stroke of midnight on Dec. 31, millions of people will resolve to lose weight, exercise more, and eat better. But how many of these resolutions are "history" by Feb. 1?

This year, why not take a different approach? Set one resolution for each month throughout the year.

Try each of the suggestions below for one month, or make your own list of monthly resolutions. The key is to keep new behaviors specific and do-able.

January. This month, eat three servings a day of whole grain cereals, breads and tortillas, instead of products made with refined enriched flours and grains.

February. Eat canned, fresh or frozen fish eight times this month, or twice a week.

March. Switch from sweetened drinks to beverages without added sugar this month.

April. This month, increase your intake of fresh, frozen or canned dark green, yellow or orange vegetables, and cooked dry beans and peas.

May. This month, include low-fat or fat-free sources of calcium in your diet. Switch from whole to low-fat milk, and choose reduced-fat yogurt and cheese.

June. Break into summer by eating breakfast each day of this month.

July. Good job — the year is half over, and you have practiced a variety of ways to eat healthfully! Increase your intake of fruits (fresh, canned, frozen, dried or juiced) to 2 cups a day this month, with no more than 1 cup of fruit juice per day.

August. This month, choose steamed, grilled or baked dishes in-



Home Time

By Tranda Watts
Multi-county Extension Agent

stead of fried foods. Trim visible fat and skin from meat and poultry.

September. Use less sodium. Avoid salty snack foods this month. Instead, snack on fruits, vegetables, whole grain breads and crackers, low-fat popcorn, brown rice cakes, graham crackers or a small handful of unsalted nuts or seeds.

October. Eat four meatless suppers this month, or one each week. Include meals with cooked dry beans, calcium-rich foods, whole grains, fruits and vegetables.

November. This month, change four favorite recipes to lower their content of solid fats, added sugars, full-fat dairy products, fatty meats, and/or sodium.

December. Maintain your body weight this month. Each day, get plenty of physical activity and limit your intake of alcohol to one drink and of high calorie foods to one serving. As the month closes, congratulate yourself for practicing 12 healthy eating habits this year. Resolve to continue to take steps to a healthier you.

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.

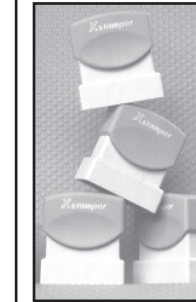
Midway News

By Mary Lou Olson

The Stamps

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THE OBERLIN HERALD

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Peace on Earth

Pastor Carrie Buhler,

Jennings and Dresden United Methodist churches

The assassination of a popular leader has shaken our world community this week. A woman of strength of conviction and strength of faith, in herself and in her country. A woman committed to peace, equality and tolerance. A voice of reason in a whirlwind of insanity.

I am often astounded by the lack of tolerance towards others of different faiths, all done in the name of the loving, tolerant and forgiving God.

These are the days when we need to truly see ourselves, Christian, Muslim and Jewish, as siblings in God's family. We do, after all, come from the same spiritual roots. We are all children of God, descended from Abraham.

Are we so spiritually corrupt that we can only spend our energy bickering like small children? Or are we each so self-righteous that we believe we are the only ones to understand the mind of God?

I'd like to believe, and this might be naïve, that most of us are basically good people who want the same things: peace for our children, a safe place to live, security, and the opportunity to better ourselves.

In a word, HOPE. There are those within each of the major faiths in the world today, Christianity, Islam and Judaism, who seem to thrive on conflict. They seem to go out of their way to interpret our sacred texts in ways that incite rage against the others, and incite rage in the others. When that happens, it shouldn't surprise us that people are hurt and killed.

We often use the bumper sticker motto, "What Would Jesus Do?," but that doesn't seem to get us anywhere, does it? We do nothing because we aren't Jesus.

Shouldn't we be asking ourselves, "What would

Jesus want ME to do?"

We can't just say, "Well, God will fix everything, God will provide."

We are the hands of God here. We are the agents of spreading hope in our world today.

Do you remember that old Coke ad from the 1970s? The one where people were standing in a field of wildflowers, holding hands, and singing, "I'd like to teach the world to sing in perfect harmony..."

I wish we could come together, as descendants of Abraham, children of God, and sit around a campfire, telling the stories of our faiths from our different points of view. I wish we could see that we have more in common than we have in differences.

The differences in our stories only make our common family history deeper and richer. I wish we could while away the night, singing, telling stories and laughing. Giving each other hope.

My family is very diverse, theologically. Most of my family comes from various Protestant Christian denominations. But I have cousins who are Jewish, cousins who are Muslim and family members who are Catholic.

We get together each year out on my Great-aunt Eenie's farm and we have a celebration of our family. By the time the fireflies are out and the crickets are serenading us, we are already planning next year's reunion.

If this can be done in a small setting, imagine the impact on the world if we all work toward tolerance and understanding in our own back yards.

Each person CAN make a difference! It is up to us what kind of a difference we choose to make.

"Blessed are the peacemakers, for they shall be called Children of God."



Decatur Health Systems

By Othelia Vacura

Decatur Health Systems employees contributed more than 1,150 food and personal care items, 50 punch cards and \$200 in meat vouchers to the Decatur County Food Bank. This is a huge increase over last year. These donations were taken to Stanley Hardware on Friday to be counted in the 2007 community food drive.

The laundry, dietary, housekeeping, maintenance and materials management departments, spurred the food donation spirit early on by keeping the lead throughout the competition until the last two hours when Cottonwood and hospital nursing took the lead with a sudden burst of generosity. While the Cottonwood and hospital nursing team gave the most donations and

will be rewarded with a pizza party for being the "Most Generous," the others should certainly earn the "Community Spirit" award.

As of Jan. 1 we will be tobacco-free. No tobacco use of any kind will be allowed on the premises, inside nor outside. If you do not observe the nonsmoking signs, you will be asked to extinguish or leave the premises. Cigarette containers outside are provided for extinguishing cigarettes, not for allowing smoking in that area. We appreciate your cooperation in this effort.

As a health care facility, it is our responsibility to be a positive role model in protecting the health of the public, and becoming a tobacco-free facility is a positive step in that direction.

Herndon News

By Voni Sattler

Brad Williams also attended the birthday party for Chelsey Williams. His name was omitted last week.

Misty Hartner of Salina and Michelle Hartner of Colby enjoyed Christmas brunch at the home of Kent and Chris Wood. Christmas Eve and Christmas guests of Deanna and Brad Williams and daughters, Chelsey, Brandi, and Kassidi, were Zachery Williams, Denise, Jeremy, Chase and Chance Graham of Ludell; Kathy, Sami, Joey and Braden Leitner and Sam Kogl, all of Atwood; and Voni Sattler.

Esther Pennington and Voni Sattler went out for dinner on Sunday, Dec. 23, at Roger's Bar and Grill in Herndon.

Susie Martin of Colorado Springs and Ann Martin were Christmas guests of Dick and Betty Martin of Wilsonville, Neb. Don and Lucy Evans of McCook were also there.

Frank and Beth Hraha went to Rosalia to the home of Gerard and Cheryl Green for Christmas and returned home on Dec. 26.

Stacey and Louis Dawson and girls of Atwood spent Christmas with Jim and Sharon Vogel.

Get well wishes go out to Sharon Vogel, who recently had back surgery (balloon kyphoplasty), in Denver. She returned home Dec. 22.

Christmas gifts of Sharon Ecker were her sons and granddaughter, Troy, Bart and Brandi Ecker of Hays. They came Christmas Eve and returned home on Dec. 26. Additional Christmas dinner guests were Marlin and Dana Marintzer, Oberlin, and Carla Marintzer.

Kyle Frick of Seattle, Wash., is visiting her grandparents and father, Lavern and Sharon Frick and Kyle Frick for the holidays.

Guests of Nadine and Joe Green for the holidays were Connie, Jerry and Kiley Reitcheck, Jeannie, Mitchell and Brittany Tuma, Marty and Jeff Ruda, all of Colby; Dave, Billie, Baron and Emma Green of rural McCook; Bob and Patti Chartier and Debbie, and Dave Unger of Ozawkie.

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone,
MASS: 10:30 a.m., Sunday

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

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Mike Larson
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH
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
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 Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

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: 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. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
The Rev. Galen Long
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.

HERNDON COVENANT CHURCH
Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 9:45 a.m. Morning Worship, 11 a.m. Youth Group, 4 p.m.

NORCATUR UNITED METHODIST
Pastor: Ray Gilstrap
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 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 p.m.

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