

# People in Our Community

Mary Lou Olson, society editor  
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Trenton Isaiah Raile, six-week-old son of Travis and Valisha Raile, was baptized Sunday during morning worship services at the Oberlin United Methodist Church. Officiating was the Rev. Doug Hasty. A dinner followed at the Raile home, which also honored their daughter, Alana Raile, on her fifth birthday. Others present were Doris Fringer, Carolyn Shirley, Bob and Deanna Castle, and Kariah Castle, Oberlin; Devan Castle, Rebekah, Maiah and Dane, Hoxie; and Bob and Gertie Zweygardt, and Pete and Trent Raile, St. Francis.

Dave and Sherry Bergling returned home Saturday after he was dismissed from Madonna Rehab Hospital in Lincoln, Neb. He is recuperating satisfactorily from injuries received in a recent fall at his home. Mail will reach him at Rt. 2, Box 182, Oberlin, Kan., 67749.

Katrina Wentz of Norcatour is among students who were named to the President's Honor Roll for the fall semester at Barton County Community College in Great Bend. To qualify, students must have been enrolled in a minimum of 12 credit hours and maintained a grade point average of 4.0 on a 4.0 or "A" letter scale.

Winning highs in pinochle at Golden Age Center the past week were Henry Edgett, Veanna Carman, Dewaine Stapp, Floyd Edgett, Marie McKisson and Doris Fringer. Lows went to Elden Haas, Max Carman, Henry Edgett, Wilma May, Doris Fringer and Aleen Van Vleet. Pitch highs were won by Henry Edgett and Floyd Edgett with lows going to Dorothy Moore and Barb Solko. Winning highs at bridge were Marty Munson and Cynthia Matson.

**—Wheat Ridge Terrace, Oberlin, first month's rent FREE. Final signup is Jan. 31. Call 785-475-1000. 02-05**

## Hog roast benefit set at Jennings Saturday

A community benefit hog roast for Mike "Possum" Tacha will be held on Saturday, Feb. 2, from 5 to 7:30 p.m. at the Jennings Sunflower Senior Center. Donations of baked goods for the

## Colby hires superintendent

Terrel Harrison, principal of the Colby Elementary School since 2001, has been hired by the school board at Colby as the district's next superintendent. She will replace Kirk Nielsen, who has held the position 11 years and will retire June 30. She formerly served as a teacher and administrator in the Wallace

## Kindergarten enrollment set

Principal Duane Dorshorst said parents of children who will be attending kindergarten at Oberlin Elementary School in 2008-09 should register their children at the

## Dresden serviceman graduates

Brian W. Miller of Dresden graduated from the United States Marine Corps India Company, 3rd Battalion at the Marine Corps Recruiting Depot in San Diego on Jan. 4.

He is now in training at the School of Infantry in Pendleton, Calif. He is a May 2007 graduate of Hoxie High School and is the son of Larry and Mary Miller of Dresden.



Brian Miller

Saturday guests at the home of Dave and Sherry Bergling to honor him with a surprise birthday supper were Olive Bergling, Atwood, Mac and Jeri McPheeters, Colby; Jeremy and Jason Bergling, Mission; Alicia and Kelly Bergling, Oberlin; friends, Sid and his sister, Marie, McCook; Kyle and Eva Harder, and Stephanie Heighton, Hays; and Robert and Judy Groneweg, Evan and Jody Robertson, Marlin and Dana Marintzer, Pat Cozad and Jeff Burmaster and Johnathan, Oberlin.

Dorothy Douglass Leidig, 95, formerly of Lenora, died Jan. 20 at the Lawrence Memorial Hospital. She was the mother of Marilyn Gridley, wife of Roy Gridley, a 1953 graduate of Decatur Community High School.

Among area students named to the President's Honor Roll (4.0) at Colby were Brandy Busson, Rexford, and Stephanie Juenemann, Jace Lobato, and Jessica Shaw, Selden. Those on the Dean's Honor Roll (3.75-3.99) were Katelyn Spreser, Dresden; Richard Conway, Gabriel Moore, Oberlin; and Kyle Spreser, Rexford. To earn a place on the honor roll, students must earn 15 or more credit hours and have no failing grades.

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Area students who were named to the Fort Hays State University 2007 Dean's List (grade point average of 3.60) included: Marcus McKenna, Jennings; Kelsey Janssen, Norcatour; Lydia Karnopp, Sarah Murray, Kerri Olson, Abby Ream, Amber Ritter, Oberlin; Ashley Rae Arnerberger, Joshua L. Miller, Selden; Jeffrey Riener, Herndon; and Scott Johnston, Rexford.

school office from Monday, Feb. 4, through Friday, Feb. 8. Parents who are unable to come to the school may contact the office by calling (785) 475-2122. A child must be five years of age on or before Aug. 31, 2008, to be eligible for kindergarten during the 2008-09 school year. For questions concerning the kindergarten registration, contact the school office.



CAPT. TANNER G. WOOLSEY prepared to board a plane at Laughlin Air Force Base, Texas.

## Captain receives wings at graduation in Texas

Capt. Tanner G. Woolsey graduated from Specialized Undergraduate Pilot Training on Jan. 18 at Laughlin Air Force Base, Texas.

He was presented with the Army Air Corps wings which his grandfather, Dale D. Young of Oberlin, received in 1944.

The son of Bob and Terri Woolsey of Oberlin, he goes to Water Survival Training in Pensacola, Fla., on Feb. 12, then to Survival Evasion Resistance and Escape training at

Fairchild Air Force Base in Washington beginning Feb. 26. On May 9, he will begin a B-52 pilot initial qualification course at Barksdale Air Force Base, La., which he will complete on Dec. 5. His wife, Kaori, will accompany him.

His grandparents are Dale and Eris Young, Oberlin, and Helen Woolsey, Chappell, Neb.

His wife and parents attended his graduation.

## Art and story contest set

"Kansas Critters: Birds," a book project contest for grades K-8, is being sponsored by the Great Plains Nature Center.

Those selected could become a published artist or author. Of the 470 species of birds found in Kansas, write about or draw birds from a list of 26 birds listed in the official brochure found on the website, www.gpnc.org. Deadline for bird entries for the book project is Feb. 15, and for the art contest, March 15. Another fun art and science project,

for grades K-12, is the Junior Duck Stamp art program. If an entrant draws a picture of a Canada Goose or a Wood Duck for the bird book project, they can also submit it to the Junior Duck Stamp contest.

Send entries to Lorrie Beck, Great Plains Nature Center, 6232 E. 29th St. N., Wichita, Kan., 67220.

For details on either contest call Ms. Beck at (316) 683-5499, extension 108, email Lorrie\_Beck@fws.gov, or check on the website listed above.

## Club promotes projects

By CHEYANNE SODERLUND The Stick-To-It 4-H Club met on Jan. 13 at the Catholic church. The club discussed their regular business.

The club participated in two community involvement projects. The first one was all members signed letters to our state legislators and senators encouraging them to support the expansion of the Oberlin airport runway. The second was all members decorated valentines for residents at the nursing homes.

The club enjoyed snacks and

recreation. The next meeting will be at 4:30 p.m. on Sunday, Feb. 10, at the Catholic church.

## Tax help available

Frances Bader of Jennings is offering free tax help for taxpayers with low and middle incomes with special attention to those who are age 60 and older through the American Association of Retired Persons Tax-Aide Foundation.

For details or appointments, call her at (785) 678-2659.

## Gospel Choir to perform

Harlem Gospel Choir will perform at 7:30 p.m. on Tuesday, Feb. 5 at the Colby High School auditorium.

The group will give a show consisting of blues, jazz and gospel spirituals. They consider themselves ambassadors of African-American culture.

It is sponsored by Western Plains Arts Association. Admission is by season ticket or \$20 for adults and \$10 for children at the door.

## New Arrival

Brady James Wiedeman LaVerne and Theo (Wagner) Wiedeman have a new grandson, Brady James,

born to Brent and Sherri Wiedeman at the Citizens Medical Center in Colby on Jan. 23, 2008. He weighed 7 pounds and was 19 inches long. He has a brother, Bryant Matthew, 2 1/2, to welcome him home.

Maternal great-grandparents are the late Ted and Bernice Wagner.



B. Wiedeman

## Club News

### Day of prayer observed

Oberlin United Methodist Women met at noon on Jan. 9 at the fellowship hall of the church to observe the annual Day of Prayer and Self-Denial.

While sack lunches were eaten, a short business meeting was conducted by Pat Wright. Hostess was Laurene Van Otterloo and she surprised Mrs. Wright with a birthday cake as the dessert.

Boxes have been placed at each entrance of the church for donations for CARE boxes, which are sent by the church to college and vo-tech students near Valentine's Day.

The program "Learning for a Lifetime" was given by Jody Betts, with the assistance of Fern

Moore, Mary Waldo and Elaine Bryan. Childhood photos of members and their daughters and granddaughters were shown, along with a display of girls around the world, many of whom are less fortunate and unable to receive an education or medical care due to war, natural disasters and poverty. Examples of United Methodist Women funded projects to benefit women and girls were given.

Hostesses for the Feb. 6 meeting will be Goldie Stapp and Laurene Van Otterloo and devotions will be given by Elaine Bryan. Joy Russell will present a program on her recent visit to Ephesus, an ancient city in Greece.

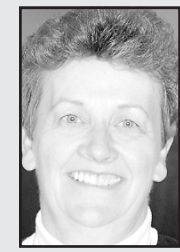
### Women enjoy program

Pi Alpha Club met Jan. 14 at the Sappa Valley Manor with Cecil Hess as hostess. Co-hostess Elaine Bryan read devotions entitled, "Grandma's Hands."

Club member Joy Russell presented a very informative program telling of their recent Mediterranean cruise with visits

to Bari, Italy; Olympia, Greece; and Ephesus, Turkey. She and her husband, Neal, traveled with longtime friends, Marvin and Betty (Duffy) Eller of Canon City, Colo.

Thirteen members were present and Rosella Meitl received the hostess gift.



## Home Time

By Tranda Watts  
Multi-county Extension Agent

### How much are you eating?

We make more than 200 food-related decisions daily, and aren't aware of 90 percent of them. We choose how much milk to pour on cereal, whether to have a second piece of toast, and if we'll eat that doughnut at the office, and on and on....

Most of us don't overeat because we're hungry, but because of such influences as family, friends, packaging, plates, labeling, shapes, distances and containers.

Studies suggest we can eat 20 percent more or less without being aware of it. Becoming more mindful about just one eating practice can be significant. Eating 100 calories more than needed daily can result in a weight gain of 10 pounds a year!

Take this short quiz and see if you can guess the results of some studies:

Question 1: How much more soup did people eat when their soup bowl kept filling up without their knowledge? A. 13% B. 53% C. 73%

Answer 1: C. Surprisingly, they ate an average of 73 percent (and 113 calories) more.

It's important to see the total amount you're eating. It's easy to overeat when we keep reaching into a bag or container and never see how much we're really putting into our mouths. We're likely to keep eating more than we realize if we keep dipping into a bag. If you're planning to eat some chips, remove the amount you plan to eat from the bag BEFORE your start eating.

Question 2: When two glasses had the same capacity, into which glass did people pour the most liquid? A. Short, wide glass B. Tall, narrow glass

Answer 2: A. Studies showed people drank an average of 25 to 30 percent more from short, wide tumblers than from tall, skinny glasses. The same amount of juice in a tall, skinny glass looks as if the glass is fuller than it does in the short, wide glass.

Question 3: How did the size of plate or bowl influence people's perception of amount when they were offered the same portion size?

A. Size of plate or bowl made no difference in the amount they thought they ate.

B. People thought they ate more when they were served on a large plate or bowl.

C. People thought they ate more when they were served on a small plate or bowl.

Answer 3: C. People thought they ate more when eating from a smaller bowl or plate. As the size of the dish increased, the size of their servings tended to increase. The larger dish made servings look smaller by comparison, resulting in people helping themselves to more food. Changing the shape of your glasses and the size of your plates may be enough to help you significantly reduce your calorie intake.

Container and package size also made a difference. In one study, people were fed 5-day-old stale popcorn at the movies in three sizes of containers. Even though the popcorn didn't taste that great, the biggest bucket people ate an average of 173 calories more of popcorn than those eating from smaller containers.

Other things learned included: When we can see food sitting around in clear dishes we will eat a great deal more than if that same food is in a dish we can't see into. We tend to eat more of visible foods because we think about them every time we see them. Eventually our resistance is likely to weaken. A bad example is keeping candy in a clear dish on your desk or a table top.

People tend to eat more when food is more convenient such as sitting on top of a table or desk instead of in a drawer. When people have to walk a distance for food, they have more time to think twice and talk themselves out of it. So, make food more difficult to get to. Put it on a hard-to-reach cupboard shelf, store it in the basement, or just don't bring it into the house.

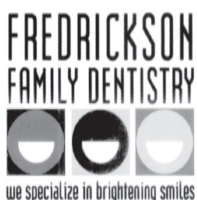
Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

## WE ALWAYS WELCOME NEW PATIENTS TO OUR DENTAL PRACTICE!

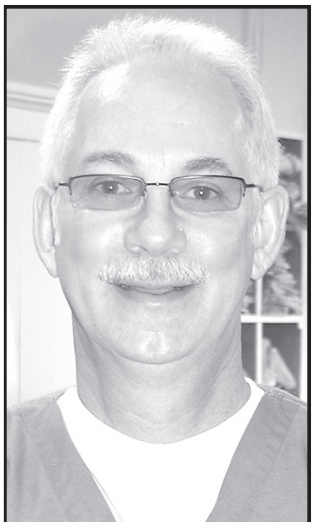
The office of Dr. Gary Fredrickson was established in Oberlin in 1982. We offer the services of Robyn Rouse who has been a dental hygienist for 18 years. We also provide for visits from two orthodontists, Dr. John Haugen and Dr. Brad Hoppens, in our office.

Our office hours are Monday through Thursday, 8:30 a.m. to 5:30 p.m. We are open during the lunch hour to offer more convenient scheduling for you. We enjoy children in our practice and recommend their first visit at the age of three. All emergency patients will be seen for treatment on the day they call for an appointment. We will be able to treat your pain or replace a filling if needed.

We gladly process all dental insurance for you and we are a contracting dentist with Blue Cross and Blue Shield and Delta Dental Insurance. We offer several options for financing dental care and accept Master Card, Visa and Discover cards.



Please call us to schedule a visit for a checkup or if you need emergency dental care place call: (785) 475-3813



Gary L. Fredrickson, D.M.D. 106 S. Rodehaver Oberlin, Kansas 67749 after hours emergencies (785) 475-3135 fax (785) 475-3814

**February 9, 2008**  
KANSAS GOP PRESIDENTIAL CAUCUS  
*You Vote. You Decide.*  
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Paid for by the Kansas Republican Party  
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