

# People in Our Community

Mary Lou Olson, society editor  
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Steve and Anita Hirsch attended the fall meeting of the directors of the National Volunteer Fire Council held recently in Coralville, Iowa. Mr. Hirsch is the director representing Kansas on this council.

He serves as chairman of the by-laws committee and sits on the membership and legislative committees. He is secretary of the Kansas State Firefighters Association and training chief for Sheridan County Fire Department.

As part of the spouse's tour, Mrs. Hirsch visited the Herbert Hoover Presidential Library and the Amana Colonies.

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Jerald and Elaine Leitner returned from Hays Oct. 6, where he had carotid artery surgery. They were accompanied by their daughter, Karla Sullivan, Colby.

Bob and Kay Gaskill attended memorial services in Aspen, Colo., for Mr. Gaskill's brother-in-law, Charles Worth, who was killed in a wood cutting accident on Oct. 6.

The Gaskills were joined by their daughter, Lori and her family, Ray Kriegbaum and sons, Lakewood, Colo., and Mr. Gaskill's brother, Dave and Gudy Gaskill, Golden, Colo. Mr. Worth, a resident of Aspen since 1950, graduated from Boston Latin School and cum laude from Harvard in 1948.

He was a geologist. He is survived by his wife Ann (Gaskill) Worth, a daughter, Christine Gaskill and son, Peter Gaskill. Bob and Kay Gaskill returned home Sunday.

Philip and Florence Carey, Ellicott, Colo., Keith Carey, Colby, and Rita Carey, Westminster, Colo., attended funeral services last week for their uncle, Keith Sauvage.

— Seafood buffet, Friday, Oct. 16, 6-8 p.m. LandMark Inn. Call 475-2340 for reservations.

Warren and Jan Bainter recently returned from Milwaukee, Wis., where they visited their son and his wife, Ben and Rachel Bainter. While in Milwaukee the Bainters toured the Harley-Davidson Museum.

Brian Kelley, Fredricksburg, Md., spent several days visiting his farm in rural Norcatour. He left Monday morning after dropping by to see his aunt and uncle, Carolyn and Jim Plotts. Mr. Kelley owns the farm that formerly belonged to his grandparents, the late Claude and Dorothy Kelley.

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Recent visitors of Alice Avery and her son, Rod Avery, were her grandson, Dan and Katie Avery, and their one-year old daughter, Ella, Seattle, Wash.

Winning highs in pinochle at the Golden Age Center were Dorothy Moore, Henry Edgett, Max Carman, Elden Haas and Kelva Dryden. Winning lows were Elden Haas, Neil Marshall, Dorothy Moore, Henry Edgett and Doris Gilbert. Pitch highs were won by Henry Edgett and Dorothy Moore. Pitch lows were taken by Elden Haas and Neil Marshall. Bridge was won by Charlotte Meints and Janette Votapka.

## Supper benefits building

Dozens of people showed up for the annual potluck supper to benefit the Lyle Community Building Fund. Not only did everyone bring something to eat, but several brought their talent to share.

The event Oct. 3, put on by members of the Liberty-Star Club, raised money to maintain and make improvements to the building. Built in 1957 by the Star Valley 4-H Club, the building is the hub of the Lyle community. The Lyle United Methodist Church meets there, as do the Lyle sewing ladies, who make quilts for charities. The building is also the site for wedding showers, family reunions and the annual church bazaar.

Entertainment for the evening was provided by a group of Sweet Adelines from the Colby Chapter; Jim Plotts, who played his guitar and sang; Bob Virgil, a cowboy poet from Norton; Ila Virgil, Norton, who played her mountain dulcimer and then accompanied Jim and Carolyn Plotts on the piano when they sang.

Also entertaining was James Plotts, with a classical piece on his guitar; Julia Childs (aka Veda Wood), who gave a cooking demonstration of the proper way to prepare an omelet; Teresa and Dwight Wood, McCook, sang a duet; Carolyn Plotts, assisted by her husband and Margaret



BEATING EGGS and sipping "vino" was "Julia Childs" (aka Veda Woods), who gave a recipe for an omelet at the annual benefit for the Lyle Community Building Fund held Oct. 3. A potluck supper was followed by an evening of home-grown entertainment.

— Herald staff photo by Carolyn Plotts

Magers, gave her version of "The Mississippi Squirrel Revival"; and The Country Rebels Bluegrass Band from McCook sang lots of familiar tunes.

## Theater performance set at Gateway

"Harvey," performed by South-west Nebraska Community Theater Association, opens in Oberlin at The Gateway arena for a theater in the round at 7:30 p.m. Saturday. Desert will be available.

The classic 1940s comedy was written by a Denver newspaper reporter, Mary Chase. Its enduring popularity is attributed to escapism, farce and fantasy. It centers around the family of Elwood P. Dowd.

Dowd has an invisible six-foot tall rabbit, Harvey, is his best friend.

The staff at Chumley's Rest prepares to admit Dowd after his insistence that his best friend is an invisible rabbit embarrasses his social-climbing sister.

The play is directed by Don Harpst and produced by Howard Kool. Members of the cast include JeriLynn Karr, Kay Flaska, Randy Andrews, Sheryl Patterson, Patty Keene, Kathy Latta, Jeremy Blomstedt, Shayne Riley, Ray Watson, Cheryl Scott, Phil Goodenberger and Mike Gapp. "Harvey," first pro-

duced in 1944, was soon followed with a movie featuring Jimmy Stewart.

The performance will be seen in McCook on Thursday through Sunday, Oct. 22 to 25.

This is an Oberlin Arts and Humanities season ticket event or \$10 for adults, \$5 for students at the door. For information call Ella Betts, (785) 475-3557 or Mary Henzel (785) 470-0218.

## Fight the flu bug: eat, drink

With the threat of flu season in front of us, it is important to know that you really can do a few things nutritionally to help you and your family stay healthy even though it is flu season.

Here are a few basic practices that could boost your immune system and help your body fight the flu bug. They include:

- Stay hydrated. Getting the proper hydration keeps mucous membranes soft and moist, preventing tiny cracks that allow viruses and bacteria to enter your system. How much fluid is enough? A general guideline is to divide your weight by two — that's the minimum number of ounces of fluid you should drink every day.
- Eat lots of plant-based foods. A diet rich in vegetables, fruit and whole grains is not only loaded with vitamins and minerals but is also high in antioxidants and phytonutrients, which can boost the immune system.
- Get a moderate amount of exercise. Moderate exercise boosts the immune system, while too much or too little can weaken it.
- In addition, you may consider



### Home Time

By Tranda Watts  
Multi-county Extension Agent

consuming more yogurt and other foods containing probiotics. Probiotics are live microorganisms often called "good bacteria." Look on food labels — foods containing probiotics include yogurt, fermented and unfermented milk, miso, tempeh, and some juices and soy beverages.

While research on the health effects of probiotics is not completely conclusive, several studies on specific strains indicate they can help the immune system. According to research, those who eat foods with probiotics may also recover more quickly from illnesses when they do consume foods with probiotics.

• And, of course, always follow proper hygiene practices to prevent spread of disease. Wash your hands frequently and use alcohol-based

sanitizers. Always cover your nose and mouth when you cough or sneeze. Avoid touching your face, especially your eyes, nose and mouth — that's how germs spread. And stay home and away from other people if you get sick.

If you have further questions, please feel free to contact your local K-State Research and Extension Offices or e-mail me at twatts@ksu.edu.

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

## Sternberg Museum next site for 'Full Circle'

Do you have questions about aging? Do you work with seniors? Unsure about health or legal issues? Have some questions on your mind and like to find out more?

"Full Circle...An Aging Expo" next month in Hays can help to make your later years as comfortable as possible. This conference can help you whether you are nearing your later years, already there or you help take care of an older person.

You don't want to miss this event, set for Friday, Nov. 6, at the Fort Hays State Sternberg Museum. The conference will run from 9:30 a.m. to 4 p.m. Come and learn the latest news and ideas on aging, lifestyle, health and making life decisions.

Advance registration is \$25 per person or \$40 for two family members, due Monday, Oct. 26. The fee includes lunch, snacks and drinks and all session handouts. Registration at the door will be \$35, but organizers cannot guarantee a meal for those registering that day. Included with the registration is a reduced rate to tour the museum.

Dr. Tana Goering, a physician and Kansas State Network television personality, the keynote speaker, will discuss how to be proactive with your doctor and be an informed partner in your health-care decisions.

Conference sessions will cover topics including elder law, a look

at vitamin D and the growing role it plays in health, what happens when a loved one passes, keeping up with the grandkids in technology, nursing homes, drug interaction, new service opportunities, mind aerobics, eye-health issues, things to do in Kansas and self defense for seniors.

To register, call Libby Curry at the Northwest Area K-State Research and Extension Office in Colby, (785) 462-6281.

For information, contact your county Extension office or e-mail Tranda Watts at twatts@ksu.edu.

## School superintendent speaks at Rotary

Oberlin Superintendent Duane Dorshorst spoke to the Oberlin Rotary Club about recent changes in the schools at the Sept. 30 meeting.

Mr. Dorshorst said Kansas schools, on the whole, did not meet the Adequate Yearly Progress requirements of the No Child Left Behind Act in math, although Oberlin Elementary School tested well in math and reading.

He also talked about teaching safety and leadership procedures

and skills like academic, social and self-management. He said the community expects a great education system, and that is what the school board, teachers and administrators are working for.

At the Oct. 6 meeting, Nannette Zander spoke to the members about the orphanage she helped start in Haiti. She calls it the House of Hope and said it is a Christian ministry about 41 miles north of Port Au Prince that is home to 17 orphans.

Mrs. Zander said Haiti is the

poorest country in the western hemisphere. She and her husband Pete Zander are planning a trip to the orphanage in January.

President Rhonda May conducted the meeting, which was attended by Janice Shobe, a visiting Rotarian from the Atwood club.

Mark Olson volunteered to head a committee to sponsor the "After Prom" party for Decatur Community High School students this spring.

## Women's club donates to food pantry

Food items for the community food bank were collected by the Oberlin United Methodist Women at their Oct. 7 meeting. Fifteen members answered roll call with a Bible verse. Hostesses were Eileene Grose and Jody Betts.

President Judy Davis gave a devotion that had been prepared by Nadeane Haag before her illness. Members observed a moment of silence in Mrs. Haag's memory.

"The Glory of the Rainbow," an Indian legend, was the devotional theme. Members told of the qualities of the different colors of the rainbow. Lengths of colored ribbon were given to each member to remind her to use her God-given gifts

to make the world a better place.

Plans were made to attend a district meeting in Plainville on Oct. 17. A donation was approved for the Mexican-American Ministries. Laurene VanOtterloo said a funeral lunch had been served Oct. 3 for the family of a former member, Myrna Kelley. Plans are being made for

the group to sponsor an all-church cookie party from 10 a.m. to 2 p.m. on Saturday, Dec. 19, at the new Golden Age Center.

ThankOfferings will be collected at the Nov. 4 meeting with Fern Moore as program leader, devotions by Mary Waldo and Violet Shaw as hostesses.

## Harvest dinner set tonight

The Oberlin Covenant Church is its annual Fall Harvest Celebration from 5 to 7 p.m. today at the church, just south of the hospital at 810 W. Cedar.

Members of the congregation have prepared a turkey dinner with

all the trimmings, including dressing, mashed potatoes and gravy and pumpkin pies. Donations will be accepted to support programs and ministries sponsored by the church.

## Radiology seminar planned at Hays Imaging Center

Hays Imaging Center will hold its 2009 Radiology Seminar from 7:30 a.m. to 4:15 p.m. on Saturday, Nov. 14, in Conference Room No. 2 at the Hays Medical Center. Registration begins at 7:30 a.m.

Specialists will talk about diagnostic management for abdominal aortic aneurysm; diabetes patients in the radiology department; CT

imaging for acute stroke; "Is Your Funny Bone Really Your Humerous?"; considerations for air ambulance transport; and "Bridging the Gap: Cultural Clinical Practice."

Students will earn eight hours of continuing education credit at a cost of \$75. To register, call (800) 248-0073, Ext. 5500 or e-mail dmclaren@haysmed.com.

## Icy roads cancel theater show

Icy roads and snowy weather forced cancellation of the Sunday performance in Oberlin of "Little Red Riding Hood" by the Wichita Children's Theatre Professional Touring Company.

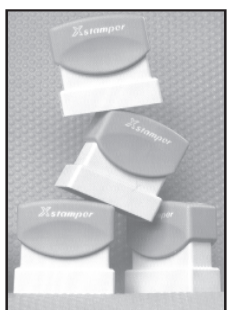
The company has rescheduled the live musical adaptation of the Brothers Grimm story for next week. The play will be performed at 8:30 a.m. Tuesday, Oct. 20, at Oberlin

Elementary School, with shows at other area schools as well.

This show, written by Kevin Reese, will educate as well as entertain the audience. The performance is being sponsored the Western Plains Arts Association, which said season ticket holders are welcome to the show.

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## Barbara Castor is turning 90

Please help Barbara celebrate her birthday with a card shower and open house at the Golden Age Center, Sunday, October 25 from 2-4 p.m.

Cards can be sent in care of:  
Golden Age Center  
220 N. Penn  
Oberlin, KS 67749



## Happy 80th Birthday

Help Norma Grafel celebrate her birthday with a card shower.

Send cards to:  
Norma Grafel  
P.O. Box 188  
Herndon, KS 67739



## Happy 50th Birthday - Oct. 16



### Donna Jo Groneweg

Love Mom, Ward, and Lynda Lea

Send cards to:  
1713 N. Meadowbrook Dr.  
Enid, Oklahoma 73701

