

Denny Leichliter and Debbie Leichliter Obrecht went to Australia and Tasmania on March 29. His daughter Stacey is getting her master's degree in Tasmania and Columbia, South America. They also enjoyed touring. They spent time in Sydney, Hobart (Tasmania), Ayers Rock (Uluru) in the Outback, and Cairns (Great Barrier Reef). They saw very few animals outside of the zoo. There were many great things: petting wallabys; holding a koala; sky rail over the rain forest; tour with an aboriginal man; touring of Darling harbor to see the Opera House, and seeing the Kata Tjuta and Uluru rock formations.

Unfortunately, after an hour ride in a catamaran over very rough waters, their time in the Great Barrier Reef was canceled because the boat blew two turbos; so they walked Four Mile Beach. They returned on April 11. Denny drove back to

Norcatour and Debbie met her family for her grandson, Maverick's seventh birthday supper.

Vene Leichliter is living with all three of his kids now. He plans to come help Denny after Easter.

The results of the pool tournament held at the Cardinal Bar and Grill on April 6 were: Larry Lively, first; Matt Wilson, second; and Jeff Roe, third.

Happy Birthday to Conner McVay, April 20; Gary Anthony, April 23; Greg Sumner, April 24; Yvonne Sumner, April 25; Gerald Jackson, April 26.

Senior Citizens met on Friday afternoon, April 15, with 16 players present. Winners were Bob Strey and June Jolly with a tie for first, followed by Gwynn Ward and Gary Anthony. The next meeting will be on Friday, with a pot luck dinner at noon followed by cards, at the Educational Building. We would

be glad to see you!!

Bee Nelson visited with her cousin and wife, Bob and Joan Milner, here from Paonia, Colo., at the home of their son's John Milner of Norton on April 12.

After church Sunday, April 17, Beth Sebaugh and Dorothy Ward ate pizza at Bee Nelson's home. The ladies later attended the Maple Grove Christian musical program that was enjoyed by all in attendance.

Guests at the Stan Miller farm last weekend were Mr. and Mrs. Casey Tuttle and Jade, El Dorado.

Congratulations to Amanda Marshall for winning Best of Show at the Northwest Kansas League Show in Hoxie for the third year in a row. It was won for a mixed media sculpture. She also played second at the ArtFest at the Gateway for a pottery piece.

Weight gain is not inevitable

A combination of factors, including hormonal and metabolic changes, often make it easy for women to put on pounds as they age. But weight gain is not inevitable, and it's not impossible to reverse.

In fact, a study recently published in the New England Journal of Medicine offers hope. The study tracked 93 obese people 65 and older and found that by combining exercise and dieting, participants lost 9 percent of their body weight but also retained lean body mass, a concern for older people who lose weight. They also increased their oxygen consumption and improved their strength and balance.

Participants who simply dieted (reducing calorie intake by 500 to 700 calories a day) lost a similar amount of weight, but didn't see the other health benefits.

Other participants who didn't diet but did the exercise (90 minutes of weight machines and aerobics, three times a week) lost no weight.

Depending on the individual's current activity level and eating habits, a woman might be able to make some modest changes to see positive effects.

For example, if she isn't very active, she should be encouraged to take a brisk walk several times a week while at the same time



Home Time

By Tranda Watts
Regional Extension Agent

increasing vegetable consumption and cutting back on sweets and fatty foods. By doing so, she might find that she feels more energetic and decide to do even more. A goal of losing 10 percent of body weight over six months would be beneficial, and may not seem overwhelming for her.

Before making any substantial changes in diet or activity, see a family doctor just so any health or medical issues she needs to be aware of will be known.

In the meantime, there are several resources that offer guidelines for older adults. Here are some:

- The National Institute on Aging (NIA) offers some great tips for "Healthy Eating After 50" including amounts of fruits, vegetables, grains, meat or beans, and milk older adults should consume each day, including how many calories and how much fiber. See it at <http://1.usa.gov/50diet>.

- The Mayo Clinic offers tips on "Menopause Weight Gain: Stop the Middle Age Spread" at <http://bit.ly/mayomemo>.

- The NIA also offers guidance for older adults on setting exercise goals, including safety tips, at <http://www.nia.nih.gov/Go4Life>.

- Maintaining a healthy weight helps reduce the risk of chronic disease, including cardiovascular disease, diabetes and hypertension.

If for some reason, you are not able to access these sites, you may e-mail me at twatts@ksu.edu. I will be glad to help you get further information if you need it.

Tranda Watts is a 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.

Mount Pleasant News

By Dianne Bremer

Our sympathies to David and Karen Eskew and their families upon the death of David's mother, Donna Eskew, whose funeral services were held Friday afternoon, April 22.

Jeannie Martin and Karen Larson hosted a bridal shower for Brianna May Stecklein Saturday morning at the Oberlin Gateway Center. Attending were Betty May, Delayne May, Rhonda May and Elizabeth Nedland, Pam May and Hannah, Susan May and Erin, Dianne Bremer and Jessica, Lisa Davies, and Dori Pauls.

Jaron and Tara Tate and Abigail, Hot Springs, Ark., and Jay and Becky Tate, Dakota, Mollie, and Grace enjoyed their family Easter celebration, complete with dinner, cookie decorating and an Easter egg hunt, Saturday afternoon at the home of John and Edith Tate.

Alfred Euhus, Centennial, Colo., was an Easter weekend visitor of his brother, Dennis Euhus.

Jay and Suzanne Cooper, Wichita; Ladd Wendelin, Lincoln, Neb.; Rory Wendelin, Seward, Neb.; Greta Wendelin, Lawrence; Igor Perel, Overland Park, Wayne and Lois Larson, Brad Larson, Kathy Almquist, and Craig and Karen

Larson were Easter weekend guests of Norman and Joanne Wendelin. The Wendelins hosted a Saturday evening family get-together as well as their family Easter dinner on Sunday.

Saturday dinner guests of Ryan and Darcí Unger, Drew, Ty, and Brock Zweggardt, St. Francis, were Butch and Colleen Rittmann, Christian and Rielly, Shawnee; Brock's friend, Michaela; Ralph and Norma Unger, and Darbi and Dani Rouse.

Reagan Badsky, Hays; Floyd Badsky, Sharon Bodfield and her mother, Janice Winters; Lacey Smith and Trace, and John Mosier enjoyed Easter dinner at the home of Ken and Jan Badsky.

Easter Day dinner guests of Ralph and Norma Unger were Ryan and Darcí Unger, Darcí's father, Kenneth Roberson, St. Francis; Butch and Colleen Rittmann, Christian and Rielly; and Duane and Lois Unger, Colby.

David May, McCook; Kelly Olson, Manhattan; Stean Olson, Hays; Wilma May, and Justin and Wendy Scott, Garrett, Gage, and Wyatt were Easter Sunday dinner guests of Jerry and Connie Olson.

Easter Sunday dinner guests of Ralph and Violet Shaw were Rich-

ard and Anna Shaw, and Joel and Tami Shaw and Dante.

Richard and Delayne May, Nolan May, and Brianna Stecklein, Lawrence; Walter and Betty May, Rhonda May and Dan Nedland and Elizabeth, Robert and Sally May and Cole, and Roger and Susan May, Ryan and Erin enjoyed Easter dinner at the home of Roland and Pam May, Zach and Hannah.

John and Dianne Bremer; Jessica Bremer, Topeka; and Justin Zdrov enjoyed Easter dinner at the home of Herschel and Jody Betts. Kristen Bremer was unable to attend due to illness.

Butch and Colleen Rittmann, Christian and Rielly, arrived Friday to spend the weekend with her parents, Ralph and Norma Unger, and returned home Sunday afternoon.

Jessica Bremer, Topeka, arrived Thursday evening to spend the Easter weekend with her parents, John and Dianne Bremer. She returned to college Sunday afternoon.

Rexford News

By Vickie Allison

A vaccination clinic for cats and dogs will be held from 4 to 6 p.m. Thursday at the Rexford City Building, provided by the Oakley Veterinary Service. It's a good opportunity for your animals to be vaccinated if they are due for shots.

The Rexford phone book is being updated. Due to an increase in the use of cell phones, a lot of old land-line listings are invalid. If you would like to have your cell phone listed, call Jolene at 687-2220. Having our own Rexford phone book is

very handy and it makes us relevant as individuals.

The city will be taking applications for a city manager, as Bill Scott will be retiring soon. He will be able to take any prospects along with him through the next week or so to show him the nature of the job.

The Rexford Rural Fire Department gave away a number of smoke detectors to families who needed one.

Until next time, may your week be a memorable one.

Midway News

By Mary Lou Olson

Sympathy is extended to the family of Ben and Mariah (Jones) Grafel of Herndon following the death of their two-month-old son, Jasper Kendall, on Thursday at Children's Hospital in Denver. Funeral services will be held at 10 a.m. today at the United Methodist Church in Atwood. Pastor Keith Reuther will officiate and burial will follow in the Herndon Covenant Cemetery. A memorial was established in his name. Williams Funeral Home of Atwood is in charge of arrangements.

Word was received of the death of Mercedean (Olson) Bagley, 78, of Mount Vernon, Wash., on April 19. She was a former resident of this community and was a daughter of the late Walter and Hildur (Larson) Olson. Funeral services were held Monday at the Salem Lutheran Church in Mount Vernon. A memorial was established to the church. Mail will reach the family at 17497 Cypress St., Mount Vernon, Wash., 98274-7778.

Larry and Judy Thelander were Easter weekend guests of her mother, Esther Noren.

Elijah Jones, who is stationed in South Carolina, is visiting his parents, Greg and Gwen Jones and family.

Dick and Donna Kelley spent Easter weekend with the Sheldon Kelley family in Frederick, Colo.

Easter supper guests at the home of John and Ardythe Cederberg included Chase, Dana, Payton and Paycie Juenemann, as well as

Derek Ruppert and Sara Tani all of Hays, Donny, Diane, and Megan Ruppert of McCook, Eric Sattler of Atwood, and Ron and Cindy Sattler of Herndon.

Detta Anderson and Mary Lou Olson took Joy Votapka out for lunch on Friday at the LandMark Inn to help her celebrate her birthday.

Losson and Leanne Pike, Ashland; Shirley Maresch, Nathan, Jenna and Tim, Nekoma, and Beverly, Messerly, Paul and Anna, Sublette, visited over Easter weekend with Eulaine Benda, Gerald and Patti Benda, and Mark and Barbara Olson and Mary.

Norma Anderson spent Easter with her daughter, Carol and Robert Fink, in Wamego.

Tim Maresch, son of Daryl and Shirley (Benda) Maresch of Nekoma, was among 12 Wildcat Warrior Air Force Reserve Officers Training Corps Cadets, who earned a spot in a special U.S. Air Force Training program after completing 17 months of training and preparation. They were chosen from 3,338 college sophomores nationwide to attend the field training summer program by the selection board at Maxwell Air Force Base in Alabama. The board chose 1,994 students from 144 different Air Force ROTC detachments. They will spend two weeks in Montgomery, Ala., and Hattiesburg, Miss. He is a grandson of Eulaine Benda and the late Wesley Benda and is majoring in construction science and management.

Alive! Sharon Nelson, Evangelical Covenant Church

If I had to summarize the season of Easter in one word, it would be: Life. John's first letter tells us all about love and life through Christ. Jesus gave up his life for us, demonstrating his love for us (1 John 3:16). By the power of God, he was raised from the dead and he lives! God is love, and Jesus is life (5:20).

John's first letter is full of wonderful promises. Those who believe in the name of the Son of God have eternal life (5:13). If we acknowledge Jesus as the Son of God, God will live in us and we will live in God (4:15). If we have the Son, we have life (5:12). If we remain in him, we are promised eternal life (2:25).

I don't know about you, but all this stuff about being in God and God in us and having and remaining makes my head spin. I like to think of nesting storage containers. We would be the middle container with God both inside of us and surrounding us.

Believing and confessing that Jesus is Lord is im-

portant. But it's not enough to believe we have Jesus inside of us, and then do whatever suits us. If we are in Christ, everything about us must be submitted to him.

John has more of God's promises for us, and these have to do with how we live and love. If we love, God's love is made complete in us (1 John 4:12). If we have love, God lives in us, and we live in him (4:15-16). If we love, God takes us from death to life (3:14). What is love again? Oh yeah, Jesus showed us what love is by laying his life down for us, and we are to do the same for brothers and sisters in Christ (3:16). For John, to love God is to love people, and to love people is to love God. These things cannot be separated.

Another John, Dr. John Perkins said, "Conversion is trying to love that God who loves us." None of us do this perfectly, but I pray that we are growing in love for God and for everyone.

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEUVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

JENNINGS-DRESDEN UNITED METHODIST CHURCH
Pastor: Barbara Patterson
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. Linda Willey
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: Gene Gee
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Linda Willey
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
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.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.

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

NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
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
Chairman Brad Marcuson
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
Interim Pastor: Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.

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