

Watch out for evening snacks



Home Time

By Tranda Watts
Regional Extension Agent

There currently is a disagreement among many as to whether you are more likely to gain weight from eating a snack at night than if you ate the same snack earlier in the day. Like so many issues related to human nutrition, this is a bit of a loaded question.

For years, the standard nutrition response has been "no". It's the overall balance between calorie intake and energy outgo that matters, not what time of day you eat.

And that's still the take of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). If you do some searching, you'll find lots of great guidance that suggests that eating "late-evening calories are no more likely to promote weight gain than calories eaten at other times of the day."

But recent studies are beginning to prompt some researchers to reconsider.

Most recently, in a study published in June in the journal *Cell*, researchers reported findings about two groups of mice fed a high-fat diet. The mice that were fed frequently throughout the day, disrupting their normal nighttime feeding cycle, were more likely to become obese and suffer from related conditions even though their calorie intake was the same as mice fed during normal feeding times. The mice given food only at the "right" feeding time (for mice, it's natural to eat at night) had better usage of nutrients and expenditure of energy.

A study in the journal *Obesity* in late 2009 had similar findings. In that study, mice fed only during their natural feeding time weighed significantly less than mice fed at the wrong times. The mice fed at the wrong times also tended to be

less active and to eat slightly more than the other group – a bad combination.

The researchers involved in these studies suggest that our eating patterns should adjust to circadian rhythms – that is, you should eat during the day and avoid snacks at night, especially if you want to maintain or lose weight.

Whether or not you accept the researchers' conclusions you still might want to consider whether nighttime snacks are the best choice for you. The Academy of Nutrition and Dietetics itself recommends pausing to think if you're tempted to eat a nighttime snack. Are you eating because you're hungry, or because you're bored or anxious, or have just gotten into the habit of having that snack?

Besides, if you're trying to lose weight, giving yourself a time-related cutoff for eating could help you trim the number of overall calories you consume on a day-to-day basis. It could be a good place to start.

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Scot and Carol Jahn, Bethany, Okla.; Cathy Claussen, Oberlin; and Fred Molzahn and Beth Johnson were Sunday supper guests of Delphyn Biggs in Oberlin. Carol, Delphyn and Beth are cousins.

The Norcatour Christian Women had their annual meeting on Monday at the Norcatour Church Educational Building. Plans for the annual Bazaar/Soup Supper and the Pheasant Supper were discussed.

Update on Eric Kuhlman: He has had three chemo treatments and is feeling pretty good. He tires easily and has some body aches. This week he had two chemo drugs together for the first time. He is tired of going to Omaha, but understands that he needs to so his tummy won't hurt anymore. He has been able to go to Story Time at the Norcatour Library a few times and went to the Norton Fair. His blood counts have not dropped and he is able to be out and about but does need to stay away from anyone who is sick.

Wentz Service Station is accepting donations for the fuel fund for the Kuhlman family as they travel weekly to Omaha for little Eric's cancer treatments.

The last day to order T-shirts from Krista Kuhlman (Eric's aunt) is Aug. 15. All proceeds go to help defray the family's travel expenses.

To order a T-shirt send checks to: Eric Kuhlman's Cancer Fund, Krista Kuhlman, 305 Cherry Ave., Oakley, Kan. 67748. Include your name, address, phone number, and shirt size for either adult or child.

Garrett Nelson, Wichita, grandson of Bee Nelson, and Anita Volskay, Independence, Mo., were house guests of Mrs. Nelson July 31 through Aug. 4. Ms. Volskay did some painting for Dorothy Ward, Wayne and Norma McCallister and Wava Reames. She returned to her home on Aug. 4. Garrett helped put out the news sheet and did some mowing for his grandmother.

Happy birthday to Helen McVay, Aug. 10; Phyllis Yeater, Aug. 14.

Anniversary wishes to Wayne and Norma McCallister, Aug. 9; Troy and Deb Marshall, Aug. 11.

Senior Citizens met Aug. 3 to play pitch at the Methodist Church Educational Building. Winners were Bob Streyve, Arlene Hix and Jodi Lyon. There were 12 players present. The group will play again this Friday.

Nila (Temple) Winchell will celebrate her 90th birthday on Aug. 20. She graduated from Norcatour Rural High School with the Class of 1940. Birthday greetings will reach her at 5790 Denlinger Rd., Apt. 214, Dayton, Ohio 45426.

On June 23 Darrel and Alice Barnett enjoyed a recreational vehicle vacation with their grandchildren Alex Barnett and Megan Montoya of Haysville. Others on the trip were Alice's sister and husband, Mary and Tom Wright, Salina, and their granddaughter, McKenzie Wright, Blue Springs, Mo., and Alice's brother and wife, Richard and Catherine Britton, Colby. The goal was to see "Devil's Tower" in Wyoming and to check out the site of Custer's Last Stand, and the Battle of the Little Big Horn at Hardin, Mont. The group went on to Yellowstone National Park for a few days, returning home on July 3.

The Norcatour Cemetery Board will meet at 7 p.m., Thursday at Bee Nelson's home for the purpose of hearing and answering objections relating to the proposed use of funds and the amount of Ad Valorem tax.

Darrel and Alice Barnett left July 17 for their annual Kansas Highway Patrol Motorcycle ride. This year the trip took them to Raton, N.M. They rode up to Capulin Volcano National Monument and to the Fort Union National Monument. They also rode to Angel Fire to view the Vietnam Memorial. Other destinations included Eagles Nest, Red River and Taos. They returned home July 22. There were 10 motorcycles and 12 people including Jerry and Denise Stritt.

Bee Nelson and Dorothy Ward had Sunday, Aug. 4 dinner at the Hidden Dragon in Norton. Deb Scott and her sister from Phillipsburg joined them. Deb is temporarily working at the Alma Post Office and Alice Barnett is filling in at the Norcatour Post Office.

Deb Scott has also spent some time caring for her 10-month-old grandson, Rowdie, while his mother, attended Nebraska Air National Guard training. Her son-in-law, Matt, who is still recovering from a serious accident last year, is able to work some on limited, light duty.

Troy and Deb Marshall, along with their daughter, Amanda, left Aug. 3 to help their son and brother, Anthony, move to Wichita. Anthony begins graduate school at Wichita State University where he will be a graduate teaching assistant for Foundations Drawing and working on his master's degree in fine arts with an emphasis in studio art and painting.

The Magers reunion was held in the Norcatour Methodist Church Educational Building on Aug. 5. There were 19 relatives who attended the potluck dinner.

Virgil Price was taken to the Norton County Hospital on July 25 and transferred the following day to Good Samaritan Hospital in Kearney, Neb., then was moved to the Decatur County Hospital. Bob and Lea Price, Colorado came to be with him. Other callers were Jason and Kathy Jurey, Kennard, Neb., Richard Jurey, Edmond, Okla., and Kate Price, Austin, Texas.

Linda Jurey, Albuquerque, N.M., daughter of the Virgil Prices, underwent surgery Aug. 2. She is recuperating at home. Get-well wishes may be sent to 6350 Eubank N.E. Apt. 626, Albuquerque, N.M., 87111.

Selden News

By Jacque Boultinhouse

School Calendar: Monday, Back-to-School night at Selden. Barbecue from 6 to 8 p.m. Aug. 23, First day of school.

Thursday during Senior Citizens at the Community Center, Shirley Emigh won high with a score of 535, Lillian Sulzman took second with a score of 518, Jeanie Spreser got low with a score of 376 and Wilma Ritter had the most Kings. Other members present included: Lola Cook, Royce Cook, Edna Schiltz, Matt Finnesy, Betty James, Ralph Weis, Paulie Neff, Carl Mumm, Ann

Hazlitt and Helen Karls.

Birthdays and anniversaries: Aug. 17, Amy Schieferecke, Home-ro Vargas, Leanna Schultz; Aug. 18, Cheri Bainter Rosno; Aug. 19, Cody Wurm, Tate Preston; Aug. 20, Sandra Lobato, Alisha Broeckelman, Darrel and Carlene Bruggeman, Norbert Korte; Aug. 21, Melissa Broeckelman, Jerry Schiltz, Royce Cook, Carlene Ritter Brewer; Aug. 22, Steve Rogers, Alan Bruggeman, Tammie Stevenson; Aug. 23, Eileen Murphy, Kelly Stevenson, Tim Schieferecke.

Good Samaritan Center

By Lisa Paulson

Another fair come and gone... leaving behind more fond memories. What a wonderful time for the community to come together. Both young and old came every day to see friends, eat, ride the rides and just be part of the excitement.

Even here at the Good Sam the days were filled with games, contests, memories and conversation about the fair, past and present! Every day we had a "Fair-ly" spectacular time! Monday, Connie Cramer celebrated her birthday with friends and family...so we had a Cake Eatin' good time.

Tuesday, was our annual "Rooster-Crowin' Contest". You could hardly tell the difference between the cackle of the laughter goin' on and the crowing! Connie Cramer's grandsons, Colby and Justin, were our impartial judges while Gage joined the competition. Last year Amy Rehm took first place and Betty May second, this year they traded places; Betty took first and Amy second. Other competitors were Lucy Schissler, Alice Bobbitt, Leone Porsch, Eva Bryan, Elden Haas, Earl Brown, Loren Schrock, Olive Arnold, Gene Leitner and Luanne Laird. Thank you, John Paulson, for bringing Roger the rooster.

Wednesday was our "Watermelon Seed Spittin' Contest". You'll be surprised at the prim and proper lady contestants; Violet Schissler, Amy Rehm, Luanne Laird, Cheryl Miller, Alice Bobbitt, Leone Porsch and Betty May. The manly spitters and also the winners were; Jo Hendricks' grandson Todd (1st), Phil Erickson (2nd), Loren Schrock (3rd). Our thanks to Vi Krizek for a beautiful, delicious seed-filled melon for the fun.

Thursday was "Corn Shuckin'-in' Contest." This was a popular one, but finding the corn to bring was a challenge. We still had a great time with six able contestants and a whole crowd cheering them on: Gene Leitner, Phil Erickson, Violet Schissler, Alice Bobbitt, Margaret Vacura and Betty May. Gene took the prize; shucked corn for roasting.

Friday was the highlight. Again our thanks to Dan Votapka for our private train ride. Walt and Betty May, Phil Erickson, Elden Haas, Amy Rehm, Olive Arnold, Margaret Vacura, Earl Brown and Loren Schrock were smiling and visiting as the train went round and round.

Everyone loves a parade, the weather was perfect and the courtyard was blooming with flowers, friends and four-footed furry dogs and one very scaredy cat came to visit during the Pet Parade. Thank you Zach May for organizing this

event!

Our last contest of the week was "Muffin Bustin". The residents thought it was Mutton Bustin...until they saw the large wooden mallet! This was a play on the fair game Whack-a-Mole. We busted a moving muffin with the mallet and oh my, what a hoot! We had the same contestants as the other games. Amy Rehm got the prize!

Eva Bryan celebrated her 99th birthday on Saturday with lots of company and fresh peaches for everyone. Donna Kelley, Kendra Kelley, Kay Kay Martinez, Elden and Detta Anderson, Helen Jaderborg (Longmont, Colo.), Oren and Mason Kenny (Frederick, Colo.) Happy Birthday Eva! Who would have thought living and working at a nursing home could be so much fun! It's a wonderful life.

Fair week visitors were: Sally Henningson, Mark, Courtney, Justin, Colby and Gage Wenger (Krum, Texas), Evan and Cathy Wenger (Aubrey, Texas), Ann Williams and Marcia Lohofener for **Connie Cramer**. Meghan, Cerys, Lisa and Gareth Davis, Sandra Grade (Norcatour) for **Doris Auker**. Max Carman for **Myrtle Waldo**. Marilyn Horn for **Myrtle Ross**. Mert McEvoy and Ralph and Norma Unger for **Lucy Schissler** and **Earl Brown**. Cheryl Miller for **Loren Schrock**. Gerald and Patti Benda and Evan Wenger (Aubrey, Texas) for **Eulaine Benda**. Eunice Martin for **Glenn Martin**. Reva Marshall, Robert Hessenflow (Kanona), Chuck Hessenflow (Salina), Dixie Snyder (Colby), Tenna, Joe, and Trayton Friend (Stillwater, Okla.), for **Dorothy Hunt**. Jerry Hill and Donna Garrison (Norcatour), Brett, Erin and Jordan Frederickson (Thornton, Colo.), for **Cheryl Hill**. Susie Sabatka (Atwood) for **Vera Kacirek**. Marvin and Sharon Slabaugh, Taylor and Braylon Simonsson (Wamego), Christy Wesch (Topeka) and Petrina Murphee (Meridian) for **Opal Bryan**. Gene Leitner, Donna Wilson (Wichita), Desiree Wilson, Bryce Williams and Lesley Tongish (Kansas City, Mo.), and Pat Tongish (Newton) for **Marcella Leitner**. Pat Fringer and Rose Riffle for **Roxie Pomeroy**. Nadine Tacha (Jennings) for **Galen Tacha**. Murry and Audrey Pavlicek for **Mary Lemman**. Gerald Olson and Kelly Olson (Manhattan), for **Evelyn Olson**. Luanne Laird (Celina, Texas), Ann Williams, Marcia Lohofener, Janell Lund (Hays), Susan Nelson, Makenzie Nelson and fiance (Wichita), Alyce Avery and Johnnie and Connie Simonsson for **Amy Rehm**. Galen Olson for **Violet Schissler**. **Lucy Schissler**, **Amy Rehm** and **Eva Bryan**.

Build on the Rock

Doug Mason, Teens for Christ

The summer coming to an end means getting back into the school routine. For the new seventh-grade students, that means new challenges. An example would be that teachers aren't going to be as easy on you when it comes to getting things done. More will be expected of you in the classroom than you are used to.

Outside of the classroom you will also have new challenges. Some of those challenges will be in the line of moral challenges. You will be more exposed to alcohol, drugs, sexual temptations and simply doing right and wrong. Statistically, your Junior High years are when you decide what kind of person you will be – for the rest of your life. This has nothing to do with your career field – it has everything to do with who you will be.

Whom you choose to hang with; what you do with your free time; how you treat other people; what level of respect you have for people in authority are just a few of the factors.

It all boils down to your foundation for life. What are you all about? If you are like most kids your age – you are all about you – and that is a recipe for disaster. It's like building the foundation of a house on sand. It just doesn't hold up.

If you are to build a foundation in your life that will hold up through the toughest storms you need a foundation built from the words of God, which are words of life. The Bible is not a book of rules. It is a book of advice from God on how to live a life pleasing to Him.

Jesus told a story along that line in the Gospel of Matthew. In chapter 7, starting with verse 24 Jesus said, "Therefore everyone who hears these words

of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

I'm sorry to be the one to break it to you, but seventh graders do not have life all figured out. As "stupid" as your parents and teachers seem to you right now...you have not arrived at the pinnacle of wisdom. You are not all-knowing and all-wise. One day, usually about the time you get out of your teenage years, you will discover that your parents actually knew something. You will discover that your teachers actually were tough on you for your own good – not theirs.

I know that "church" is boring, but it's not about entertainment – it's about foundation building. Beyond that – with all the negative influences you have in your life you need more than an hour of church one day a week. Get involved in a youth group that will help you with that foundation building. Of course, I'm going to recommend Oberlin TFC, but there are other youth ministries in town. The Catholic Church, the United Methodist Church and the Lutheran Church each have youth programs. Check them out. If you just don't like the church setting, then check out TFC Sunday nights at 6 p.m., but recognize that you don't know near as much as you think you know and focus on building that foundation on the solid Rock!



Schedule of Oberlin and area church services:

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| <p>OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 5:30 p.m. Saturday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 10:00 Sunday</p> <p>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.</p> <p>PRAIRIE CHAPEL UNITED METHODIST
The Rev. Nancy Proffitt
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.</p> <p>OBERLIN UNITED METHODIST 102 North Cass — 785-475-3067
The Rev. Nancy Proffitt
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.</p> <p>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.</p> | <p>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</p> <p>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.,</p> <p>CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>OBERLIN CHURCH OF CHRIST South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.</p> <p>ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p>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.</p> <p>NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> | <p>LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.</p> <p>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.</p> <p>LUND COVENANT CHURCH
Pastor Roy Matthewson
10 miles south, 4 miles west of Oberlin.
Men's Breakfast Saturdays June 2, 16, and 30 8 a.m.
Lawn Vespers Sundays June 10, and 24 7 p.m.
Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</p> <p>ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor: Brad Rick
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays..</p> | <p>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.</p> |
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