

THE OBERLIN HERALD —
People in
Our Community
Mary Lou Olson, society editor
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Danielle and Michael Schiltz, Kane, Londyn and Kash of Selden were hosts for a Christmas Eve soup supper at the home of her father, Bill Sauvage, Oberlin. Guests included Maxine Sauvage, Michael and Cheryl Sauvage, Justin and Nikki Sauvage, Breckin, Talan and Josie, Oberlin; Tyler Sauvage and Lindsey Niermeier, Hoxie; Trudy Stockham, Norton; Nathan and Nikole DeWitt, Ethan and Macy, Aaron and Kayla Woods, Kambrey and Kenna, Inman; Mike and Joan McKenna, Jennings; Amy McKenna, Manhattan; Brett and Tracey McKenna and Tate, Claffin; John and Donna Sauvage, Heith Sauvage, Bodie, Colten, and Bella, Selden.

Cailynn Sue Luck was baptized on Sunday, Dec. 23, at the Oberlin United Methodist Church. Pastor Nancy Proffitt officiated. Her sponsors were her Uncle Aaron Luck, Uncle John Garcia and Aunt Tara Garcia. Cailynn was born June 7, 2012, at Hays Medical Center and weighed 7 pounds, 2 ounces and was 20 1/2 inches long. She has three big brothers; Corbin, Cyler and Camden. Their parents are Mark and Jessica Luck of Hays. Grandparents are Robert and Lynnette Luck, Colby; Larry Long and Jerry and Montine Alstrom. Her great-grandparents are Agnes Lyon, Norton; Nora Bearley and Kieth and Dorothy Alstrom. A soup luncheon was held in the basement of the church following the baptism. Guests included Mark and Jessica Luck, Corbin, Cyler, Camden and Cailynn, Bob and Lynnette Luck, Colby; Jerry and Montine Alstrom, Nora Bearley, Kieth and Dorothy Alstrom, Judy Bearley, Oakley, Aaron Luck, Tulsa, Okla.; Landon Luck, Norman, Okla.; and John and Tara Garcia, Tate and Hannah, Hays.

Ella Betts returned home Thursday after spending a week with her daughters. She met Jan Ray of Palm Desert, Calif., in Denver, then they flew to Washington, D.C. to spend Christmas with Jody Westby.

Christmas supper of Frank and Margaret McEvoy on Sunday, Dec. 23, were Lonnie and Mary McEvoy, Ryan McEvoy and Brianna Klima, Shane McEvoy and friend, Skyler, and Joan and Kristy Evans, Oberlin; and Brian and Dawn Beckman, Ethan, Jordyn, Spencer and Griffin, Grinnell.

Holiday guests of the Rev. Nancy Proffitt were her parents, Erwin and Ruth Leeper, South Hutchinson; Rainer, Jessie and Brooklyn Bass, Andover; Loriahn, Kaylee, and Wyatt Bass, Steelcoom, Wash., and their exchange student, Hege Huse, of Norway.

Winning highs in pinochle at the Golden Age Center last week

Gospel group named tops in this region

Andrew Wells, formerly of Norcatatur, is leader of the Wichita-based Southern gospel group, the Armouaires, recently named the 2012 Mid-Western Group of the year.

The award was determined by the votes of pastors, the public and national radio stations. It was open to gospel groups from a 15-state area.

The Armouaires were also nominated for Group of the Year at Artists Music Guild Heritage Awards held at the PTL Center in Franklinton, S.C.

The six members of the harmony ensemble are Dave and Will Arasmith, Michael Oliver, Jared Kanmady, Chris Rowe and Mr. Wells.

The group will give a concert at 6 p.m., Saturday, March 2, in Morgan Theater at The Gateway.

For bookings, call Mr. Wells at (316) 807-0121. You can follow the group and get concert dates on their website at www.armouaires-quartet.com or on Facebook at The Armouaires Quartet.

were Marie McKisson, Max Carman, Dewaine Stapp, Ardis Roe and Norma Anderson. Lows went to Neil Marshall, Veanna Carman, Marie McKisson and Ivis Hanson.

Word has been received of the death of Roberta (Moore) Law, formerly of Pullman, Wash., on Dec. 23. She was a 1936 graduate of Decatur Community High School. A sister, Iris Hefty, Bartlesville, Okla., is among survivors. An obituary will be printed next week.

Verl Sauvage was honored Friday with a supper and party in observance of his 65th birthday at the home of Delane and Crista Sauvage and Junior. Invited guests were Tammy Hawkins, Cody and Frank, Daniel Sauvage and friend, Stephanie, and D. J. Banzet.

Mass of Christian Burial was held on Dec. 14 at Our Lady of Perpetual Help Catholic Church in Goodland for Lloyd Harden, 85, who died Dec. 10, 2012, at Trego Manor in WaKeeney. His second wife was Elizabeth "Betty" Wolfram, formerly of Herndon, and she preceded him in death in 1966. Burial was in the Goodland Cemetery.

Tina Jones of Phoenix, Ariz., left Saturday after spending Christmas week visiting her parents, Dwayne and Betty Jones, and her sister and husband, Tonya and Eugene Tally.

Steve and Kathy Fraker and Aaron, Fallon, Nev.; Katie Fraker, Reno, Nev.; Kris and Melissa Matthews, Addison, R. J. and Harper, Bennington, Neb., and Cathy Fraker were Christmas Eve guests of Bob and Marian Fraker. The Steve Fraker family also visited her parents, Mr. and Mrs. Lloyd Wade, in Russell.

Christmas dinner guests of Laurene Van Otterloo were on Saturday, Dec. 22, Marie Vacura and Jisele, Pueblo, Colo.; Monty Vacura, Naomi and Anton, Dingman Ferry, Pa.; Mick and Nichole Vacura, Eva and Karisma, Denver; Michael Hargrove, Devin and Dylan, Colorado Springs; and Larry Van Otterloo, Norcatatur.

The baby of the family is turning 60 on Jan. 6th. Help us wish *Judy Scott* a Happy Birthday!

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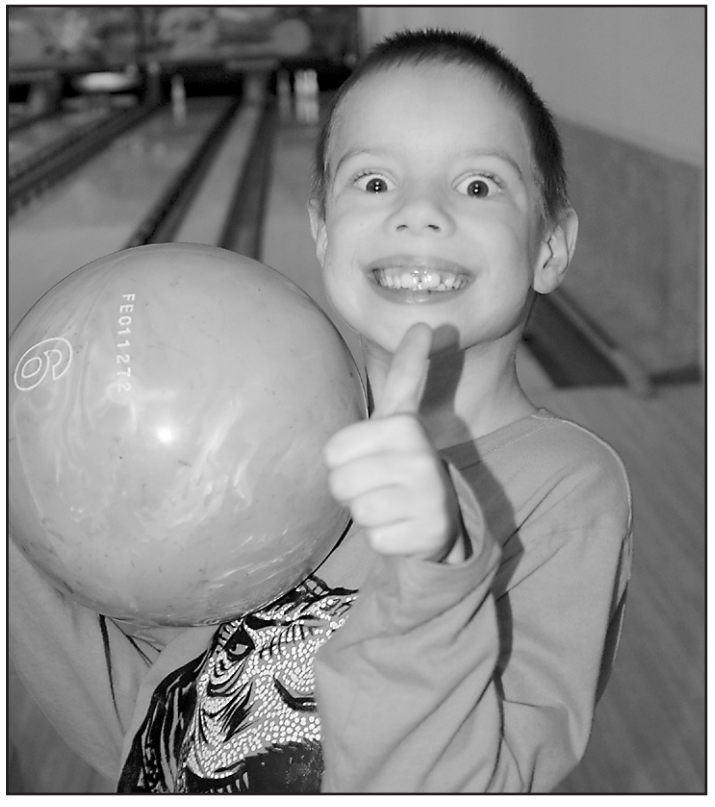
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Having a ball



ENJOYING A GAME of bowling during the Stick-To-It 4-H Club Christmas party at Sunflower Recreation in December was Braeden Ketterl, son of Jason and Megan Ketterl.
 — Herald photo by Susan May

Decatur Health Systems
 By Becky Wilson

2012 is moving into the history books, and now we're looking forward to the promises and challenges that 2013 has to offer.

For those of us in health care, the Affordable Care Act is going to be a pivotal change. The paradigm for the way hospitals in the United States are run has changed completely. From the patient's point of view, though, you will continue to receive the same high-quality care from us that you've come to expect.

Preventative care is an important aspect of the act and it's also a part of many people's New Year's resolutions. Jan. 1 sees a lot of promises made by people vowing to get fit in the coming year. If your goals for 2013 involve fitness, don't forget our fitness center. Weights, exercise bikes, step machines and other equipment are available to help you reach your goals. Getting a membership is as easy as contacting the business office, and then you'll have a place to exercise that's nice and warm while the outdoors remain so cold.

If your resolution for 2013 involves volunteering and helping others, then a great opportunity is coming up right away. January is National Blood Donor Month, and

Decatur Health is sponsoring an American Red Cross blood drive from noon to 6 p.m. Wednesday, Jan. 9, at The Gateway.

There is no manufactured substitute for human blood — everything comes from donations, and there is always a need.

Not everyone can give blood, of course. Certain medications and conditions can make a person ineligible. However, for a great many people, giving blood is a perfectly safe way to spend a few minutes, knowing that up to three lives could be saved by each donation.

Drop by the Gateway the afternoon of Jan. 9 or call (800) RED-CROSS or go to www.redcross-blood.org to schedule an appointment and start the year off with a generous, much needed gift to the community.

Speaking of gifts — the hospital is looking for a wheelchair-accessible vehicle to help transport long-term care patients to and from medical appointments out of the county. If anyone knows of a van that might be available, contact Margee Wilson at 475-2276.

Home Time
 By Tranda Watts
 Regional Extension Agent

We should cut out most added sugar

It's a good idea to eat less sugar — added sugar, that is. It's estimated that Americans consume 16 percent of their total calories from added sugar — the kind that's added to foods during processing or preparation, as opposed to the type found in fruit and other whole foods.

That 16 percent is equal to 320 calories a day on a 2,000 calorie-a-day diet — far more than recommended. The American Heart Association suggests that women consume no more than 100 calories a day from added sugars and men no more than 150.

Nutrition experts agree that cutting back on sugar would be a good thing. Some even go so far as to call added sugars "toxic" and advocate regulating them like alcohol. Others say that added sugars are just a source of empty calories and cutting back would help people with their weight and triglyceride levels.

In either case, you should know that overdoing it on added sugars — or other carbohydrates, including white rice, bread and refined grains, could cause your blood sugar to spike and then drop, possibly suddenly — and that variation could trigger more sugar cravings.

But avoiding added sugar can be a challenge. It's not only in cake, cookies, pie, candy and ice cream,

but in many processed foods like barbecue sauce, salad dressing, soup, pasta sauce, granola bars, cereal, instant oatmeal, flavored yogurt and frozen dinners. The largest contributor of added sugars in the diet is soft drinks.

Looking at the "sugar" line on the Nutrition Facts label doesn't always help, because it lumps naturally occurring sugar together with added sugars. You need to look at the ingredients. Look for words like cane crystals, corn sweetener, evaporated cane juice or syrup, fructose, dextrose, glucose, sucrose, fruit-juice concentrates, agave nectar (or other types of nectar), high-fructose corn syrup, honey, malt syrup or molasses.

Or more simply: Eat fewer processed foods and more fresh produce; use fresh ingredients when cooking; and drink more water and milk. And limit yourself to just one or two of those cookies at a time.

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 information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

Happy Birthday Eileene!

The family of **Eileene Grose** would like to celebrate her 95th birthday on Jan. 8th with a card shower.



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