

Because an overweight child or teen has a greater chance of becoming an overweight adult, you may be tempted to focus on a child's body weight. Instead of size, however, try to focus instead on his or her health. What can you do?

– Focus on the positive. Encourage your children to think and talk about what they like about themselves, not what they don't like.

– Help your youngster accept and enjoy his or her unique body and what it can do. Healthy people come in a variety of sizes and shapes. Do not emphasize physical appearances. Such an emphasis could have a negative impact on the child.

– Encourage being physically active often, both as individuals and as a family. Physical activity burns calories and helps regulate the appetite. It also reduces stress levels and anxiety, and can improve a child's outlook on life and self-esteem.

– Buy and prepare a variety of healthful foods and offer them to all family members. Seldom serve high-fat high-sugar foods and beverages.



Home Time

By Tranda Watts
Regional Extension Agent

erages. Do not make food an issue. Don't deprive an overweight child of dessert if others are eating it. If a child feels deprived, he or she is more likely to sneak food or binge later.

– Cook at home often. Encourage everyone in the family to join in. Children usually enjoy eating foods they have helped select and prepare.

– Encourage your children to eat only when they are hungry, and to stop eating when their physical hunger is satisfied. Don't ask them to be in the "Clean Plate Club."

– Set a good example by demonstrating healthy living behaviors,

yourself
Source: Adapted from B.L. Knous, *Young Families*, Kansas State University, Vol. 6, #10 and reviewed by Tanda Kidd.

If you have questions about children and eating, please feel free to contact your local K-State Research and Extension Office.

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 trawatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

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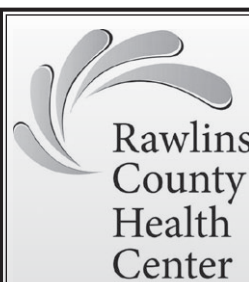
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	Ultrasounds Cardiac Rehab	Mammograms	Ultrasounds Cardiac Rehab Diabetic Clinic		Nuclear Medicine Cardiac Rehab MRI's	
7	8	9 Dr. Frederick C. Miller Cardiology	10 Dr. Frankum Surgery	11	12	13
	Ultrasounds Cardiac Rehab		Ultrasounds Cardiac Rehab Diabetic Clinic		Cardiac Rehab MRI's	
14	15	16 Dr. Frederick C. Miller Cardiology	17 High Plains Cardiologist	18 Dr. Reeves Podiatry Kirsten Angel Dietitian	19 Dr. Reeves Podiatry	20
	Ultrasounds Cardiac Rehab		Ultrasounds Cardiac Rehab Diabetic Clinic		Nuclear Medicine Cardiac Rehab MRI's	
21	22	23	24	25	26	27
	Ultrasounds Cardiac Rehab		Ultrasounds Cardiac Rehab Diabetic Clinic		Cardiac Rehab MRI'S	
28	29	30	31			
	Ultrasounds Cardiac Rehab	Mammograms	Ultrasounds Cardiac Rehab Diabetic Clinic			

To schedule an appointment with a visiting physician,
PLEASE CALL (785) 626-3211
Cheryl Banister, RN
Specialty Clinic Director

Lyle News

By Veda Wood

Carolyn Plotts hosted the Liberty Star Club on Wednesday in her home that is getting prettier all the time. Members were Toots Magers, Sandy Gade, Kathy Van Meter, Joyce price, Babe Hawkins, Carol Moye, Veda Wood, and guest, Aubrey High. Carol had an interesting program on two of the signers of the Declaration Of Independence, Thomas Jefferson and John Adams, and gave us all a complete copy of "The Defense of Fort McHenry" by Francis Scott Key, usually referred to as "The National Anthem" or "Oh, Say, Can You See?" We hardly ever see all four verses. Sandy Gade

had a fun quiz for activities, and Carolyn served a scrumptious dessert. (Do you know, I had to look up that word?) They say if you can't spell it you shouldn't use it.

In the late afternoon on Sunday, Jim Applegate drove by the Lyle church and saw smoke around the electric pole. Judy Easton and Jane Engelhardt, who were visiting Toots Magers saw him go to Kathy Van Meters, who was not there. They hooked Toots' hose to Kathy's hydrant and did their best to contain the fire while David Wilson and Matt fought it until members of the Norcatour Fire Department,

Carl Lyon and Lucas Bailey came and finished putting it out. They stayed until workers from Prairie Land Electric Co. worked on the pole where sparks had started the fire. Von Summer and grandchildren drove to Lyle to see what was going on with the fire.

Joyce Summer spent some time in the hospital this week and is receiving treatment. We hope she recovers quickly.

June Jolly finished the quilt that has occupied her time recently. She attended her KT Club on Thursday. One of the members of that club, Shirley Wishon, of Danbury, lost a brother a few weeks ago. She went to another state to visit another brother, and immediately after she returned home, heard that that brother had died.

Mount Pleasant News

By Dianne Bremer

Cheerleaders Kelsey May and Caitie Shields are on the Decatur Community High School cheerleading team that attended a cheerleading camp July 9 and 10 in Overton, Neb. The team came home as camp champs, placing first in extreme routine, first in home routine, first as a large group, and second in cheer-sideline. Caitie Shields and McKenna O'Hare also received the All American cheerleading award.

Memorial services to celebrate the life of the Rev. Dr. Mark Albert Frickey, 44, Copake, N.Y., were held Friday afternoon at Faith Lutheran Church in Oberlin with Pastor Charlotte Strecker-Baseler officiating and Mary Nemeth Heald, P.M.A., assisting. Mark is survived by his wife, Tonya; children, Jeffrey, Samantha and Jonathan; father Charles Frickey and wife, Diane; mother, Linda (Nemeth) Starkey and husband James; and brother, Edwin Frickey. John and Dianne Bremer were among those attending.

Swimmer Hunter May won

bronze medals in both the individual medley and the butterfly events at the Sunflower State games in Topeka over the weekend. The Sunflower State games, a 501(c)(3) non-profit organization, is the largest amateur multi-sport festival in Kansas, recognized by the United States Olympic Commission and governed by the National Congress of State Games.

Hunter May received a trophy for placing second overall for the swim team season at the League meet in Burlington, Colo., July 5 and 6, has received 28 medals throughout the season, and set three pool records in this year's swim team competition. He is the son of Chris and Kasey May.

Joel and Tami Shaw returned home Saturday evening after attending Joel's 40th high school class reunion Friday evening at Widefield High School, Security-Widefield, Colo., outside of Colorado Springs. While they were gone, Dante stayed with his grandparents, Ralph and Violet Shaw.

The True Story of the Whole World

What happens when we worship? How does standing to sing or bowing together in prayer or confessing our sins shape our lives? Does it make a difference?

I'm writing this month about how worship forms us according to James K. A. Smith in two recent books: *Desiring the Kingdom* and *Imagining the Kingdom*. Each week I'm also offering some questions for you to reflect on individually or with a group.

Last week we talked about the de-formative power that many of the rituals and routines we participate in every day hold over our lives. The consumerist messages we are bombarded with whenever we turn on the TV or make a trip to Wal-Mart, for example, are after our very hearts. They tell a particular story about who we are as human beings, a story that is antithetical to the kingdom of God.

According to Smith, the way we steer our hearts in the right direction is through participation in the practices and routines of Christian worship. In worship we learn to see ourselves as part of a different story, what Michael Goheen and Craig Bartholomew call, "The True Story of the Whole World," in which one saves their life by losing it, in which the poor and the hungry are called blessed, and in which those are wisest who make themselves fools for Christ's sake.

And it is in the rhythms and repetitions of worship, the embodied activities of standing or kneeling; of passing the peace or of receiving bread and wine; of

singing, considering a work of art, or telling a story, that not just our minds, but our hearts are captured by the kingdom of God. Worship does not (and should not) merely teach and convince; it goes beyond that to paint a picture of what it means to live as God's people, one that captures our imaginations, and, over time, transforms the dispositions of our hearts. A film or a novel moves us in ways that an essay or a dissertation does not. This is why, says Smith, the Good Friday Tenebrae Service or the candlelight of Christmas Eve can be far more powerful than a long sermon on the incarnation or the atonement.

If we are to resist the de-formative influence of the various aspects of the culture we find ourselves in, it will require regular immersion in "The True Story of the Whole World," in worship practices that capture not just our minds but our hearts. We'll need the rich gifts of the whole body of Christ, including the painters and poets and musicians whose creativity can both inspire and challenge us to see things God's way. And we'll need to make it a habit that seeps into our bones.

What is the most powerful experience of worship you have been a part of? Why do you think it was so powerful? Think about your church's last worship service. How did the various parts of the service work together to tell a story or paint a picture? Consider when you stood or sat or knelt and how many of your five senses were engaged.



Pastor Chris Nelson
Evangelical Covenant
Church of Oberlin

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 5:30 Saturday
IMMACULATE CONCEPTION CATHOLIC, LEVILLIE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 10:00 a.m. Sunday

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. Nancy Proffitt
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.

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.

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.

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.,

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.;
Worship Service, 11 a.m.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
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10:00 a.m. Praise and Worship time, with
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MASS: SUNDAY and THURSDAY
8:30 a.m.

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Pastor: Keith Reuther
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SUNDAY: 9:45 a.m.
Morning worship, 11 a.m.
Youth group, 4 p.m.

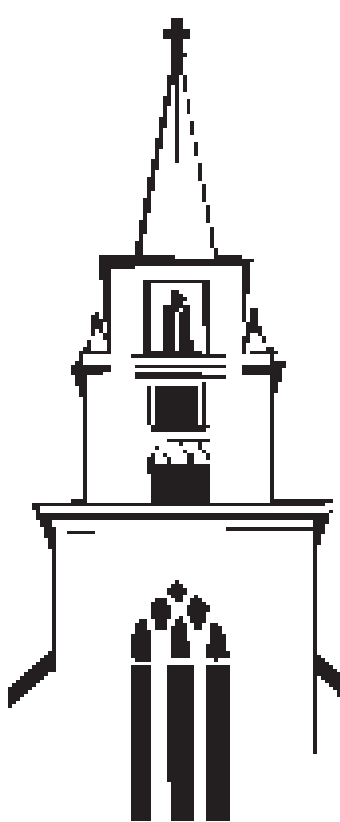
NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.;
Church School, 10:30 a.m.

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.;
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Study, 7 p.m.

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