

Sheryl (Van Gundy) Patterson visited Barbara (Price) Thrush in Denver recently at the home of mother, Doris Price Klingensmith. Her sister, Veda Wood, accompanied her to Denver for a two-day visit with her sister, Twila Vernon, in Arvada, Colo.

Virgil and Joyce Price attended the carry-in dinner at Lyle on April 2. Kenneth and Pansy Price attended also and there were 17 present.

Senior Citizens met at noon on March 31 for a potluck dinner, followed by cards. There were 16 present. Winners were Gwynn Ward, June Jolly and Beth Johnson. The group extends an invitation for others to join their regular meetings,

which will be Meetings will be held at 7 p.m. on Friday at the Educational Building.

Sunrise Easter services will be held at Lyle Community Building beginning at 6:30 a.m. on April 16. Breakfast will follow, with a free-will donation.

Pansy and Kenneth Price were recent Sunday dinner guests of Joyce and Virgil Price.

Winners of the pool tournament held at the Cardinal Bar and Grill on March 27 were: first, Bob Hoover; second, Jerold Leitner; and third, Scooter Matchett.

Birthdays: Terry Gade - April 7; Bill Craig - April 9; Dennis Shirley - April 10.

Carol Salter of Denver and her

sister, Sharon Schulze of Norton attended funeral services for Barbara (Vernon) Kirkpatrick, in Abilene. Mrs. Salter also visited her father, Arnold Jackson, at the manor in Norton.

Mr. and Mrs. Frank Ward are currently living at the Cedar Living Center in Oberlin. Frank is recuperating from pneumonia.

Robert Crabill's wife, Treva, has transferred from the Wichita hospital to the Jetmore hospital. They live in a retirement community next to the Jetmore hospital. He is a former resident of Norcatour.

Kenneth and Pansy Price his sister, Virginia Britton, in Norton recently and enjoyed lunch together.

Bee Nelson took Oran Milner to Hays for a doctor's appointment, and Marguerite Clark accompanied them. LaVerne Milner has been a patient in the Norton hospital.

Dorothy Ward visited with Lora Linn Lechlitter and Velda Ward on April 3 at Cedar Living Center, and they had lunch together. She and Velda called briefly on Frank Ward and Lowell Sebaugh.

# Choose low-sugar beverages

What can you do to improve your health?

When choosing beverages, drink plenty of water and get enough low-fat or fat-free milk. Limit sugar-sweetened drinks, including juices with sugar added, and diet sodas, too.

Reducing sugar-added beverages, overall intake of sugary foods and excess calories from any source helps prevent weight gain. A two-year study of the eating habits of children 9 to 14 found that consumption of sugar-added beverages may contribute to weight gain because it encourages a higher total calorie intake. Girls who drank sugar-added beverages tended to be the heaviest.

Drinking diet soda may or may not help protect against weight gain. Both lower and higher body weights are seen among people who drink diet sodas. Why would there be an increase in weight? Nobody is sure yet. Diet soda probably does not cause weight gain, but heavier people may choose diet sodas to help lose weight or to prevent fur-



## Home Time

By Tranda Watts  
Multi-county Extension Agent

ther weight gain. Use of diet soft drinks might be part of other eating habits and lifestyle choices that lead to weight gain.

In the same study, diet soda intake was not associated with higher total calorie intake. For boys, intake of both sugar-added beverages and diet soda were significantly associated with weight gain. The link between gaining weight and increasing their sugar-added beverage intake from one year to the next was strong, while the link between weight gain and increasing diet soda intakes was weak. The heavier boys drank both diet and regular soda. The overweight boys drank one serving per day of diet soda,

while the normal-weight boys drank just one-third of one serving. Both groups drank about half a serving a day of regular soda.

This doesn't give a clear indication as to what is best other than encouraging youth and adults to increase healthier choices of low-fat milk and juices with no added sugar.

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

## Jennings News

By Louise Cressler

The Tuesday Study Club met at the home of Vendla Tacha for the March meeting. Ronnie Kauk of Hoxie gave a talk on Japanese glassware. She explained differences between Chinese and Japanese glassware, the Korean influence in the glassware, and gave general background information in the making of glassware. Roll call was answered by Naomi Carter, Ruth Chance, Joan McKenna, Rachel Carter, Wilma Mader, Kathy Nauer, Helen Rhodes, Lynn Tacha, Helen Muirhead, Neoma Tacha and Vendla Tacha.

Stan and Ramona Shaw visited last week in Carlsbad, N.M., with Danny and Cindy Black, Logan and Bowen. On Wednesday, Cindy received her certificate of completion from DTS America Medical Transcription School. She began work for DTS on Monday. Friday they all enjoyed the day in Juarez, Mexico. En route home Stan and Ramona visited Chris Gillespie, Tom Neff and Elliott Gillespie, at Marion.

It was wonderful to see the United Methodist Church at Jennings full of people on Palm Sunday. A potluck dinner was followed by a Musical Heritage Concert. The Jennings Church choir sang; Kay Brown and Amanda Wahlmeier played piano solos; Jane Wahlmeier and Amanda, Phillipsburg, played a piano duet; Dan Carter, Scott City, sang a solo; Vicki Bailey sang a solo; and Kay Brown and Julie Carter played an organ and piano duet. The congregation also sang several songs. A reception followed.

Creta (Carter) Nichols, St. Simons Island, Ga., and Keith Carter, Colorado Springs, attended

the celebration.

Harry Unrein had open heart surgery Monday at Hays Medical Center. The community wishes him a speedy recovery.

Jennings City Council met Thursday at the Sunflower Senior Center. Councilmen present were: Stann Hartzog, Rick Foster, Don Bolt and Louise Cressler. Citizens attending were Dean Gawith of Dresden, Bob and Neoma Tacha, Glenda Johnson and Leroy Brown. Dean explained the plans for a handicap ramp to the museum. Glenda presented names of new board members of the Jennings City Library for approval by city council, Ramona Shaw and Kathy Nauer. Glenda and Alice Wagoner are going off the board. City approved. Leroy was concerned about his water meter being read late.

A work day is planned to clean out the city shop and other city buildings. A new chlorine pump was installed at well No. 3 Wednesday. Fred Washburn of Hoxie is certified water operator for Jennings. Water is being hauled from well No. 1 by Murfin Drilling to an oil well north of Jennings.

No word has been received from Norton Correctional on whether a work crew might be available to help with maintenance work. Update was given by Mayor Bob Jones on the sale of the schoolhouse. The council discussed auction of contents of the school.

The roof on Jennings Community Hall has been repaired again. It leaked when ice and snow came. Moving the bulletin board from the park to the community hall and placing a propane tank for the generator use at the hall were discussed.

## Midway News

By Mary Lou Olson

Maundy Thursday services will begin at 7 p.m. at the Herndon Covenant Church. Good Friday service for Rawlins County will be held there at 1 p.m. Easter sunrise service will begin at 6:30 a.m. at the Herndon Covenant Cemetery, followed by a breakfast at the church. Sunday School will follow at 8:30 a.m. with morning worship at 10 a.m.

Keith and Mary Lou Olson received word of the birth of a great-granddaughter, Julie Beth Wilson, who was born on Saturday to Chris and Keely (Witt) Wilson of Kearney, Neb. She weighed 7 pounds, 14 ounces.

Donna Kelley and Detta Anderson joined their sisters, Janice Sauvage of Edwards, Colo., and Helen Jaderborg of Longmont, Colo., for a few days last week at the home of another sister, Cheryl Stull, in Solomon. They all enjoyed sightseeing in the area.

Bob and Connie Smith of Eden Prairie, Minn., visited last week with her parents, Wesley and Eulaine Benda, and other relatives. They came to help Mrs. Benda celebrate her birthday on Wednesday.

Richard and Susan Bergling, Ness City; Amy, Megan, Sarah and Cassidy Bergling, Hays; Mac and Jeri McPheeters, Colby; Dave and Sherry Bergling, Oberlin; and Jeremy Bergling, visited over the weekend with Quentin Bergling, who is hospitalized at the Rawlins County Health Center in Atwood, and also with Olive Bergling. Jeremy Bergling arrived on Saturday and is a houseguest at the Dave Bergling home.

Roger and Melinda Carlson have returned home from Wichita, where he had been undergoing therapy following recent surgery.

Mary Lou Olson took Margaret McEvoy out for dinner on Thursday in observance of her 65th birthday.

Harlan and Naida Ginther, Atwood; their daughter, Jody, and children, and David, Lisa and Will Foster, of Longmont, Colo., visited Sunday afternoon at the home of J.R. and Carrol Ginther.

Steve and Arian Arnold took Edla Olson of Oberlin and Jerry and Cheryl Hill of Norcatour to the Palm Sunday brunch at the LandMark Inn on Sunday.

## Herndon News

By Carrol Ginther

Good Friday services will be held at 5:30 p.m. at the Immanuel United Church of Christ in Herndon. Easter services will begin at 9 a.m.

There will be an Easter egg hunt and bake sale at 10 a.m. Saturday at the Herndon City Park for preschool through fourth grade. Pictures may also be taken with the Easter Bunny for \$1. This event is sponsored by the Herndon PRIDE Committee.

Audrey and Drew Basgall of Herndon were pages at the Kansas House of Representatives in Topeka on March 20, for their grandmother, Representative Virginia Beamer.

Word was received of the death of Frank Irvin of Lakewood, Colo., on April 2. His wife, Janice Barenberg Irvin, and a son, Robert, and family survive. Mail will reach them at 9349 W. 13th Place, Lakewood, Colo., 80215.

Dan and Jo Marintzer of Hastings, Neb., were last weekend guests of Helen Marintzer. Tom and Tim Solko were last Sunday visitors of Monica Solko.

Supper guests last Friday of Don and Joan Grafel to honor their daughter-in-law, Susan Nelson, on her birthday were Steve and Susan Nelson and Makenzie, and Todd Nelson.

## Cedar Living Center

Mathilda Bollig has returned to her home after a short stay at Cedar Living Center.

Frank Ward is a new resident at Cedar Living Center.

Dennis Brown of the Forget-Me-Nots hosted a party in the dining room on Monday afternoon. Marie Jean Vavroch assisted with serving sausage, cheese, and crackers.

Mary Ann Amack and Beth Sebaugh led the sing-along time on Monday afternoon.

Elsie Goodnight won the first bingo on Tuesday afternoon and Don Shaw won the blackout game.

Paul Sass led the exercise group on Monday, Wednesday, and Friday morning. Paul also assisted

with watering flowers and taking care of the parakeets while Teresa Shaughnessy was on vacation for the week.

Juanita Williby and Marie Jean Vavroch hosted a social hour on Wednesday afternoon. Stuart Euhus gave the Bible study lesson on Wednesday.

Wava Reames assisted residents with playing a game of dice on Thursday afternoon.

Helen Juenemann read The Oberlin Herald to residents on Thursday afternoon.

Opal Huntley helped the baking group make sugar cookies Friday afternoon.

Ron Temple and the group, Faith,

Hope and Charity, gave a performance in the dining room on Sunday afternoon. They sang gospel songs appropriate to the Easter season.

The Oberlin Community Fellowship was in charge of the Sunday service.

Recent visitors: Richard and Bernadine Samson, Ludell; Jerry and Sharon Wolfram, Frank Cox, Ann Martin, Don Grafel, Herndon; Elwood Bailey, Jennings; Rose and Shakia Domsch, Simone and Suzanne Cahoj, Justin Chessmore, Atwood; Rick and Tammy Shaw, Earl Brown, Selden; Jeanette Sulzmann, Grand Island, Neb.; Butch Spresser, Norton; Paul Welter,

Lillian Sulzman, Dresden; Ron and Jerry Temple, Wava Reames, Dorothy Ward, Lisa Rhodes, Tracey Hartzog, Janice O'Hare, Linda Hunt, Norcatour; Pansy Price, Norma Ward, Clayton; Mary Huffaker, Eureka; Randy Matheny, George Wurm, Gary Matheny, McCook; Marcy Wyrens, Lincoln, Neb.; Lloyd Harden, Goodland;

Edwin Black, Dolores Koerperich, Orlin Beneda, Elvin Beneda, Everett Gerdes, Phyll and Connie Cramer, Juanita Williby, Roberta Urban, Jeanette Diederich, Lyle Gamblin, Catherine Neal, Frank and Mert McEvoy, Myrna Jones, Mary Ann Amack, Phil Erickson, Marie Jean Vavroch, Oberlin.

## 'Attested by His Enemies'

By the Rev. George Kochuvelikkakam,  
Sacred Heart Catholic Church

Early Saturday morning, therefore, the chief priests and the Pharisees broke the Sabbath and presented themselves to Pilate saying, "This deceiver while yet alive said I am to rise again after three days. Give orders then that this tomb shall be securely guarded until the third day or perhaps his disciples will come and steal him away, and they could then say to the people, he has risen from the dead. This last deceit would be more dangerous than the others."

But Pilate was in no mood to see this group. He had made his own official investigation. Jesus Christ was dead. He would not submit to the absurdity of using Caesar's armies to guard a dead Jew. Pilate therefore said to them, "You have guards, away with you. Make it as secure as best

you know." There must be a seal, and the enemies would seal it.

The certificates of the death and resurrection must be signed by the enemies themselves. The Gentiles were satisfied through nature that Christ was dead, and the Jews were satisfied through the law that he was dead. As the Gospel of Matthew puts it, "And they went and made the tomb secure, putting a seal on the stone and setting a guard over it." The king then lay in state, with his guard about him.

And the most astounding fact about this spectacle of vigilance over the dead is that the enemies of Christ expected the resurrection, but his friends did not. It was the believers who were the skeptics. It was the unbelievers who were credulous.



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
The Rev. George Kochuvelikkakam,  
MASS: 10:30 a.m., Sunday

**IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**  
The Rev. George Kochuvelikkakam  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
The Rev. George Kochuvelikkakam  
MASS: 5:30 p.m., Saturday

**OBERLIN SEVENTH-DAY ADVENTIST CHURCH**  
Jim Martin  
120 South East, Oberlin  
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

**JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS**  
Carrie Buhler, pastor  
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. Doug Hasty  
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**  
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA  
SUNDAY: Sunday School, 9:30 a.m.; Morning Service, 10:30 a.m.; AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.

**OBERLIN UNITED METHODIST**  
102 North Cass — 785-475-3067  
The Rev. Doug Hasty  
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

**CLAYTON UNITED METHODIST**  
Pastor: Kathy Aeillo  
Almena  
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. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 p.m.

**OBERLIN CHURCH OF CHRIST**  
South Beaver Street - Oberlin  
Bill Duncan — Phone 785-475-3259  
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

**ST. MARY'S CATHOLIC, HERNDON**  
The Rev. Damian Richards  
Phone 785-322-5560  
MASS: SUNDAY, 8 a.m.

**HERNDON COVENANT CHURCH**  
Keith Reuther, Pastor  
Phone 785-322-5316  
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

**NORCATOUR UNITED METHODIST**  
Pastor: Kathy Aeillo  
Almena  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

**LYLE UNITED METHODIST**  
Carol Woodmanee, Almena  
Lyle Lay Speaker  
SUNDAY: Morning Worship 8 a.m.

**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
The Rev. Heidi Wiebe  
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, 7:30 p.m.

**LUND COVENANT CHURCH**  
Pastor: Doug Mason  
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  
Pastor: Rev. Rick Langness  
Secretary: Norma Unger  
785-475-2333  
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 p.m.

**FAITH LUTHERAN CHURCH**  
404 North York Avenue  
Oberlin, Kansas  
Pastor Charlotte Strecker-Baseler  
Church Office Phone: 785-475-2053  
SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. Congregation Council, third Sunday, 10:45 a.m. Youth Group, first and third Sundays, 10:45 a.m. WEDNESDAY: Confirmation class, 6:30 p.m.; Women's Bible Study second Wednesday at 9:30 a.m.

These sponsors urge you to attend church regularly:

**Herndon Insurance Agency**  
Ron Beims, Agent  
785-322-5331  
9 a.m.-5 p.m. Mon.-Fri.

**Paul's FUNERAL HOMES**  
A Trusted Name Since 1925.  
Phone:  
785-475-3127 — Oberlin  
785-386-4311 — Selden  
Derek Riner  
Rick and Dori Pauls

