

Angela Haller and Thomas came from Atascadero, Calif., to visit relatives in Herndon, Norton and McCook. They flew into Denver and will spend a week with her parents, Tom and Myra Sattler. Weekend visitors of Tom and Myra were David, April and Lauren Sattler, Norton; Dan, Gigi, Kale and Jackie Sattler, McCook, and Cindy and Travis Brumback, Baxter Springs.

Carol Kompus was a Sunday dinner guest of her mother, Wilma Bobinmyer and visited Hattie Toth in the afternoon.

Bob and Julie Hafner were paid a surprise visit Thursday with cousins J.B. Toth, Denver; Eda Mae and Jay Allen, Miami, Fla.; Shirley Williams, Atwood and their Great-Aunt Hattie Toth of Oberlin popping in to say "Hi." J.B. visited family over the weekend and Eda Mae and Jay are enjoying an extended visit.

Jean Leitner spent the past weekend with Charlotte Smith and her grandson, Tate Smith of Buhler. On Saturday evening, Troy, Greta and Abe Smith, Buhler, and Jennifer Leitner of Wichita joined them. Additional Sunday evening dinner guests were Amy and Jackson

Schlimmer, Volga, S.D. Amy and Jackson are spending this week with Jennifer in Wichita.

Chris Hosaka and Alex, Alpharetta, Ga., returned from Hays Monday after visiting Frank and Iku Hosaka for a few days. Stephani Hawkins and Adrian, Dallas, Texas, Chris and Alex have been guests of Carol Kompus for a month. Many days were spent at the Oberlin pool and visiting Wilma Bobinmyer at Cedar Living Center before returning to their homes on Saturday.

Bud and Vicky Mumm spent the June 27 weekend in Denver with Anita Mumm to celebrate her birthday. Greg Mumm of Cheyenne, Wyo., joined the family for this special birthday and weekend.

Joan Grafel's family gathered at the Don and Joan Grafel home on Sunday for a July 4th celebration, enjoyed deep fried turkey and all the trimmings with Todd Nelson cleaning and preparing the turkey. After dinner, Nanette Philbrick surprised everyone with Christmas gifts. Nanette is never able to be back in December so they celebrated in July. Those attending were Steve, Susan and Makenzie Nelson, Ober-

lin; Nanette Philbrick, Cheyenne, Wyo.; Todd Nelson, Colby, and Don and Joan.

John Kleidosty of North Platte, Neb., spent a few days in Herndon helping Del Solko with harvest.

Julie's Memory Joggers
Herndon Nonpariel
Letter from Henry Durant, Camp Pike, Arkansas, Dec. 30, 1917:
Mr. David Walsh,

Dear Sir: I thought I would write you a few lines in regard to my lodge dues. Enclosed you will find the money and you can send me receipt. I was going to send the money before but I thought maybe I would pay it when I came up. But I will not get a furlough.

I am getting along nicely with army life but I thought when we were sent down here it would be warmer, but it is just about as cold here as at Camp Funston. I heard about John Kleidosty getting killed. That is too bad.

We are not having much foot drill now, as we have horses and it keeps us busy taking care of them. I think this is a good branch of the service, I like it pretty well. I don't know how soon we will go across. This is some state. This is where they plant corn with a crowbar and shotgun. Some rocky country, believe me. I guess everything told about Arkansas is true, at least I find it so. I wish they would move us to some other place. I think this is the worst camp in the Union. Well, David, I will have to bring my letter to a close. Hope to hear from you in the near future. Wishing you a Happy New Year. Best regards to all the Brothers,
Yours truly, Henry Durant, Battery C, 334th Field Artillery

Tips to reduce salt intake



Home Time

By Tranda Watts
Multi-county Extension Agent

That frozen Italian entrée looks tempting, but wait—one serving has more than 1,000 milligrams (mg.) of sodium, which is nearly two thirds of the daily sodium intake (1,500 mg.) recommended for adults with elevated blood pressure, ages 50 or older, or African Americans.

Choosing a bowl of soup might seem an alternative for a quick and easy meal, but, if it's a commercially prepared soup, one serving also might have 1,000 mg.—or more—of sodium.

It's tempting to say, why should I care? But wait a minute:

A diet that is high in sodium (salt) contributes to high blood pressure that is linked to heart disease and stroke, the first and third leading causes of death in the U.S.

For a healthy adult under the age of 50, the daily recommendation for sodium is 2,300 mg., but, according to the Centers for Disease Control and Prevention, as many as 90 percent of Americans exceed the recommended daily amount. Most get more than twice the recommendation each day.

Removing the salt shaker from the kitchen counter or table can be helpful, but not enough to reduce the risks of deadly diseases.

According to a Mayo Clinic report, five percent of the sodium in the diet is added during cooking; six percent is added at the table, and, while 12 percent occurs naturally in foods, the remaining 77 percent is attributed to processed foods.

When it comes to food, sodium has long been considered a preservative—and flavor enhancer. Still, to reduce sodium in the diet—and the risk of disease, recommendations

include:

- Eat home-prepared meals whenever possible—restaurant meals are often high in added salt.

- Choose foods with minimal processing, such as lean meats, poultry and fish, fresh fruits and vegetables.

- Read Nutrition Facts labels (on packages) before buying food, and look for products that qualify for labels such as "No Salt Added" (less than 5 mg. of sodium); "Very Low Sodium" (35 mg. or less of sodium); or "Low Sodium," which is defined as 140 mg. or less of sodium.

Don't be fooled by labels that tout "Reduced" or "Less Sodium," as there is no telling how many milligrams of sodium the original product contained.

For most, reducing sodium in the diet gradually is likely to be the most successful. We learn to make substitutions that will enhance flavor without salt. For example, garlic or onion powders, rather than garlic or onion salts, or low-salt soy sauce still add zip.

Substituting low-sodium broth or no-salt added tomatoes in a soup or Italian-style casserole also is an easy way to reduce sodium without sacrificing flavor or food quality. Choose saltines without added salt on the top as a way to easily lower

salt intake.

Using herbs and spices, or mixtures of both, perhaps in a rub, can add flavor without increasing the sodium content. Taste before adding additional seasonings.

It is also advised that parents not salt children's food. There's a reason baby food tastes bland. Salting a child's meals and snacks could make seasoning with salt a lifelong, and potentially unhealthy, habit.

For further information on food and nutrition, please feel free to contact you local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

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.



Chamber News

By Carolyn Hackney

The middle of July is almost here, and fair time is just around the corner!! Remember that I have a sign-up sheet here in the BEE Building for volunteering your time to help at the fair. I know sometimes it can be a hassle to fit everything in, but the help is very much appreciated, and without your help it can't be done. Just a call to the Chamber office at 475-3441 and I can write it down for you or call any Amusement Authority member.

The Back-To-School Picnic is scheduled for Wednesday, Aug. 11, at the City Park. Time will be announced later.

Coming up this Saturday, July 17, is the Decatur County Helping Hands Fund-Raiser Fun Day at Sappa Park beginning at 10:30 a.m. with a Frisbee Golf Tournament.

Washer Tournament registration begins at 1 p.m., and other games at 4 p.m. A Hog Roast is scheduled at 7 p.m. with a dance starting at 8 p.m. There is a small fee for the games, and a freewill donation for the hog roast. All proceeds stay in Decatur

County to assist where needed.

The Oberlin Inn is up and running with 15 rooms available. Ward Action Management Group located in Aberdeen, S.D., owns the Inn. John, their chief operating manager, was in my office to join the Chamber and Oberlin Business Alliance. John extends a thank you and appreciation to Home Range Realty, Dallas Johnson Construction, Coryell, and Steve Kathka for landscaping work. Thank you also to the many employees and other businesses that helped make the remodeling all come together. They offer two suites, each with a 56" flat screen TV, and one with a hot tub. All rooms have new doors, all new carpeting, small refrigerators and a microwave, plus fresh coffee and snacks every morning in the office.

I want to encourage everyone to remember our two families that had a member seriously injured in an accidents last Saturday, and offer assistance where needed.

Please be careful and have a great week!!

Midway News

By MaryLou Olson

The Herndon Covenant Church congregation will meet at 10 a.m. at the church on Sunday. A board meeting will follow.

Vacation Bible School will be held from 5:30 p.m. to 8:30 p.m. Friday at the Herndon Covenant Church for children age 2 through 10. All children are welcome and supper will be served. Carpooling is available. Call Kristi Dirks at (785) 626-9205.

Dave and Marsha Benda, and April, Hanslin, Silas and Ruth Peterson, North Richland, Texas; Dale

and Marianne Bishop, Lincoln, Mont., and Guy, Tracie and Gabriel McCormick, Wenatchee, Wash.; have been visiting Dolores Benda and Don and Sara Benda.

Donna Kelley met Brenda Kelley, Kendra and Jessica of Frederick, Colo., in Wray, Colo., on July 1 and the girls accompanied her home, so they could ride with their grandfather, Dick Kelley, on the combine. Mrs. Kelley took them home on Friday and spent the weekend at the Sheldon Kelley home.

Top Five of the Top-Ten List

By Fr. Mark A. Berland, Sacred Heart Catholic Churches of Oberlin, Selden; and Immaculate Conception Catholic Church of Leoville

Last week we presented the bottom five of the list of ten signs that show us whether we are looking back to attitudes and actions that hinder us in completely following Jesus Christ. Remember that we are to put our hand to the plow and not look back.

Number 5: Believing prayer is a waste of time. Prayer, of course, is conversation with God and God speaking to us. Prayer is God's way in which the Holy Spirit guides our thoughts and actions in God's service. We need to pray in order to accomplish anything in God's kingdom.

Number 4: Submitting again the yoke of slavery." (Galatians 5:1) We can become slaves to fear, bad habits, grudges, spiritual bullheadedness. Jesus, however, has freed us from sin and death. Only his power can help us to reject sin so as to live in the freedom of God's children.

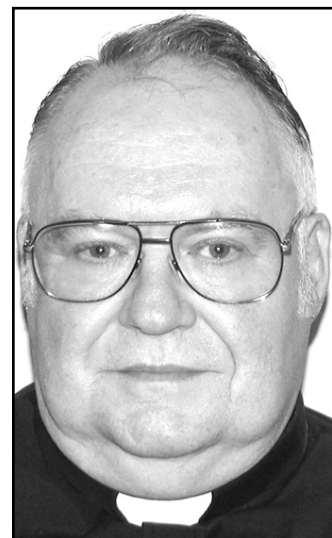
Number 3: Trusting in power and status in this world. In our world it is easy to succumb to this temptation. When we do, we become spiritual flabby and need to return to the Lord (reform). We need to pray "Keep me, O God, for in you I take refuge." (Psalms 6:1)

Our refuge must always be in God alone, not in worldly power or status.

Number 2: Judging our sisters and brothers. Jesus spent a lot of time teaching us not to judge. Judging others really hinders the work of the kingdom. It causes others to have a slanted view of someone else. It limits the judged in their ability to be Christian. Jesus tells us not to judge so we will not be judged (Matthew 7:1-2). Judging others is a form of the biting and devouring one another that St. Paul likewise condemned (Galatians 5:15).

Number 1: Becoming proud of our supposed spiritual accomplishment for God. This can be a temptation for anyone who volunteers for activities and participates in different organizations and ministries. Don't get me wrong, I value and appreciate all kinds of volunteer services. It is a real blessing in our world. But if we are tempted to think that such services entitles us to some special reward, or maybe more on blessing than others, we lose. In all our services, humility—not pride—must be our mark in our lives on Christ's disciples.

This ends my "top-ten" list of signs that we will know that we are looking back of our self interest instead of ahead of God's kingdom. If we keep our eyes fixed on Jesus, the plowing through life is steady and sure.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

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

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 10 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. 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: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST
Pastor: Larry Danforth
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.

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 open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

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

HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: Morning Worship, 10 a.m.

NORCATUR UNITED METHODIST
Pastor: Larry Danforth
Almena
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.

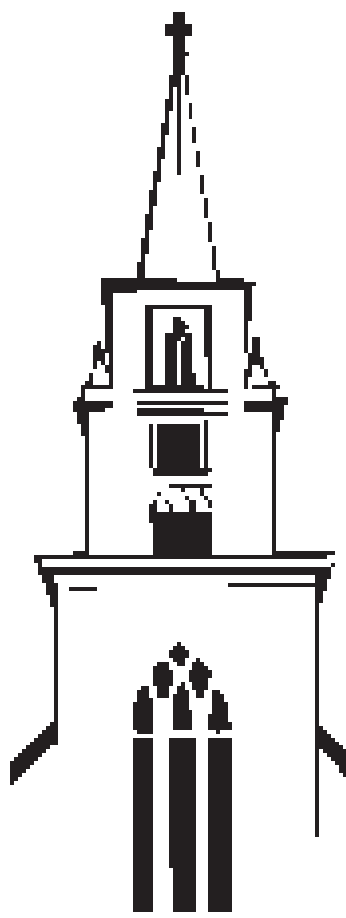
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

LUND COVENANT CHURCH
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
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.



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

IMPROVED FARMS

105 ac Irrigated cropland, grass & improvements - SE of Trenton — includes modern home, 2-car garage, large shop bldg, barn, other outbuildings, & second home for guest cottage or hunting lodge!
HITCHCOCK COUNTY, NE
Near Swanson Reservoir
Tract 1: \$120,000 (Cropland acres)
Tract 2: \$290,000 (Grass & Improvements)
Call Neal Mann, Listing Agent
785-635-2102

160 ac cropland & grass w/unique quad level home, 2) steel bldgs, pens & corrals — good water & fencing — great hunting — SW of Phillipsburg — \$475,000
PHILLIPS COUNTY, KS
Call Scotty Legere, Listing Agent
785-650-9970

160 ac near level cropland - beautiful 4 br modern home w/many updates, 60'x75' Butler bldg, 40'x75' Butler quonset, mature windbreak — This is a "must see" property — Ideal location for small manufacturing company. \$550,000
DECATUR COUNTY, KS
Call Mike Bailey, Listing Agent
785-678-8082

Visit www.farmandranchrealty.com for virtual tours & brochures!

FARM & RANCH REALTY, INC.

1420 W. 4th * Colby, KS 67701
Toll Free - (800) 247-7863
DONALD L. HAZLETT
BROKER
"When you list with Farm & Ranch, it's as good as SOLD!"