

Herndon News

By Julie Hafner

Christmas was celebrated early at the Marintzer and Portschy homes. Gathering Saturday with Greg, Rita and Joe were Justin, Lori and Isaac of Herndon; Jacob, Tara and Kade of Westmoreland, and Abe, Alex and Addisyn of Emporia. Everyone had a great time playing cards and playing with the children.

On Sunday those celebrating with Pete and Eileen were Gene Kleidosty, Cheri Kastens, Dean, Deb, Marcus and Neil Portschy, Greg, Rita, Justin, Lori and Isaac all of Herndon. Caleb Kastens of Ludell, Elijah Kastens and friend Becca of Hays and Jacob, Tara and Kade of Westmoreland, and Abe, Alex and Addisyn of Emporia. Everyone had a great time but thoughts went out to Joe who was home sick with the flu.

Doug Bobinmyer, Herndon, was a visitor of Carol Kompus of Oberlin Saturday and John Riener visited Monday. Debbie Condit Lancaster, Offerle, was a Monday overnight guest. Debbie was Carol's nursing supervisor in Hays and had been in Hoxie attending a class.

Herndon was saddened to hear of

the death of Karl Wendelin on Sunday. Karl was a 1931 Herndon High graduate, loved and supported the community for nearly 97 years. We extend sympathy to his family.

The Immanuel United Church of Christ will hold a Candlelight Christmas Eve service at the Leon and Marita Portschy home, at 5 p.m. on Friday, Dec. 24, with a light lunch following.

St. Mary's Christian Mothers Altar Society held a business meeting Sunday following Mass at the church rectory. President Theresa Rippe opened the meeting with prayer. Bazaar results were given and new officers for the coming year are as follows; Deanna Williams, president, and Ann Solko, secretary-treasurer. Vice-President will be determined at a later date. Jacque Riener will chair Mother's Day Breakfast; Rachelle Solko will chair Father's Day; Destiny Schroeder will organize St. Mary's Feast Day celebration and Leaders will remain Nadine Green and Vicky Mumm. The Christmas Party will be held at 5 p.m. on Sunday, Jan. 16, at Roger's Bar and Grill in Herndon.

Julie Hafner was a guest of Jackie Votapka of Oberlin on Wednesday for lunch and afternoon visiting.

Father James Costigan conducted a Tri-Parish Advent Mission at Sacred Heart in Atwood Monday to Thursday evenings with refreshments following the talks. Father Jim was born in Los Angeles, Calif., and has many years experience as a prayer warrior and counselor. He travels America now giving missions aimed at promoting the Eucharist.

Laverne and Sharon Frick were incorrectly listed as Laverne and Sharon Lorentz in last week's news.

Julie's Memory Joggers

Jan. 4, 1934

Herndon Nonpareil

Chamber of Commerce meeting: The regular January meeting of the Herndon Chamber of Commerce will be held at the usual place Monday night, Jan. 9. All members are urged to be present. Matters pertaining to the coming Poultry Show MUST be worked out at this meeting. The Secretary. Enjoy this Blessed Season.

How to survive holidays

The following is advice given by Zonya Foco, R.D. in her newsletter. Read on for her survival tips.

As we move on into the eat drink, eat drink, eat, eat, eat season, here are some party survival tips for you "Party Animals".

Plan ahead-
Eat a low-fat breakfast and lunch to save up a few extra fat grams to spend at the party. However, do NOT arrive at the party overly hungry either! In fact, eating a small snack before you go is a good idea.

Include exercise before you go -
Let's face it, parties generally mean a few more calories than you usually eat. Overindulge on a day you don't exercise and the problem only gets worse. Be sure to exercise before you go.

Mingle away from the food-
Standing beside a big bowl of cashews or peanuts can really throw a monkey wrench into your weight-loss efforts. Think I'm kidding? Just try to stand or sit near an enticing bowl of nuts and NOT unconsciously eat a little handful here, another handful there. Although you swear it wasn't much, it was an unconscious downing of 10 grams of fat per handful.

Suggestion: Take out 5 whole cashews (equivalent 5 grams of fat) and line them up on your napkin or plate. Enjoy them one by one, with lots of time in between. Take a break and enjoy other foods like raw vegetables and fruit. Repeat with 5 more if you really want them. Decide that you're finished and move away from them!

Use a plate-
one thing that puts on weight is eating more than you're aware of. Anytime you nibble on things directly from the bowl, you can end up eating more than if you put all the food on a plate. Therefore, create a healthful boundary for yourself; Everything goes on a plate. Make it a small plate for even better results. P.S. There's freedom within boundaries.



Home Time

By Tranda Watts
Multi-county Extension Agent

Put foods to the "pinch, slip and shine" test -

One way to scout out fat is to perform the "pinch, slip and shine test". The test is simple. If upon pinching the item, you see a lot of "slip and shine", that tells you there is a lot of fat. The following are appetizers that will undoubtedly give you a positive slip and shine reading, therefore alerting you to limit them.

* Egg Rolls * Buttery crackers * Potato chips * Chicken wings * Meatballs * Pigs-in-a-blanket * Anything wrapped in bacon. Remember, while fat is enemy number one, number two is too many carbohydrates. Smart selections and portion control are what you need for success.

Halve it and you can have it! -
When faced with an assortment of yummy dips, gooey sweets, or irresistible fried treats, think, "Halve it and you can have it". This strategy works anytime, anywhere, and will keep you from feeling deprived while halving the calories you would normally eat.

Avoid drinking all your calories -
"But I hardly ate a thing all holiday season! How did I gain weight?"

Think before you drink:
Egg Nog (4 oz.): 355 calories, Wine (3 oz): 85 calories, Beer, regular (12 oz): 150 calories, Beer, light (12 oz): 100 calories, Cider (12 oz.): 180 calories, Fruit punch (12 oz.): 180 calories, Pina colada (6 oz.): 325 calories.

Opt for: Club soda or sparkling water to dilute punch or fruit juice, mineral water, low-calorie soda or diet tonic water. Or better yet, add a

slice of lemon or lime to a refreshing glass of pure water.

Keep your focus away from food -
While good food is certainly an important part of an enjoyable party, be sure you keep it in perspective. Appreciate the other great things: Socializing, the beautiful decorations, music, games and activities.

Stop eating early -
Even if you stay late, decide when you will quit eating and do just that: Quit eating. This strategy can do wonders to prevent that continuous ;just because it's there" mulching saving you hundreds of calories.

No matter what, stay positive -
Even if you did overdo it at the party, keep things in perspective. You do not need to be "perfect" all the time, and one event does not make you an overweight person or give you high cholesterol. Say, "It's no big deal," and start your next day back on your healthy fitness regime.

For further information you may 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.



Norcatatur News

By the Norcatatur News Committee

Memorial services will be held at 11 a.m. Friday at the Norcatatur United Methodist Church for Randy Allen, 52, who died Nov. 29.

Brandi Kohart said that she has a hero in her family. Earlier this week she took her daughter, Ashley Dillon and grandson, JJ Barker to town. They were on Highway 36 when she had a seizure. With Ashley's quick thinking, she put her left hand on the brake and the right hand on the steering wheel and pulled the car off the road to safety and called Tom Baker and the ambulance. Because of her quick thinking, we are alive!

Thanksgiving dinner guests of Bob and Anita Montgomery, Oberlin were; Blake, Amanda, Keegan and Kasson Shuler, Bartlett, Neb.; Blaine Shuler, Indianola, Neb.; Ron and Gina Montgomery, Jennings; Shane and Crystal Montgomery, Norton; Alyssa Montgomery, Curtis, Neb.; Brandon McChesney, Norton; Renee Harman, Oberlin; Scott Harman and friend Ashley, Norton; and Rusty Montgomery, Norcatatur.

Anita Montgomery and Renee Harman attended the baby shower for Kynleigh Poire of Erie on Nov. 27, at the Educational Building in Norcatatur.

Bob and Anita Montgomery and Renee Harman have made several trips to Hastings, Neb., for doctor appointments for Renee, including minor surgery. On Tuesday, Nov. 30, they went by Kearney and visited Herb Shirley in the hospital, who had hip replacement surgery. He returned to Oberlin on Dec. 2.

Donna Knutson, Council Bluffs, Iowa, had cataract surgery on both eyes this past month, but says she can see now!

Wava Reames helped with the paper on Monday and her father was a dinner guest on Wednesday. Thursday callers were Larry and

Penny Bishop of Denver, who were on their way to Branson to see a few shows. His parents are Paul and Verlene Bishop, and his grandmother is Bessie Kiouis, Joining them for supper in Norton were Bee Nelson, Dorothy Ward, Frank Ward, Leslie Ward, and Oran and LaVerne Milner. They spent the night with Leslie and Lynn Ward.

Marjorie Prince of Liberty, Mo., and Sheryl Mulberry of Conway, Ariz., returned to their home on Dec. 4, after being here since Thanksgiving visiting Arlene Hix. Marjorie took Sheryl to the airport at Kansas City where she boarded a plane to Little Rock, Ark. While here the three of them visited Veryl and Vi Van Der Wege in Norton.

Scott Spencer of Kearney, M., came Dec. 2 to visit his grandmother Arlene Hix and his Uncle Gail Bailey and families. Scott and Luke spent Friday and Saturday hunting.

Happy Birthday to Sheree Milnes, Dec. 11; Mindy Braun, Dec. 12, and Happy Anniversary to Gwynn and Judy Ward, Dec. 12.

Results of the pool tournament at the Cardinal Bar and Grill on Nov. 24, were: Larry Lively, first; Rusty Montgomery, second, and James Dalziel, third.

Results of the pool tournament on Dec. 1, were: Joe Carter, first; Darin Amos, second, and Larry Lively, third.

Mr. and Mrs. Stan Miller went to Norton on Monday night to have supper with Lila Rule and Carol's sister Peggy Mast who was visiting there.

The Norcatatur drawing has been changed to 3 p.m. still on Saturday, Dec. 18.

Don't forget the Benefit Soup Supper for Chuck Forbes and his son Austin, following the drawing. This is a freewill donation supper to help with expenses incurred follow-

ing Austin's bad vehicle accident.

We are still needing volunteers to help with getting things ready for the soup supper and help with serving. Contact Deb at the City Office if you're able to help.

Norcatatur Senior Citizens spent an enjoyable afternoon on Dec. 3 playing cards. They were happy to have Rea and Dee Magers join us. Winners were a tie for first, going to Virgil and Joyce Price, followed by Bob Strevey and Beth Johnson. No meeting on the Dec. 17, due to the Randy Allen memorial service. The next meeting will be Dec. 31, with a potluck at noon and cards to follow, at the Educational Building.

Reason for the Season Pt. III

Gene Gee, Oberlin, Community Fellowship

John 1:1, In the beginning was the Word, and the Word was with God, and the Word was God. The Word spoken of here by John is in reference to Jesus, The Christ of Christmas. The babe in the manger. This same person, according to John was in the beginning with God. Vs. 2, and all things, were made by Him. Vs. 3, John 1:4, In him was life and the life was the light of men.

It's exciting to think that this same Jesus, born on Christmas day was present with God during the creation of all things. This same Jesus that John in chapter 3 refers as the "only begotten Son" is God's gift to mankind. This gift of God was announced to the world after God had been silent for more than four hundred years. (That space being the years between the Old and New Testaments) Then it was announced *Matthew 1:23*, Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God

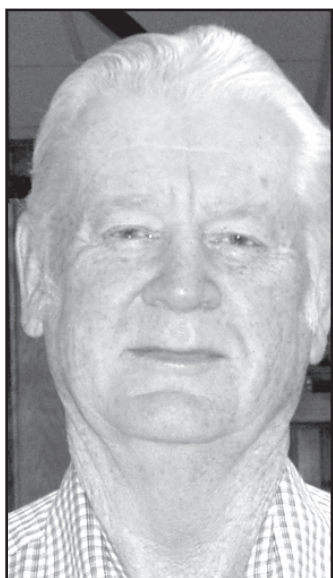
with us. God broke his silence by coming to us in the form of a man called Jesus. *John 3:16*, For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3:17, For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

John 3:18, He that believeth on him is not condemned: but he that believeth in him should not perish, but have everlasting life.

John 3:18, He that believeth on him is not condemned already, because he hath not believed in the name of the only begotten Son of God.

My prayer this Christmas season is, that you will make Jesus personal in your life. He wants to be your closest friend.



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

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

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

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: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
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, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

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

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.

NORCATATUR 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.

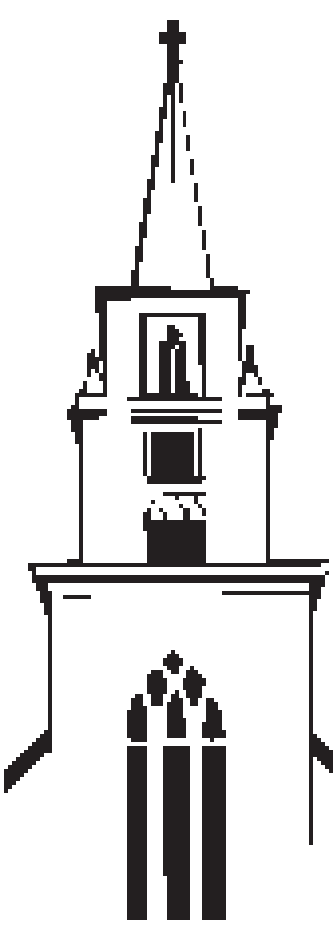
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

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.



Mount Pleasant News

By Dianne Bremer

Karl Wendelin, Oberlin, passed away Sunday morning, December 12, at the age of 96. Our sympathies to his sons, Norman Wendelin, Oberlin; Bruce Wendelin, Herndon; Pat Wendelin, Lindsborg; Lawrence Wendelin, Gothenburg, Nebr.; and their families.

Representing Decatur Community High School, Elizabeth Nedland played 3rd chair French horn and Hannah May played 6th chair flute in the Kansas Music Educators Association District Honor Band Concert Saturday afternoon in Hays.

Ralph and Violet Shaw were Sunday dinner guests of Scott Gawith, Colby.

A group of fifteen Decatur Community High School students finished fourth in the 2A-3A classification, only two points out of third place trophy position and finishing

first out of all 2A schools in the Fort Hays State Relays competition last month.

Competition can be done individually or as a team event and consisted of tests in six mathematical areas: Using Number Sense, Trigonometry, Algebraic Manipulations, Informal Geometry, Applications of Algebra, and Calculations with Calculators.

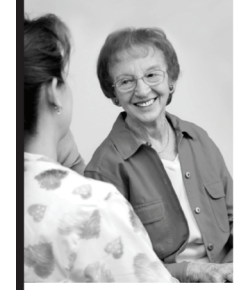
Among those competing from Decatur Community High School and their places achieved were junior Tyler Shields: 2nd place team in Trigonometry; sophomore Zach May: 6th place team in Number Sense, 4th place team in Algebraic Manipulations, 10th place individual in Informal Geometry, 4th place team in Algebra Applications; and freshman Hannah May: 2nd place team in Number Sense, and 2nd place team in Informal Geometry.

Are you or someone you know caring for an aging family member or friend?

A caregiver's greatest challenge is knowing what resources are available locally and how to find them.

If you have caregiving questions, call your Kansas Area Agency on Aging.

1-866-457-2364 or visit www.k4a.org



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