

# Chamber News

By Carolyn Hackney

The Highway 36 Treasure Hunt weekend was a success. I haven't seen any communication from the coordinator yet, but there were a lot of out-of-state vehicles through town from Thursday to Saturday. Sunday seemed pretty slow.

The Convention and Visitors Bureau bought five of the small signs for the Treasure Hunt to put at each side of town. Two county people had sales, so we put two to them at their site along with maps and lists for the shoppers' convenience. One was stolen and will probably show in up on someone's wall as a souvenir. We had 24 sales listed and I know of at least 10 others that did their own advertising.

The few that I talked to had a good weekend. There were a lot of people in town on Thursday beginning to look around. In the past, I have seen people open up on Thursday eve-

ning and they were busy. I think the Colorado shoppers come through on their way east.

Friday was a little slow, then Saturday was the busy day. Sunday, the shoppers were sort of picky, looking only for certain things.

This is Homecoming Week, and the Chamber is having a tailgate party this Friday before the football game starts. We will be serving sloppy Joes, chips, cookies and brownies from 5:30 to 7:15 p.m. for a donation.

The Farmer's Market will continue as long as the vendors want to come in this fall. The weather wasn't very good last week, and so it was only open for a short time. Next Wednesday will be Apple Day. I will have a few goodies featuring apples, including apple butter, apple pies and maybe fresh apples from Klooz market.

The Oberlin Business Alliance will have its Christmas Holiday planning session here at the Business Entrepreneurial Enhancement Building at 6 p.m. next Wednesday. All members are encouraged to attend to help make this season prosperous for Oberlin. New ideas are always welcome. Pizza will be available.

The Convention and Visitors Bureau needs another board member. Members are appointed by the mayor, with the approval of the City Council, after someone volunteers. This group meets on the second Thursday of each month for lunch at the LandMark Inn. The bureau helps to promote tourism in Oberlin. If you are interested, contact the Chamber office at 475-3441 or call Gary Anderson, board president, at 475-2340.

Have a great week!

# Weight loss: Keep trying

If you've been finding it harder and harder to lose weight there is some good news.

A recent study of postmenopausal women and weight loss shows specific eating behaviors that are linked with successful weight loss (short and long term). Researchers looked at individual strategies women used for weight loss at six months and then after four years. Some were in a lifestyle/weight loss education program and some were in the control group. Following are the strategies they studied and how they worked. (One word of caution: please contact your family doctor before starting on a weight loss program to make certain it is in the best interest of your health.)

## Eight Habits of Successful and Healthy Weight Loss

1. Eat dessert half as often. At six months the biggest losers (those who lost at least 22 pounds cut their desserts from about 15 to 5 servings per month. At four years those who lost the most weight were eating, on average, about 7 desserts per month.

2. Get the sugary beverages out. At both six months and four years, cutting sweetened beverages from an average of 1 per month to almost none link with losing the most weight.

3. Color your plate with more veggies and fruit. This strategy was the biggest winner and paid off most at the four-year mark. Women who lost the most weight upped their vegetables and fruit servings from less than 4 to more than 5 per day.

4. Forgo the fried foods. During the first six months of the study, women who lost the most weight,



## Home Time

By Tranda Watts  
Regional Extension Agent

cut back on fried foods from over 10 servings to about 2 per month. By four years they were eating about 5 servings per month, so they were eating half as many fried foods as they had at the start.

5. Moderate the meat and cheese. This seemed to be more of a long-term strategy for weight loss. After four years the big losers were eating fewer meats and cheeses (about 1/2 ounce less per day) than at the beginning of the study.

6. Enjoy fish more often. On average, the most successful losers increased their fish, on average, from about 4 servings per month to about 5-6 servings per month. Substituting fish for higher fat meats means fewer calories and an added heart health benefit.

7. Start by eating at home. One of

the first steps toward losing weight may be to eat at home more often. At six months, eating at restaurants less often linked with more weight loss. However, at four years, how often women dined out didn't seem to matter. The hypothesis is that women who have lost the most weight and kept it off were using the other 7 strategies even when eating at restaurants.

8. Increase your physical activity.

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

# Selden News

By Jacque Boultinghouse

On Sept. 6 during Senior Citizens at the Community Center, Janice Kruse won high with a score of 702, Bob Wessel took second with a score of 652, Betty James got low with a score of 440 and Ann Hazlitt had the most Jacks. Other members present included: Royce Cook, Lola Cook, Ralph Weis, Edna Schiltz, Shirley Baker, Lillian Sulzman, Pat Wessel, Carl Mumm, Marilyn Meyer, Bernita Aumiller, Shirley Emigh, Helen Karls and Jeanie Spresser.

On Sept. 13 during Senior Citizens at the Community Center, Paulie Neff won high with a score

of 860, Edna Schiltz took second with 649, Lillian Sulzman got low with 479 and Marilyn Meyer had the most Queens. Other members present included: Ralph Weis, Betty James, Jeanie Spresser, Pat Wessel, Bob Wessel, Carl Mumm, Bernita Aumiller, Ann Hazlitt, Helen Karls, Paulie Neff and Gail Mumm.

School Calendar: Sept. 21; 3:30 p.m. high school football in Weskan; Sept. 25; 4 p.m., high school volleyball in Quinter; Sept. 27, junior high volleyball at 4 p.m. and football at 5:30 p.m. in Healy.

Birthdays and anniversaries: Sept. 21, Londyn Schiltz; Sept. 23,

Kacie Rogers Evans, Kelsey Rhodes; Sept. 24, Matt Finnesy; Sept. 25, Kenny Bastin, Kent Ashley, Andrea Trembley, John Lobato; Sept. 26, Alvin Shaw, Dan and Delores Juennemann; Sept. 27, Ashley Stoll, Brooke Stoll, Aimee Truetken.

The Selden Classics second night of bowling this season was crazy this past week. Team leader Tenna Ashley bowled a 241 with several strikes in a row. The season started earlier this month and everyone in the league seems happy to be back in the swing of things. Keep watching this section of your paper for details each week.

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# Herndon News

By Julie Hafner

Recent Sunday dinner guests of Jerry and Kim Niemeth were Jesse Niemeth of Hays, and Laverne Niemeth of Herndon. Jesse enjoyed the weekend at home with his parents before leaving for the Police Academy in Topeka on Sept. 16. After five months of training, he will be a police officer for the city of Topeka.

The Eugene Wurm Memorial bench has been completed in Pride Park. Gene loved the Herndon area and outdoors. When going by the park on Main Street, take a little time to relax on the benches and enjoy the moment.

Julie's Memory Joggers  
Herndon Nonpareil  
To Make Ends Meet. Is That All?

If that is the height of your ambition, you will be dependent on your relatives, friends or your community in your old age and will die in poverty.

Every year of the earning period of your life should show a surplus laid away to protect your old age. The surest way to insure having surplus is to deposit your earnings in the bank and pay your bills by checking against your account. Every time you sign a check you are reminded of the size of your account. It makes you careful and begets the habit of saving. You will help to provide that surplus. You can't begin too soon. Start by making a deposit today with The State Bank of Herndon.

# Lyle News

By Veda Wood

The whole community mourns the death of former teacher, friend and neighbor, Oran Milner, who died Friday. He was greatly loved and respected by former students as well as acquaintances.

Another former teacher, Doris Idah Hoover, died Sept. 5. We students of Necessity Rural School knew her as Miss Idah Gallentine. She taught our school in 1936-37, and other schools later.

Dwight and Teresa Wood went to Winfield to the Walnut Valley Bluegrass Festival, and on their way home stopped to visit LaVerne Milner at the Andbe Home in Norton.

Ladies, do you know where your purse is? June Jolly talked to this lady who told her what happened to her. The lady had made some purchases and was grateful to a friendly man who offered to help her get her

things to her car. When she arrived home, she found that the nice man had also relieved her of her billfold. It was reported to the police and is being taken care of. The empty wallet was found. June wanted this warning published, as we know we can't be too careful.

My visitors on Sunday were Tielia High, who cut my hair, and her children; Emily, Maria, Garrett, Grant, Aubrey, and their friends. I thank everyone who has helped me, large jobs and small.

Judy and Charlie Easton visited Toots Magers on Sunday.

The Liberty-Star Club met at the Lyle Community Building last Wednesday, hosted by Kathy Van Meter. Members attending were Kathy Van Meter, Toots Magers, Carolyn Plotts, Babe Hawkins, Carol Moye and Veda Wood.

# Relationships make a difference Roy Matthewson, Lund Covenant Church

A Swede named Ole went to the hardware store to buy a new chainsaw. The clerk told him that the saw would easily cut down 10 trees in an hour, so Ole left very happy. The next day Ole came back with the chainsaw and said, "I want my money back. This chainsaw is so slow I only cut up one tree all day long!"

The clerk said, "That's strange. Let me see it." So he inspected the chain, checked the fluids and pulled the cord and it started right up.

Ole said, "Hey! What's that sound?" Last week I introduced the question of whether Jesus changes in relationship with us. Proverbs 27:17 explains that people sharpen one another through their interactions in relationship. The proverb makes it clear that this is a two-way street. I asked if this applies to our relationship with Jesus as well. Clearly, Jesus sharpens us, but do we sharpen him? Perhaps we can get some insight if we explore the metaphor of sharpening more closely.

I grew up in Wisconsin, not far from the shore of Lake Superior. Winters there were very cold and very long. My father was a frugal man, so he liked using a wood stove to heat the house. This meant Dad (his name was not Ole) needed to take a chain saw into the woods and cut down trees, turning them into firewood. My brother and I helped stack it by the back door so that it was easy to get during the winter. The way we whined about helping you might think we were being tortured, but that is a completely different story.

When Dad got ready to cut wood, he took time to sharpen the chain saw. This saved on the effort required to pass the saw blade through the tree. Dad would sit with a file and run it across each link, restoring sharpness of each edge. But the file itself would

eventually wear out so he would have to get a new one. You see, in the process of sharpening any knife, the stone, file or sharpening steel is not left unchanged. As the blade rubs against the refining surface, it has grains removed by the dull knife. When used often enough, a file eventually wears out and no longer sharpens other items.

Sometimes people wear each other out, too. Indeed, scripture tells us that it is possible for people to wear God out as well. His patience wears thin. Revelation 3:16 contains the warning that because the believers in the church at Sardis are lukewarm God is going to spit them out of his mouth. The people of Israel strayed so far from God's commands that he let them be carried off into captivity by the Assyrians and Babylonians and removing them from their eternal inheritance.

It is easy to believe that God changed his mind and denied the promise he made. Much more likely, however, is that the people misunderstood the nature of God's promises. He gave ample warning through Moses and the prophets that if the people relied too much on the promises, thinking they could use God's promises as a way to get around the need to do God's will, disaster would come upon them. And it did.

God told the Israelites, and through them tells us, that actions have consequences. In these stories God demonstrates that he can change the way that he intends to act in response to our actions. Instead of bringing judgment, He can be merciful if we repent and are merciful. And instead of giving us peace as He has promised, He can bring a sword when we stray from His will. But again, does our relationship with Jesus cause him to change now? (*Conclusion next week.*)



## 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, LEOVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 10:00 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  
SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.

**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.

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

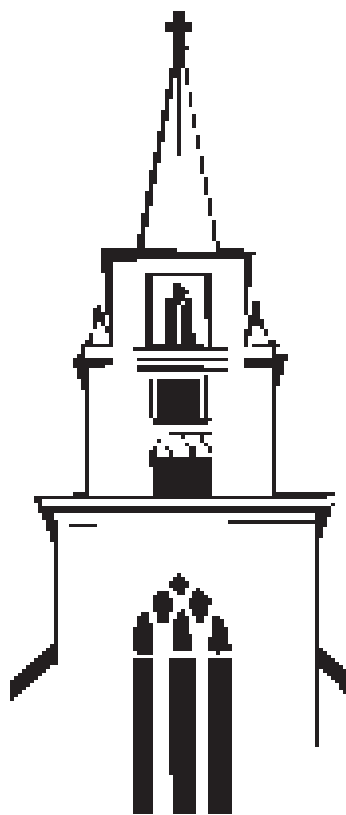
**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

**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 Roy Matthewson  
10 miles south, 4 miles west of Oberlin.  
Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" [facebook.com/LundCovenantChurch](https://www.facebook.com/LundCovenantChurch)

**ST. JOHN'S LUTHERAN CHURCH**  
510 North Wilson  
Interim Pastor: Brad Rick  
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 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.



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# Rexford News

By Gwen Griffiths

It's been a fun week in Rexford! We got to attend the homecoming parade on Thursday night. Lots of hard work went into the floats, and everyone enjoyed the experience, whether they watched the parade or rode on the floats!

Shepherd's Staff held a Ladies Night Out on Friday. A group of ladies came to worship, enjoy vendors, and just relax together in preparation for the Beth Moore simulcast on Saturday. More area women joined in for the simulcast on Saturday and learned from the good teaching of Beth Moore.

Spuds and Splits will be held at 6:30 p.m., Thursday, Oct. 20. Anyone age 40 and over is welcome to come enjoy baked potatoes, banana splits, and lots of toppings!

Kids Club will be starting up again at the Rexford Community Church on Sept. 26. Kids can head

to the church after school for snacks, recreation time, and a lesson. Kids Club ends at 5:30 p.m.

That seems to be the news for this week! You can email [griffithsgang@gmail.com](mailto:griffithsgang@gmail.com) or call 786-2076 with your news items. Have a great week!

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