

# Herndon News

By Julie Hafner

Casserole Chicks enjoyed a Mexican Fiesta supper Sunday evening at the home of Deb Portschy. Those attending were: Jennifer Davis, Nadine Green, Cindy Sattler, Jacque Leitner, Destiny Schroeder, Rita Marintzer and guest Eileen Portschy. Unable to attend were Peach Beims and Pam Stuczynski.

St. Mary's Blessing of Throats will take place Thursday, Jan. 31 following the 8:30 morning Mass by Father Nick. Ash Wednesday is Feb. 13 with Mass at St. Mary's at 5:30 p.m. for the beginning of Lent.

Abe and Alex Marintzer of Neosho Rapids and Jacob, Tara, Kade and Phoebe Marintzer of Westmoreland attended the funeral of their grandfather, Pete Portschy on Friday.

Bob and Julie Hafner enjoyed the Christian Mother's Annual Smorgasbord Sunday in Atwood.

The ladies always serve a delicious meal of roast beef and turkey with all the trimmings and provide entertainment games with some lucky winners following the dinner.

Herndon City Council will be meeting at 7 p.m., Tuesday at the Senior Center.

Families of Deb Portschy attending funeral services for Virgil "Pete" Portschy were the following: Freddie and Shirley Reed, David and Karen Reed, Scot and Denise Murchie all of Stockton; Adam Murchie of Hays; Heather Murchie of Manhattan and Barb Record of McCook.

Bonnie Franke and two of her winter Texas friends, Norma Stratton from Iowa and Ellie Look from Maine, flew to Orlando, Fla., for a few days. They went to the Holy Land Experience which was awesome and spent a day at Epcot

Center. Bonnie had a visit with Melvin and Sheryl Solko who were formerly from Herndon.

Tom and Myra Sattler had company last weekend. Cindy, Travis, Syd, and Jax Brumback from Baxter Springs came for a quick visit. David and Lauren Sattler came from Norton to visit with them and Tom and Myra.

Nick Jr, Connie and Christian Korby, Dennis and Linda Brazda, Gene and Kelly Brungardt, all of Hays, attended the funeral of Pete Portschy Friday.

The Herndon community extends sympathy to the family of Don Pettera of Mesa, Ariz., who died Monday, Jan. 28, in Mesa. Don was the son of the late Joseph and Edith Kompus Pettera of Herndon and a 1948 Herndon High graduate. Services are pending at this time.

# Lose weight, start small



## Home Time

By Tranda Watts  
Regional Extension Agent

Losing weight, choosing foods that contribute to health, and making time for family meals are familiar New Year's resolutions. And, while good intentions can be plentiful this time of year, focus on a reasonable goal. Resolving to lose 20, 30 or 40 pounds can be overwhelming. With an average holiday season weight gain estimated at four pounds, focus on newly-added pounds first, rather than a larger goal of pounds that accumulated over the years.

Losing four pounds sounds doable and after losing those four, continue to try to lose weight using gradual changes over time that lead to weight loss and improved health.

Planning is an important part of the process. Choose menus, making a grocery list before shopping, and ensuring that the list includes healthy choices, such as fresh or dried fruit for snacks.

Make breakfast, which provides the calories needed for morning activities, a priority. People who skip breakfast to save calories usually consume more calories during the day. A breakfast that includes three food groups, such as whole grain cereal, low-fat milk and fruit is recommended. In planning breakfast, noon and evening meals, and snacks try these ideas:

If by focusing on food preparation when time is available and incorporating leftovers into midday and evening meals...

Plan to eat at home, by preparing a recipe that can be completed in less time than it would take to drive to a restaurant. Eating at home can save money, allow control over the size of portions and choice of ingredients, and create time for family members to share responsibilities

for meal preparation.

- Reserve restaurant meals for special occasions.
- Use home cooking as an opportunity to introduce the family to new foods.
- View mealtime as a time to connect with family and friends. Enjoy a meal without watching television, texting, or talking on the phone.
- Chew food slowly. Stop eating when no longer hungry, rather than eating until you are too full.
- Set a good example for children by eating a variety of health-promoting foods and appropriate portions at regular meals and snacks.
- Make time for adequate rest to bolster the immune system and keep metabolism operating on an even keel. Current recommendations for adults are seven to nine hours of sleep nightly.
- Get 30 minutes of moderate

physical activity five or more days. To increase physical activity gradually, as the weather improves, start walking around the block, walk on a short errands, or walk on work breaks.

Small changes can make a big difference. Writing down what you eat, and how much, can help people see where they need to pay attention to control their calories.

Trimming as few as 125 calories a day can result in losing a pound a month or 12 pounds a year.

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.

# Chamber News

By David Swank

Meatloaf! Go Meatloaf! OK, maybe not a good candidate for a new cheer, but if your plans do NOT include coming to the Annual Membership Banquet on Saturday, in the Bohemian Hall, you'll really be missing an exciting event.

Call the Chamber office at 475-3441 or Galen Olson at 470-0043 to make reservations. (Please leave a message.) It's free with your paid Chamber/Oberlin Business Alliance membership or \$17.50 at the door. And if you want to join the Meatloaf Cook-Off, there's still time - call Galen for rules and information! Dinner starts at 6:30 p.m., but please come around 6 p.m. to see the "art" of the meatloaf,

because entries will be judged not only on taste but on how creatively they are made.

Speaking of Annual Membership, if you haven't paid your Business membership (\$125 for both Chamber and Alliance) or Individual membership (\$50 for both), please don't forget us! (If you need another membership form, call the office.)

Your membership dues provide working capital to advance the commercial, industrial, agricultural, professional, and civic interests of Decatur County. Help us carry on the events and activities that make Oberlin a great place to live - and help us expand our efforts to in-

crease business and tourism.

In addition to membership, the Chamber board is still looking for one or two new members. If you're interested, and want to play an active role in the community, give us a call at 475-3441.

Over the last several years, there has been a lot of effort to improve or sustain Oberlin and Decatur County: new water wells, an airport runway extension, a new hotel, etc. One of them is a new pool. If you have a stake in Oberlin, don't forget to go to the City Council meeting this Thursday at the Gateway at 6 p.m. If your kids have a stake in the pool, bring them.

# Mount Pleasant News

By Dianne Bremer

Nineteen new members were inducted into the National Honor Society at its annual banquet Monday, Jan. 21, at the Oberlin Gateway. Among the new inductees were Garrett Scott, son of Justin and Wendy Scott, and Caitlin Shields, daughter of Paul and Kelly Shields. In addition to the new inductees, seniors Cassidy Shields, Elizabeth Nedland, Ryan May, Zach May, and junior Hannah May are among the other members of the National Honor Society.

Mollie Tate and Erin May, students of Cheryl Metcalf, played in both the Multi Piano and Auditions divisions at the Northwest Kansas Piano Clinic held Saturday in Colby.

Elizabeth Nedland, French horn, and Alexandra Waterman, clarinet,

attended the Kansas State University 20th Concert Band Clinic Friday through Sunday on the Kansas State University Campus, Manhattan. The clinic ended Sunday afternoon with performances by all six honor bands, consisting of 600 students, in the McCain Auditorium. Among those attending were Dan Nedland and Rhonda May.

The Decatur Community High School scholar bowl team of Garrett Scott, Jalyn Shaw, Caleb Koerperich, Nick Ashley, Sierra Lohofener, Matthew Helm, and Miki Dorshorst placed second in the Northwest Kansas League Scholar Bowl Tournament Jan. 7 in Tribune, defeating Quinter, Greeley County, Wichita County, Hoxie, Rawlins County, and Dighton.

# Develop an attitude of gratitude

"As he entered a village, 10 men with skin diseases approached him. ... raised their voices and said, "Jesus, Master, show us mercy!" When Jesus saw them, he said, "Go show yourselves to the priests." As they left, they were cleansed. ... One of them, when he saw that he had been healed, returned and praised God with a loud voice. He fell on his face at Jesus' feet and thanked him." (Luke 17:11-15.)

What better way to begin a NEW YEAR than to be mindful of an ATTITUDE OF GRATITUDE! Holy Scripture tells the story of 10 men who were afflicted with a serious skin disease and were healed by Jesus. As we read further in the scripture, we learn that only one out of 10 returned to express his thankfulness.

Charles Spurgeon, a well-known man of God and a great preacher of long ago writes that to neglect to thank God for answered prayer "is to refuse to benefit ourselves." He believed that gratitude to God promotes the growth of spiritual life. He also wrote: "It helps to remove our burdens, to excite our hope, to increase our faith. "He also wrote: Weak hearts will be strengthened, and drooping saints will be revived as they listen to our "songs of deliverance."

Scripture tells us that all 10 followed instructions and all 10 were healed, but only one returned to say "thanks." Jesus' comment was "Where are the other nine. Such a simple act of appreciation and all too often it is forgotten. They were more concerned about the religious approval of the priest than the one who blessed them with the healing. C.S. Lewis notes that the healing itself took precedence over the Healer. But the one who returned to say "thanks" believed that the "healer" was the most important.

One of my favorite quotes from scripture: "Take delight in the LORD, and he will give you the desires of your heart (Ps.37:4 NIV).

When God means more to us than anything else—whether it is church rules, other people's opinions, expected blessings and even our own delight in answered prayer, it is far better to "delight in the Lord." For it is God who will change hearts. That is what happened to the tenth leper. He received a new heart, a new blessing. What was the blessing? He was empowered with new zeal and purpose for living.

In our Christian faith, we will soon be approaching the season of Lent, which is a meaningful time for people of faith. I look forward to being more intentional about taking time for daily devotions, or participating in a Lenten Bible Study. Also looking forward to the special services during Holy Week where we celebrate Maundy Thursday, Good Friday and then the celebration of Easter morning when with great excitement we proclaim "He Is Risen, He Is Risen indeed.

As we look ahead to the upcoming Lenten events, keep in mind the spirit of a "Thankful Heart." Jesus shows us by example. As Jesus ate with his Disciples in the upper room for the Feast of Unleavened Bread, you will note "that Jesus was aware that He was on His Way to Calvary. But he took bread and wine, showing it to represent His body and His blood, soon to be broken and spilled, HE GAVE THANKS. TO BE GREATFUL IS A GOOD THING. No matter what the circumstances are, strive to rise above them by telling God "THANK YOU."



**Pastor Barbara Patterson**  
Jennings/Dresden United Methodist Church

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

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

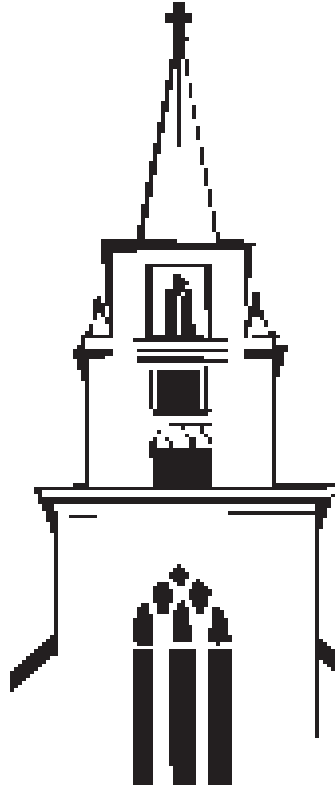
**LYLE UNITED METHODIST**  
Guest Speakers  
every Sunday  
SUNDAY: Morning Worship 9 a.m.

**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](http://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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