

Come to me when you are over worked

The mowing season has officially ended at my residency. To which I am grateful. I love the outdoors and time in the yard, but I am looking forward to trading the green for the white!

I was thinking the other day as I was wrapping up the last mowing job about a favorite Scripture of mine. I like how the Message paraphrase states it, "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. 29Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. 30Keep company with me and you'll learn to live freely and



steve rains

• moments from calvary

lightly." (Matt 11:28-30).

Perhaps you can identify with some portion of that Scripture. Maybe you're worn out, out of rhythm, or just sick of the grind! I have been tired too. People blame their tiredness on different things you know. Middle age, iron-poor blood, lack of vitamins, air pollution, water pollution, saccharin, obesity, dieting, yellow wax buildup, ring around the collar, and the list could go on and on.

But you know why I am tired? I am tired because I am overworked. The population of our country is 200 plus million people.

They say eighty-four million are retired. That leaves 116 million to do the work. Subtract from that the 75 million that are in school.

That leaves 41 million to do all the work that needs to be done around here. Of that number there are 22 million employed by the government. That leaves 19 million to do the work. Are you starting to understand why you are tired!

Four million are in the armed forces, which leaves 15 million to

do the work. Take from that total the 14,800,000 people who work for state and city and county governments and that leaves 200,000 to do the work. There are 188,000 in hospitals, so that leaves 12,000 to do the work.

Now there are 11,998 people in prisons. That leaves just 2 people to do the work. You and me, and you're sitting there reading this. No wonder I am tired. I don't know where Robert Strand came up with those figures, but hopefully you found some humor in it.

Let me ask you, are you tired at the end of a typical day?

You should be, because a whole lot is going on in your body every day.

In a typical day your heart will

beat 103,689 times. Your blood travels 168,000 miles through vessels, veins, and capillaries. You take a breath 23,040 times, provided you don't exercise too hard.

You will speak an average of 4,800 words. Some have gusts up to 30,000 I am sure! You will move 750 muscles in your body. You will exercise something approaching 7,000,000 brain cells.

Just reading all that makes you tired doesn't it? That is a bunch of work when you think what your body does daily. No wonder we need rest!

But even more important than the condition of your body is the condition of your soul.

Your body may function just fine, but if your inner person is not

healthy, you are out of balance and out of sorts.

Are you satisfied? Are you not where you want to be, but were God wants you to be?

You know right now you can take a moment and begin the renewal process in your life.

Allow Christ to bring into your life the unforced rhythms of grace. Spend some time with Him and may you live freely and lightly.

Have a super weekend, and get some rest.

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College. Go to the church's web site at calvarygospel.net or e-mail Rains at calvarycolumn@st-tel.net.

Breakfast and bake sale raises money for family

The benefit breakfast and bake sale last Saturday for Whitney Schultz was very well attended and quite a bit of money was donated to her and her family.

Guess pheasant season has been much better than expected, which makes for a lot of happy hunters.

Duane and Ruth Jones went to Greeley last week and Duane's check up for his hip was good. They spent the week end with their daughter.

Futh talked to Marjorie Westover and she is doing okay. Sounds



betty jo baird

• brewster news

like she'd like to come home after Thanksgiving.

The last of the commodities for this year will be distributed after 8 a.m. (Mountain Time) on Friday.

The Craft Peddler will be having their scrapbooking workshop on Saturday.

Don't forget the county nurse will be here at the center on Tuesday for blood pressure checks and flu shots

for 8 to 10 a.m. (Mountain Time).

Mrs. Seemann will be with us for potluck on Wednesday. At noon (Mountain Time) she will speak

about the Silver Haired Legislation. So come on in and enjoy the afternoon with us.

Today is a God day. God will do

everything you can't do. God will help you do the things you can. God will listen when you talk, talk when you listen. God will resolve any con-

flict, handle all problems, unravel any mystery. Your only task today is to stay out of God's way. P.S. Don't forget to say thank you.

Calls caused by mounds in grass

This past summer we had a number of calls asking about small mounds in the grass that make it difficult to walk on and to mow. It's a good chance the



dana belshe

• ag notebook

mounds were being caused by night crawler activity. If you have experienced these mounds in your yard you know what a problem they can become. Night crawler mounds are randomly spaced rather than a "run" that is characteristic of moles.

Night crawlers are large worms usually 4 to 8 inches or more. They belong to a group of earthworms known as deep-burrowers. The deep-burrowers build large, vertical, permanent burrows that may reach as deep as 5 or 6 feet. Night crawlers pull plant material down into their burrows to feed on later. The bumps you see on top of the ground are called "middens" and are a mixture of plant residues and castings (worm feces). These middens may be used for protection and food reserves. The burrows can have a significant positive effect on soil by opening up channels for water and air to penetrate. Roots also like these channels because

they ease root penetration and supply nutrients from the casting material lining the burrow. Night crawlers actually help the soil but may make it difficult to mow. Getting rid of the middens is difficult. Rolling the lawn while the middens are soft may help temporarily, but mounds will be rebuilt when night crawlers become active again. Also, there is nothing labeled for night crawler control. Some gardeners want to protect the night crawlers because of their positive effect on soils. Pesticides that may be used for other pests vary widely in their toxic effects on earthworms. One that has no effect is Dylox (Proxol), which is commonly used for grub control. Malathion may be slightly toxic while Sevin, Benomyl, copper sulfate, and the arsenicals (MSMA, DSMA) are extremely toxic. Avoid using the latter group while night crawlers are active.

matters of record

Real Estate

The following real estate transactions have been reported by the Sherman County register of deeds:

Emil B. Dupsky, also known as Emil William Dupsky Jr. and Shirley A. Dupsky quit claim to Emil B. Dupsky and Shirley A. Dupsky as joint tenants with rights of survivorship Lots 5, 6 and 7 and the N5' of Lot 8, Block 4, Second Addition to Goodland (114 Main), subject to restrictions, easements, rights of way, covenants and conditions.

Betty E. Hill of Clark County to Paul Kaiser and Michelle Kaiser Lots 13, 14 and 15, Block 30, First Addition to Goodland, subject to a note and mortgage between buyer and seller.

John W. Petrachich to Harvey DeLaRosa and Tamara L. DeLaRosa Lot 7, Block 42, Beahm's Addition to Goodland.

Michael C. Sklyer to Marc R. Fenner and LaShawn N. Fenner the N/2 of the N/2 of Lot 8, all of Lot 9 and the S/37 1/2' of Lot 10, Block 28, Beahm's Addition to Goodland.

Ray Chubbuck and Irma Chubbuck convey and warrant to Krysta Lou Smedstad Lots 7 and 8, Block 12, Second Addition to Goodland, subject to easements and restrictions of record.

L. Scott Hooker and Karen Sue Hooker to NE Colorado Cellular a

tract in the NW/4 of Sec. 28, T8S, R42W.

Virgil Baumfalk and Jackie Baumfalk convey and warrant to Clifford E. Smith and Gretchen S. Smith Lots 1, 2, 3 and 4, and a 2' strip adjoining said lots on the east in Block 26, CK&N Addition to Goodland, a tract being a portion of 18th St. and/or Cherry St. vacated by Goodland City Ordinance 1431 and a tract beginning at the SW corner of Block 25, CK&N Addition to Goodland.

Janice L. Berringer to Schaal Land Company the NE/4 of Sec. 35, T8S, R40W, reserving to the seller 1/2 of the minerals for 10 years.

Janice L. Berringer to Kent L. Willems and Shelly K. Willems the SE/4 of Sec. 35, T8S, R40W, reserving to the seller 1/2 of the minerals for 10 years.

William R. Walz and Lillian W. Walz convey and warrant to Daniel P. Rasure and Jill E. Strnad a tract in the NE/4 of Sec. 21, T8S, R40W.

District Traffic

The following fines have been paid in the Sherman County District Court:

Sept. 1: Theresa A. Francis was fined \$132 for speeding.

Jerry J. Gomina was fined \$132 for improper parking.

Jennifer R. Imre was fined \$120 for improper parking.

Worship warms the heart

<p>Calvary Gospel Church Pastor: Steve Rains, Ben Coats, youth pastor Fourth & College • 890-3605 Sunday: Kid's Church: 10:30 am Morning Service: 10:30 am Evening Service: 5:00 p.m. Wednesday: Royal Rangers Missionettes 6:30 p.m. Adult mid-week service: 7:00 p.m. Youth @ the Rock House: 7:00 p.m. Small Group Ministries meets through out the week. www.calvarygospel.net</p>	<p>Our Lady of Perpetual Help Pastor: Father Norbert Diabal 307 W. 13th • 890-7205 Sacrament of Reconciliation: 4:30-5 pm Saturday or by appointment Mass Schedule: Saturday: 6 pm, Sunday: 10:30 am Spanish Mass: Sunday: 12:30 pm</p>
<p>Word of Life A Foursquare Church 10th & Clark • 899-5250 Pastor: John Coumerilh Associate Pastor: Ben Coumerilh Sunday: Worship Celebration and Kids' Church: 10:30 am Life Groups - call for times and locations www.wordoflifegoodland.org</p>	<p>Pleasant Home Church Serving the rural community for over 100 years Rt. 1, Box 180 • 694-2807 • 3190 Road 70 Pastor: Charlie Busch 694-2242 Sunday: Worship Service: 9 a.m. Sunday School: 10 a.m. Evening Service: 6 p.m.</p>
<p>Bible Baptist Church Pastor: Clifford Middlebrooks Fifth & Broadway 890-7368 Sunday: Sunday School: 9 a.m. Morning Service: 10 a.m. Evening Service: 6:30 p.m. Wednesday: Evening Bible Study: 7 p.m.</p>	<p>Church of Jesus Christ of Latter-Day Saints 1200 15th Street • Burlington, CO (719) 346-7984 Sacrament Meeting: 10 a.m. Sunday School: 11:15 a.m. Priesthood/Relief Society: 12 a.m.</p>
<p>United Methodist Church Brewster: Pastor: Dorine Chambers Worship Service: 10:45 a.m. CST Sunday School: 9:45 a.m. CST Winona: Minister: Sheryl Johnson Worship Service: 9 a.m. CST Sunday School: 10:15 am CST</p>	<p>First Christian Church (Disciples of Christ) Pastor: Rev. Ted Amos Eighth & Arcade • 890-5233 Sunday: Worship Service: 10:30 a.m. Sunday School: 9:15 a.m. Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship Special Notice: Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available</p>
<p>Church of the Nazarene Pastor: Bob Willis Third & Caldwell 899-2080 or 899-3797 Sunday: Sunday School: 9:45 a.m. Worship Service: 10:50 a.m. Evening Service: 6 p.m. Wednesday: Evening Service: 7 p.m.</p>	<p>First United Methodist Church 1116 Sherman 899-3631 Pastor: Rev. Kasey Crosby Saturday: Worship: 5:30 p.m. Sunday: Adult Classes: 9:15 a.m. Worship: 10:30 a.m. Wednesday: Wednesday Nite Live 5:45 - 6:45 p.m. Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages</p>
<p>First Baptist Church Pastor: Travis Blake Bateman's Funeral Home, 211 E. 11th 890-3450 Sunday: Sunday School for all ages: 9:30 a.m. (Child care provided) Morning Worship: 10:30 a.m. Thursday: Bible study 9:30 a.m. Wheatridge Center</p>	<p>St. Paul's Episcopal Church 13th & Center Church 890-2115 or Rectory 890-6969 Priest: Father Hal Lycett Holy Eucharist: 10:00 a.m. Sunday 10:00 a.m. Thursday Morning Prayer: Daily, 8 a.m. Thursday and Sunday For emergencies 890-6969</p>
<p>Seventh Day Adventist Church 1160 Cattletrail Pastor: Mike Larson Saturday: Sabbath School: 9:30 a.m. Worship Service: 11 a.m.</p>	<p>Emmanuel Lutheran Church 13th & Sherman • 890-6161 Sunday: Christian education/fellowship: 10:15 a.m. Worship Service: 9 a.m. Wednesday: Confirmation: 6 p.m.</p>
<p>Goodland Bible Church 109 Willow Road • 899-6400 Pastor: Chad DeJong Sunday: Sunday School: 9:30 a.m. Morning Worship: 10:45 a.m. Evening Worship: 6 p.m. Wednesday: AWANA (Winter) and prayer: 7 p.m.</p>	<p>Harvest Evangelical Free Church 104 E. Hwy. 24 • 890-7918 Pastor: Brian Fugleberg Sunday: Worship: 10:30 a.m. Sunday School: 9:30 a.m. Wednesday: Youth group meets at 7 p.m. at Scherlings', 827 Caldwell.</p>
<p>Church of Christ 401 Caldwell 890-6185 Sunday: Bible Study: 9:45 a.m. Worship Service: 10:45 a.m. Wednesday: Bible Study: 7 p.m.</p>	

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking Hwy. 24	Koons Funeral Chapel North Main	Good Samaritan Center 208 W. 2nd
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