

# Don't offend brother by spreading nasty rumors

"If your brother offends you..."Matthew 18:15.

Here's how you play "Rumor," or perhaps you already have and already have your own version. But in case you haven't, take a cardboard tube (i.e. from paper towels), connect one end to a giant set of lips and the other end to a huge plastic ear.

Place everyone in a circle, put the lips to your lips and the massive ear to the ear of the person sitting next to you and say a simple message. Then hand that person the contraption and tell them to pass it on until the message gets to everyone in the group. The last person to hear the message has to repeat it just the way they heard it.



## steve rains

● moments from calvary

I remember the game growing up in the 70's; some company made a killing off it. A few years ago the Veggie Tales cartoons had an episode dealing with the "Rumor Weed." Two harmless vegetables launch a rumor about another veggie that spreads rampant like a summer weed.

"Rumor" is an amusing family game, but when gossip affects our

comrades, it doesn't make for loyal friendships. The next time somebody sidles up to you with a big plastic ear and is wanting to help grow the rumor weed, consider the following.

There is a law I live by that goes like this: "Don't say anything about someone you won't say to them." Jesus knew that there would be times when we would all be tempted to speak harmful words out of frustration, hurt and disappointment. In light of that, He made a way for us to express ourselves. I call it the

"Four Laws of Loyalty."

Law number one: "When rumors run rampant, encourage the rock thrower to go to that person privately." We will all be tempted to get our licks in from a distance, hoping that a well-placed word to the right person will find it's way back to the culprit. This is risky and unrighteous. When put in that awkward position, tell the wounded to gut it out and go to the person themselves.

Unfortunately, for a plethora of different reasons, many people avoid confrontation. Jesus knew that and said, "If that person doesn't respond, take someone with you."

Law number two: "Tell the ru-

mor-runner that you will go with them." I have often said to people, "I know the person you are speaking of, and I am sure they would want to hear what you are saying."

Sad to say, many times people just can't muster up the courage to face their fears. At this time, I point to law number three: "Put your frustrations on paper."

Promise the frustrated one that you will personally see to it that the person who has caused their pain reads their words, in the light they have shared them. Many times this is an effective way of helping someone solve their sticky spots.

You would hope by now that those with wagging tongues would know

that your ears are not lids for a garbage can, designed to collect refuse conveniently deposited in their receptacle of choice.

If these three laws fail, law number four is all you have left: "Leave the rumor right where you heard it."

Tell the grinder at the gossip mill "if it isn't important enough for you to go to the person yourself, it's not important enough for me to repeat it."

A loyal friend is a valued investment. How do we know that? Because of what God invested at Calvary.

Check us out at calvarygospel.net or e-mail us at calvarycolumn@st-tel.net.

# Heart association offers health tips to help avoid No. 1 killer

We've been hearing for quite some time now that heart disease is the no. 1 killer of both women and men. In Kansas it is the cause of 33.4 percent of all deaths. It can strike even if you are young, active and otherwise healthy.

Statistics show that no disease, not even cancer, claims the number of women's lives as does cardiovascular disease. It is the cause of approximately one death per minute among females — that's nearly half a million female lives every year nationally.

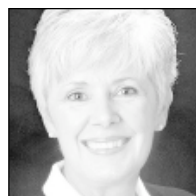
Although you can't change some of your risk factors for heart disease — such as age, race and heredity — there are some things you can do to help ensure a healthier heart. The American Heart Association suggests the following:

1. Let each birthday remind you that it's time for your yearly checkup. At that time, discuss with your doctor how you can reduce your risk for heart disease.
2. Exercise for at least 30 minutes most days of the week.
3. Quit smoking. Begin by cutting the number of cigarettes each day until you are down to zero.

4. If you are overweight, cutting just 200-300 calories a day can help you lose up to two pounds per week and bring you closer to a heart-healthy weight.
5. Check out the Nutrition Facts panel on packaged foods to see how much salt they contain. Aim for a total daily intake of no more than 2,300 milligrams (about a teaspoon) per day.

The American Heart Association is once again celebrating "Go Red for Women," and I heartily endorse this effort of education and awareness. The goal of the "Go Red for Women" message — love your heart — raises awareness of heart disease and empowers women to reduce their risk.

National Wear Red Day is scheduled for Friday, Feb. 3. It is a call to action for women to wear red on that day and begin taking charge of their own heart health by raising their awareness of heart disease and edu-



## sandy praeger

● insurance comm.

cating other women about what they can do to live longer, stronger, heart-healthy lives.

For additional information, visit [www.americanheart.org](http://www.americanheart.org). You and you alone can develop an effective heart disease prevention plan which

results in a healthier heart. "Go Red For Women" aims to help women make their health a top priority.

Sandy Praeger, Kansas Insurance Commissioner, oversees the activities of the Kansas Insurance Department, which is headquar-

tered in Topeka. Her objective is to protect consumers and help maintain the financial stability of the insurance industry.

The department regulates and monitors the activities of 23,000 resident agents, 48,000 non-resi-

dent agents and 1,684 insurance companies licensed to do business in the state. It offers financial, actuarial, legal, computer, research, market conduct and economic expertise. Visit [www.ksinsurance.org](http://www.ksinsurance.org) for more information.

## Homestead Realty

### Another Fun Auction

#### Sellers: Pearl Parks Estate & others

### Saturday, January 28

#### STARTING TIME 10 a.m. MST.

Location: VFW Hall, 824 Main Goodland

#### FURNITURE

Walnut color double B/R set, dresser W/mirror, chest; White double B/R set, chest, dresser W/mirror; 2 Dark B/R sets, double bed, dressers W/mirrors, chest;; Dresser, chest, NICE; 2 full beds, Dining room set, tea cart, china hutch, table W/6 chairs, Several sofas, Sofa & love seat W/2 matching arm chairs, 3-Swivel rocker, Gray swivel chair, 2 bar stools, Blue arm chair, Recliner, Wood cane rocker, Glass top table, Small kitchen table W/2 chairs, Microwave stand, GE refrigerator, Kenmore washer, Quasar console TV W/remote, 10 nice small plant stands, Coffee & End tables, Card table W/4 chairs, Small writing desk & chair, Bookcase, Floor lamp, Corner table, Wood desk, Shelves W/wheels, Portable Whirlpool dishwasher, Computer desk W/hutch (nice)

#### MISC. HOUSEHOLD

NEW small kitchen appliances of all kinds, China & glassware, Silverware & cookware, 8 place setting of Even Yours-Autumn Harvest china, Crooksville China setting, Misc. china pieces, Complete household of kitchenware, Mixer W/bowls, New crock pot & Farberware elect. grill, Tupperware, Nice pictures, 3 large wall mirrors, New sheets, towels, blankets, Vacuum cleaners

#### ANTIQUES & COLLECTIBLES

Riveraware china, McCoy flower vase, Gold trim dishes, pitcher, glasses, 50's canister set, 50's piggy bank, Hound dog & Chicken cookie jars, Large collection of chickens, 50's Coleman water jugs, 2 metal suit cases, 50's bread box, Oak desk chair, Small Oak desk, Quilts, Lots of knick knacks, Limoges china set, Shango stone-ware

#### OFFICE FURNITURE (from Edward Jones office)

3 executive chairs, 8 office chairs, Computer desk, Small writing table, 4 drawer oak file cabinet, 4 drawer metal file cabinet, 2-2 drawer file cabinets, Air purifier

#### PLUMBING SUPPLIES (from Linsner plumbing)

NEW — Kitchen & bath faucets, Toilet tanks, Lavatory pop up drains, Shower massage heads, Washer hookup wall inserts, Lots of Faucet & O-ring supplies, General Mini Router XP W/cable, Vornado fan, Metal drawers, Ryobi gas weed eater, Tool boxes & hand tools, BB grill, Chain saw, Elect motors, Some shot gun re-loading equipment

#### MISC ITEMS

New Delta 10" table saw, contractors model W/all attachments, Boxes of screws, nuts, bolts, 2 tires off 99 Taurus, Tire chains, Li-noleum, Exterior lights, Boxes of electrical supplies, Humidifier, Complete Pentium computer (needs hard drive), Scanner, Satellite dish & receiver, Golf clubs & bag

Lots of boxes to unload. The hall will be full with something for everyone. Come and enjoy the day at another fun Homestead Auction were everyone has Satisfaction at the sound of the Gavel.

**For more information contact Terry Richardson at Homestead Realty, 1023 Main, Goodland, KS. 785-899-2328, 800-974-2426 [www.goodlandks.realestate.com](http://www.goodlandks.realestate.com)**

**Auctioneers Terry Richardson & Butch Ewing**

For more information contact **Terry Richardson** at **Homestead Realty 785-899-2328, 899-3093, 899-8094 or 800-974-2426** [www.goodlandksrealestate.com](http://www.goodlandksrealestate.com)  
Terry Richardson, Broker-Auctioneer, Butch Ewing-Auctioneer

## Worship warms the heart

### 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:** 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](http://www.calvarygospel.net)

### Our Lady of Perpetual Help

**Pastor:** Father Norbert Dlabal  
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: 4 pm

### Sonrise Christian Church

Ninth & Caldwell • 899-5398  
**Minister:** Charles E. Kerr, Jr.  
**Sunday:** Worship Service: 9:30 am  
Sunday School: 10:45 am  
Team Puppeteers: 6 pm  
**Wednesday:**  
Junior/Senior High Meeting: 7 pm  
Adult & Children's Classes: 7 pm  
Jets, 4th grade and under: 3:30 - 4:30

### Word of Life Joursquare Church

10th & Clark • 899-5250  
**Pastor:** John Coumerilh  
**Service Schedule:**  
**Sunday:** Worship Celebration  
and Kids' Church: 10:30 am  
First Wednesday: K.W.A.M.!  
Grades 1 through 5: 7 p.m.

### 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 am  
Sunday School: 10 am  
Evening Service: 6 pm

### Bible Baptist Church

**Pastor:** Michael Estep  
Fifth & Broadway  
890-7368  
**Sunday:** Sunday School: 9 am  
Morning Service: 10 am  
Evening Service: 6:30 pm  
**Wednesday:** Evening Bible Study: 7 pm

### Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO  
(719) 346-7984  
**Sacrament Meeting:** 10 am  
**Sunday School:** 11:15 am  
**Priesthood/Relief Society:** 12 am

### Iglesia Del Dios Vivo

La Luz Del Mundo  
Spanish Speaking Church  
**Minister:** Esteban Ortiz B.  
1601 Texas • 899-5275  
**Daily Prayer:** Sunday thru  
Saturday: 5 am & 6 pm  
**Sunday:** Sunday School: 10 am

### United Methodist Church Brewster:

**Pastor:**  
Worship Service: 10:45 am CST  
Sunday School: 9:45 am CST  
**Winona:**  
**Minister:** Rev. Bob Winters  
Worship Service: 9 am CST  
Sunday School: 10:15 am CST

### First Christian Church (Disciples of Christ)

**Pastor: Rev. Ted Amos**  
Eighth & Arcade • 890-5233  
**Sunday:** Worship Service: 10:30 am  
**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

### Kanorado United Methodist Church

**Pastor:** Leonard Cox  
399-2468  
**Sunday:** Sunday School: 9 am  
Worship Service: 10:15 am

### Church of the Nazarene

**Pastor:** Bob Willis  
Third & Caldwell  
899-2080 or 899-3797  
**Sunday:** Sunday School: 9:45 am  
Worship Service: 10:50 am  
Evening Service: 6 pm  
**Wednesday:** Evening Service: 7 pm

### First United Methodist Church

1116 Sherman  
899-3631  
**Pastor:** Rev. Janet Hernandez  
**Saturday:** Informal Worship: 5:30 pm  
**Sunday:** Sunday School: 9:15 am  
Worship Service: 10:30 am

### Goodland Bible Church

109 Willow Road • 899-6400  
**Pastor:** Chad DeJong  
**Sunday:** Sunday School: 9:30 am  
Morning Worship: 10:45 am  
Evening Worship: 6 pm  
**Wednesday:** AWANA (Winter)  
and prayer: 7 p.m.

### First Baptist Church

**Pastor:** Travis Blake  
Fifth & Center • 890-3450  
**Sunday:** Sunday School for all ages:  
9:15 am (Child care provided)  
Morning Worship: 10:30 am  
**Wednesday:** Bible study 7 p.m.  
Call church for information  
**Thursday:** Bible study 9:30 a.m.  
Wheatridge Center

### 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:** 8:00 a.m. Wed. - Sun.  
For emergencies Wed. - Sun. 890-6969  
Sr. Warden for emergencies  
Mon. and Tues. 890-3320

### Harvest Evangelical Free Church

104 E. Hwy. 24 • 890-7918  
**Pastor:** Brian Fugleberg  
**Sunday:** Worship: 9:30 am  
Sunday School: 10:45 a.m.  
**Wednesday:** Youth group  
meets at 7 p.m.  
at Scherlings', 827 Caldwell.

### Seventh Day Adventist Church

1160 Cattletrail  
**Pastor:** Jim Martin  
**Saturday:** Sabbath School: 9:30 am  
Worship Service: 11 am

### Emmanuel Lutheran Church

13th & Sherman • 890-6161  
**Pastor:** Scott Grimshaw  
**Sunday:** Christian eduction/fellowship:  
10:15 a.m.  
Worship Service: 9 am  
**Wednesday:** Confirmation: 6 pm

### Church of Christ

401 Caldwell  
890-6185  
**Sunday:** Bible Study: 9:45 am  
Worship Service: 10:45 am  
**Wednesday:** Bible Study: 7 pm

## 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

### KLOE/KKEJ/KWGB

3023 W. 31

Internet tonight! 899-2338