



Home Time

By Tranda Watts
Multi-county Extension Agent

And the darker the leaf, the more phytonutrients (a fancy name for "plant nutrients") you can expect.

If you are the adventurous type, consider trying other types of leafy greens in your salad. Spinach, collard greens, Swiss chard and bok choy are among the more mild-flavored. Greens with a stronger flavor include mustard, arugula, mizuna and turnip. Kale falls somewhere in between.

The My Pyramid Food Guidance System from the U.S. Department of Agriculture recommends anywhere from 1.5 to 3 cups of dark

green vegetables, including broccoli, each week.

There's a trick, though: leafy greens count for only half, so you need two cups of lettuce or leafy greens to count as one cup of dark green vegetables.

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 twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Patty Stapp attended the funeral service for her aunt, Pauline Ritter, at Leoville on Feb. 5. She was a sister of Patty's father. Marian Thornton and Bob Dempewolf accompanied her to Leoville.

On Saturday, the County Plus, consisting of Delbert Jackson, Dallas Jackson and Harlan Palmer, will be at the Cardinal Bar and Grill. The café supper special will be barbecued ribs.

On Sunday, Feb. 4, Rea and Dee Magers took pizza over to Jeff's

place north of Cedar Bluffs and enjoyed a visit with him. Jeff lost two shed roofs from the ice and snow overload.

Rea and Dee Magers attended Neal Warner's 80th birthday party in the Veterans of Foreign Wars Hall in Lebanon, Neb., on Jan. 25. The theme of the evening meal was baseball, and each inning was either another dinner course, a special poem for Neal, or a couple of songs, with prime rib for the eighth inning, and a radio broadcast for the ninth

inning of Neal playing for the New York Yankees and hitting a home run. Frances and Neal's daughter, Susan, was the hostess and she did a fantastic job. About 80 people attended.

Birthdays and anniversaries: Brad Long - Feb. 7; Eric Milnes, Meagan Rhodes, Don and Joye Hill - Feb. 8; Cathy Anthony - Feb. 9.

Oran and LaVerne Milner, Bee Nelson and Marguerite Clark accompanied Dorothy Ward to Norton to hear the Four Star quartet, sponsored by the Norton Arts Council, on Sunday afternoon, Feb. 4.

MUSEUM TIDBITS

Arnold Jackson's children donated a number of Norcatour Odd Fellows items to the museum, including the red velvet collar worn by Arnold when he was president of the lodge.

If you have any memorial obituaries of people buried in the Norcatour or Lyle cemeteries we would love to add them to our collection. We also have a section for people from the area who were not buried locally.

Scott Hartzog helped clear off the streets in town, making them wider. Jerry Hill has also given extra help clearing snow.

There will be three council positions open in the April elections. Anyone wanting to run will be a write-in. If you are interested or have any questions please stop by the city office for a book.

Jennings News

By Louise Cressler

The Feb. 7 meeting of the United Methodist Women was conducted by President Helen Rhodes. The Purpose was recited in unison. Roll call was answered by eight members giving a Valentine memory.

The new kitchen faucets and garbage disposal have been chosen and will be installed soon. The prayer chain has been updated and will be distributed. The 2007 pledge offering was received.

Melissa Hasty gave an interesting program from the 2006 Mission Education Tour in the southeastern U.S. Her father, the Rev. Doug Hasty, accompanied her. Devotions were given by Vendla Tacha. Hostess was Glenda Johnson.

Lawrence and Lila Jennings have a new great-granddaughter, Emily Kristine, on Dec. 26. She weighed 8 pounds, 8 ounces. Her parents are Andrew and Samantha Houshell and her grandmother is Marlene Hounshell, all of Denver.

Thomas and Marjorie (Huffles) Mowry of Colby will be celebrating their 50th wedding anniversary on March 2. They were married March 2, 1957, in Atwood. Their children are Cindy Theimer and Lisa Rohr, Colby, and Thomas Mowry Jr., Springfield, Mo. Their address is 920 East Eighth Street, Colby, Kan., 67701. Tom is a Jennings native, the son of the late Winford and Stella Mowry.

Word from Claudine Bennett's sister, Dorothy Smith of Tucson,

Ariz., on Sunday was that Claudine is back in the hospital because of an infection. She has been taking rehab. Her son, Frank Bennett of Oberlin, had been to visit for a couple of days. Her son, Benny Bennett of Denver, will spend this week with her.

Brent Jennings and Brendan, Junction City, visited Brett Jennings, and Lawrence and Lila Jennings from Friday to Monday.

Heritage Associates of Jennings Czech Museum held its meeting on Feb. 1 and Neoma Tacha presided. Directors present were: Roger Shimek, Bob Tacha, Larry Mizer and Lila Jennings.

The group decided to donate a church hymnal angel for the Seeds of Hope auction, and to donate a copy of the story of Dr. Hardesty's life, "Patches to Plenty," to the Jennings Library. A review of activities for 2006 was given. The big projects were the school property and contents sale, the building of the addition for the school memorabilia, and getting a handicapped ramp built along the sidewalk.

The museum's project for 2007 is to have the Royal Neighbor Hall improvements and redecorating done. An open house is planned for the public Memorial Day weekend and for the Jennings Alumni who will be here that weekend.

The next meeting will be at 2 p.m. on Thursday, March 1. The public is invited to attend.

Herndon News

By Carrol Ginther

Services for Immanuel United Church of Christ were held at the home of Don and Joan Grafel on Sunday. A party honored Don on his birthday after the services. Present were Tom and Kay Franke, Leon and Marita Portschy, Dennis Brown, Dale Allacher and Don and Joan Grafel.

Sunday dinner guests at the Don Grafel home were Kristyn Clapp, Culbertson, and Steve and Susan Nelson and Makenzie, Oberlin. Kent Grafel was an afternoon visi-

tor. The Immanuel United Church of Christ members will have their annual benefit pancake day from 9:30 a.m. to 1 p.m. Sunday at the Herndon Senior Center. Donations will be accepted. Everyone is welcome. Visitors last Sunday of Monica Solko were Ron and Kimberly Solko of Oberlin, and Tom, Patrick and Charles Solko.

The Herndon City Library is open from 1:30 to 3:30 p.m. on Saturday.

Midway News

By Mary Lou Olson

Sympathy is extended to the family of Orvis Nelson, 87, who died Friday at Great Plains Medical Center in North Platte, Neb. Funeral services will be at 10 a.m. Wednesday at the United Methodist Church in Atwood. His wife is the former Veda Mae Henningsen. Funeral services will be held at 10 a.m. Wednesday at the United Methodist Church in Atwood.

Congratulations to Nate and Jamie Kelley of Topeka on the arrival of a son, Mason Kevin James Kelley, born Feb. 1, 2007, at Topeka. He weighed 7 pounds, 7 ounces and was 20 inches long. He has a sister, Payton, 18 months.

Grandparents are Kevin and Debbie Kelley, Topeka, and Col. Jim and Maryon Ring, Pensacola, Fla. Great-grandparents are Dick

and Donna Kelley, Oberlin; Jean Smith, Topeka, and the late Dennis Smith.

Dick and Donna Kelley attended the Kansas Groundwater Association annual meeting in Hutchinson Jan. 17-19, then went to Little Rock, Ark., where they spent 10 days visiting his brother, Don Kelley. Others who have visited him are Bill and Betty Kelley, Junction City; Bob Kelley, Marquette; and Jim Kelley, Lawrence.

En route home, the Dick Kelleys visited in Topeka with Kevin and Debbie Kelley and Seth, and Nate and Jamie Kelley and Payton, and made the acquaintance of their new great-grandson, Mason.

Mark and Barbara Olson, Kurt and Mary visited over the weekend with Sarah Olson in Manhattan.

Selden News

By Jacque Boultinhouse

Bob Pope and family want to express their appreciation to the Sheridan County emergency medical technicians for the trip they made to Newton to transport him back to Hoxie. In particular, a big thanks goes to Bernie Koerperich and Chris Koerperich for giving him friendly faces from home on the long trip.

The Pope family also appreciated the cards sent to Bob while he was taking treatments in Newton, as well as prayer. It has been a difficult journey and prayer has gotten him this far. Please continue to pray for him. Bob's address is room 27, Sheridan County Long Term Care, in Hoxie. He would also enjoy visits.

On Feb. 8 at Senior Citizens Anna Albers won high, Shirley Emigh took second and had the most aces and Ann Hazlitt got low. Other members present included Betty James, Jeanie Spresser, Carol Shaw, Leone Porsch, Edna Schiltz, Helen Karls, Lola Cook, Alfred Albers and Bernita Aumiller.

School Calendar: Feb. 15 and 17 - Junior high basketball tournament in Sharon Springs; Feb. 16 - High school basketball at Rexford with Cheylin.

Birthdays and anniversaries: Feb. 15 - MiKayla Lobato; Feb. 17 - Don and Helen Juennemann, Samantha Juennemann; Feb. 20 - Heather Hunziker, Isabella Sauvage.

'Ethical Stances: There is No Thing New Under the Sun'

By Pastor John Strecker-Baseler,
Our Savior Lutheran Church, McCook

How profound and how true it is: In Ecclesiastes it is written that there is nothing new under the sun.

This school of cynicism in ancient Greece has its students with us today. The negative outlook of the cynics is no modern, sophisticated "post-modern" way of understanding the realities of this life. The cynics truly thought that everything was bad and horrible.

The stoics thought this, too, but they moderated their stance to include a sense of accepting it and "going with the flow" of things. The stoics had an ethical belief that we sometimes call fatalism.

There are Christians who are so negative we might say they are cynics. Also, there are Christians that accept everything that happens as God's will that they have become nothing more than stoics or fatalistic in their way of thinking.

It is not God's will that a baby suddenly stops breathing and dies. Also, I don't believe God takes three-year-olds "because God needed the little ones in His heavenly choir!" That is simply nonsense. We must recognize that evil is at work in our world; the devil is alive and harming people.

Other models for ethical decision-making are called hedonism, Epicureanism, utilitarianism, altruism, nature-based, and for the lack of a better name for it, "the 11th commandment."

Hedonism and Epicureanism are both pleasure-based. "Party till you puke, then party some more." It is lacking in any Christian virtue whatsoever, but

we see many people who live in this manner. They direct their decisions of "what should be" based on whether or not they will have fun.

Nature-based decision making can also be about pleasure. "If it feels right it must be O.K."

Utilitarianism seeks to find the greatest good for the greatest number of people. It is socially oriented, like the early Christians.

Altruism is about self giving toward others.

The 11th commandment, as my father called it, is an ethical direction based on the strange logic that if I do not get caught, it is not wrong! The 11th Commandment, for people who follow this creed, is "Thou shalt not get caught!"

I think if we look below the surface of people in our society we will find all of these ethical directions represented in our world today. Not all of them are Christian in nature. All of them have an internal logic about "how things should be" in their outlook.

I think that especially prevalent in our business world today, unfortunately, is the "11th commandment" model.

Which one do you subscribe to? Perhaps it is time to sort that out and be clear with yourself what ethic you live by.

May Christ walk with us as we reflect upon the decisions we make this day. May we be open to the Spirit to guide us so we can be all that we are asked to be as new creations in Christ for the sake of the resurrection.



Schedule of Oberlin and area church services:

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| <p>OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone,
MASS: 10:30 a.m., Sunday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 5:30 p.m., Saturday</p> <p>OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Jim Martin
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p> <p>JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS
Carrie Buhler, pastor
SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m.
DRESDEN
SUNDAY: Morning Worship, 9:30 a.m.</p> <p>PRAIRIE CHAPEL UNITED METHODIST
The Rev. Doug Hasty
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST
Pastor: Dennis Brown
SUNDAY: Morning Worship, 9 a.m.</p> | <p>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 Wed. at 6:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.</p> <p>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Fred Dycus
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.</p> <p>OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Doug Hasty
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.</p> <p>CLAYTON UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>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. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 p.m.</p> | <p>OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. WEDNESDAY: Ladies Home Bible Study, 9 a.m.</p> <p>ST. MARY'S CATHOLIC, HERNDON
The Rev. Damian Richards
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.</p> <p>HERNDON COVENANT CHURCH
Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.</p> <p>NORCATOUR UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> <p>LYLE UNITED METHODIST
Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.</p> <p>EVANGELICAL COVENANT CHURCH OF OBERLIN
The Rev. Heidi Wiebe
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.</p> | <p>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.</p> <p>ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Pastor: Rev. Rick Langness
Secretary: Norma Unger
785-475-2333
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 p.m.</p> <p>FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.</p> <p>SELDEN COMMUNITY CENTER
110 North Kansas Street
Selden, Kansas
Brother John L. Paulson
3rd Sunday of Each Month at 3 p.m.
Fellowship 2:30-2:55 and immediately following message.</p> |
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