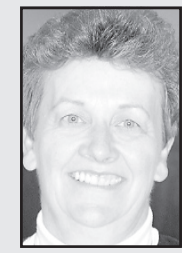


Summer is grilling time!



Home Time

By Tranda Watts
Multi-county Extension Agent

According to a recent poll most of us think that cooking outdoors is easy, costs less, is more economical than dining out and encourages time outdoors.

My three favorite reasons to grill are: 1) it tastes good, 2) I don't have to heat up the kitchen, and 3) cleanup is easier

When done right, grilling meat and poultry is a healthy option because the excess fat drips away. Just avoid flame-ups and remove charred areas from meat before eating to avoid the development of potential carcinogens (cancer causing substances).

Hot dogs and hamburger are frequently on sale. Take advantage of special bulk prices on ground beef and make your own patties. Lay your patties on a wax paper lined cookie sheet so they don't stick together, freeze completely, and then transfer them to a freezer container for storage. This way you can take out as many as you need for one grilling session.

Hot dogs and smoked bratwurst are easy to prepare because they are already fully cooked. Just keep

them cold until you are ready to grill and then make sure they are thoroughly reheated and steaming hot. Fresh sausages, like fresh Italian and fresh bratwurst, need to be cooked slowly and evenly over mature coals until the sausage is gray throughout and an instant-read thermometer inserted into the sausage reads 160°F for meat sausage and 165°F for poultry sausage. Fresh sausage may be parboiled in water for 15 minutes and then grilled. However, grilling should immediately follow parboiling; interrupted cooking is not recommended.

Hamburgers are more difficult. The trick is to get them to medium (160°F) doneness, until no longer

pink in the center and juices show no pink color, without getting them charred on the outside. It is not safe to eat rare hamburger because the process of grinding distributes any E. coli or other bacteria throughout the meat.

And now experts say the color of meat is no longer considered a reliable indicator of ground beef safety. A meat thermometer is the most reliable way to reduce risk of food-borne illness. Cook burger to 160 degrees and put them on a clean plate or platter.

If you have questions, please feel free to contact your local K-State Research and Extension Office or e-mail twwatts@ksu.edu.

Eugene Wurm, brother of Wilma May, is hospitalized following spinal cord surgery. While recovering, he would enjoy receiving cards at this address: Eugene Wurm, Room 3295, c/o Good Samaritan Hospital, P.O. Box 1990, Kearney, NE 68848.

Ann Mines was honored Saturday at the Golden Age Center with an open house to celebrate her 80th birthday. Out-of-town guests included her children, Sheri and Pat Coon, Georgetown, Texas; Lynette and Pat Salvo, Tucson, Ariz., and Joe and Chris Mines, Cori and Jared, McPherson; grandson and wife, Mr. and Mrs. Nathan Coon, Georgetown, Texas; and nieces, Nancy Baumfalk, Aurora, Colo.; and Connie Goslar, Mesa, Ariz.

Rhiannon Davies and Hunter Nedland were united in marriage Sunday afternoon, May 29, at the Oberlin Covenant Church with a reception following at the Golden Age Center. It was a beautiful wedding with each having five attendants. Cameron Nedland was the best man, Elizabeth Nedland was one of the bridesmaids, Liam Nedland was the ring bearer, and Nolan May, Ryan May, and Zach May were ushers.

Wayne and Lois Larson were honored with a dinner and open house to celebrate their 60th wedding anniversary Sunday noon at St. John's Lutheran Church in Oberlin. It was hosted by their children, Joanne and Norman Wendelin, Oberlin; Suzanne and Jay Cooper, Wichita; Craig Larson, Oberlin; Bonnie and Bill Condit, Winfield; and Brad Larson, Oberlin. Greta Wendelin, Lawrence; Rory Wendelin, Seward Neb.; Kathy Almquist, Colby Larson, Carl Larson, and Monica Larson were also among those present to help Wayne and Lois celebrate their anniversary.

Jack and Jeri Nedland, Darron, Wis., were Saturday to Tuesday visitors of his brother, Dan Nedland and family and attended the Hunter Nedland/Rhiannon Davies wedding Sunday afternoon.

Randy and Kathy Rutsch, Boulder, Colo., attended the Davies/Nedland wedding and reception Sunday afternoon and evening and were Sunday overnight guests of John and Dianne Bremer and

Jessica. Randy's mother is the former Lillian May, a sister of Walter May.

Nolan May and friend Tori, Lawrence, Saturday and Sunday guests of the Dan Nedland family; Richard and Delayne May, Lawrence, weekend guests of the Roger May family; and Shane and Brianna Stecklein, Lawrence, also attended the Nedland/Davies wedding and reception.

Tyler Shields, Zach May, Dalton Jones, and Nolan Peters, representing Decatur Community High School, took first in the 4x800 event at State Track in Wichita Friday and Saturday, setting a new State record.

The Decatur Community High School track team of Zach May, Dalton Jones, Nolan Peters, and Keithan Fortin took 4th place at State Track in the 4x400 event.

Edwin Waterman, Sedgwick, attended his 45th DCHS high school reunion with the class of 1966. He left for home Tuesday after spending a few days visiting his brother, Melvin Waterman, sister, Karen Eskew, and families.

Stan and Deanie Moore, Florissant, Colo., were Memorial weekend guests of Gaylord and Shirley Shields.

Casey and Jennifer (Shaw) Harshman, Emporia, were Memorial Day weekend guests of her parents, Richard and Anna Shaw, and attended her 5th DCHS alumni with the class of 2006.

Linda (Bremer) Tomasch, Olathe, class of 1961, attended her 50th DCHS alumni activities over the weekend.

Dianne Bremer and Jessica hosted a tea at the John Bremer home Memorial Day afternoon honoring Mildred Holmdahl on her upcoming 90th birthday. Those attending were Mildred Holmdahl, two of Mildred's daughters, Jeani Hengst, Mechanicsburg, Pa.; and Janeil Jensen, Oberlin; Eileene Grose, Jody Betts, Linda Tomasch, Riley Frasure, and Lisa Sonsthagen and Emily, Olathe. Mildred's other daughter, Janet, was unable to attend due to illness.

Sunday brunch guests of John and Dianne Bremer and Jessica were Linda and Lyndon Tomasch, Larry and Lisa Sonsthagen, Matthew, Emily, and Zachary, Lori Smith, Marisa Taylor, Riley

Frasure, Olathe; Kristen Bremer, Colby, and Justin Zodrow.

Lori and Marisa were Friday and Saturday overnight guests at the John Bremer home, returning home Sunday afternoon; the Sonsthagens were Saturday and Sunday overnight guests of Herschel and Jody Betts returning home Monday afternoon, and Linda and Lyndon Tomasch and granddaughter, Riley Frasure, were Thursday to Tuesday guests at the Bremer home.

Audey Euhus Flowers, Dickinson, Texas, was in Oberlin celebrating her alumni with the class of 1961 with her brother, Dennis Euhus who was also in the class of 1961. She was a houseguest of Kenneth and Mona Euhus Hoehner in Oberlin.

Others with alumni celebrations included Walter May and Wayne Larson, class of 1941; Shirley (Euhus) Shields, class of 1951; Duane Unger, class of 1956; Joanne (Larson) Wendelin and Suzanne (Larson) Cooper, class of 1971; Bonnie (Larson) Condit and Gail (Euhus) Harvey, class of 1976; Monica Larson, class of 1996; Stean Olson, class of 2001.

Did you plug it in? Judi Stricker, United Church of Oberlin

A young college student had saved enough from his pay at the library to buy a small refrigerator for his room. He had relished the treats that he could now have, and went to the grocery store to buy a few. He put them in his new refrigerator and went off to class and work.

The next morning, he opened the door to his new convenience and found it warm, not cold as he had expected. His ice cream had melted all over the inside, and he was really angry.

He called the appliance store where he had purchased his refrigerator and discovered a very kind-sounding voice on the other end of the line. He asked him to open the door and see if the light came on....his answer was negative. Then she instructed him to listen closely for noise from the motor, he answered again in the negative. She then told him to find the cord and plug it in. The young man, totally embarrassed, replied, "For as much as I paid for the appliance, I think it should have worked anyway!" That's an attitude we hear a lot in this culture.

The church without the Holy Spirit at work is like an unplugged appliance. It just doesn't work!

It is the Holy Spirit that empowers the church, but....without the Spirit in our individual lives, we are unable to give the church the power it needs to truly make differences in the community. The church is only individuals gathered together in His name. One depends on the other!

God knew how much we needed a helper, after His son ascended to his right hand. He sent the Holy Spirit. The Holy Spirit is in the world, but blows in the direction it would go, and if we are open to the Spirit, we can plug into the power.

This week, I am reading a marvelous little book titled, "Welcome to the Wisdom of the Word....and its meaning for you", by Joan Chittister. It is not a book on doctrines of the religions of the world, but contains bits of good old common spiritual sense, taught by all religions.

Now, before anyone jumps to a conclusion, I am not now, nor will I ever be a Universalist in my theological life. I am Christian through and through, but, I am also human enough to know we don't

hold the patent on wisdom! It can come from many disciplines.

I am reading in chapter four, which fits very well into the Lectionary reading from the Gospel of John 14: 15-21, for Sunday, "the promise of the Holy Spirit."

Quoting from chapter four, "Religion and spirituality are not one and the same. They are commonly confused. The truth is that we can go through the motions about something all of our lives and never really become what the thing itself is meant to make us." I believe that is happening as an epidemic in the Christian Church today.

"Religion has to do with leading us to an awareness of God, with giving us the tools, the disciplines to make ourselves ready for the experience of God. Spirituality has to do with the transforming the way we live as a result of that awareness, with infusing all of life, with a sense of Presence that transcends the immediate and gives it meaning.

We have to plug both religion and spirituality into the Spirit of God. That takes discipline, a rare commodity in today's culture.

Today, Memorial day, or Monday as I am writing this on Wednesday, the 25th, is a day for remembering those gone before us, generations of Christians who were disciplined and willing to sacrifice for the good of all.

Except for the young men and women in the military, on the battle fronts of today, I ask all of us....are we willing to sacrifice for the betterment of future generations, for our children, and grandchildren? I believe we have the answer to the empowerment of our nation again, and it is in the morality, sacrifice and strength of family that is offered through the church.

Let's do it, let's again plug in to the power of the Spirit. It begins with each of us. Go to church next Sunday. Take your children. The Holy Spirit awaits you. The Spirit is calling you.

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

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

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. Linda Willey
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.

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.,

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Linda Willey
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, 10 a.m. open Bible Study; TUESDAY: Ladies Bible Study, 9 a.m.

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.

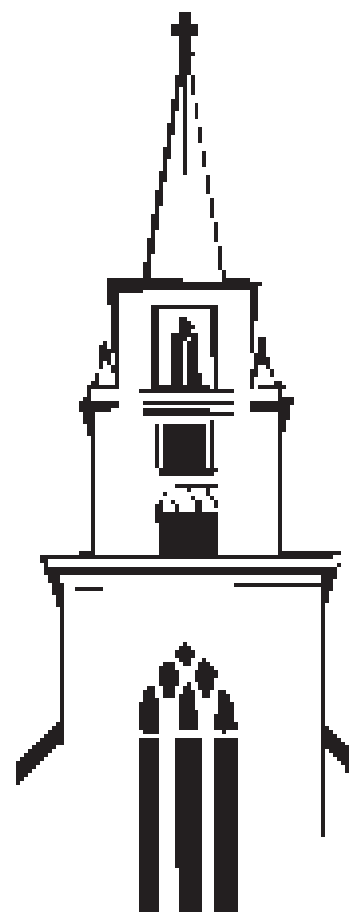
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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
Chairman Brad Marcuson
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.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor: Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 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.



Cedar Living News

By Teresa Shaughnessy

We are busy working on our summer schedule of activities. We are always looking for special programs, such as musical entertainment or informative programs.

Anyone with a talent or hobby to share with us this summer is welcome to call us at 475-2276. Ask for Tara or Teresa in activities.

Sympathy is extended to the family of Harold Hill who passed away on Tuesday after a short stay at Cedar Living Center.

The DCHS Singers, under the direction of Mrs. Susan Nelson, came for a visit at noon on Monday. They sang and danced their way through a wonderful performance. The residents felt quite fortunate to have one last concert from the students before the end of the school year.

There were several winners at the dice game played on Monday afternoon. Snacks were served following the game.

Myrna Jones and Mary Ann Amack led the sing-along time before supper on Monday.

Wilma May and Mary Votapka tied for the first bingo on Tuesday afternoon. Irene Fringer won the blackjack game.

Tara Votapka and Teresa Shaughnessy hosted the May birthday party in the Cedar Living Center dining room on Wednesday afternoon. They served watermelon to residents, staff, and guests. Zola Brown and Ruth Leopold were recognized for having birthdays in May. Both received a birthday balloon.

Stuart Euhus gave the Bible study lesson before supper on Wednesday. Fr. Mark Berland had Mass for the Catholic residents on Thursday morning.

A big group of residents gathered

on Friday afternoon to bake peanut butter and chocolate chip cookies. The cookies turned out to be finger-licking good and there were no leftovers.

Our garden boxes were planted on Friday with tomatoes and peppers. We have hopes that with a little sunshine, fertilizer, water, and luck the plants will grow and produce a bumper crop.

Memorial weekend is always a time for lots of visitors at Cedar Living Center and this year was no exception. Several residents had the opportunity to go out for events over the weekend and even more residents had company stop by to visit.

Visitors who signed our guest book during the past week included: Susie Youngblood, Juliann Sis, Delpha Sis, Anna Sis, Jan Sattler, Teresa Chvatal, Hattie Toth Shirley Williams, Atwood; Patsy Marintzer, Colorado; Gregg Saylor, Cambridge, Neb.; Roy Leitner, Palm Springs, Calif.; George Sayer, Lexington, Neb.; Les and Myrna Pentera, Loveland, Colo.; Bette Wurm, McCook; Marilyn Fisher, Neta Jeffus, Topeka; Alice and Charles Kolsky, Dodge City; Paula Herd, St. George, Utah; Rick and Sharon Gamblin, Columbus, Neb.; William Walker, Lincoln, Neb.; Betty Rall, Colorado Springs; Janika Rall, Michelle Compton, Fountain, Colo.; Norma Ward, Clayton; Laura Fox, Valley Center; Bob and Julie Hafner, Herndon; Wayne and Sandy Orr, Rosalia.

Connie Miller, Marilyn Gamblin, Carol Kompus, Lyle Gamblin, Connie Olson, Mirium Fisher, Max and Veanna Carman and Robert Fringer, Oberlin.

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