Good Samaritan News

'Rock"! The buzz is beginning and spreading through the halls... there is an air of excitement, even though many of the residents don't remember ever participating in our previous Rockathons.

This is precisely why we have chosen to give this year's proceeds to the Alzheimer's Association. With an ever-increasing prevalence of this disease we have devoted the whole month to its cause. "Don't forget to Remember Me" is the theme and Oct. 15 is the day we will set our chairs to rocking!

Seven years ago the residents wrote this and we have kept it as our theme: "We are old, with hearts of gold, wanting to do our share. Our eyes are dim, our hearing weak, but we can rock a chair. Sponsor sheets and piggy banks can be found

Our goal this year is \$100 per resident. If we make it, it would 500. You are welcome to join us for the day to cheer on the rockers and enjoy the

line-up of entertainers.

This week, we tried an old fashioned literary reading time. 'Heaven Is For Real" by Todd Burpo was read by Anita Hirsch to a quiet room filled with quiet, enthralled residents who came to hear this fascinating story.

Kimberly Witt's first grade class will take a tour of the building,

We are getting ready to leave their handprint, meet Sammy Eva Bryan, Eulaine Benda, Cheryl the Squirrel and learn the "reading rules" for when they return in a couple of weeks. We always look forward to their smiling faces and the sound of sweet giggles.

The 180 boys came for a time of fellowship and sharing. We talked about lies verses truth. It was an interesting, lively interchange. Mary Waldo, Dorothy Pryor, Amy Rehm, Walt and Betty May, Loren Schrock, Evelyn Olson and Alice Bobbitt and Galen Tacha attended. This is a favorite weekly activity among the residents second only to bingo and of course, we had bingo.

The happy Hobbler's Men Club played Hillbilly Horseshoes in Town Square. Dennis Brown, Walt May, Galen Tacha, Elden Haas and Loren Schrock competed.

Bible Study is starting a series on the 23rd Psalm. How sweet it is to have to make room for more residents as they make their way to the Quiet Room to hear the Word of God come alive through the teaching. Alice Bobbitt, Opal Bryan, Helmkamp, Edla Olson, Walt and Betty May, Lucy Schissler, Leone Porsch, Dorothy Pryor and Olive Arnold come every week.

We are also pleased to welcome Sisters Susan and Kathleen to our home. They come weekly to spend time with Edla Olson, Dorothy Pryor, Doris Marintzer, Olive Arnold,

Hill and Bonnie Weskamp. They sing and encourage...what a blessing they are.

Guests this week were: Lloyd

By Lisa Paulson

Waldo for Mary Waldo; Gladys Geis for Lois Carlson; Eunice Martin and Connie Robiston (Denver, Colo.) for Glenn Martin; Carolyn Strevey (Norcatur) and Von Johnson (Norton) for Crystal Moore; Marilyn Horn for Myrtle Ross; Connie Simonsson for Amy Rehm; Max Carman and Dan and Judy Shinabarger (Clio, Mich.) for Myrtle Waldo; Gloria Micelle (Deltona, Fla.), Arian Arnold (Herndon) and Galen Olson for Edla Olson; Mert McEvoy for Lucy Schissler and Earl Brown; Edith Persinger and Mildred Holmdahl, Ron and Dixie Snyder (Colby), Penny Fringer and Reva Marshall for **Dorothy Hunt;** Murry and Audrey Pavlicek for Mary Lemman; Bud and Vicky Mumm (Gem) for **Doris** Marintzer; Jerry Hill (Norcatur) for Cheryl Hill; Gerald and Connie Olson for Evelyn Olson; Bob and Neoma Tacha, Nadine Tacha (Jen-Amy Rehm, Galen Tacha, Leona nings) and Larry and Starla Swager (Colymon, OK) for Galen Tacha; Cheri Kastens (Herndon) for **Norma** Grafel; Marvin and Sharon Slabaugh for Opal Bryan; Ralph and Norma Unger for Lucy Schissler, Earl Brown and Walt May; Jan and Eric Mehl (North Platte, Neb.) for Mildred Holmdahl; Randy and Chris Fisher for **Alice Bobbitt**.

Alcohol can affect weight

Alcoholic beverages contain empty calories-lots of empty calories (calories without many healthy nutrients). As a whole, Americans like to consume them. In fact, alcoholic beverages are the fifth leading contributor to calories in the diet for American adults, according to the 2005-06 National Health and Nutrition Examination Survey, accounting for an average of 106 calories a day. (They're behind grain-based desserts, such as pies and cake; yeast breads; chicken and mixed chicken dishes; and soft and energy/sports drinks.) So, if you currently drink an average amount of alcohol and you stop, you'll be consuming about 740 fewer calories per week and could expect your weight to gradually drop, or at least not increase as rapidly as before, depending on what else you consume.

However, try coupling that piece of common sense with the findings of a study published in 2010 in the Archives of Internal Medicine. Researchers examined data from 19.220 women who started at normal weight and then 12.9 years later. When the researchers adjusted for age, non-alcohol calorie intake, physical activity and other factors, they found that those who consumed a light to moderate amount of alcohol (an average of one drink a day or less) gained less weight over the years then those who didn't drink at all. So few women in the study were heavy drinkers (two to three drinks a day or more), researchers hesitated to draw any conclusions about that amount of alcohol on weight.

That finding seems straightforward – except that other research



Home Time

By Tranda Watts Regional Extension Agent

short-term stimulation of the appetite, leading people to eat too much when they drink.

One thing is apparent: You've seen conflicting information about alcohol and weight gain because there is conflicting information about alcohol and weight gain.

Although heavy alcohol consumption is linked with some nasty diseases (including colon cancer, breast cancer, liver cancer and other liver disease, stroke, and type a day for men and one for women) is fice, 475-8121.

has linked alcohol with at least a linked with lower risk of stroke, type 2 diabetes and overall mortality.

The bottom line? Alcohol has a high caloric content. For that and other reasons, if you drink, don't overdo it. And be aware that you might be tempted to eat more when you do drink.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her as (785)443-3663 or e-mail twwatts@ 2 diabetes), moderate alcohol con- ksu.edu. For information, contact sumption (no more than two drinks the Decatur County extension of

Decatur Health Systems By Becky Wilson

The 2012 enrollment for Medi- Wendelin, a qualified Senior Health care Part D is approaching. Open Insurance Counseling for Kansas Enrollment for these plans, which cover prescription drugs, will start earlier this year, beginning Saturday and ending Wednesday, Dec. 7. The Medicare website, www.

medicare.gov, has been updated with 2012 information, including

make an appointment with Joanne more smoothly.

counselor, for a comparison of Medicare Part D plans. Call her at 475-2208 to set up an appoint-A worksheet for medications

and personal information will be mailed out. This can be filled in and returned to the office before Decatur Health Systems encourthe appointment to make the Part ages those taking part in the plan to D comparison and enrollment go

Herndon News

By Julie Hafner

'Little Rose Waltz'...Louise Leit-

Bud and Vicky Mumm, Gem, H. Bollier. Proceeds will be donated spent last weekend with their son Greg in Cheyenne, Wyo. They visited, shopped and enjoyed the Botanical Gardens in Cheyenne.

The Herndon community extends sympathy to the family of Rocky Courange. Rocky was born to Irvan and Maralyn (Magers) Courange Aug. 3, 1961 and died Oct 7, 2011 at the Hays Medical Center. Services were held at Pauls Funeral Home in Oberlin on Monday, Oct. 10. The Knights of Columbus Council

3033 held the annual Awards Supper on Oct. 2 in Atwood at the Columbian Hall. Father Nick opened and closed the evening with a prayer. After a meal of potatoes, brisket, creamed corn and dessert, several awards were presented to the members. Knights received awards for Family of the Month, Family of the Year, and Knight of the Year, to name a few. Speeches were given by the District Deputy, State Secretary and Insurance Agent for this area. Richard Rippe and Don Solko received their 50 year pins. Kevin Rippe and family received a Family of the Month award. Virgie Burk ended the evening by telling a joke Drath and Willie Bollier about a little boy selling Bibles.

St. Mary's Altar Society will be Drath leading the rosary before Sunday Mass at 8:15 a.m. through the Drath month of October. The month is dedicated to the Most Holy Rosary. The liturgical feast of Our Lady was celebrated Oct. 7.

Randy Sattler, Hutchison; Rob Sattler, Oakley; Bob and Julie Hafner; Jayme Sattler and Mary Clark joined Janice Sattler in Atwood for dinner on Sunday.

Julie's Memory Joggers The Herndon Nonpareil February 7, 1918 To be given Friday evening, Feb-

ruary 15, 1918 at 7:30 sharp at the Opera House by the pupils of Mrs.

Congratulations to Becky Tate,

Becky Tate, Dakota and Grace helped

Mollie celebrate her 11th birthday at

her home Monday evening with din-

Evelyn May and Janice Cundiff

drove to Hays Wednesday to meet

the Lutheran World Relief truck and

delivered 63 quilts, 51 personal care

item kits, 20 pounds of soap, and 13

baby care kits from St. John's Lu-

theran Church and Faith Lutheran

Saturday evening dinner guests

of Dan Nedland and Rhonda May

ner and birthday cake.

Church of Oberlin.

in Hoxie.

for a library for the Herndon Public ner

Duet...'Charge of the Ublans'... Miss Eva Dunbar and Mrs. H.

Duet and Song...'Come to School'... Eulalia Drath, Hannah Bollier, Valeria Page, Bertha Bol-

'At School March' Wayne Bone Comic Solo...'The Wedding of Sandy McNab'...Lee Drath

Cornet Duet...'The Rose'...Jessie Drath and Willie Bollier Flower Song... Julia Drath

'Sing Me the Rosary'...Bertha

Duet 'Crown of Triumph'...Irene and Ramona Wolkensdorfer We're a Band of Little Children' ...

The Primary Class 'Sing Little Bird'...Elsie, Bertha

and Hannah Bollier, Julia Drath 'My Mama's Waltz'...Wayne Bone and Lee Drath

Comic Duet...Teddy Kaden and Julia Drath

Liberty March 'Hawaiian Night'...Marguerite Roberts Cornet Duet...'Sancho'...Jessie

'Mother's Old Lullaby'... Valeria

'Flying Doves'...Julia and Eulalia

'The Baby Shoes' ... Play for the

Primary Class 'Just a Little Sunshine'...Valeria

Page, Hannah, Elsie and Bertha 'Don't Let Anybody Know'...Lo-

'Tommy Was a Bad, Bad Boy' ... Teddy Kaden 'American Patrol'...Signe Hen-

ren Fleckenstein and Elsie Bollier

Dialogue... 'Taking Teachers Place ', 'Little Pieces for Beginners'... Laura and Emma Goetl

Duet... Lee Drath and Mrs H.

By Dianne Bremer

Betty May, Hunter and Rhiannon

Nothing can keep us from God's love The Rev. Linda Willey, **Oberlin United Methodist Church**

A few weeks ago, one of the Biblical readings for Sunday morning was the first listing of the Ten Commandments in the book of Exodus. I've copied them here, from the New Living Translation of the Bible (Exodus 20:1-4, 7-10, 12-17):

"I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery.

"You must not have any other god but me. "You must not make for yourself an idol of any

kind or an image of anything in the heavens or on the earth or in the sea. "You must not misuse the name of the Lord your

God. The Lord will not let you go unpunished if you

"Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes servants, your livestock, and any foreigners living

"Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

"You must not murder.

"You must not commit adultery.

"You must not steal.

"You must not testify falsely against your neigh-

"You must not covet your neighbor's house. You must not covet your neighbor's wife, male or female servant, ox or donkey, or anything else that belongs

ing the commandments to our children, but don't talk about teaching them to adults. But the Ten Commandments were given to adults, not to children. They talk about adult behavior, not about children's behavior. Who murders? Adults. Who commits adultery? Adults. Who testifies falsely against their neighbors? Adults. Who chooses whether they will keep a day holy to worship God? Adults. We often hear the Ten Commandments as a list of

Often in churches, we make a big deal about teach-

do's and don'ts. But they were not meant that way. God gave the commandments to a people who had lived for generations in slavery and needed to learn how to live as a free people. The beginning of the commandments sums this up: "I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery." In other words, God tells the former slaves that they will never have to live as slaves again. What better words can we hear? These you, your sons and daughters, your male and female are not laws that limit our freedom; they are laws that show us what freedom looks like. We do not have to be enslaved to all the things that make us murder, commit adultery, steal, testify falsely against our neighbors, desire what others have. We have the love of a God who loves us like a parent and wants us to live together in that love.

Every once in a while there is discussion about posting the Ten Commandments in public buildings. Two years ago, Rep. Lynn Westmoreland from Georgia talked about this on The Colbert Report. When Mr. Colbert asked him to recite the Ten Commandments, he could only paraphrase three of them. Perhaps it would be a better idea if we post them in



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.

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

PRAIRIE CHAPEL UNITED METHODIST The Rev. Linda Willey SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

SUNDAY: Morning Worship, 9:30 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. Linda Willey 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**

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. The "no sermon" worship hour with the Lord's Supper and Adventures With God, open Bible Study, 10:30 a.m.; 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.

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.

LUND COVENANT CHURCH

Interim Pastor: Kevin Schnakenberg SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays..

ST. JOHN'S LUTHERAN CHURCH

510 North Wilson



ATrusted Name Since 1925. Phone: 785-475-3127 — Oberlin

785-386-4311 — Selden

Derek Riner

Rick and Dori Pauls

and Elizabeth were Walter and

who recently accepted a new posi-Nedland and Liam, Richard May, tion as director of assisted living, Robert May, Roland and Pam May risk management and quality asand Hannah, Zach May and Regan Bartels and Roger May and Ryan. surance quality improvement at the Sheridan County Health Complex Richard May, Lawrence, was a weekend guest at the Roger May John and Edith Tate and Jay and

Mount Pleasant News

Sunday evening dinner guests at the Roland May home to help Zach celebrate his 17th birthday were Gary and Sarah Fredrickson and Kaine.

St. John's Lutheran Church will be celebrating their 125th anniversary with special services Sunday, followed by a pot luck dinner at the church. Afternoon activities include a tour of the three St. John's Lutheran Church rural cemeteries followed by a cook-out, in the country. Members and guests do not need to bring food to the cookout, as it will be provided by the church.

Got it? Don't want it? SELL it The Rev. Royce Leitner in the Herald Classifieds SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening 785-475-2206 Worship, 7 p.m. WEDNESDAY: Adult