

Good Samaritan Center

By Lisa Paulson

During Bible study we have been studying the many names of God. We used the opportunity to look up our own names and the biblical meaning which was very interesting.

Amy (Beloved) Rehm, Connie (Steadfast) Cramer, Myrtle (Flowering Shrub) Ross, Walter (Powerful Ruler) May and Betty (Gift from God) May, Phil (Lover of Horses) Erickson, Opal (Precious Gem) Bryan, Alice (Noble, Sweet) Bobbitt, Leone (Lion) Porsch, Leona (Lion) Helmkamp, Evelyn (Life) Olson and Eva (Life) Bryan all attend.

The same group, crowded into the Quiet Room for Literary Club, for another chapter of Gisela Fisher's book "All is Well." This week was about a snake making his home in Gisela's vehicle. What lively conversation was stirred as many other snake stories were shared!

beat the heat on Friday, inviting everyone to join them in making homemade ice cream. No conventional freezer for us...each resident made their own serving in individual zip lock baggies. Hometown Heroes are being recognized in the aftermath of heat and fires. The Pond area is displaying a tribute to the very courageous volunteer firefighters who did such a valiant job in protecting our county. On behalf of all of us at Good Sam, we want to say thank you! God Bless You and God Bless America!

Visitors this week included: Gerald and Connie Olson for **Evelyn Olson**. Elden and Della Anderson, Dick and Donna Kelley and Elizabeth Henley, Jim, Betty, Blake, Reilly and Reid for **Eva Bryan**. Royal and Gayle Tacha (Hoxie) for **Galen Tacha**. Peggy Carman (Hoxie) for **Myrtle Waldo**. Caroline and Ceci Bennett (Lawrence), Laurene Van Otterloo for **Amy Rehm**. Marilyn

Horn for **Myrtle Ross**. Marvin and Sharon Slabaugh and Laurene Van Otterloo for **Opal Bryan**. Murry and Audrey Pavlicek for **Mary Lemman**. Mert McEvoy and Mabel McLaughlin (Sacramento, Calif.) for **Lucy Schissler**. Cheryl Miller for **Loren Schrock**. Gerald Benda for **Eulaine Benda**. Eunice Martin for **Glenn Martin**. Jody Betts, Joy Russell and Reta Barratt for **Margaret Vacura**. Penny Fringer and Reva Marshall for **Dorothy Hunt**. Jerry Hill for **Cheryl Hill**. Susie Sabatka (Atwood) for **Vera Kacirek**. Hunter, Rhiannan and Liam Nedland Lisa Davies for **Doris Auker**. Jeanne and Keri Britton (Thornton, Colo.) and Donna Kelley for **Opal Bryan**. Pastor Cyd Stein (Hoxie) for **Leone Porsch**. Gene Leitner for **Marcella Leitner**. Rose Riffle for **Roxie Pomeroy**. Ann Mines for **Leona Helmkamp**. Members of Herndon Covenant Church for all!

Facts about summer fruits

Most of us are buying more fruits and vegetables. That is a good first step. But should you wash them before you put them away or just before you serve them? Should you store them in the refrigerator or on the counter? Will they continue ripening at home? The answer to these questions is...it depends!

Some fruits have better flavor if they are stored at room temperature. Tomatoes, unripe melons, and tree fruits (pears, peaches and nectarines) should be kept at room temperature so they can ripen and become sweeter. After they are fully ripe, store them in the refrigerator until you are ready eat them. Tomatoes will keep longer if stored with the stem side down.

Generally it is better to eat vegetables as soon as possible after picked. However, some vegetables like celery, cabbage, bell peppers and carrots will keep one to two weeks in the refrigerator.

When to wash fruits and vegetables also "depends." If your produce has dirt on it, wash it before storing. Otherwise, you can probably wait to wash your fruits and vegetables before you eat them. Neither the U.S. Department of Agriculture nor the Federal Drug Administration recommends washing fruits and vegetables in anything but cold, drinkable water.

Do not let produce soak in the sink. You do not need to wash it with special products or dishwashing detergent. Melons, cucumbers, winter squash, citrus fruit and potatoes should be scrubbed with a brush. Bananas need to be rinsed off as well. Imagine how many hands touch the fruit before it gets



Home Time

By Tranda Watts
Regional Extension Agent

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Herndon News

By Julie Hafner

Congratulations to Kendra Solko, Kearney, Neb., who was accepted into the doctorate program for occupational therapy at Creighton University in Omaha, and will be attending the fall semester.

Kendra is the daughter of Pat Solko of Herndon and Joy Solko of Kearney, and a 2007 Rawlins County graduate. She has been working full time at Wel-Life Assisted Living in Kearney as a medication aide-certified nursing assistant.

Bob and Julie Hafner enjoyed dinner with Joan Noble and residents on Sunday at Cedar Living in Oberlin. They joined family and friends of Mary Votapka wishing her a happy birthday with family providing pizza, salads, birthday cake and ice cream. Wilma May, Norm Wendelin and the Hafners always enjoy visiting about Herndon and the surrounding area.

Friday evening Joe and Nadine Green hosted a birthday party for Emma Green, which is July 1. They celebrated with dinner for the honored guest, her dad, Dave Green and brother, Baron. Additional guests were Wayne and Joann Riener of Concord, Calif., and Beth Chartier of Herndon. Emma enjoyed her

favorite treat, cherry cheesecake and opened presents.

Herndon residents enjoyed the Pride-sponsored potluck Wednesday evening, celebrating Independence Day at the Herndon Senior Center. The center was decked out in red, white and blue. The Boslers provided patriotic music through dinner. Rachelle Solko entertained the kids with games following the meal of casseroles, salads and a variety of desserts. Watermelon was served before everyone said goodnight on the quietest Herndon Fourth of July for many years.

Jason Hafner and Raquel Frerichs of Lexington, Neb., and Janice Satler, Atwood were guests of Bob and Julie Hafner on Thursday.

Roseanna Stoney, Larry and Deb Stoney and family spent Wednesday afternoon and evening with Paul and Michelle Prewo and their family in celebrating the Fourth of July in Logan. They had fun visiting, swimming and wishing Ryan a happy birthday.

Recent weekend guests of Carol Kompus, Stef and Adrian Hawkins and Chris and Alex Hosaka were John Hahn, Trent and Ashton and friend Michelle and her son Coy,

all of Garden City. Lauri and J. L. Fox arrived Sunday afternoon. They have been enjoying the swimming pool and trying to stay cool.

July 4 guests of Joe and Nadine Green were Jeanne, Mitchell and Brittany Tuma of Colby. Happy 20th birthday to Brittany, who celebrated Wednesday with Tom, Julia, Lance and Olivia Riener of Seattle, Wash., at grandma and grandpa's. After lunch, they went to Atwood, where they watched Jim and Jeff Riener and Megan Cahoj play in the volleyball tournament where they placed first.

Decatur Health Systems

By Becky Wilson

A diagnosis of cancer can be a frightening thing, signaling a possible lifestyle change and exhausting chemotherapy sessions to treat this increasingly common disease.

Family support is vital, as is community support, including events such as the Relay for Life, which many participated in here.

One thing that can be comforting is knowing that, in most cases, continual travel to get treatment is unnecessary. A cancer patient can get their treatment right here in town. In Oberlin, these treatments are in the capable hands of Linda Stanley, a registered nurse with nearly 40 years of service at Decatur Health Systems.

To become a chemotherapy provider requires taking a two-day course, with renewals every two years. Mrs. Stanley has been providing chemotherapy treatments for seven to eight years.

She will even come in on her days off to provide a treatment if that is what a cancer patient requires - whatever works best for their needs.

Oncologists - cancer specialists - contact the hospital to set up treatment. Each patient's treatment requires specialized medicine that is ordered as needed. Some chemotherapy treatments are too complicated or intense to be provided here, requiring a doctor's supervision the whole way through. But most cancer patients have chemotherapy regimens that are less intense.

An average chemotherapy treat-

ment, either subcutaneous or intravenous, takes from an hour to 2 1/2 hours to complete, although some of the treatments Mrs. Stanley has given require a full four hours.

Another thing people taking cancer treatments can need is a transfusion. Some chemotherapy treatments require a transfusion of platelets daily for two to four weeks. We get these platelets, of course, from donors who take the time to contribute to the Kansas blood supply. The supply is low at the moment, which is why events like the next Oberlin Community Blood Drive on Tuesday July 17, are important.

The blood drive will be from noon to 6 p.m. at The Gateway. To donate, you must show a photo identification, read some materials and answer a list of health history questions. You're then given a quick exam to check your temperature, blood pressure, pulse and hemoglobin.

Next is the actual donation, which usually takes about 10 minutes. After you're done, there are refreshments available to help you recover, and for this particular drive, donors will be given a rock-n-roll T-shirt and be entered in a drawing to win a Gibson guitar.

We hope to see a good turnout on Tuesday. If you have any questions about whether you can donate or to schedule an appointment to donate at some other time, call the Red Cross at (866)-236-3246.

Lyle News

By Veda Wood

We finally got a wonderful rain. My gauge read 1.40 inches. They say it came too late for some things, but at least 70 degrees feels better than 110.

I talked to Kathy Van Meter and they got 2.50. She is beginning to improve slightly. She can eat and retain it some now. She had a nice visit from Bob and Lorrie Anderson of Arapahoe, Neb.

June Jolly baked cinnamon rolls on Thursday, then took two friends to Cambridge where Myrna Haag hosted their KT Club. Later she

went to the Eagles Club and helped with Bingo.

No church at Lyle on Sunday because of rain. Judy and Charlie Easton made it to Lyle in spite of the rain, ate dinner with Toots Magers and helped with a few chores.

Joyce Sumner and some of her family attended the graveside service at Norcatur for Bob Sawdon on Monday. Joyce and Bob's wife, Imogene Locy Sawdon, were first cousins, and I was a more distant cousin. We were next-door neighbors for a few years.

People need to feel loved

Pastor Roy Matthewson, Lund Covenant Church

Would Christ keep two people who love each other from becoming a part of his community? This question seems to represent a significant barrier between non-Christians, or disaffected believers, and the Church.

Non-Christians recognize that the loving savior Christians proclaim loves love. They draw the following logical conclusions: "Jesus would not have a problem with two people who live together even if they are unmarried because they are in love. A loving relationship between heterosexuals, or homosexuals for that matter, is exactly what Jesus would affirm. Clearly Christians in the Church do not reflect the God of love. I do not want to be a part of that."

Katy Perry's song "Teenage Dream" contains the lines, "Let's go all the way tonight, no regrets, just love." This phrase contains what appears to be a fundamental misunderstanding of the difference between sex and love. I think this misunderstanding may be part of the problem. Our society does not know what love is. How do people understand love if it isn't in some way related to sex?

Human sexuality is an amazing thing, created by God for our enjoyment and pleasure, which just so happens to produce children. In her book The Truth About Love, the aptly named Dr. Patricia Love avers the scientific conclusion that animals have sex with no regard to having offspring, but simply because it feels good. Humans are unique in the created order because we have a clear understanding of the relationship between sex and children. Like the animals, people do not necessarily have to have rings on their fingers to have sex.

Dr. Love also explains that when a couple has sex, hormones are released in both bodies, which increase fertility. Those hormones also produce a feeling of

connection and "love" between the couple. That does not mean love is present, however. It only means that people have done something that feels really good that could produce a child. As a result, it is very easy to see why people think they are "making love" when in fact they are potentially making a baby.

Of course, knowing this does not necessarily help Christians drop the barrier of apparent judgment on unmarried people who are making love. What it does do is give us a foundation upon which we can build a compassionate ministry to singles, young adults and couples who desperately want to be loved. We must first introduce these people in the broader community to the gracious love of God, made known through Christ, in the power of the Holy Spirit. God's love is crystallized when Jesus lays down his life for us (John 15:9-17) while we were still sinners (Romans 5:8).

The judgmentalism barrier comes down when we realize the process involved in God's call to humanity through Christ and start to act it out in our relationships with others. The passages cited above indicate the process: 1) we were sinners. 2) Christ died for us. 3) We accepted Christ and his love. 4) We started to grow as disciples. 5) We continue to grow as disciples.

Expecting non-Christians to stop engaging in un-Christian behavior, sexual or otherwise, before they commit to growing as disciples is like expecting someone to get clean before taking a bath. That just makes no sense.

It is not the "do not do's" that are important. What we get to do is what matters. We get to know God's love. Love for God inspires us to please Him and grow as disciples. Within the Church, there needs to be appropriate discipline so that we mature as disciples. There just is no place for judging those outside of the Church (1 Corinthians 5:12).

Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 5:30 p.m. Saturday</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 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</p>	<p>Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p>Brad Rick SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays.</p>
<p>IMMACULATE CONCEPTION CATHOLIC, LEVILLE Fr. Mark Berland, MASS: 8 a.m., Sunday.</p>	<p>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.,</p>	<p>LYLE UNITED METHODIST Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p>	<p>FAITH LUTHERAN CHURCH 404 North York Avenue Oberlin, Kansas The Rev. Charlotte Strecker-Baseler Church Office Phone: 785-475-2053</p>
<p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 10:00 Sunday</p>	<p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p>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.</p>	<p>LUND COVENANT CHURCH Pastor Roy Matthewson 10 miles south, 4 miles west of Oberlin. Men's Breakfast Saturdays June 2, 16, and 30 8 a.m. Lawn Vespers Sundays June 10, and 24 7 p.m. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</p>
<p>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.</p>	<p>OBERLIN CHURCH OF CHRIST South Beaver Street - Oberlin Bill Duncan - Phone 785-475-3259 SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.</p>	<p>ST. JOHN'S LUTHERAN CHURCH 510 North Wilson Interim Pastor:</p>	<p>Paul's FUNERAL HOMES A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</p>
<p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Linda Willey SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p>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.</p>	<p>ST. MARY'S CATHOLIC, HERNDON Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p>	<p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>
<p>OBERLIN UNITED METHODIST 102 North Cass - 785-475-3067 The Rev. Nancy Proffitt SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.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.</p>		

