

Good Samaritan Center

By Whitney True

"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle our skin, but to give up enthusiasm wrinkles the soul!" This is The Good Sam's quote for the month of June. And it's another busy one, chock full of outings and field trips, volunteerism, gardening and celebrations.

This past week Phil Erickson, Margaret Vacura, Marilou Long and Elden Haas ate lunch at the Golden Age, learned how to play pitch and then went for a van ride around town. The sun was shining and with everything looking green, the residents had a great time.

Cranium crunches, kickball, rhythm band, balloon darts, bingo and horticulture club also kept us busy. Our watermelon, sweet and

banana peppers are growing like weeds and we will transplant them to our outside garden this week. Phil Erickson and Loren Schrock are in the process of building a homemade rocket and have lift off planned for this Friday afternoon.

There's no better way to kick off your week than with a bunch of mind benders. Cranium crunches is hosted by activity assistant Karlie Black. Our other assistant Kim Williams held a baking class with residents, Bible study and social hour were held outside in the sunshine. A drink with rainbow ice, which is ice with frozen fruits, was served as our "mocktail" of the day.

Later this week we will have devotions, Bible study, and social hour with Bernice Martin. A field trip to Barnett Park and lunch is

scheduled for Friday morning and we celebrate Loren Schrock's 100th birthday on Friday evening with live music by Michael Milbauer and a dance.

Good Sam certainly appreciates our volunteers and visitors for all they give.

Visitors included: July Blickenstaff and Dale Dufrene for **Eva Bryan** and **Amy Rehm**; Ron and Marcia Chason for **Joseph Chason**; Max Carman for **Myrtle Waldo**; Wayne Larson for **Earl Brown**; Cheryl Miller for **Loren Schrock**; Reva Marshall for **Dorothy Hunt**; Cathy Wenger for **Connie Cramer**; Liz Kerr Quintana and Lois Tressler for **Myrtle Waldo**; Gerald Olson for **Evelyn Olson**; Joan Betts for **Margaret Vacura**.

Keep your summer food



Home Time

By Tranda Watts
Regional Extension Agent

Cook all poultry to a safe minimum internal temperature of 165° F as measured with a food thermometer.

Safe Minimum Internal Temperatures: Whole poultry: 165° F Poultry breasts: 165° F Ground poultry: 165° F Ground meats: 160° F Beef, pork, lamb, and veal (steaks, roasts and chops): 145° F and allow to rest

at least three minutes. 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@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

Cooking outdoors was once only a summer activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining brightly, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food borne illness. Here is just one of several simple guidelines for grilling food safely.

Cook Food Thoroughly
Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe temperature.

Meats:
Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145° F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

Ground Meats:
Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160° F as measured with a food thermometer.

Poultry:

Selden News

By Jacque Boultinghouse

Bud and Tret Rogers have moved to the Cedar Living Center in Oberlin. They would enjoy your calls and visits. They are in Room 509 and their phone number is (785) 386-8222.

Birthdays and anniversaries include: June 1, Gary Gillum, Tamara Vasbinder; June 2, Jared Schriener, Chad Focke; June 3, Greg Brugge-man, Charlene Shaw, Chloe Porsch, Roger and Cyndie Aumiller; June 4, Bob and Pat Wessel; June 5,

Mindy Fleckenstein, Steve and Judy Rogers; June 6, Gerald and Arvilla Juenemann, Mark and Sue Ann Hill; June 7, Teegan Turnbull, Gary and Shirley Emigh; June 8, Jalyin Shaw, Melissa Lobato, Randy Sulzman; June 9, Helen Juenemann, Marci Shaw, Barbara Nelson, Joyce Juenemann; June 10, Don Spesser; June 11, Tom Juenemann, Chris and Dana Koerperich; June 12, Jodie Ryburn, Katie Aumiller; June 13, Megan Ochs, Rose Bainter.

On May 31 during Senior Citizens at the Community Center, Paul Neff won high with a score of 715; Pat Wessel took second with a score of 621; Ralph Weis got low with a score of 406; and Jeanie Spesser had the Queens. Other members present included Betty James, Lillian Sulzman, Royce Cook, Lola Cook, Bob Wessel, Carl Mumm, Marilyn Meyer, Bernita Aumiller, Helen Karls and Gail Mumm.

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SANDER FURNITURE'S FATHER'S DAY EVENT
FRIDAY, JUNE 7 - 8 A.M.-9 P.M.
SATURDAY, JUNE 8 - 9 A.M.-6 P.M.
SUNDAY, JUNE 9 - 1 P.M.-5 P.M.
No Matter if You are Looking for Dad's Gift or Great Prices for New Furniture and Mattresses, This Weekend Event is the One to Attend!!
at... **Sander Furniture** and Gifts
We Are Dedicated to Bringing Nice Things to You!
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Norton, Kansas - Phone 785-874-4974
DOWNTOWN - HIGHWAY 283
Norton, Kansas - Phone 785-874-5102

Partnering To Bring Medical Specialists To Oberlin

Oberlin Outreach Clinic Schedule
Decatur County Hospital
810 W. Columbia - Oberlin
Mobile Ultrasound, Echo & Vascular
Weekly
(785) 475-2208
Cardiology
Quarterly
ONE CALL
1-855-HAYSMED
In partnership with Decatur County Hospital
haysmed.com

Teens for Christ makes a difference

Most people that know me in town know me as the TFC (Teens For Christ) guy, but most don't know much about the organization. Oberlin TFC is part of the larger organization called "TFC Connection". We have many Connection groups around northwest Kansas and one in Nebraska. "TFC" stands for Teens For Christ. TFC is not affiliated with any church. We are an independent Christian ministry focused on bringing teens to the saving knowledge of Jesus Christ.

Oberlin TFC has been in town for 18 years. CMA distributors has been letting us use part of one of their buildings (118 S Rodehaver) for free all this time and we greatly appreciate that. We work with kids from grades seventh through twelfth. Over the years the numbers of teens that we work with have been high and low. It varies. And kids come and go. Some we reach and some we don't. To many teens it's just some "religious" thing. "Religion" is man-made rules for reaching heaven. "Christianity" is God coming to us humans and establishing a way to reach our Creator. We try not to be religious, but, instead, to serve our Creator, by accepting the gift of His Son, Jesus and living to serve him through serving others.

We don't sit in a circle and sing "Kumbya." We don't memorize the King James Bible. It's not like church. We have a whole lot of fun together. We build relationships. We learn about God through the Word of God and then apply it to our lives - not by sitting in a pew, but by setting examples with the people where we are. Teens in TFC mess up. They don't have it all together. They are sinners saved by grace, trying to

walk a path that society doesn't want them to walk. As you are reading this I am returning from a TFC mission trip to Jamaica. Not the tourist spots, but small villages. We will have done a lot of work in various forms, all without the comforts of home. We had no air conditioning. We went into each day not knowing quite what to expect. But I'm confident that the team of teens we took influenced lives and the team-members themselves will come back changed. Two other mission teams are out also. One in Colorado, serving a church camp, and the other in Mississippi doing very hard manual labor in hot and humid conditions, doing repair work on homes of locals that are in living conditions much worse than you and I are used to.

Oberlin TFC exists by donations. If you have not supported this important work I ask that you please consider doing so. TFC has impacted many lives. Not just the hundreds in Oberlin over these 18 years, but thousands more through our mission trips and camps. If you are a teen that hasn't come to one of our meetings, I encourage you to give it a chance this fall. We don't meet over the summer because of all the activities, but we do meet on Sunday evenings during the school year from 6 to 8 pm. Please don't write TFC off because of pre-conceived notions. See for yourself what impact TFC can have on you. It might just be life-changing.

To support Oberlin TFC please make a check out to "TFC Connection" and mail it to me at 806 E. Jackson, Oberlin, Kan. 67749 or donate on-line at www.tfconnection.org.



Pastor Doug Mason
Teens for Christ

Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 5:30 Saturday IMMACULATE CONCEPTION CATHOLIC, LEVILLIE Fr. Mark Berland, MASS: 8 a.m., Sunday.</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>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 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.</p>
<p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 10 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>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. 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>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p>ST. JOHN'S LUTHERAN CHURCH 510 North Wilson Interim Pastor: 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>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. Nancy Proffitt SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 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. 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>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>NORCATUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	