

## Good Samaritan Center

By Whitney True

You've heard the expression to be "busy as bees." Well, that's certainly the case this past week. To kick things off, we celebrated birthdays with the help of the St. John's Women's Group. We have a total of four birthdays to include: Barb Beisner, Amy Rehm, Loren Schrock and Lillie Corpier.

We had a trip planned to Music in the Park on Friday night but our rainy weather called for different plans. We spent the evening in one-to-ones with different residents. Woody May worked with puzzles, Lillie Corpier enjoyed bird watching, Leona Helmkamp watched an old sitcom on our iPad and Josefa Chason listened to music. Our one-to-ones provide great activity and socialization and entertainment to our residents that may not feel like attending a group activity or in times when a group activity is not being offered.

Volunteer Violet Shaw held her weekly Bible study on Thursday and activity assistant Coleen Rippe entertained residents with current events, social hour and a special care activity for Woody May, Galen Tacha, Eulaine Benda and Alice Bobbitt. Marilyn Horn led songs of worship last Wednesday and

devotions and folding on Saturday morning.

Activity assistant Karlie Black challenged residents with a round of Cranium Crunches and Don Farr helped us kick off our week with an exercise class. We also made ice cream from scratch, traveled to the Caribbean with island music and attire; we enjoyed a traditional tropical drink complete with little umbrellas and attention-grabbing trivia. The only thing missing was a sandy beach and a hammock.

In horticulture club Woody May, Faye Meitl, Earl Brown and Galen Tacha watered our vegetable garden and planted Chinese forget-me-nots in our front entrance planters.

Volunteer Phyllis Metcalf and Bernice Martin held fun and yummy social hours.

We also set up art and sensory therapy stations on Wednesday. These stations include painting, drawing, modeling clay, jewelry making, bubble activity, building with sand and rummaging through old pictures, artifacts and random objects. We hold these stations in our quiet room which offers a great amount of sunlight and we play music created to relax. Research shows that sunlight and certain types of

music can lower blood pressure and regulate sleeping patterns. Art and sensory activity can also lower anxiety and eventually a need for the use of certain medications. We are hoping that hosting this activity once per week will create a retreat and have a positive effect for our residents' health of both mind and body.

An outing to the museum is planned for this Friday and we will be bringing a good old-fashioned drive-in to our courtyard on Saturday evening. Popcorn, soda and other goodies will be served up as our residents gather to enjoy a few short films.

This week visitors included: Dixie Snyder, Reva Marshall for **Dorothy Hunt**; Reta Barratt and Pat Fringer, Marcella Capps, Loretta Story and Desiree Bates for **Margaret Vacura**; Ralph and Norma Unger for **Margaret Vacura** and **Earl Brown**; Starla Swager and Nadine Tacha for **Galen Tacha**; Cathy Wenger for **Connie Cramer**; Peggy Carman for **Myrtle Waldo**; Cheryl Miller for **Loren Schrock**; Lora and Donovan Randolph for **Amy Rehm**; Ann Mines for **Leona Helmkamp**; and Larry Bearley for several residents.

The first article I did about the Mediterranean diet created some questions. So here is a little more information about eating the Mediterranean way.

Is a Mediterranean diet an expensive way to eat? No, not with smart shopping. A Mediterranean diet can be both healthful and low in cost. You'll likely save over the long run by lowering your medical expenses if you eat this way, too. Read on for tips to keep sense of your food cents.

Seldom eat out. It's much less costly to prepare meals at home. In addition, fixing meals at home makes it easier to get the foods that are emphasized in a Mediterranean diet, including whole grains, vegetables, fruits, cooked dry beans and peas, nuts, fish, low-fat dairy and olive or canola oil.

Omit most bottled beverages and processed foods. People living in the U.S. spend hundreds of dollars each year on convenience foods. Decide how you could cut back. Stop buying sodas, sports drinks, energy drinks, fruit drinks, and bottled teas and water? Skip the snacks and desserts aisles? Reduce purchases of prepared foods, such as pizzas, frozen meals, boxed dishes and canned soups? Limit sugared cereals? These are all ways to improve your health and reduce your food costs. Instead of convenience foods, buy basic ingredients to use when preparing meals.

Buy direct. For cost savings, find local farmer(s) to buy fresh fruits and vegetables from, such as a farmers market. Or buy in bulk from a discount store, if the price is right for the foods you want (such as oats, dry beans or cooking oil).

Serve canned fish. Eat at least 8 ounces (cooked) of fish each week. Especially choose fatty fish for their healthful omega 3 fats, such as canned tuna, mackerel, and salmon. Canned fish is convenient and easy



## Home Time

By Tranda Watts  
Regional Extension Agent

to cook with. However, it often has a high sodium content. The same is true for most canned vegetables.)

Serve meat and poultry in mixed dishes. Make most of your meals focused on plant foods (whole grains, vegetables and unsweetened fruits). One way to do this it to combine some meat or poultry with larger amounts of vegetables and whole grains, such as in a salad, stir-fry, casserole, pasta dish or stew. Use very budget-friendly cooked dry beans and peas often each week as a healthful protein food substitute. Each week, eat up to 12 cooked ounces of red meats (such as beef and pork) and up to 11 cooked

ounces of poultry (such as skinless chicken and turkey).

Chill. Plain frozen vegetables, fruits, fish and meats can be very economical. Frozen vegetables and fruits are picked at their peak of ripeness. Another advantage is that typically there is little spoilage waste with frozen foods.

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 ore-mail twatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

## Herndon News

By Julie Hafner

Cheryl Hicks, Mountain Home, Idaho, was a guest in the home of Danny Leitner on Saturday visiting Charlotte Smith, Buhler.

The 55th surprise wedding anniversary party for Frank and Jean Huss was held Sunday, June 9 as family and friends gathered at their farm home and had a wonderful celebration. Those attending were Ernie and Betty Jean Wicke, Bob, Arnetta and Daryl Huss and Laverne and Sharon Frick, Herndon; Ann Weishapl, Marvin and June Hesterman, Greg, Brenda, Ashleigh and James Peterson, all of Atwood; Pat Glebe, Stratton, Neb.; Jeff and Deb Huss, Culbertson, Neb.; Kent, Beth, Morgan and Travis Huss, Hays.

Randy, Leah, Miriam and Moses Atchley, Knoxville, Tenn., are spending a week in the Herndon area visiting Don and Joan Grafel and the Kyle Grafel family.

Christian Mothers Altar Society hosted a Father's Day breakfast following Mass, Sunday. Jacquie Riener, Nadine Green and Vicky Mumm prepared fruit platters, a variety of casseroles, frosted and cinnamon homemade rolls, juice and coffee for all to enjoy.

Leon and Marita Portschy spent Monday through Thursday last week at the home of Erik, Amy, Jackson and Hudson Schlimmer in Volga, S. D.

Saturday afternoon Trevor Frick and wife, Jackie, and his brother,

Kyle Frick, hosted a surprise 40th anniversary party for their parents, Laverne and Sharon Frick, with a supper and "barn dance" at the Stu and Pam Stuczynski farm home. Forty-eight family and friends visited, ate supper and danced. Laverne said this was the first time anyone had been able to surprise him.

Pride members will be working on the new calendar for 2014. Please send any updates, changes, corrections or additions to Deb Portschy in Herndon.

Sister Joan Wilson, of the Sisters of Charity of Nazareth in Kentucky, was the guest speaker at St. Mary's Mass Sunday morning. She spoke on behalf of their mission in Belize, India, and Nepal on the great need for those less fortunate. In reaching out in prayer and financial help, we align our parish with true charity.

A Father's Day weekend get-together was held at the Franke Springs with the following guests in attendance: Charlotte Smith, Buhler; Jennifer Leitner and Alexis Thomas, Wichita; Keith, Roma and Saeger Grafel, Council Grove; Rusty and Egan Grafel, Colby; Kent Grafel, Lorri Randazzo, Kristyn, Kamryn and Kloey Clapp, Culbertson, Neb.; Kurt, Kristin and Courtney Grafel, Natoma; Randy, Leah, Miriam and Moses Atchley, Knoxville, Tenn.; Keaston, Danielle and Carter Grafel, Oberlin; and Archie Aman, McCook. Those

attending from Herndon were Don and Joan Grafel; Kyle, Cindi, Sarah and Rachel Grafel; Ben, Mariah and Clara Grafel; Leon and Marita Portschy and Danny Leitner.

Father's Day weekend guests at the home of Danny Leitner were Jennifer Leitner and Alexis Thomas, Wichita, and Charlotte Smith, Buhler.

## Lyle News

By Veda Wood

Jane Engelhardt of Norton and Judy and Charlie Easton of Quinter visited Margaret "Toots" Magers Sunday afternoon. On Saturday, Charlie's sons surprised him by taking him to the lake for Father's Day and they spent the day fishing.

Toots went to Joyce Price's home for Liberty Star Club on Wednesday, and played pinochle in Norcatour on Thursday. Anyone who likes to play pinochle is welcome to join them.

Thanks to Jess Allen and Ron Johnson, who swathed the grass, around the Lyle Church yard area. It is appreciated very much.

Club members who met at Joyce Price's for club on Wednesday were; Toots Magers, Carolyn Plotts, Babe Hawkins, Kathy Van Meter, Carol Moye and Veda Wood. Because Friday was Flag Day, Kathy gave an interesting lesson on the United States Flag, and Babe gave us a quiz with trick questions such as; "How many animals did Moses take on the ark?" Of course the answer is "none" because every child knows it was Noah on the ark. "Duh!" And I missed half of them. Joyce served a delicious lunch.

On Thursday, Kathy Van Meter

and Lloyd Frandsen went to San Jose, Calif., where they stayed with her daughter, Erlene Chavez. On Friday they attended the graduation of Kathy's great-grandson, Jason Shartino, who graduated with honors. The class had over 500 graduates. A meal followed the graduation exercises. They returned home on Sunday.

June Jolly is still swimming, playing Bingo, and playing cards. She and three friends are getting together for cards every other week for the summer. Her medical check-ups turned out well. She is getting some home-grown, dressed fryer chickens from a farm, which they deliver to her home.

On Sunday, Keith Anthony took Norma McCallister and Veda Wood to the United Methodist Church service and dinner at the Norton Lake for the Almerna, Norcatur, Clayton and Lyle congregations. The day couldn't have been more pleasant and the service was beautiful. Pastor Ed's message was on "This Is Our Country," followed by a communion service. He asked that we continue to remember his wife, Linda, in prayer.

## Designer God

We live in a society of instant gratification. When we decide we want to go out to eat, we decide where, then tell that restaurant what we want and we get it. We have drive-through restaurants and banks and pharmacies. We set up our televisions with just the channels we want. Our iPods have just the songs we want. Our phones have just the numbers of the people we want to have. In college we pick the classes we want to take. At the store we buy the stuff we want to buy. We live in a self-gratification society. I'm very much a part of it, like everybody else.

The problem that we run into is with God. Since we can decide everything else, we also tend to decide if there is a God or not and, if we decide that there is a God, we design that god (small "g") to our specifications. So many times I've heard people say, "Well, if there is a God I think there wouldn't be war and starvation and disease." "I think that God is love so a God of love wouldn't make people go to Hell." "I think," I think, "I think!"

Do you know what I discovered? It doesn't matter what you or I think. We can't make God something different than what he is, just because we want to. God communicated to us through people for thousands of years and they wrote a book about it. It's called the Bible. In it we discover a lot about God and about life. It's not about do's and don'ts. It's about how to live a life that is pleasing to God and helps you avoid a lot of trouble in life.

Now it's not like I've always had this figured out. I can remember many times over the years making statements like, "The way I see it..." But I have come to realize that the way I see it has nothing to do

with anything. God is. God has been, and God will always be. God doesn't change. If God said it – that settles it. It's not what I think. It's what God thinks. I have to change.

We can design a god and worship that god, but it won't be the one true God. We can't change God to fit our likes and dislikes, we need to change ourselves. We need to change the way we think about God.

If you struggle with "Why do bad things happen if God is a God of love?" Consider the consequences if God eliminated all bad things. We wouldn't have the freedom to choose. We wouldn't think for ourselves. We would – in effect – be robots.

God doesn't make bad things happen, because he is love, but he allows it to happen because we have free choice and as a result of those choices, people get hurt. People often choose evil. Whether it's in a small way like cussing or a large way like genocide, it's still a choice of evil and there are consequences.

God has standards. Out of love, he lets us choose to live by those standards or not. It's our choice if we spend eternity with our Creator or without our Creator, not his. It's not God saying, "I don't want you here."

It's us saying, "I choose not to come." He showed us the way to Him. It's up to us to respond, by following his way, and he made a way through his Son, Jesus Christ. We need to be willing to let God direct our path instead of us. We can't use the Bible like a restaurant menu where we pick and choose what we want and don't want – what we like and don't like. Let's stop trying to design God to our own specifications and, instead, follow His guidelines.

## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 5:30 Saturday  
**IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 10:00 a.m. Sunday

**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. Nancy Proffitt  
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.

**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.

**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.

**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.,

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

**OBERLIN CHURCH OF CHRIST**  
208 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.

**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.

**NORCATOUR 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.

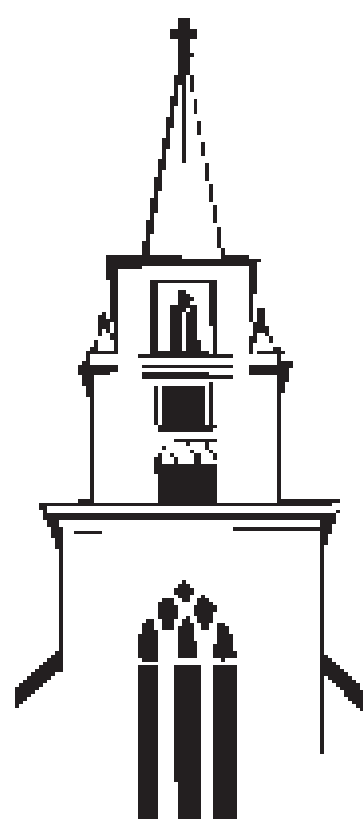
**LUND COVENANT CHURCH**  
Pastor Roy Matthewson  
10 miles south, 4 miles west of  
Oberlin.  
Sunday: Sunday School 10am Worship  
11 am "The Difference is worth the  
Distance"  
facebook.com/LundCovenantChurch

**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..



Pastor  
Doug Mason  
Teens for Christ

**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.



**Paul's FUNERAL HOMES**  
A Trusted Name Since 1925.  
Phone:  
785-475-3127 — Oberlin  
785-386-4311 — Selden  
Derek Riner  
Rick and Dori Pauls

**D&R PUMP SERVICE, LLC**  
Domestic, Stock, Windmill,  
Lorentz Solar Pumps, Submersible,  
Irrigation, Repair and Sales.  
With over 30 years of experience!  
Ron Shipley - (785) 675-1422 state licensed  
Devan Castle (785) 657-7217 Kansas and Nebraska member of the Kansas Groundwater Association